

THE COMMUTER

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Your Pot Culture Update

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COMMUTER

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Josh Wolfe

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Letters always welcome.

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STAFF MEMBERS HONORED

Three staff members earn top LBCC awards



During the college in-service day, on Tuesday, April 12, LBCC announced the faculty winners of the Distinguished Staff Award and the two winners of the Pastega Awards.

LBCC mathematics faculty Roger Maurer was honored with the Pastega Faculty Excellence Award, winning \$1000 for his dedicated service to the college and the students for the last 25 years.

Vickie Keith, an administrative assistant for LBCC Student Services was also honored with the Pastega Classified Excellence Award, receiving \$1000. Keith has been working with the college for 17 years, and was awarded for her meritable service to both students and staff.

Career and Counseling Center Center faculty member Mark Weiss' selfless service to LBCC was recognized with the Distinguished Staff Award. After over 25 years supporting students in achieving their academic and career goals, Weiss will retire this June.

CAMPUS VOICE

Question: 4:20 Are you going to celebrate?



Jasmine Beatty
Business Administration

"I don't really like it. I don't care what everyone else does."



Caleb Forrest
Business Administration

"Indifferent; I'm not going to stop anyone. I have friends that use."



Nancy Lasater
Business Administration

"I think it's fine. It's long overdue."



Mikel Letelier
Civil Engineering

"I feel like Marijuana should be legalized... but it should be regulated."



Julia Dingba
Chemical Engineering

"I don't like it. It's not healthy, it's harmful."

Next Week's Topic: Sharks?

STORY AND PHOTOS BY
MARWAH ALZABIDI
& HANNAH BUFFINGTON



HOW RITA DOVE MADE POETRY MATTER

Former U.S. Poet Laureate Rita Dove was awarded OSU's 2016 Stone Award for Lifetime Literary Achievement

She put on her glasses and took a sip of water as a full room of students, professors and poetry lovers sat waiting to hear her speak.

"Thank you, thank you everyone here. I feel like I have come home," said Rita Dove. "This is the spirit of a community I belong to."

On Thursday, April 14, former U.S. Poet Laureate Dove was awarded Oregon State University's 2016 Stone Award for Lifetime Literary Achievement.

OSU's Dean of Literary Arts Larry Rodgers kicked off the evening with a short film that he described as "what the essence of Rita Dove has done for our community."

The film showed students from OSU and surrounding Corvallis high schools creating different works of art inspired by Dove's poetry.

OSU President Edward Ray had the honor of presenting the award to Dove.

"There's something about poetry that's magic," said Ray. "Poetry is language at its most distilled and most powerful."

A special announcement was made to guests about Dove's "Collected Poems 1974-2004," which isn't set for release until May.

Norton Publishing Company released dozens of copies to Corvallis' local book store, Grass Roots, especially for this occasion, giving Corvallis first dibs in the country.

"She is a poet that thinks of everyone," said Rodgers. "Rita Dove's poems matter."

Dove began by speaking on the efficiency of literature in response to Robert Pinsky's essay "Does Poetry Matter?"

She talked about all of the people from different walks of life who sent her mail with suggestions on "how to bring poetry into American culture" when she first became poet laureate in 1993.

"What they wanted was to say they were hungry for what poetry could do for them. They taught me not to apologize for being a poet," said Dove. "We seem to be starving for communication. We become alienated from our own emotions and are afraid to feel."

The first poem Dove read was "Geometry." Joking around with the crowd, Dove admitted she loved math, until it got to geometry.

"I grew up in a family of mathematicians and scientists," said Dove. "I don't know where I came from."

The crowd laughed and listened as

Dove continued, swaying side to side as she read.

One poem that stirred the emotions of the audience was "Parsley."

The poem is based on the Dominican Republic dictator Rafael Trujillo, known for the "Parsley Massacre." In 1937 Trujillo had an estimated 20,000 Haitian immigrants massacred, with hopes to rid the Dominican Republic of "foreigners."

Soldiers carried parsley and approached anyone they thought to be Haitian. They were asked to pronounce "perejil," the Spanish word for parsley. If they couldn't pronounce the "r" correctly they were killed.

This particular poem took Dove seven years to write; part two of "Parsley" is called "The Palace."

"I had to enter into his mind even though I didn't want to," said Dove.

Dove also read poems from her book "Thomas and Beulah."

"Thomas and Beulah" was the book my grandmother made me write," said Dove. "She was dead by the time I wrote it."

Dove introduced her poem "Canary" describing it as "if her daughter were to fall in love with a mediocre artist." At certain parts in the poem laughter carried across the room.

She also read "The Bridge Tower" from her latest poetry book "Sonata Mulattica." It was about a mixed violin prodigy who was around the same time as Beethoven.

Ending the evening with newer poems, Dove gave credit to her students for the inspiration.

It was an evening that won't be forgotten by all who attended. Wrapping up the event, the room stood for a round of applause. Dove thanked everyone and prepared for the book signing.

"Laughter is a powerful uniter," said Dove. "There's room for everyone under this wonderful canopy of poetry."

GENDER, RACE, AND SEXUALITY THROUGH POETRY

Cave Canem Poet and activist Makalani Bandle visits LBCC

With a calm demeanor and surreal personality, poet and activist Makalani Bandle wanted to create a more intimate discussion, so instead of standing, he sat on the stage.

On Friday, April 15, Bandle visited LBCC for a poetry reading and held a poetry workshop the following day.

"He is the type of human being that lets his soul reach out to other people," said LBCC advisor Tim Black.

