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SPORTS 5

Dr. Fit discusses ways to avoid slouching

FORUM 7

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The Daily Barometer

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Mayoral candidates debate city-wide issues

Candidates speak at forum to discuss city, university relations, future issues



NICKI SILVA | THE DAILY BAROMETER

Corvallis mayoral candidate Josh Gulliver speaks during the forum Wednesday, Oct. 15. The Kiwanis Club of Corvallis hosted the event.

By Abigail Erickson
THE DAILY BAROMETER

Approximately 40 people attended a forum at the Corvallis Elks Lodge, where mayoral candidates Josh Gulliver and Biff Traber answered several questions asked by the public. The forum, hosted by Kiwanis Club of Corvallis, took place Wednesday, Oct. 15 from noon to 1 p.m.

After introductory statements by Kiwanis Club President Barbara Malloy and Joe Raia, forum moderator, each candidate was given three minutes for a brief opening statement, followed by Q-and-A.

In his opening statement, Traber announced his top priorities: financial stability, collaboration with Oregon State University and updates of plans for the city of Corvallis. Traber has had prior experience with politics and has served as Corvallis city councilor of Ward 8 for two terms.

Gulliver opened with a brief biography on himself, given that he was originally from Massachusetts and had no background in politics. Gulliver

See **DEBATE** page 4



NICKI SILVA | THE DAILY BAROMETER

Corvallis mayoral candidate Biff Traber speaks during the mayoral forum at the Elks Lodge in Corvallis. About 40 people attended the event.

Library celebrates 15th anniversary

OSU holds public tours of Valley Library to honor anniversary

By Chris Correll
THE DAILY BAROMETER

Oct. 16, 2014 marks 15 years since the Kerr Library was remodeled into the Oregon State University Valley Library. To commemorate the event, library staff will offer guided tours of the building, as well as presentations about the many features available for students' use. Tours begin at 2 p.m. and run every 15 minutes until 3:15 p.m. There will be cake.

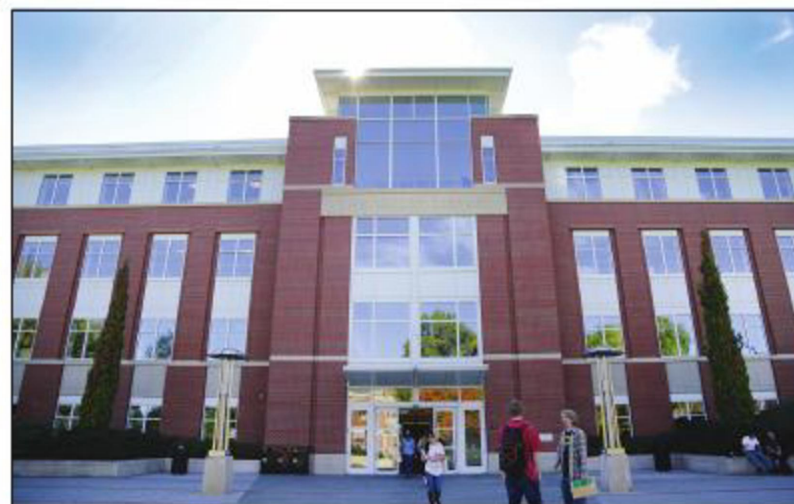
The tours are meant to highlight some of the advances in student services that have been made since the new building opened. The 1999 renovation expanded the previous building, including the multi-floor rotunda and Autzen classroom.

Before the remodel, OSU's library was primarily a place to house books and materials, like many other colleges at the time. With the integration of modern computers, storing printed information became less of a priority, and more room started being cleared for other uses.

3-D printers, study rooms and the second floor studying and printing spaces are just a few notable improvements that have come along as the library's role gradually changed. Faye Chadwell, Donald and Delpha Campbell University librarian, said the library is dedicated to staying in touch with students' needs and doing everything they can to meet them.

"Even 15 years ago, libraries were still being built with the principle purpose of housing materials," Chadwell said. "And we're changing that ... we can be more strategic about

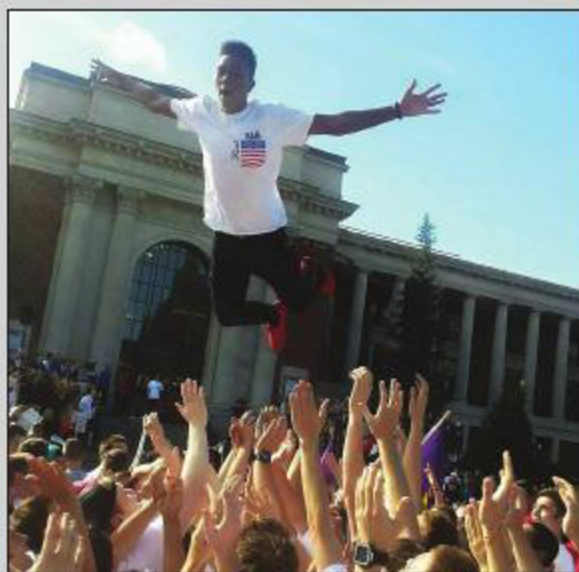
See **LIBRARY** page 4



NICKI SILVA | THE DAILY BAROMETER

The OSU Valley Library celebrates its 15th anniversary with guided tours of the building every 15 minutes from 2 p.m. until 3:15 p.m.

Photo of the Week



COURTESY OF CHRISTIAN FARIA

Jonathan Denerson, a sophomore in finance and member of Lambda Chi Alpha, falls into the crowd on Jump Day Oct. 11.

Wolf awareness week approaches

THE DAILY BAROMETER

Wolves are a controversial topic in Oregon.

Oct. 12-18 marks national wolf awareness week, which represents a time for Oregon to continue the discussion of wolves in the state.

Oregon wolves may be taken off the endangered species list sometime in the coming months, according to an article from Oregon Public Broadcasting. Currently, killing a wolf in Oregon carries the punishment of a fine of up to \$6,250 and a prison sentence of up to one year. The Oregon Department of Fish and Wildlife counted the number of wolves in Oregon at the end of 2013 to be 64.

See **WOLF** page 2

Reception honors Jane Lubchenco

OSU professor, former NOAA administrator receives World Academy of Science award

By Katherine Kothen
THE DAILY BAROMETER

Photographs in the back of the CH2M Hill Alumni Center ballroom hold familiar faces. Barack and Michelle Obama, Cate Blanchett and others smile next to the same woman. There's a framed Nature magazine cover in which the woman is called "newsmaker of the year." Even a caricature of her, with President Obama and the science leaders of the president's administration can be seen. The scrapbooks, awards and pictures adorning the back table all belong to one woman, Oregon State University's own Jane Lubchenco.

Lubchenco, a distinguished professor in the integrative biology department and advisor in marine studies, received a World Academy of Science Medal this month. Lubchenco served a four-year stint in Washington D.C. as administrator of the National Oceanic and Atmospheric Administration before returning to OSU.

University President Ed Ray, Director of the Hatfield Marine Science Center Bob Cowen and Dean of the College of Science Sastry Pantula all said a few words in honor of Lubchenco at

See **LUBCHENCO** page 4

OSU finishes prep for Utah game
Sports, page 5

Men's soccer heading to California
Sports, page 5

Hanson: Grad school may not be for you
Forum, page 7

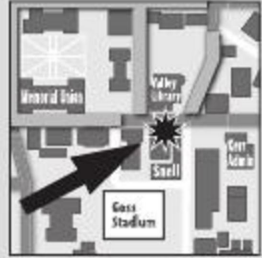
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Formal written complaints about The Daily Barometer may be referred to the committee for investigation and disposition. After hearing all elements involved in a complaint, the committee will report its decision to all parties concerned.

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Tuesday, Oct. 14

Possible attempted car prowling

An employee of the Shari's Restaurant and Pies on Northwest 9th Street called Corvallis police regarding what appeared to be an attempted car prowling. The employee told officers that there had been several recent car break-ins at the parking lot. The employee described the suspect as a white male, seemingly in his 30s, wearing a dark-gray-and-black hoodie with a dark-gray winter jacket with a maroon liner. According to police logs, the employee said the man looked like a "tweaker" and stood in front of the restaurant for "a while" before looking into multiple cars and possibly trying door handles of some of the vehicles. While searching the area, officers found multiple people who appeared to be camping behind the restaurant. None of



these individuals matched the description given by the Shari's employee.