Black and Bandle met at Cave Canem, an annual retreat for African American poets and writers in Greensburg, Pa.

"I held myself back," said Black. "I was terrified I wasn't black enough to attend Cave Canem, until I met Makalani."

Originally from Kentucky, Bandle was making his second trip to Oregon.

"I love this part of the country," said Bandle.

Funding for Bandle's visit came from the Student Leadership Council and the Gender and Sexuality Alliance Club. They accepted \$1000 for his honorarium tickets.

The English Department and the Benton Center each gave \$100 to help cover the cost of his workshop.

"It always strikes me when I hear people introduce me as an ordained minister," said Bandle. "You wouldn't expect some of the topics I talk about."

He explained how writing on gender and sexuality helps answer his own questions by putting himself in a situation where he's able to learn more about himself.

"The writing process forces me to think about it," said Bandle.

Bandle's writing process is interesting. He uses a series of word play exercises that help keep his poetry abstract and non-conventional.

"I am more concerned with the way a line sounds than its meaning," said Bandle. "Sound is very important to me."

His writing process involves paying attention to the types of images that are being created and "taking control" of the poem.

"I just love freedom of expression; it's very energetic and real," said LBCC

student Ashley Horne. Some sources he gains inspiration from are free-jazz and abstract art.

"There's nothing worse than listening to outdated moldy poems," said Bandle.

His advice for aspiring poets is to read contemporary poetry and look up the national book winners from the last 10 years.

"Let your teachers help guide you when reading someone like Whitman," said Bandle. "My favorite poets are contemporary poets."

"I'm always playing with music structure and film structure, approaching how a painter approaches a painting," said Bandle, who describes his work as "non-conventional avant garde."

Through his poetry, Bandle hopes he will be able to help people's minds become a little freer.

"I'm not a reader of poetry at all so it was interesting having someone read their poetry and hear his creative views on music and art," said LBCC student Zebedeo Ira. "It was a new experience for me."

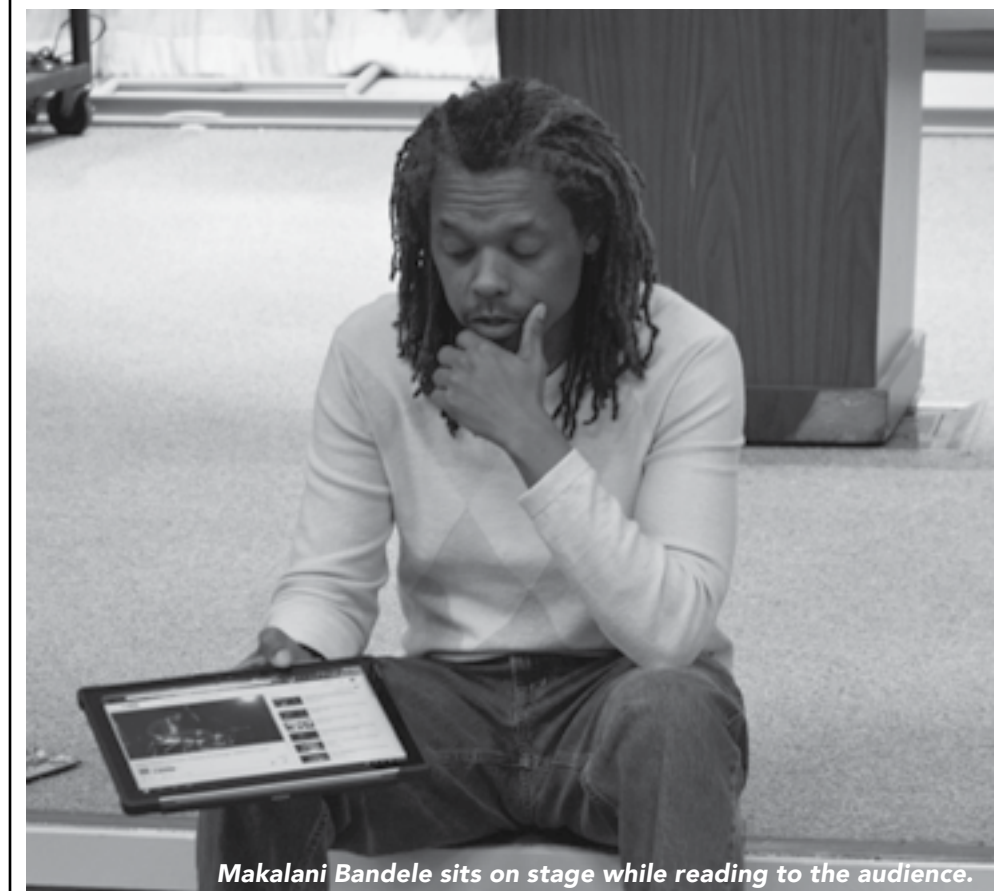
Bandle likes to challenge language and the status quo. He believes readers want poetry to be disruptive just as much as they want it to follow the rules.

"In order to change the status quo, it must be disrupted," said Bandle. "A lot of contemporary poetry wouldn't have happened if it weren't for deconstruction."

His workshop went further into explaining the difference between conventional and non-conventional poetry. He also gave exercises to help write abstract poetry.

"This really made me think about thinking differently," said LBCC student Paige Kosa. "Your thoughts can go all over and that's okay, especially if you're communicating for emotion."

STORY AND PHOTO BY
ALYSSA CAMPBELL
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Makalani Bandle sits on stage while reading to the audience.