Illegal campsite

Patrolling officers found an illegal campsite along the east bank of the Willamette River, just south of Highway 34. According to the Corvallis Police Department logs, an officer made contact with a man who appeared to be the resident of the campsite. After speaking with dispatch, the officer confirmed that the man had two warrants for failure to

appear in court. The officer took the man to the Benton County Jail.

Monday, Oct. 13

Golf cart theft

Officers responded to the 7th Street Station apartments following reports of a stolen golf cart. An employee of the apartment complex said he caught two men who appeared to be stealing the golf cart and detained them until police could speak with them. According to police records, the two men admitted to taking the cart, saying they had parked at the apartment parking lot and "borrowed" the cart "to get to campus for class faster," but had planned on returning the cart after class. The regional manager for the apartments did not wish to press charges, but requested that officers give the men "stern warnings" for their behavior.

news@dailybarometer.com

This week in ASOSU

Student government Senate grapples with confirming task force directors, House announces vacant seats

By Claire McMorris
THE DAILY BAROMETER

SENATE

The Senate experienced some tense moments Tuesday night regarding the confirmations of the Associated Students of Oregon State University task force directors and judicial branch nominee, Breanna Bannan.

The conflict arose around the process by which task force directors are confirmed in the Senate.

Senator John Varin pointed out that the ASOSU statutes indicate that senators were supposed to receive the director's relevant documents, such as resumes and goals for the year, a week before the confirmation, but they hadn't.

Varin moved to postpone the confirmations until the documents were sent, with a strong rebuttal from Vice President Bryan Williamson, who thought the body should be respectful of the directors who showed up that evening.

When called to a vote, the body unanimously decided to postpone the confirmations of

Drew Hatlen, director of graduate affairs, Scott Swanson, director of veteran affairs, Erica Fuller, director of interfaith affairs and Antonio Saavedra, director of multicultural affairs.

There was also some dissent from Senator Victor Tran and Varin as to the qualifications of the nominee to fill the fifth out of seven seats of the judicial branch, Bannan.

Their concerns arose from her lack of experience in judicial interpretations, though Bannan, an economics student, defended that she was very interested in the position and had experience in politics.

The senate confirmed Bannan into the position, 7-3-2.

Williamson also announced that there will be an ASOSU Alumni Brunch, open to all students, Nov. 1 from 10 a.m. to 12 p.m. in the Memorial Union Lounge. The first town hall meeting will be Nov. 4 at 7 p.m.

Claire McMorris, news reporter
news@dailybarometer.com

HOUSE

Clare Cady, coordinator at the Human Services Resource Center, was in attendance at both meetings to inform the bodies of HSRC's intent to split off financially from ASOSU.

Two years ago, the HSRC became administratively independent from ASOSU, but has had to wait a before appealing to the Student Incidental Fee Committee for complete fiscal autonomy.

Cady will continue to inform the ASOSU of the processes of that severance.

Task force directors Scott Swanson, Erica Fuller and Alexander Vickery-Holland introduced themselves to the House though their confirmation is still pending with the senate.

Committee chairpersons were also selected, with Rep. Jamison Shields as the chairman of the house constituency committee, Rep. Taylor Barnes for ways and means, Rep. Patrick Finn for appropriations and budget and Rep. Andrew Futerman for the special committee on ethics.

Speaker Saul Boulanger announced that both Chelsea Driggers and Brooke Stalter had vacated their seats, but that there are many applications submitted for the currently four vacant seats.

Boulanger also announced that the first joint session will be held on Nov. 5 in the MU Lounge.

Claire McMorris, news reporter
news@dailybarometer.com

Kitzhaber, Richardson job in latest debate

By Peter Wong
PORTLAND TRIBUNE

PORTLAND — Democratic Gov. John Kitzhaber and Republican rival Dennis Richardson rehashed some old arguments and refined some new ones during their latest campaign debate Tuesday night.

In addition to arguments over the economy, education, health care and transportation funding, they traded new jabs over environmental and social issues.

The hourlong debate, sponsored by Portland TV station KGW and The Oregonian, was the fourth for Kitzhaber and Richardson. They have also appeared together at three newspaper editorial boards, including Sept. 22 at the Pamplin Media Group/EO Media Group.

Their final debate is scheduled at 7 p.m. Oct. 20 on Medford TV station KOBI.

Ballots for the Nov. 4 election start arriving in the mail this week.

Kitzhaber, a former emergency-room physician, is seeking a fourth nonconsecutive term as governor. He was governor from 1995 to 2003, then won a record third term in 2010.

Richardson is a lawyer and six-term state representative from Southern Oregon.

A poll released Tuesday by Oregon Public Broadcasting/Fox Channel 12 and conducted by DHM Research showed Kitzhaber with 50 percent, Richardson with 29 percent. The margin of error is plus or minus 4.3 percentage points.

Jabs over Kitzhaber fiancée

The poll was conducted as news disclosures about Kitzhaber's fiancée were breaking.

The candidates traded new jabs over Cylvia Hayes, who was identified in a news story on Portland TV station KOIN as being involved in the 1997 purchase of land in Washington intended for an illegal marijuana operation.

Last week, she confirmed a story in Willamette Week that in 1997, she entered into a sham marriage to enable an 18-year-old Ethiopian immigrant to stay in the United States. They divorced in 2002, after which she began dating Kitzhaber, then in the final year

of his second term.

"Some of it (disclosures) has been very hard to assimilate," Kitzhaber says. "I don't condone it. I wished it hadn't happened, but it did."

"We shouldn't be focusing on what happened 17 years ago, because that is between Cylvia Hayes and law enforcement," Richardson says of the latest disclosure.

But Richardson says the focus should be on a Willamette Week story raising questions about whether Hayes used her official role as first lady and as an adviser to Kitzhaber for personal gain, which is barred by state ethics laws.

Kitzhaber has asked the Oregon Government Ethics Commission, which enforces ethics laws, to review the matter.

"She will not have a role in this administration until all the relevant questions are answered," he says.

But Richardson says it reflects a "character issue."

Last week, he called for a special prosecutor, although ethics investigations are handled by the commission, four of whose seven members are designees of the Legislature. Violations of the ethics law are not classified as crimes.

Asked later about whether tax incentives are appropriate to encourage development of alternative energy, Richardson alluded to Hayes' career as an energy consultant.

"I think it depends on who his senior adviser is going to be on energy," he says.

Division over coal exports

As they did in a City Club of Portland debate Friday, Richardson supports and Kitzhaber opposes coal exports to Asia via Oregon railroads and ports.

Asia will get coal, Richardson says, "whether they get it from some other location, where they are not as concerned about the environment as we are — or that we use environmental safeguards to provide it and transport it in an environmentally sound way while we create hundreds of jobs."

Richardson did not specifically endorse Measure 92, but said he supports the right of consumers to know what is in their food.

WOLF

Continued from page 1

"Wolves were introduced into Idaho in 1995, and — in more recent years — have moved into Oregon. They established wolf packs in Southwest Oregon in the Siskiyou mountains," said William Ripple, researcher and professor in the College of Forestry. "The reason why we know about the southwest wolf pack is through the story of OR7."

OR7 is a collared wolf, which traveled through Oregon into California, and then back into Oregon. This wolf is currently being tracked by the ODFW, which reported that he has mated with another wolf and that the pair had two pups this summer.

This family of wolves represents the only of its kind in western Oregon.

Ripple has worked in Yellowstone National Park for the last 15 years to understand how wolves affect the ecosystem. He specializes in trophic cascades, a phenomenon in which population changes of large predators affects the rest of the food chain of an ecosystem.

Like Idaho, wolves were transplanted into Yellowstone from wolf populations in Canada in 1995 by the government. Ripple has studied how the reintroduction of wolves affects prey such as elk, and in turn how the population change of prey has changed plant life in the area.

Questions remain about what will happen to wolf populations if they are removed from the Oregon endangered species list, and how the return of wolves to Oregon will affect current ecological conditions.

news@dailybarometer.com

Calendar

Thursday, Oct. 16

Meetings

Baha'i Campus Association, 12:30-1pm. MU Talisman Room. Religion without clergy. - A discussion.

Events

Counseling & Psychological Services, Noon-1:30pm. MU 206. Listening Tables. Engage in conversation about mental health care in our community.