STORY AND PHOTO BY
ALYSSA CAMPBELL
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MARIJUANA LAWS

State, county, city, and campus levels of legality

History was made when Oregon's legislature signed Measure 91 into law, making Oregon the third state to legalize recreational marijuana.

The new marijuana laws do two things: allow anyone 21 and older to have marijuana in their possession, direct the state to regulate the marijuana industry for recreational use.

If an individual under 21 is in possession of marijuana, it is considered illegal. Linn County, for example, has taken a lead in House Bill 2313, which relates to minor-in-possession charges of marijuana, and working with students who have marijuana in school.

State-wide, Oregonians can possess up to an ounce of cannabis away from home, up to eight ounces at home, and every household can grow up to four marijuana plants.

Approved marijuana dispensaries can sell small amounts of the drug to recreational users, with a limit of one quarter ounce of dried leaves and flowers, purchased by a retail customer four times in one day.

It is still illegal to have marijuana in your system while driving. DUI is driving (or riding a bike) under the influence of intoxicants and an individual can be charged with DUI when under the influence of marijuana.

It is totally legal to use recreational

marijuana at home or on private property, but it is illegal to use recreational marijuana in public spaces.

"You can't buy marijuana in another state and bring it into Oregon, nor can you take it from Oregon across state lines. That includes to and from Washington. Taking marijuana across state lines is a federal offense," according to What's Legal Oregon. So if you decide to leave the state... Keep it at home.

Benton County commissioners adopted zoning laws during a public hearing at the commissioner's meeting Nov. 3. Commissioners in a 3-0 vote agreed that commercial growing would be allowed only in forest conservation, farm and county industrial zones.

Currently, Benton County's law on marijuana is identical to that of Oregon's state law, but Linn County is significantly different; in Linn County, Producing, Processing, Wholesale, Retail sale, is prohibited, but marijuana issues will be featured on the ballot.

Albany, the location of Linn-Benton's main campus, is essentially a "dry" city for marijuana. Not only does it facet the laws of Linn County, it goes further by not allowing marijuana to be on the general election ballot. At colleges such as Linn-Benton, marijuana laws are stricter. Linn-Benton has a zero tolerance policy on marijuana, on campus. If

caught with marijuana you could face potentially losing your financial aid, or even your membership and enrollment at the college.

"Look at Marijuana as a substance, you wouldn't expect your instructors to come on campus drunk, you wouldn't pay money for that. We follow our standards of conduct, and we should be good to go," said student affairs Administration Assistant, Vickie Keith "Were not only mandated by the state, but by federal law. If the federal government recognizes marijuana as an illegal substance, then we as a college must follow those laws."

For more information on student rights, responsibilities and conduct, look to Linn-Benton's homepage www.linnbenton.edu.



STORY BY HANNAH BUFFINGTON @JOURNALISMBUFF

ALBANY MAYOR TALKS POT

Mayor Sharon Konopa discusses Albany's ban on recreational marijuana sales

Over two years ago Oregon voters passed measure 91, legalizing the sale and use of recreational marijuana throughout the state.

Despite this, the sale of recreational marijuana is still illegal in 101 Oregon cities.

Measure 91 allows for City Councils to veto the law and place an indefinite ban on recreational sales; councils are also able to put a temporary ban in place and allow the community to vote again in the November elections. Either way, there are 101 cities in Oregon where no one is allowed to sell recreational marijuana.

While each city's reasoning for maintaining the ban is slightly different, there are a few concerns that are universal.

City Council members are worried marijuana will affect the safety of the community, they have moral objections to the consumption of marijuana, they object to the technical breaking of federal law, and most are councils from smaller towns with traditional views.

Out of the 101 cities who have banned recreational marijuana, all but three have a population below 30,000.

Albany is one of the three.

As Mayor of Albany, Sharon Konopa has had a major role in the decisions made regarding the sale of both medical and recreational marijuana. She broke the 3-3 tie in council to allow medical marijuana dispensaries to operate in Albany. Over the course of an interview, it became clear that her opinions on recreational marijuana are murky.

Mayor Konopa is about as straight edge as they come.

"I've never had a cigarette in my mouth, I don't drink; none of that," said Konopa.

But she insists she doesn't want her lifestyle to restrict the freedoms of others. "It's somebody's choice in life, what they want to do," said Konopa.

Even with her view on medical, Konopa

supports the 4-2 Dec.15 decision to ban the sale of recreational marijuana until the general vote in November. She cites the contentious Albany vote on Measure 91 as reason to enforce ban.

"[Measure 91] was passed by the voters, but in Albany it only passed by 400-600 votes," said Konopa. "So when you have a town of almost 52,000, it creates a divided community. I heard from many people for it, and I heard from many people against it. The state allowed that we could go back out to the voters in November so we just went that route."

She sees the vote as a toss up, a vote that could have gone either way, and feels that voters needed more time to cool down and think things over.

"Of the ones that testified, about 30% didn't live in Albany," said Konopa. "Every one of them were dispensary owners."

Konopa believes a lot of the dissatisfaction could have had to do with a misunderstanding of the intent of Measure 91.

"They [Town Hall participants] didn't understand that what passed was the state was going to establish rules, and we're only following the rules that the state established," said Konopa. "A lot of them didn't want to accept that the rules were we could go back out to the voters if the city council wanted to, and we could ban it from going back to the voters."

Each city council has legal rights to continue to enforce a recreational marijuana ban as long as they feel fit. The decision required some proactive action by the council in order for the ordinance (Or. 5862) to be put in place. If they were to take no action at all, the default result would have been the legalization of the sale of recreational marijuana.

The Council voted to sign and return a form called the "Local Option Opt-Out." It would provide the OLCC a copy of their ordinance, and stop

recreational marijuana sales.

It was a perfectly legal action taken in conjunction with State law.

Konopa met with every dispensary owner who requested a meeting and discussed the topic for as long as two hours.

According to Konopa, some of these conversations were just as unpleasant as the Town Halls, she remembers it was "very difficult having a conversation."

One phone call stood out to her. "[The dispensary owner] kept going back and saying, 'the voters voted on it,' said Konopa. "He just kept going on and on, and yelling and yelling, and I finally got off the phone and I realized wow, he was high on marijuana. It's not easy to discuss an issue with someone when they're high on marijuana and they don't see that. They don't realize what their behavior's like," said Konopa.

Her opinion of marijuana use comes from her understanding of the plant as something intrinsically worse than alcohol.

"It wasn't that the council said to ban permanently; it was only to ban temporarily, and let the voters have a second look," said Konopa.

The Council could have agreed with the State of Oregon, the majority of cities in it, and the slight majority of Albany voters, by legalizing recreational marijuana and still holding a general election in Nov.

They chose not to.

In any issue as closely contested as recreational marijuana is in Albany, tempers can begin to flare; the period of public hearings before the vote in Dec. was no exception. Konopa feels that the supporters of recreational marijuana were disproportionately ill-behaved.

"I've been in public service for 20 years, and I've never seen so much disrespect for the public meeting process



as when we had those hearings over marijuana," said Konopa.

She cites a Sept. 23 meeting as especially bad.

"These people were just mad; and they were just being abusive, and so disruptive, and had no regards for the public meeting process, said Konopa. "That for me was very disheartening."

Not only were they out of order but almost a third of attendants at the Town Hall meetings weren't even from Albany. Ray Kopczynski and Dick Olsen were the two "No" votes on the banning ordinance.

Konopa said, "They saw nothing wrong with Marijuana at all, they just think it should just be allowed like alcohol. They didn't see anything wrong with it."

According to voting record, neither did the majority of voters in Albany.

In November citizens of Albany will finally have a chance to repeal the ban via voting. But what will actually happen?

There's no way to be sure; not even Konopa has any idea.

"I just don't know [if the ordinance will pass]. At first I kept thinking, over time, it might not pass.

I think that 600 person swing could go back to banning, it just all depends...But some of the people that maybe were adamant against it before, they might say, 'Oh well I don't see any issues now,' and they might approve it," said Konopa.

But, she says, one thing is certain about the November vote; it will require an active interest in the democratic process to be shown by the younger generation. In order to secure the ability to purchase and sell recreational marijuana, 18-24 year olds must make their voices heard.

"It's going to take the younger population to go out and vote. If they want the marijuana they're going to have to be out there and do some voting, because those Seniors are going to be voting no," said Konopa.

STORY BY BEN SCHEELE @BEN8031

NFL: WHERE WEED IS WORSE THAN DOMESTIC VIOLENCE

The NFL has a long history of inconsistencies in punishment

Athletics and pain are synonymous. The NFL doesn't care if you are hurt; pop some pills and get out there. Or somebody else will. The league is only interested in the bottom line. Organs and mental health will be worried about later.

However, The NFL values its squeaky clean image (related to weed) more than it cares about all of the women NFL players are beating. There are some striking irregularities in the punishment and the crimes.

Let's look at a few.

The curious cases of Tom Brady, Greg Hardy, Ray Rice, Martavis Bryant, and Josh Gordon stand out in my mind. The inconsistency of the NFL doling out punishment would be comical if these weren't human beings being beaten, or suspended because they decide to get stoned instead of popping pills like candy.

First Ray Rice punches his then-girlfriend, current wife in the face. The league suspends him two games. After the security tape comes out of the now infamous punch, the league scrambles and says it's an indefinite suspension. Rice appeals the ruling and only gets the two game suspension, and he loses a game check for punching a woman in the face. Seems fair.

Greg Hardy is an idiot. There is no other way to put it, he got arrested for assaulting ex-girlfriend Nicole Holder. Assault doesn't do justice to Holder,

Hardy beat the shit out of that poor woman. In police photos you can see bruises all over her back, neck, and arms. The pictures are gruesome. For all of that Hardy got 10 games, which was later reduced to six. Seems fair.

The entire deflate gate saga is behind us so let's leave it there, but for his part in deflategate Brady got four games, which is still being appealed in court. It could be anywhere from 0-4 games. The thing that becomes insane to me is that if Brady's suspension is upheld he will get two less games than Hardy's six, and two more than Rice's two. In Goodell's mind deflating footballs is somewhere between punching a woman in the face and just outright beating the shit out of a lady.

This is where the rubber meets the road Gordon and Bryant have been suspended for smoking weed for the entire year. Gordon served his suspension during the 2015 season, and is now battling to get back into the league. Bryant will sit out the entire 2016 NFL season.

At what point will the NFL get over itself? Maybe it's that I have been told smoking weed is bad by adults for 20 plus years. Now it is becoming legalized all over the United States. To me that says what the fuck; similarities between prohibition you ask? I say perhaps, but don't tell your moms that, smoking that dope is the worst thing in the world

if she asks.