Campus Ambassadors, 7:30-9pm. First Baptist Church of Corvallis. Come enjoy teaching, worship and fellowship in the Christian college community.

Friday, Oct. 17

Events

Counseling & Psychological Services, 3-5pm. MU Quad. Be Well 5K and Fair. Get some exercise in with the OSU community and check out a demonstration on biofeedback.

Omani Students Association, 6-7:30pm. MU Lounge. Omani Woman's Day "Enjoy the Omani Woman's gallery and the free sweets and drinks." Free event.

Black Cultural Center, 5:15-7pm. Lonnie B. Harris Black Cultural Center, 2320 Monroe Street. Block Party. Tours, update on construction, DJ, BBQ dinner and other entertainment.

Tuesday, Oct. 21

Events

Career Services, 2-4pm. MU 206. Speed Mock Interviews. Practice interviewing with Employers & Career Specialists! Bring resume.

School of Language, Culture & Society, 3:30-5:30pm. 210 Kidder Hall. Reception for Carnet De Bretagne, a selection of sketches/illustrations from Brittany by Marie Le Glatin. Refreshments to be served.

Wednesday, Oct. 22

Events

Career Services, 11am-4pm. CH2M Hill Alumni Center. All Majors Career Fair. Don't forget to get your photo taken at our LinkedIn Photo Booth for a professional photo for use on business networking sites.

Thursday, Oct. 23

Meetings

Baha'i Campus Association, 12:30-1pm. MU Talisman Room. A discussion - The United Nations - A forum for global focus and consultation.

Events

Career Services, 11am-4pm. CH2M Hill Alumni Center. Engineering Career Fair. Don't forget to get your photo taken at our LinkedIn Photo Booth for a professional photo for use on business networking sites.

Campus Ambassadors, 7:30-9pm. First Baptist Church of Corvallis. Come enjoy teaching, worship and fellowship in the Christian college community.

Thursday, Oct. 30

Meetings

Baha'i Campus Association, 12:30-1pm. MU Talisman Room. Are there spiritual solutions to economic challenges? - A discussion.

Event

Campus Ambassadors, 7:30-9pm. First Baptist Church of Corvallis. Come enjoy teaching, worship and fellowship in the Christian college community.

Friday, Oct. 31

Volunteers

Center for Civic Engagement, 6-8pm. Meet in the MU Lounge. Come out and trick-or-treat for a good cause. We will be trick-or-treating for canned goods and all donations will go to the HSRC's OSU Emergency Food Pantry.

Thursday, Nov. 6

Meetings

Baha'i Campus Association, 12:30-1pm. MU Talisman Room. Same Nationalism - A discussion.

Event

Campus Ambassadors, 7:30-9pm. First Baptist Church of Corvallis. Come enjoy teaching, worship and fellowship in the Christian college community.

Thursday, Nov. 13

Meetings

Baha'i Campus Association, 12:30-1pm. MU Talisman Room. Spiritual revelation - Is it progressive? - A discussion.

Event

Campus Ambassadors, 7:30-9pm. First Baptist Church of Corvallis. Come enjoy teaching, worship and fellowship in the Christian college community.

Tuesday, Nov. 18

Speakers

Biochemistry & Biophysics, 7pm. 125 Linus Pauling Science Center. Ed Chapman, University of Wisconsin Department of Neuroscience. "New wrinkles in Botox use - traveling into the brain."

Thursday, Nov. 20

Meetings

Baha'i Campus Association, 12:30-1pm. MU Talisman Room. Is there a universal language? - A discussion.

Event

Campus Ambassadors, 7:30-9pm. First Baptist Church of Corvallis. Come enjoy teaching, worship and fellowship in the Christian college community.

Local hospitals, health officials, funeral directors focus on Ebola preparedness

By Diane Dietz
THE REGISTER-GUARD

PORTLAND — Against the backdrop of an Ebola-infected nurse jetting across the country — potentially exposing far-flung travelers — Eugene-Springfield health officers, hospitals and funeral homes are preparing as if they will one day face the deadly disease.

Sacred Heart Medical Center at RiverBend in Springfield was the site of an Ebola exercise early this month.

More than 40 doctors, nurses and emergency managers rehearsed how they would handle the arrival of an Ebola-infected patient, said Dr. Patrick Luedtke, Lane County's public health officer.

"The risk is not zero but it's very, very low," he said. "We have to be prepared and that's what we're focusing on."

Today, infection control officers at RiverBend were so busy with back-to-back conference calls and webinars about Ebola that they were unable to talk with the media about their preparations, spokeswoman Monique Perry Danziger said.

Funeral directors are reviewing Centers for Disease Control and Prevention guidance on handling Ebola-infected bodies — plastic shroud, double body bags — said Rick Harvey, executive director of the Oregon Funeral Directors Association.

"Obviously, everybody is more concerned today than they were a week ago. It seems like it's changing on a daily basis," he said.

Gov. John Kitzhaber today called on state and federal agencies, private health care providers and hospitals "to accelerate

preparations to ensure public safety in the event of any new suspected cases."

The revelation that a second nurse contracted Ebola from a patient inside the isolation ward inside the Texas Health Presbyterian Hospital in Dallas today raised additional questions about whether U.S. hospitals are ready to stop the spread of Ebola.

The second nurse flew from Dallas to Cleveland and back, raising worries that she may have infected some of the 132 other travelers on the flight.

The epidemic began in December in West Africa and has since infected more than 8,900 and killed more than 4,400 in Sierra Leone, Liberia and Guinea, according to the World Health Organization.

Spread of the disease, which kills about 70 percent of its victims, is out of control in West Africa, WHO officials say. They're predicting the epidemic will grow to 10,000 cases a week by December, based on the current trajectory.

But the chances of Lane County health care providers having to deal with an Ebola-infected patient is low.

"The good thing — if you want to say it's a good thing — is that there are no direct flights to the entire state of Oregon from West Africa. That puts us on the back burner in terms of exposure," Luedtke said.

The University of Oregon is the hub of international travel in Lane County, with African faculty coming here to teach and African students coming to study — although in relatively small numbers.

In 2013, for example, fewer

than 2 percent of the 3,069 international students enrolled at the UO were from anywhere on the African continent.

This fall, the university updated its Pandemic and Infectious Disease Plan, said Andre LeDuc, the UO emergency management director. The UO also cancelled a fall study-abroad trip for a dozen students to Ghana in West Africa, where they were slated to work in health clinics and tropical disease research.

The Lane County Health Department, meanwhile, is reviewing its disease reporting and assessment protocols and testing its communication links with area medical providers — "so we can get them real-time messaging on what they should be doing or could be doing to prepare and respond," Luedtke said.

Luedtke is also clearing the channels with the federal CDC, particularly with a rapid response infectious disease unit called Global Migration and Quarantine.

"Do I have their 24/7 number in my smartphone? I do," Luedtke said. "And do I know their officer in charge by first name? I do. We talked twice this week, actually."

Luedtke tested the health system's readiness with several so-called "tabletop exercises" this fall.

The big Ebola work-up included officials from Springfield's McKenzie-Willamette Medical Center — and state and federal officials via telephone.

The group worked its way through an Ebola scenario playing out locally.

"The patient shows up," Luedtke said, "and then we ask

everybody in the room what would they do? What would the nurse do? What would the ER doc do? What would the laboratory do? What would the state health department do, versus the local health department?"

"The key thing is, we want people to ask for a travel history right up front," he said. "Did you just return from West Africa? Are you with someone who returned within 21 days from one of the infected countries?"

"Hopefully, more and more people are asking that," he said. The second task is to see if a person's symptoms match Ebola: Fever over 101.5 degrees, severe headache, muscle pain, vomiting, diarrhea, abdominal pain or unexplained hemorrhaging.

If the answers are positive, the next step is to isolate the patient from anyone else and for medical providers to don personal protective equipment — the space suits that are now familiar on the television news.

Hospitals have to ensure they have enough of the equipment — and, importantly, that medical staff have been trained to use it.

Dr. Bob Pelz, PeaceHealth infectious disease specialist, was not available today to answer questions about training or supplies, but the hospital provided a statement, that included: "We are working closely (with multiple federal, state and local agencies) to ensure that we are prepared in the unlikely event that we receive a patient with Ebola....(We) test our clinical protocols and communications through realistic scenarios related to Ebola, with emphasis on rapid diagnosis, isolation and treatment."

McKenzie-Willamette Medical Center officials did not

respond today to a request for comment on their Ebola prevention efforts.