The point is that if these warriors go out and lay everything they have on the line to make it to the NFL, their bodies are never the same. Each season their tools (body) get more wear and tear on them. Why not allow these modern day gladiators to use any legal tool necessary? Medical Marijuana is now legal in 23 states, with more to come.

Easy answer: The old guys in Washington aren't ready to let marijuana into the mainstream. I'm not going to sit here and tell you how amazing weed is, like the old hippy who swears it will cure everything. Just like anything else, if used incorrectly it will have negative effects.

The NFL is doing an injustice to its players by not realizing some of the painkillers they take at night could be replaced by some form of medical marijuana.

All of this because they were told a plant was bad when they were a kid--just like the rest of us.



COLUMN BY JASON CASEY @REALJASONCASEY



LBCC Earth Day Celebration

Thursday April 21

11 a.m. – 2 p.m.

Courtyard, Albany campus

Activities & Educational Tables!



"Dress Like a Hippie" Contest!

Prizes for best "hippie" outfit!

Sign-ups: 11:30 a.m.–Noon

Student Leadership Office, F-120

Contest starts: 12:15 a.m., Courtyard stage

LECTURE: "An ice core perspective on Climate Change, the last Ice Age, and Shakespeare" with Dr. Christo Buizert, OSU Assistant Professor

12 noon-12:50 p.m., Madrone Hall, MH-113, LBCC Albany campus

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A look into the marijuana business

Out of the shadows and into the light; the marijuana industry is growing like a weed. With the legalization of marijuana, the days of buying dime bags and dub sacks off the street have turned consumers to cozy little boutiques that can seem more like a day spa than a pot shop.

The business is blooming and the proof is in the tax revenue, with Oregon collecting over \$3 million in recreational pot sales the first month alone. Profits, just like its consumers, are high.

Local "Potpreneur" and owner-operator of Left Coast Farms, Josh Wolfe, is looking to cash in on an ever expanding industry. With a rich history rooted in the "Emerald Triangle" in Northern California, he has plans of using his medical grow knowledge for recreational purposes.

"I've always wanted legalization, if you can drink a beer you should be able to smoke a fucking joint," said Wolfe. "It's like anything, if you abuse it you need help."

Wolfe doesn't fit the stereotype of a lazy stoner. His days start at 6 a.m., waking his three kids by 6:50 a.m., so they can eat breakfast, and be on the bus for school by 7:40 a.m. After the kids leave Wolfe is out the door by 8 a.m. This is where his work day begins, but instead of heading to an office he heads to the first of his two grow rooms.

Located in an undisclosed location in the hills his first room, and smaller of the two cost \$50,000 to set up. With the buzz of electric ballasts, high pressure sodium bulbs, fans, an exhaust fan, and an A/C unit, entering the first grow room feels more like you've stepped foot into a data center than a grow-op.

This is where the labor begins. Wolfe first hand waters his plants with straight water. Following this he mixes up 55 gallons of all organic nutrients mixed with water. Marijuana may be referred to as 'sweetleaf,' but this concoction is far from sweet smelling. The nutrients he uses are from a company out of Springfield called Nectar of the Gods and he gets all his soil in Albany.

"Everything I run is from Oregon. I try and keep it closed-looped," said Wolfe.

The economic impact doesn't stop with the products he uses to grow. Left Coast Farms currently employs five full-time employees and five part-time employees.

After a few hours of watering, maintenance, and clean up it's time for Wolfe to head back into town to his second larger and more expensive operation. Costing nearly four times as much at \$175,000 to set up he took



Dominick Zuniga buying a pound and a half of cannabis.

on a business partner for the venture.

Wolfe runs and owns the smaller operation all by himself, but for the bigger of the two he has grow hands that lend a green thumb.

"I'm stoked to be part of a budding industry," said grow hand Micah Shepard, who also has a degree from OSU in horticulture. "It's a dream come true. It's a lot of work, but it's worth it. I wouldn't want to do anything else."

After checking in with Shepard and additional grow hand Loren Vannoy, Wolfe examines his second crop. Making sure each plant looks healthy, he carefully looks for deficiencies. Once the plants have had a thorough examination Wolfe gives further instructions on what work needs to be done over the next few days. Everything from additional soil purchases, to transplanting and watering techniques; his over ten years of grow experience is invaluable to the operation.

With his employees busy getting their hands dirty it's time for Wolfe to cash in on his crop. He can legally sell up to a pound and a half at a time to a dispensary, something he tries to do at least once a week, and at \$2,400 a pound each delivery can gross him \$3,600.

With legalization, medical marijuana can be sold for recreational purposes by filling out a Medical Marijuana Transfer Authorization Form. But it's not as simple as it sounds. First each batch of cannabis must be tested for potency and mold. Wolfe's latest batch is a strain he invented; Cherry Lemonade tested at a whopping 31.2 percent THC.

"I focus on THC quality," said Wolfe. Wolfe again uses an Oregon based company out of Portland called 3B Analytical. Once tested Wolfe must get one of the patients he grows for to sign a waiver approving the sale.

From there the weed needs to be properly weighed and bagged, following which it can be delivered to a dispensary for an even longer paper trail. Cherry City Compassion in Salem is Wolfe's preferred retailer. Employee, "Bud buyer," and avid medical cannabis user Dominick Zuniga is all smiles when he hears Wolfe's latest THC percentage.

"It's very impressive. You've pushed your plant and got everything," said Zuniga.

Following the sale it's back to check in with the grow hands and close up shop for the day. If Wolfe is lucky he's home by 5 p.m. so he can have dinner with his wife and kids.

"I don't smoke in front of my kids. I tell them how I grow for a living and think the laws are bullshit," said Wolfe.

With high hopes for the future of the industry continuing to grow is exactly what Wolfe plans to do. He recently broke ground for a new recreational facility. Wolfe and his business partners have submitted their application and are awaiting approval.

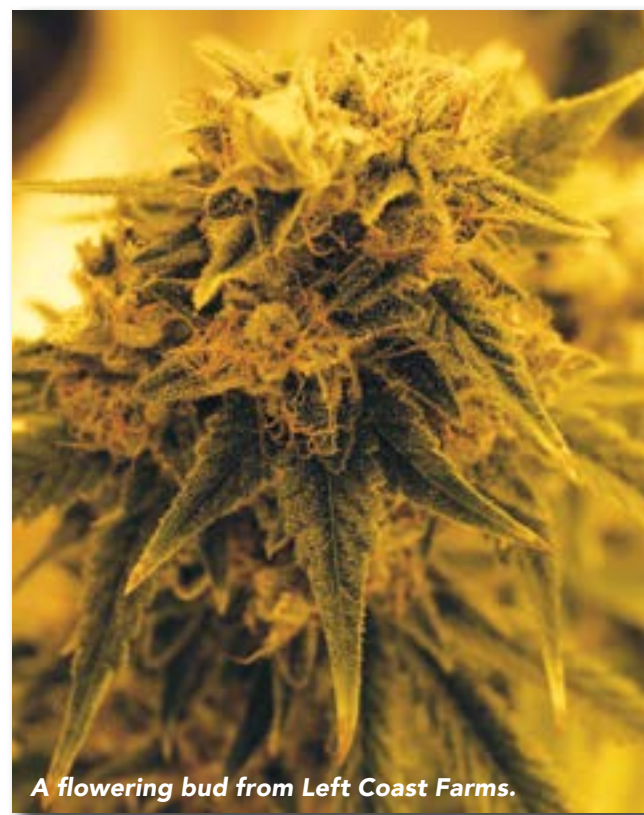
"I just want to farm. [And] you can never have enough gardens," said Wolfe.



Loren Vannoy (left), and Micah Shepard (right) transplant marijuana plants into larger pots.

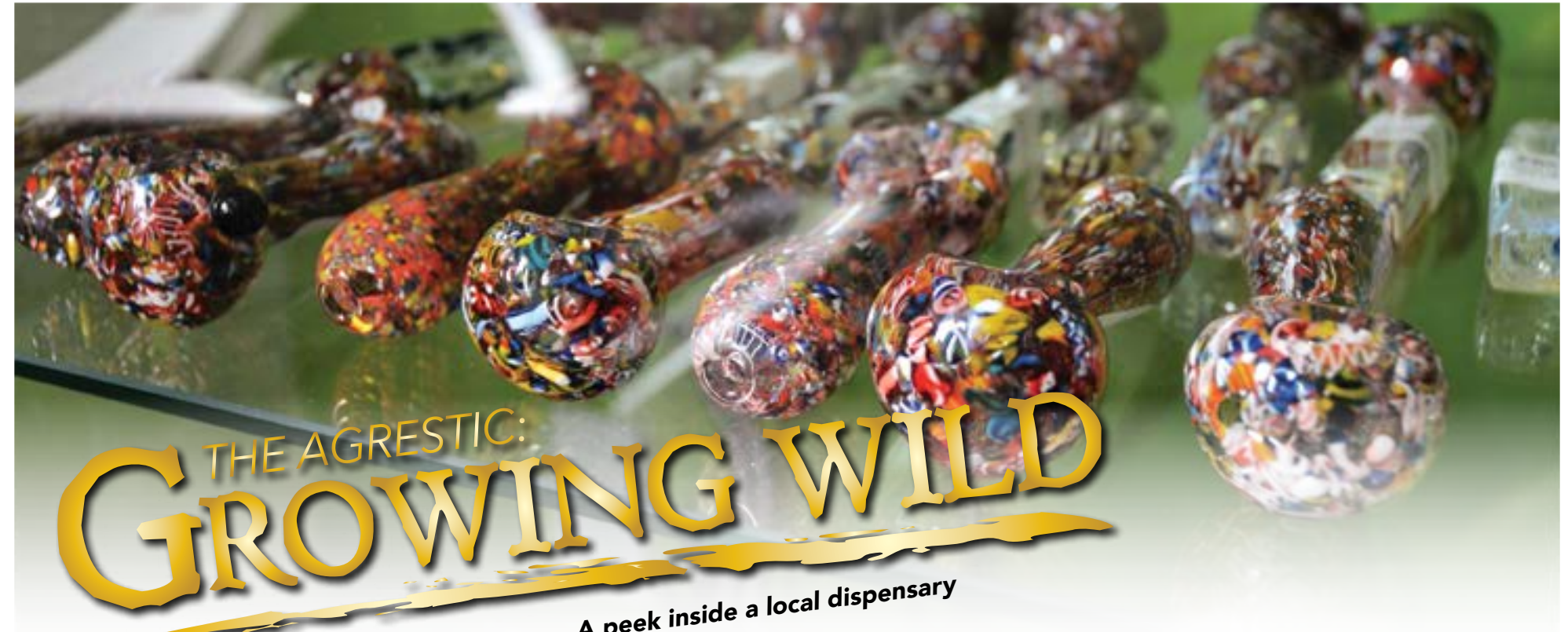


Josh Wolfe (left) and Dominick Zuniga (far right) celebrate Cherry Lemonade's 31.2% THC content.