Also today, the National Nurses United labor union said too few — about 15 percent — of the 185,000 nurses it represents are trained to use the protective gear that would keep them safe from Ebola.

Caring for an Ebola patient involves administering intravenous fluids and balancing electrolytes, maintaining oxygen status and blood pressure — and treating other infections if they occur. The patient, meanwhile, puts out voluminous amounts of bodily fluids in the form of sweat, vomit and diarrhea.

To protect themselves, nurses have to follow a meticulous protocol — particularly for removing the protective suit — so that the outside of the garment, which may be covered with the virus, does not touch their skin.

"When people are putting it on," Luedtke said, "they are paying a whole lot of attention because they know they're going into the environment of potential exposure. But once (they) walk out of that emergency room or department or exam room, (people can) let (their) guard down...."

While the hospital treats the patient, the health department's job is to perform a "communicable disease investigation" to identify people who may have been exposed to the patient.

Such investigations are something the Lane County Public Health department does all the time with tuberculosis and measles patients, said department

spokesman Jason Davis. The department has prepared an "Ebola Response" Web page, although it's not yet available to the public, Davis said. "If (Ebola) becomes an issue, we click a button and it's up and going," he said.

Because Ebola is so deadly, and the viral load in the body is at its zenith when a victim dies, funeral directors are paying attention to the developments in Dallas.

"It's not something that we are super-concerned or freaked out about," said local funeral director Jeff Musgrove, speaking from the National Funeral Directors Association in Nashville, Tenn. But, he added, "We all take our jobs very seriously."

Mortuary staff have to be prepared to suit up, too. "The CDC is very involved in this. We would not be doing anything without being under the strict supervision of health care experts," Musgrove said.

The CDC has ordered that there be no embalming for Ebola patients and no autopsy, if at all possible. Bodies are to be wrapped in plastic shrouds and tucked into a body bag, which is then washed with disinfectant before a second body bag is placed over the sealed.

"They're sealed and then they're not reopened," said Harvey, the state funeral directors association executive.

Cremation will render the remains safe, Harvey said.

"The temperature is 1,650 degrees inside the crematory. That's going to kill that virus. We're not going to have to worry about it," he said.

Bicycling school teacher goes around the world in 14 months

By Mark Baker
THE REGISTER-GUARD

EUGENE — With less than a mile to go, after trekking 21,000 miles around the globe on the bicycle she bought right here in Eugene four years ago, Melissa Pritchard made a pit stop.

"Thank you, guys, for coming in the rain," the 1997 Sheldon and Eugene International high school graduate told friends, family and neighbors who had gathered in her parents' driveway off Coburg Road Tuesday afternoon.

"Now let's get dry, because I did just change at Market of Choice," she said, as everyone broke into laughter. "So, I cheated."

Yes, she was a tad soaked after riding the last leg of her journey — on Peoria Road from Corvallis to Harrisburg, then Coburg Road into town — that she began in Barcelona, Spain, in August 2013, arriving back in her hometown on her 35th birthday, no less.

You might say Pritchard, who

billed this journey as "the teacher on two wheels," took the long way home.

In fact, that's the name of her blog (theloongwayhome), the double o's representing the wheels of the Surly Crosscheck bicycle she bought at Paul's Bicycle Way of Life in Eugene.

Four continents. Twenty-five nations. And an average of 70 miles of bike riding a day — for 14 months.

"I just love traveling by bike," Pritchard said, standing in the kitchen of the Ferry Street Bridge area home of her folks, Walter and Karen Pritchard, as 30 people mingled around birthday balloons, wine and hors d'oeuvres. "And I had the time to take as a teacher."

Pritchard, who received her master's degree in education from Oregon State University, taught elementary education at Benjamin Franklin International School in Barcelona for seven years before starting her solo bike trip.

She is on sabbatical and plans to possibly teach there again next fall, although Switzerland or Southeast Asia are also calling her, she said.

During her adventure of a lifetime, first recounted in The Register-Guard two months ago, Pritchard visited about 50 schools all over the world, telling her story and telling schoolchildren to follow their dreams.

"It's amazing. It's unbelievable," said Joshua Hamill, a history, geography and Spanish immersion teacher at Sheldon High, who taught Pritchard back in the mid-1990s and was standing in her parents' living room. "It's been really inspiring for the students. I've been showing them her blog."

Pritchard, who next month plans to run the New York Marathon, which will be her fourth, will tell her story to International High School students at Sheldon on Thursday and Friday, Hamill said.

It's a story that includes riding as far as 129 miles in one day, in Canada's Yukon Territory. As fast as 46 mph on another day, and as slow as 2.8 mph.

She rode as high as 11,542 feet in Colorado, and ascended 8,195 feet all in one day in Malaysia, the nation where she also endured the most intense heat of her journey, 109 degrees.

The coldest day? When it was 31 degrees in Alaska.

And, no, although she might seem a bit superhuman, Pritchard cannot ride her bicycle across water. Thus, she took her bike on five plane flights — from Istanbul to Hong Kong; Hong Kong to Singapore; Singapore to Christchurch, New Zealand; Christchurch to Australia; and Australia to San Francisco.

Pritchard has been riding through the United States and Canada since April.

She rode down the Pacific Coast Highway in California, through the Sequoia National Forest and into Death Valley, where she had one of her more memorable experiences.

"I got to work in a beef jerky store," she said.

It was May 11, Mother's Day, and she kept seeing signs for "Gus's Jerky" in the dot-on-the-map town of Olancho, as she rode through nasty headwinds.

"I wanted to sample everything," Pritchard said of the jerky, stuffed olives and fresh pistachios.

But the owner was closing to head to church.

"Unless I can trust you?" he said.

"Of course, you can trust me," said Pritchard. "I'm a teacher."

He meant trust her to work the store while he was gone.

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

To play: Complete the grid so that every row, column and every 3X3 box contains the digits 1 to 9. There is no guessing or math involved, just use logic to solve.

Yesterday's Solution

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



NICKI SILVA | THE DAILY BAROMETER

The OSU Valley Library has transitioned with the times so that it serves multiple purposes, including providing study spaces as well as holding materials.

LIBRARY

Continued from page 1

how we use our space in a way that helps the user community, especially students, be successful."

Today, many students come to the library for a quiet place to study alone or in groups without necessarily checking anything out.

Micah Sauter, a senior in mechanical engineering, said he uses the building as "a quiet place to study and meet for projects."

Civil Engineering Ph.D. student Maggie Exton also frequents the library, and said some of the most useful features for long study sessions are the vending machines and the help desk.

Circulation Student Supervisor Bryan Feyerherm has worked with the library for more than 20 years. He recalls the need for the library to transition from information hub to modern study center.

"(There were) dramatic differences. The old building was very old-school. It just wasn't very useful with the new innovations coming along," Feyerherm said. "Computer labs, wireless... CD-ROMs with digital access to journals were all individual CDs instead of online access."

Chadwell and Feyerherm both said printed material still has its uses, but the Valley Library will continue to evolve for the OSU community.

Chris Correll, news reporter
news@dailymeter.com

LUBCHENCO

Continued from page 1

a reception Oct. 15 to recognize her award and return to OSU.

"It is most wonderful to have Jane Lubchenco back here with us," Ray said. "A very distinguished, world renowned scholar and a wonderful colleague. There are many people that one meets in the academic realm that are highly decorated and much celebrated, and some of them it is a lot easier to be happier for than others."

"Every time she gets another recognition it makes you feel good because you know that a very good person is being singled out and recognized for her extraordinary work and contributions," Ray said.

After Ray introduced her, Lubchenco spent some time discussing her experiences working in government.

"It was a chance to do, not just urge others to do," Lubchenco said of her time in Washington D.C. She also said her time studying animal behavior helped prepare her to understand the wild world of politics.

During her time as NOAA administrator between 2009 and 2013, Lubchenco had to deal with the economic downturn, the Gulf Oil spill and the most extreme weather of recent times. Lubchenco added that every type of weather broke records when she served as administrator.

Though she had to deal with surprising challenges, she was able to help make changes at

NOAA. During her time in office, she helped create the nation's first ocean policy, helped along the battle to end overfishing in the United States and fixed the weather satellite program, among other accomplishments.

"No one is more excited than me to see her back in our college and to be at this great university," Pantula said. "Having someone of her stature and vision in science and who cares about policies that are data enabled and based on solid scientific foundation is priceless."

Cowen said that Lubchenco has gone beyond research and has been instrumental in communicating science and using science to inform policy.

"This science policy pipeline that she has been developing I think is really fantastic," Cowen said.

One of the main topics of the night was the creation of the marine studies initiative. This initiative is a plan to build a \$50 million marine studies institute in Newport.

"We've long had huge strengths, world-class scientists in a lot of different areas in marine biology, oceanography, fisheries and marine mammals," Lubchenco said. "But we've never had a sufficiently integrated, cohesive program that provides for students both the training as well as hands-on opportunities to take it the next level. The marine studies initiative is a very exciting opportunity to do exactly that."

Katherine Kothen, news reporter
news@dailymeter.com

“Every time she gets another recognition it makes you feel good because you know that a very good person is being singled out and recognized for her extraordinary work and contributions.”

Ed Ray
OSU President

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Pickup: Sunday, Oct. 19 9am - 4pm

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DEBATE

Continued from page 1

described how he decided four months ago to run for mayor and how he went door-to-door learning about what the community was both upset about and pleased with. Gulliver is the owner and operator of a small business called Greenline Agro-Ecological Solutions.

After opening statements, Raia began asking the candidates questions that had been sent in by the public prior to and during the forum.

Both candidates seemed to agree on many issues that were raised during the forum, including addressing the OSU master plan, accountability on time and money spent for city projects, re-zoning land within the city limits and finding ways to grow the economy.

"The master plan is a great leverage point with OSU," Traber said.

"We need OSU to step up to the bat and build some parking garages," Gulliver said. "The master plan is a way to help accomplish that through land use."

University relations was a major talking point that afternoon. With the growing population at OSU, many issues such as parking and affordable housing have risen to the forefront for both students and Corvallis

citizens.

"We need to focus on building open relationships with people," Traber said. "Let's use technology to reach out to people with online surveys and reactions."

Traber and Gulliver seemed to disagree on issues such as Collaboration Corvallis and the cost of parking districts.

"We spend too much time talking about the positives of collaboration than the negatives," Gulliver said. "The current design isn't fair to students or residents. We need to get the city staff to focus more on this."

"A lot of this relies on collaboration between city officials, neighbors and the university," Traber said. "It is worth spending the money on something like this."

Both candidates recognized the difficulty of adequate parking in the downtown area.

"You need adequate parking whenever you build a new business in the area," Gulliver said. "We need to be clearer with the building codes."

"There isn't convenient surface parking for everyone," Traber said.

Both candidates also proposed methods for growing businesses in Corvallis.

"I want to encourage economic diversity," Gulliver said. "We need to support local businesses and create incentives for new ones. There's also a lot

of potential in working with OSU here."

"Part of economic development is not about bringing big companies to Corvallis," Traber said. "It's about growing what we have and making progress."

Both candidates were given two minutes for closing remarks. Traber encouraged voters to look at his records and take note of his experience in city government. Gulliver encouraged community collaboration and also stressed government transparency, which was a major priority for him.

"I wish we had more time to answer more questions from the public today," Raia said. "There were a lot of really cerebral questions, and it's sad we couldn't get to them all within the time frame."

Both candidates thought the forum went very well.

"I enjoy these forums," Traber said. "This is an opportunity for people to have their questions answered, not for one candidate to criticize the other. Hopefully, this helped people."

"I definitely wish we got more questions answered," Gulliver said. "There are lots of issues like transparency within government and collaboration with OSU students that seem like no-brainers to me."

Abigail Erickson, news reporter
news@dailymeter.com

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Beavers want 2-win weekend

■ After going 1-1 past couple weekends, women's volleyball sets out to alter current path

By Sarah Kerrigan
THE DAILY BAROMETER

Oregon State women's volleyball looks to capture its first 2-0 weekend in a while against No. 19 UCLA and No. 18 USC.

The Beavers (3-3 Pac-12, 13-4 overall) have split every weekend in conference play so far, which is no easy task in a conference with seven of the top-20 teams. But that 2-0 record on a weekend has eluded them so far.

"It will take a lot of hard work on our side," said senior middle blocker Arica Nassar. "We need to focus on what we focused on in practice, and each do what we need to do to beat both teams."

In order to get both wins, the Beavers need to reproduce the type of match they played against Washington State last weekend, during which they had multiple players putting up big numbers.

"From a playing perspective, we just have to do the same thing that we did against Washington State and really

See VOLLEYBALL | page 6



JUSTIN QUINN | THE DAILY BAROMETER

Senior middle blocker Amanda Brown extends over the net and goes up for the block against Michigan at home on Sept. 12.

TeJo Pack



@pack6124

College football needs better reporting of 'dings'

Tackle football is dangerous and everyone knows it. For those involved, the reality that they or their child will get hit and hit hard just comes with the territory.

There has always been an awareness of this ugly truth, but until the past couple years, nothing was truly being done about it.

Today we have research testing, monitoring, protocols and Heads Up football. Some of these bring change to the future, while others bring light to the surface.

A new study done by Boston and Harvard universities finds there are 27 possible unreported concussions behind every reported case. If you're an offensive lineman, that number jumps to 32 for each reported case.

See PACK | page 6

Another big weekend for men's soccer

■ Oregon State team heads south to California, will hunt for big game at UCLA Sunday

By Brian Rathbone
THE DAILY BAROMETER

The Oregon State men's soccer team travels to southern California for its next conference matches against San Diego State Thursday, and then the players will finish their trip with a matchup against the No. 14-ranked UCLA Bruins Sunday.

The Beavers (8-3-1, 1-1-1) will first take on a young yet ambitious San Diego State (6-6, 0-3), a team still looking for their first win in conference play.

"They have a lot of young team members, and with younger players I expect them to be very ambitious and energetic at home," head coach Steve Simmons said. "They are very good at

home; we are going to have our work cut out for us."

This game against the Aztecs could be seen as a trap game for the Beavers following their tie against Washington, and possibly looking ahead to Sunday against the ranked Bruins.

The coaches are doing all that they can to treat this game against the Aztecs as the most important game of the season.

"Its game number 13, Washington was game number 12, UCLA is game number 14, and this is game number 13 — the most important game of the year."

"We know we are going to be into a tough, tough game against San Diego State," Simmons said.

The Beavers take on UCLA (6-3-3, 1-1-1) Sunday. The former No. 1 team in the nation is coming off a tough defeat to Cal and a tie to Stanford from the previous week.

UCLA is traditionally a force in the

Pac-12, winning seven of the last 10 conference championships.

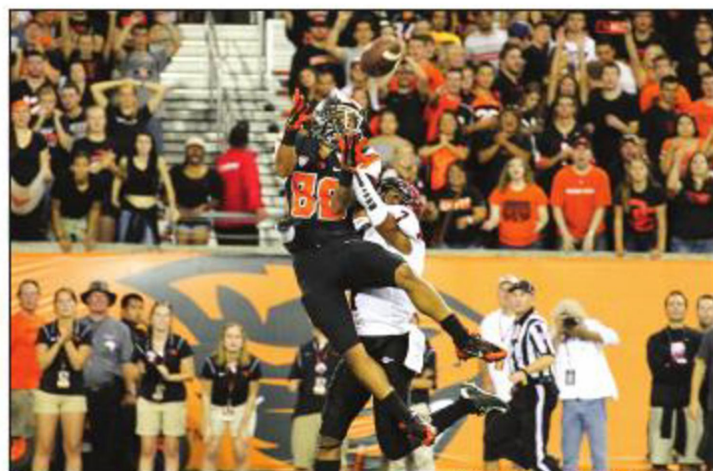
"They have a lot of very good players. Their pool of players is rich, talented, and deep," said Simmons.

Last season OSU was able to have success against the Bruins, tying them in both matches. In one of those games, the Beavers missed a penalty kick which could have changed the outcomes.

For the Beavers to come out of this road trip with a pair of victories, according to Simmons, is to do what they're already doing.

"The team that does their thing the best will win," Simmons said. "For us, that's being sound in the back, and we want to be able to be athletic moving forward. We want to release the horses, run like thoroughbreds."

Brian Rathbone, sports reporter
On Twitter @brathbone3
sports@dailybarometer.com



JUSTIN QUINN | THE DAILY BAROMETER

Sophomore wide receiver Rahmel Dockery goes up for a pass from senior quarterback Sean Mannion against SDSU on Sept. 20.