A flowering bud from Left Coast Farms.

STORY AND PHOTOS BY RICHARD STEEVES @RSTEEVES84



A peek inside a local dispensary

From the outside, the small building seems unassuming. A distinctive, pungent aroma seeps through its front door, luring in clientele with the promise of something potent.

Inside, the gloss of magazines glint from their spread on a sleek coffee table and black chairs with white zigzags line the walls of the waiting area. The lilting melodies of Dionne Warwick fill the lobby background with a low glow of sound. A little pot of pink orchids rests on a sun-lit windowsill and painted silhouettes of trees climb the walls. Customers are greeted at a single sliding glass window, where they are asked to provide their IDs.

A door to the room beyond the lobby reads, "Restricted Access Area, No Minors Allowed."

The door creaks open and a sun-weathered elderly woman enters the product room, shuffling in with a limping gait. She pauses before the counter, resting her weight on a wooden cane. On the woman's shoulder a tattoo is fading into her wrinkled skin.

"How's it going, friend?" asks the young woman at the counter.

"I need 25 bucks of something strong," replies the limping customer.

The budtender, Claire, recognizes the customer as a regular; a medical cardholder.

"Absolutely. Are you looking for a flower or an edible?" asks Claire.

Expertly recommending a product to satisfy the customer's needs, Claire is quick to turn her big smile on the next customer arriving through the door.

The environment is relaxed, friendly, and the employees smile in genuine hospitality at The Agrestic, a medical and recreational marijuana dispensary on 3rd Street in South Corvallis. Peddling medical marijuana and marijuana-based products since 2014, The Agrestic has rapidly adapted to the bill signed by Gov. Kate Brown, allowing the recreational sale of marijuana flowers and plant starts, or clones, effective Oct. 1, 2015.



Agrestic budtender Claire displays some Lemon Skunk.

"Good old fashioned weed has been the thing selling the most around here," said Claire. "And we can barely keep the clones on the shelf."

Plant clones are provided by Renegade Roots, The Agrestic's partner in growth and production of live cannabis and dried flower products. The clones clear the shelves in no more than a couple of days, selling for \$18.75 each, tax included.

Display shelves are filled with edible products, oils, live resin concentrates and even marijuana-infused beverages. A small case in the corner contains reasonably priced glass pipes, whorls of bright colors next to seashells also fashioned into pipes, tiny golden screens nestled in their pink curves.

There are 725 licensed growers in Benton County, and the dispensary undergoes a constant bombardment of product samples from vendors. With such a wide variety to choose from, The Agrestic is able to hand-pick the best products available.

"As a patient I'm really enjoying a lot of casually

"The thing about this business is that everything changes, products are new, products are complicated. People don't understand how complicated they are. It's just always exciting because it's new, and no one knows what's going to happen."

medicated products," said Claire. "We have some honey, peanut butter, and lemon-ginger drinks that are really easy to incorporate into my day without having to smoke. But I'm also really enjoying live-resin concentrates immensely."

Claire began employment at the dispensary shortly after the October legalization of recreational marijuana sale.

"I came in as a patient and left as an employee," said Claire.

The customers enter the sales floor two at a time, with medical card holders receiving service first. IDs are checked twice; once when checking in, and once before completing a sale.

"Keep it away from kids," the budtender kindly reminds a customer.

Inside the magic door, a pristine glass case is brimming with silver-lidded cylinders containing over 25 strains of dried marijuana flower. Despite black shades drawn down over the large windows, sunlight fills the room with bright light.

The menu is divided into Sativa and Indica strains,



Agrestic budtender Jason serves up buds with a smile.

variations of the plant which induce different effects on the human body. Each strain is labeled with its THC content, some including CBD content as well. These range from \$6 to \$12 a gram.

"Lamb's Bread," a sativa, is budtender Claire's all-time favorite strain. Unfortunately, it's a strain that's quite difficult to grow unless you're near the equator. However, they offer a "Lamb Sour Diesel," which she describes as a stellar alternative.

"It's our legal obligation to the state, and our ethical obligation to our patients, to ensure that each item on our shelf has been tested for potency, mold, mildew and pesticides," says The Agrestic's website, www.theagrestic.com.

Each product is tested in a state-approved laboratory for strength and quality before making it onto the sale shelves.

In this evolving business, the regulations are constantly changing. Adaptation and strict adherence to state law is the key to The Agrestic's success.

"The thing about this business is that everything changes, products are new, products are complicated. People don't understand how complicated they are," said Nathan, an employee since November. "It's just always exciting because it's new, and no one knows what's going to happen."

The employees don't seem to mind a little chaos, however, conducting business with jovial attitudes.

"It can be kind of chaotic but that's the risk you run, going into a new business," said Claire. "But it's been awesome, it's been fun. I've been learning so much every day."

At 5 p.m. on a Monday, a steady stream of people fill the waiting room. At least 20 customers enter the building over the next half hour.

"The dispensaries are all really different," said a regular customer. "I like this one. I like this whole environment. It's so homey, and other ones are not."

Whether for medicine or pleasure, the business is drawing its customers in.

"We have really great patients that have been around the world and keep coming back here. It's pretty fantastic knowing the people in your community," said Claire.

STORY AND PHOTOS BY EMILY GOODYKOONTZ @SHARKASAURUSX

THE 10 GREATEST STONER MOVIES

The perfect list of films to binge on 4:20

The best way to celebrate the ultimate marijuana holiday is with a stack of movies and some tasty munchies. So here's The Commuter's definitive list (in chronological order) of the best stoner movies of all time.