Beavers prep for Utes pressure

■ Oregon State looks to handle rush against tough Utes defense following bye week

By Mitch Mahoney
THE DAILY BAROMETER

On Thursday, members of the OSU football team will wake up, go through their usual morning routine and go to class like it's any other weekday.

But by 7 p.m., their identities change from students to athletes. The Beavers (4-1, 1-1 Pac-12) play their first Thursday night football game since the 2009 Civil War.

Weekday games aren't necessarily new for the Beavers; they had three last year. But only two of those were during class days, and both were Friday games.

Thursday's matchup is against No. 20 Utah (4-1, 1-1), whose national ranking is the highest its been since the school joined the Pac-12 in 2011. Their signature victory of the season so far was a 30-28 upset of then-No. 8 UCLA on Oct. 4.

The Utes threw only 100 yards in that game, but ran for 242 yards as they integrated backup junior quarterback Kendal Thompson into the first unit. Starting junior quarterback Travis Wilson was replaced after

three unproductive series, and the switch paid off for the Utes.

Thompson caught UCLA off guard, because the quarterback rumbled for 83 rushing yards; good enough for second highest on his own team. Junior running back Devontae Booker led the Utes in rushing when he gashed the Bruins for 156 yards and a touchdown. Booker averages more than 100 yards per game this season, and he's gotten more and more touches as the weeks have gone on.

Luckily for the Beavers, they're coming off of a bye week, meaning they've had time to watch film on both quarterbacks, so they won't be surprised by either one. But they won't know which quarterback they'll face since the Utes are keeping that decision under wraps until kickoff.

"Obviously we have to prepare for both if they're not going to name the starter," said head coach Mike Riley during a Tuesday conference call. "They certainly have two very good players to pick from. We played against Travis (Wilson) last year, and he gave us all sorts of fits. The new guy has come in there and has done a good job. It's probably a good problem for Utah to deal with."

While the Beavers have had an extra four days to study game

See FOOTBALL | page 6



JUSTIN QUINN | THE DAILY BAROMETER

Senior forward Khiry Shelton battles for the ball during contact with Cal's redshirt senior Dylan Serrano in the Beavers' win at home on Oct. 5.

PACK

Continued from page 5

but this is not surprising.

Offensive linemen are the biggest, burliest, toughest players out on the field, and they strive to be known as such. It is commonly known that from practice to game time, they participate in full contact more than any set of players in the game.

As scary as these new findings are, it's also terrifying how more upper classmen decide to not report their injuries as opposed to their freshman and sophomore peers.

Somewhere inside that jump there is a disconnect in need of further research. You would imagine that as players progress in wisdom and experience, a deeper attention to their personal health would come with that advancement. Still, the study shows that this

is not the case.

There are close to 80,000 college athletes playing full contact football as of now. If the number of players with concussions is anywhere close to the NFL's one in three, then essentially somewhere around 26,000 students are walking around campuses with permanent damage from the resulting injuries. And if those stats aren't even factoring in the recent Boston and Harvard Universities findings, then that number can only double.

It is completely true that these players know what they are getting into when they sign that waiver. And they most definitely are aware of what they're doing when they hide their injuries, but what is the responsibility of the adults in their lives to protect them?

Is it fair to stand by and say, "well you knew what you were getting into," while a population of people the size of a small college is

bashing their brains to the point of ruin?

I think not.

Most of these players play for the passion and love of the game. But there is also a large majority — including those passionate players — that are playing to better their lives. From humble beginnings to more than what they have, football offers them the possibility of endless success, unless that success is cut short by a loss of brain function and motor ability.

It is a well-known fact that these players have come to play football for their school. But it is also known that they are here to get a degree in case football doesn't quite pan out.

Around 1.7 percent of college football players actually go on to play professionally, which means it is kind of important that these players have all their marbles still rolling around in the long run.

My feelings on this topic are the same as they were about the war in Iraq: Some idiot got us in this mess, but what is our responsibility now that we are here?

Football is obviously not going anywhere, which means the death of the sport is not an option.

What can be done is creating an atmosphere — at the college level — that teaches players from freshman to fifth-year seniors that reporting their "dings," no matter the level of severity, is the most important thing.

If we aren't teaching these men at a college level that their health is important, how can we expect them to do so for themselves at an adult level?

Change only happens once it's implemented.

Telo Pack, sports editor
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JUSTIN QUINN | THE DAILY BAROMETER

Junior running back Storm Woods breaks a tackle and plows for the end zone against San Diego State in Corvallis on Sept. 20.

FOOTBALL

Continued from page 5

film and return to health, so too have the Utes. Both teams have had 12 days off since their previous games, and both teams have had extended preparation time for Thursday's game.

"They've had time to heal up. They've had time to work on their fundamentals, and they've had time to work on their schemes," said offensive line coach Mike Cavanaugh. "So there's going to be something that they do that we aren't going to be ready for. We've got to make the adjustment on the sideline and get ready to go, because that's what football is."

Cavanaugh and the offensive line will have their work cut out for them on Thursday. Utah averages more sacks and more tackles for loss per game than any other team in college football.

"They're really good. That kid (Nate) Orchard is about leading the nation in sacks. He's got speed, he's athletic, he's got moves and he's a

really good player off the edge. They move him around a little bit, too, so we'll be alert of him at all times."

Orchard has 8.5 sacks on the season, four of which came in the UCLA game. In addition to him, the Utes have sophomore defensive end Hunter Dimick, who has 5.5 tackles for loss as well as five sacks so far this season.

"We've got to be ready to go," Cavanaugh said. "Those sacks aren't always from blitzes or pressures, they're one-on-one matchups, so we've got to be great with our technique, we've got to fight the fight, we've got to battle like crazy, and then we've got to handle the pressure when they bring it to us."

If the offensive line can't hold up to Utah's front seven, it could be a long day for senior quarterback Sean Mannion and the rest of the offense. If the Utes can rack up 10 sacks like they did against UCLA, Mannion is going to be sore in class tomorrow.

Mitch Mahoney, sports reporter
On Twitter @MitchMahoney
sports@dailybarometer.com



JUSTIN QUINN | THE DAILY BAROMETER

Senior middle blocker Arica Nassar and redshirt sophomore outside hitter Katelyn Driscoll go up for the block against Michigan on Sept. 12.

VOLLEYBALL

Continued from page 5

get a lot of people involved in the offense, so that is our game plan going in," said head coach Terry Liskevych.

To be successful again this weekend, Oregon State will have to continue to pass well and let all players have a chance to contribute. Varying the attack will keep the opponent guessing and on guard.

"(Freshman) Tayla Woods did really good this weekend distributing the ball to multiple hitters, not just one player or one position. That was a big thing for us this weekend, just making sure that everyone is getting that portion of the ball they need for us to win and to be good," Nassar said.

Against WSU, the Beavers were also able to play with a consistency throughout the match. Maintaining their focus throughout the upcoming matches will be crucial to siding out and retaining the serve.

"You have to get a team to realize that

every point is to be played hard," Liskevych said. "You've got to play each individual point like it's the last championship point."

Against UCLA (3-3 Pac-12, 12-5 overall), Oregon State faces the top-hitting player in the conference, senior outside hitter Karsta Lowe. The Beavers will need some serious defense to slow Lowe down, since she currently leads the nation in kills per match.

The Beavers did a great job blocking in their last game, which allowed their diggers to get under the ball and play out of hard hits.

"Last week, we did really good at getting touches on the blocks so that our diggers can have better defense, said Nassar. "Just slowing the ball down is what we want to focus on this weekend against Karsta."

The main focus for the game against UCLA will be Lowe, but USC is a more rounded team, which makes it a more difficult scouting report. The key to that match will be again maintaining constant pressure and distributing the ball to multiple players.

"Against USC, they have more of a varied attack, and we just need to make sure that we get ready with really good blocking," Liskevych said.

The Beavers are feeling confident. They are ready to take on these two tough opponents knowing that two wins is well within their grasp.

"I feel like everyone knows that if we go out and play our game, we can win," Nassar said.

"For the first match, we want to really bring the game to them," Liskevych said. "They are a good team that has struggled a little bit in the last couple of weeks, and we need to just make sure to bring the game to them."

Oregon State is looking to come out strong early in its first match against UCLA, and then carry that into the next match against USC.

Sarah Kerrigan, sports reporter
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sports@dailybarometer.com

Media Position Announcement

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November 2014 – June 2015

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To apply, applicant must: (1) complete an application form obtained from the Student Media Office, MU East, room 118, (2) submit a transcript, (3) submit a letter of application, (4) submit a resume, and (5) submit a letter of recommendation. Deadline to apply is Wed., October 29 at 5 p.m. Positions open until filled.

Applicants will be interviewed by the University Student Media Committee. Candidates will be notified of interview date and time.

OSU Student Media

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PORTLAND ROASTING Coffee

Editorial

Parking pandemonium ensues

We can expect to see various out-of-town football fans take up spots on campus parking lots Thursday.

An estimated 42,000 to 43,000 of them. And they are all hungry for a place to park, particularly if it's located anywhere near Reser stadium.

Even if it's in the zone for which you purchased an expensive parking pass, your vehicle will be towed if that lot is reserved for Athletic Department permits after the designated rollout times. There are two issues here.

This parking plan is already confusing — not to mention spendy — and the football game is being held on a weekday.

People still have classes to get to, and some are commuting from great distances to be here.

Although the game won't start until 7 p.m., you can bet that the huge group driving from Portland, Eugene and other areas will swarm campus and Corvallis during the early afternoon.

Our streets will clog, but parking will be worse.

Our new parking passes for the better zones are mostly sold out. And forget metered parking: It now costs \$2 per hour.

Students and staff are just getting used to these changes, and residents of Corvallis continue to address concerns in terms of how they affect neighborhood parking.

Adding thousands of incoming fans to the mix is like throwing a monkey wrench at a system resembling a Jackson Pollock painting.

Some students have said they will avoid campus on Thursday to avoid the potential parking chaos.

And what about our faculty and staff who work until 5 p.m.? Are they supposed to leave their classrooms and offices to find new parking after lunch?

These are people who make the university function, and this essentially tells them they don't matter.

It's like saying "hide in the closet until these cool people we invited over leave."

Options this year seem to be a little more restricted than in 2013, when a similar phased-parking strategy occurred on Nov. 1.

To accommodate the influx of fans for last year's game, Oregon State released a similar phased-parking strategy.

Incentives were offered to anyone who walked, biked or used Corvallis Transit.

This year, there will be a shuttle running between the Benton County Fairgrounds and campus.

Games of such a high volume should only occur on weekends.

The university is an institution for students, professors and researchers who already have enough on their plates as it is.

Even Friday games make much more sense than this.

Though some of what OSU has implemented may help with overflow, our potential parking nightmare seems much more chaotic this year.

Editorials serve as means for Barometer editors to offer commentary and opinions on issues both global and local, grand in scale or diminutive. The views expressed here are a reflection of the editorial board's majority.

Letters

Letters to the editor are welcomed and will be printed on a first-received basis. Letters must be 300 words or fewer and include the author's signature, academic major, class standing or job title, department name and phone number. Authors of e-mailed letters will receive a reply for the purpose of verification. Letters are subject to editing for space and clarity. The Daily Barometer reserves the right to refuse publication of any submissions.

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The student slouch: Working on good posture

On average, we sit for 7.5-8 hours per day. For the majority of us, when we sit, we slouch.

It's easy to slouch in our classrooms, typing on the computer or when we have a full backpack.

Poor posture affects our spine, pelvis alignment and our muscle memory.

Slouching relaxes our muscles and makes our bones do the work. Alignment-wise, the head and shoulders should be over the hips with engaged core muscles.

Pulling our shoulder blades together (scapular retraction) helps to combat slouching.

Scapular retraction strengthens our upper back muscles (trapezius

Dr. Erica Woekel
The Daily Barometer

and rhomboids) and stretches our chest muscles.

Try to squeeze or pinch your shoulder blades together and hold for five-to-10 seconds.

Or put your hands beside your ears, with the elbows out while expanding the chest to move your elbows behind your body.

You can also grab your elbows behind your back and then lean side to side, or look up to relieve the upper back.

In a sedentary environment, take frequent standing breaks during which you are able to stretch your

Email questions for the column to forum@dailybarometer.com, with the subject "Ask Dr. Fit." Your name will not be published.

legs and spine.

When standing or sitting, imagine that you have a string attached to the top of your head.

This allows you to lengthen your compacted spine. Your abs should be tight as you pull your abdominal muscles towards your spine.

Abdominal strength — or lack of — also affects your posture.

Crunches can be very effective in strengthening your abs. Strive for a quality crunch, engaging your abdominal muscles instead of try-

ing to reach a particular number.

The most common mistake with crunches is to push your abs out as you curl your spine.

When crunching, your abs should pull, flatten or scoop toward your spine.

The second most common mistake is tightening your hip flexors during your ab workout. If your hip-flexor muscles, which connect your pelvis and spine to your femur, begin to ache during your ab workout, take a break.

This means that the abs are not effectively working and the hip flexors are compensating for their lack of work. Slow down your crunches

See DR. FIT! page 8

Not everyone should go to graduate school

Nowadays, deciding on whether or not to attend graduate school can be a tough decision for undergraduate students — many of whom are already preoccupied with settling on a major and exploring other academic interests.

However, what this decision really boils down to is whether or not receiving a masters or doctorate degree would be beneficial for you in the long run, in terms of salary.

For many STEM — Science, Technology, Engineering, and Mathematics — majors, obtaining a higher degree through a graduate



Jesse Hanson

program yields significant increases in salary, as opposed to a bachelor's degree from a four year university.

While this increase in salary makes attending graduate school seem like a no-brainer, one must weigh these benefits against the costs.

In the case of graduate school,

the time spent continuing your education comes with an opportunity cost — meaning for all of the time you spend in school, you lose the benefits you would be receiving had you accepted a job after obtaining your bachelor's degree.

The gravity of this opportunity cost varies from field to field.

Depending on your chosen career path, you could spend anywhere from two-to-eight years in a graduate program pursuing a higher degree.

For some, the increase in salary

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Alec Grevstad



The Satire Emporium

U.S. senate better off playing cards

Serving in the U.S. senate is terrible.

There are filibusters, bureaucratic logjams and even chances to change history in the United States — I'll pass for more important things.

The good news is that I am not alone in this sentiment.

Recently, Governor Chris Christie of New Jersey came out saying he'd rather die than serve in Congress. Well — technically — he said he'd rather walk himself into the Potomac River and "that'd be it."

As always, Christie makes some solid points.

He stated that the monotony of the legislation process moves from "banging" around the chamber with 99 other people" to trying to submit amendments.

This is a good point. Congress does nothing but leave America worse off than when its meetings started.

The democratic properties of the U.S. senate are hard to follow; it seems no one can get anything done, and the ones who do pass legislation are only changing the way the United States does something.

To me, it all seems a little trivial. In fact, I'd ban the whole U.S. Senate all together and implement another system.

This system would include 100 senators playing blackout bingo.

Whoever wins first gets to alter one law. As soon as the game picks up momentum and all 100 senators are in the gaming mood, maybe we'd then transition to chutes and ladders — lather, rinse, repeat and you now have a system people want to be a part of.

Let's face it: The U.S. senate isn't worth the trouble.

If you go over the track record of what it has really accomplished, it's slim pickings.

Recently, it passed legislation to ban anti-gay bias in the workplace and re-vitalized the Violence against Women Act, which gives \$1.6 billion to aid in investigations and persecution in cases that involve violence against women.

All of those can't help but make me think we can be spending time

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At Random by Ryan Mason



www.AtRandomComics.com

RYAN MASON IS A SENIOR IN GRAPHIC DESIGN

Why Measure 92 should get a 'no' vote

Measure 92 would label foods with genetically modified ingredients, but wouldn't label how many of those ingredients — if any, due to the convoluted language of the bill — are actually genetically modified.

I have written extensively on genetically modified crops before. This time I will focus mainly on why this measure shouldn't be implemented.

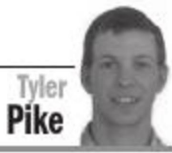
This isn't to say that a genetically modified food labeling initiative shouldn't be enacted, but this one isn't the right one for Oregon.

People have the right to know what is in their food.

I do not disagree with this.

But given the plethora of misinformation of genetic modification to be found on the Internet and in the media, this may backfire on farmers for those who are staunchly against GM (genetically modified) foods and may create a drop in sales.

For an initiative such as this to go forward, GM information needs to be presented to the public.



Tyler Pike

The range of misinformation is so abundant that some people wholeheartedly believe some of the most outrageous myths about GM foods.

I believe that part of why Jackson County passed the GM crop ban was due to misinformation.

GM foods are the scapegoat for a lot of "problems" for those who oppose genetic modification.

With proper agronomic principles, crops that resist herbicides can be great ways to reduce costs for growers. Modifying crops to grow in climates they could not traditionally could only help our fight against world hunger.

Even more so, crops that have higher yields, produce larger fruits or are more nutritious than in their traditional states could only aid our fight.

Another facet, "Golden Rice," which is being used to fight

vitamin A deficiency in South East Asia — how is this a bad thing? This crop is made possible with genetic modification.

The safety of GM crops has also come into question, but we need to look at a recent report looking at the health effects of animals fed GM feeds.

The study was conducted from 1983 through 2011, involved more than 100 billion animals and found that "the introduction of GE crops did not reveal unfavorable or perturbed trends in livestock health and productivity. No study has revealed any differences in the nutritional profile of animal products derived from GE-fed animals. Because DNA and protein are normal components of the diet that are digested, there or no detectable or reliably quantifiable traces of GE components in milk, meat and eggs following consumption of GE feed," taken from the abstract of the study.

This is not to mention the increased costs to farmers to comply with regulations that would only be required in Oregon — no other state.

In addition, these regula-

tions would be complex and potentially may not tell consumers more than they already know. Consumers can purchase "GMO" free foods that are labeled "organic" or "non-GMO."

Farmers, store owners or food manufacturers could face lawsuits to enforce these new, burdensome regulations.

Heavy regulation and studies have kept genetically modified crops safe and will continue to do so.

These foods can help us feed the world, and indeed decrease costs for growers. While the anti-GM crowd may be loud and arguably have a few good points, the current science behind genetically modified crops does not favor their position.

Perhaps a better labeling initiative is necessary, or perhaps none should be permitted in Oregon.

But this election season, please vote "No" on Measure 92.

Tyler Pike is a senior in agricultural sciences. The opinions expressed in Pike's columns do not necessarily represent those of The Daily Barometer staff. Pike can be reached at forum@dailybarometer.com.

GREVSTAD

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on more productive things.

We need something more important than the Senate — you know, something that won't make people want to jump in a river and drown themselves.

After all, why would you want to be in the Senate anyway? It's a lot of blood, sweat and tears to get very little done, and when you do get things done, such as passing bills to give healthcare to all Americans, you're left with a bitter taste in your mouth.

If I had to sit in a room and try to alter racism in the workplace, ways to protect gender inequality or try to raise minimum wage, I'd jump in a river too.

Alec Grevstad is a senior in speech communications. The opinions expressed in Grevstad's columns do not necessarily represent those of The Daily Barometer staff. Grevstad can be reached at forum@dailybarometer.com.

DR. FIT

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to be sure you have proper technique.

I like to crunch up for three seconds, hold for two and come down for two.

The third mistake is pulling on our neck. Neck pain can occur due to improper technique or past injuries. Some helpful pain-saving hints for crunches are to keep your elbows in line with your ears and only have one finger from each hand touching behind your ear.

Holding an isometric abdominal exercise, such as a plank or side bridge, should also be incorporated into our ab work.

These exercises give an overall core workout while

focusing on endurance and stability. Even while sitting in class or at your desk, try sitting up tall, take a deep breath and suck in your stomach. Slowly breathe out for 10 seconds, keeping your ab muscles engaged and tight.

At the end of your breath, crunch your abs one last time.

Ultimately, our bodies are used to slouching and it will take some time to re-train.

Practice throughout the day to help ease your spine from the stress and tension of sitting.

Dr. Erica Woekel is an Assistant Clinical Professor and the Program Director of the Lifetime Fitness for Health Program. The opinions expressed in Woekel's columns do not necessarily represent those of The Daily Barometer staff. Woekel can be reached at forum@dailybarometer.com.

Survey: UO sorority students at greater risk of sexual assault

By Josephine Woolington

THE REGISTER-GUARD

EUGENE — Women in sororities at the University of Oregon are significantly more likely to be raped or experience some kind of nonconsensual sexual contact compared to other students, a UO professor's preliminary survey results show.

Nearly 40 percent of women in UO sororities said in a survey that they have experienced an attempted or completed rape and 48 percent said they experienced some kind of nonconsensual sexual contact, according to the survey conducted by UO professor and sexual violence expert Jennifer Freyd, along with graduate students Marina Rosenthal and Carly Smith.

Men in fraternities also were more likely to have experienced some form of non-consensual sexual contact compared to other students, but were not more likely to have experienced an attempted or completed rape. About 26 percent of fraternity

men said that they experienced nonconsensual activity — in most cases, fondling — the data show.

Freyd's latest findings are part of a survey that she and her graduate students conducted in August and September to assess actual rates of sexual violence victimization and perpetration on campus. Preliminary results suggest that nearly one in five female students have been raped or experienced an attempted rape while attending the university.

The survey — which includes data from more than 1,000 randomly selected undergraduates — also seeks to reveal how students perceive rape and whether they felt that institutions, such as the university or Greek system, supported them after their experience.

"I think we have a chance to really learn something here," Freyd said of the data. The "alarming high" rates of sexual victimization in Greek life should give the UO reason to intervene in sorority and fraternity behavior, she said.

Freyd and her graduate students will analyze the data to try to discern why Greek life members — those who belong to a sorority or fraternity — are more at risk of becoming a victim than are other students. She said some factors that they're considering is alcohol use and whether Greek life students are more likely to believe that victims are to blame for some rapes, such as if a woman is wearing revealing clothing or is intoxicated.

Freyd earlier this month presented her preliminary data to a University Senate task force that is evaluating the UO's sexual violence policies and will make a series of recommendations next week to administrators on how to improve those policies and implement new ones.

The 19-member Task Force to Address Sexual Violence and Survivor Support — made up of UO faculty, students and a U.S. attorney — was formed earlier this year, shortly after three UO basketball players were accused of raping an 18-year-old student.

HANSON

Continued from page 7

will be substantial enough that by attending graduate school they will be making a sound investment in their future.

But for others, the rewards are simply not worth the opportunity cost. Computer science majors, for example, do not see a substantial increase in salary, but rather see only a slight increase in job opportunities in government areas.

Therefore, those who study computer science would benefit greatly from accepting a job immediately after receiving their undergraduate degree, and working their way up the ladder in their respective company.

Moreover, graduate school is clearly not for everyone.

If the increase in salary is the only aspect of graduate school that you truly find intriguing, you may find it difficult to dedicate yourself to your studies for the full extent of your program and could be wasting valuable time and money.

I sincerely believe that many of us have what it takes to be successful after completing only our undergraduate years.

For future lawyers and doctors, law school and medical school are obviously a must.

But for others, obtaining a high paying job is also dependent on your ability to network and impress employers.

While having a masters or doctorate degree makes you more qualified for some positions and shows your dedication to your particular field, those of us with a bachelor's degree still qualify for the majority of job opportunities, and have the potential to be extremely successful through hard work and dedication —

which is essential regardless of your degree.

It is imperative that you start looking towards graduate school as soon as possible.

Research the areas in which you are interested, and do a little exploring to see if attending graduate school is worth it for you or not.

If you find that graduate school is something you wish to pursue, find out what is required for you to get accepted. For example, depending on your field you may be required to take a specific entrance exam such as the GRE, LSAT, or MCAT.

If this is required of you, I urge you to start practicing now. Instead of cramming at the last minute, spend these next few years familiarizing

yourself with the material and taking a practice exam once a month.

It is possible to receive substantial scholarships from graduate programs, and your score on these exams is one of the main contributors schools examine.

Your participation in clubs, internships and other resume builders will increase your chances at getting accepted to the school of your choice and receiving significant benefits.

But most importantly, focus on your undergraduate courses. GPA is a paramount factor in college admissions and a high GPA could land you in one of the top schools in the nation.


If graduate school is something you are interested in, do not put it off until the end of your junior year. Do the best you can to limit opportunity costs and set yourself up for future success.

Jesse Hanson is a sophomore in physics. The opinions expressed in Hanson's columns do not necessarily represent those of The Daily Barometer staff. Hanson can be reached at forum@dailybarometer.com.


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