"Up in Smoke" (1978)

"Up In Smoke" is the classic stoner movie that all of your parents grew up watching. The scene when Cheech and Chong are driving down the road and Chong pulls out a giant joint then accidentally gives Cheech acid is hilarious.

That nine minutes of film is so classic that millions of people will be watching this movie on 4:20 some 30 years after it premiered.

"Fast Times at Ridgmont High" (1982)

"Fast Times at Ridgmont High" is notable for a couple different reasons. For one thing, it features Sean Penn in one of his earliest and most memorable roles as Jeff Spicoli. Spicoli is a laid back surfer who would rather be smoking a joint than doing his homework, so naturally he has become a stoner movie icon.

It's also notable for being written by Cameron Crowe. He wrote "Fast Times at Ridgmont High" based on his real life experiences in high school. It's definitely worth a watch if you've never seen it before.



"Dazed and Confused" (1993)

This Richard Linklater directed movie documents the highs and lows of being a teenager on the last day of school in '76. It's notable within weed culture for its

killer soundtrack, which features songs like "School's Out" by Alice Cooper and "Rock & Roll All Nite" by KISS.

"Dazed and Confused" also has one of Matthew McConaughey's best roles to date in the character of Wooderson. If this movie had never come out, we may never have the "Alright, alright, alright" memes, and that's a world no one wants to live in.

"Half Baked" (1998)

"Half Baked" is the kind of movie that is so stupid it's funny. It's a movie created by stoners for stoners, and that's why stoners love it so much.

Dave Chappelle, who's a legend for both his comedy and for how much he loves smoking weed, knocks every joke out of the park in this movie. The rest of the cast, Guillermo Diaz as Scarface, Jim Breuer as Brian, and Harland Williams as Kenny Davis, are the icing on top of the cake in this hilarious stoner comedy.



"The Big Lebowski" (1998)

This Coen brothers cult classic film introduced the world to Jeffrey "The Dude" Lebowski, played by his royal dudeness, Jeff Bridges. Quite frankly, all the characters in this movie are golden. John Goodman as Walter, John Turturro as Jesus, and even Flea from Red Hot Chili Peppers as Nihilist #2, Kieffer. All are memorable in their own right.

The premise alone is crazy enough to hook most people. It's described on IMDb (The Internet Movie Database) as, "'The Dude' Lebowski, mistaken for a millionaire Lebowski, seeks restitution for his ruined rug and enlists his bowling buddies to help get it." If that doesn't make you watch the movie, I don't know what will.

"How High" (2001)

This stoner comedy features Method Man, who's famous for being a member of the Wu-Tang Clan, and Redman as a hilarious stoner duo.

"How High" is similar to "Half Baked" in that it's really stupid. Some people may even tell you it's a bad movie. Don't let them. If you ignore how nonsensical it is, "How High" will have you laughing from start to finish.

"Harold & Kumar Go to White Castle" (2004)

Are you hungry? Check. Are you fending for some funny films? Check. Are you really, really high? Check and check. Than "Harold & Kumar Go to White Castle" is the movie for you.

This movie features yet another hilarious stoner duo in the form of white-collar office worker Harold and his slacker/stoner friend Kumar. The humor can be too raunchy for some viewers, but if you like poop jokes, and I know you do, than you will be rolling on the floor laughing the entirety of this movie.



"Inherent Vice" (2014)

"Inherent Vice" is the most recently released movie to make it on this list. In fact, many people have never heard of it. Don't let that fool you. "Inherent Vice" is a stoner classic in the making.

The movie follows private investigator Larry "Doc" Sportello, played by Joaquin Phoenix, in 1970 as he tries to figure out what happen to his ex-girlfriend. The film is able to visually capture the euphoria of smoking weed like no other movie has done before, and you'll slowly piece together more of its elaborate plot every time you watch it.

"Tenacious D in The Pick of Destiny" (2006)

What sets "Tenacious D in The Pick of Destiny" apart from other stoner movies is that it's a musical. All the songs in the movie are written by the real life band Tenacious D, who also star in the film. Jack Black and Kyle Gass nail the comedy and the music.

There's plenty of fun cameos for attentive movie lovers to catch, like Amy Poehler as the Truck Stop Waitress and Dave Grohl as Satan, that add to the enjoyment people get from repeat viewings. It's been 10 years since the movie was released, and it still holds up.



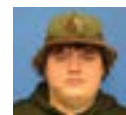
"Pineapple Express" (2008)

"Pineapple Express" might be one of the funniest movies ever, stoned or otherwise. Seth Rogen, James Franco, and Danny McBride are at their comedic best, and the script is beyond quotable. "It's almost a shame to smoke it. It's like killing a unicorn... with, like, a bomb."

Saul (Franco) and Dale Denton (Rogen) are perfect examples of the typical stoner movie characters. They smoke a lot of weed and they're really stupid, but things always seem to work out for them. Even if they get shot like seven times.



COLUM BY KYLE BRAUN-SHIRLEY @KYLE_WPHP



COLUM BY JASON CASEY @REALJASONCAEY

Honorable Mentions

- "Reefer Madness" (1938)
- "Easy Rider" (1969)
- "Pink Floyd The Wall" (1982)
- "Bill & Ted's Excellent Adventure" (1989)
- "Friday" (1995)
- "Fear and Loathing in Las Vegas" (1998)
- "Blow" (2001)
- "Knocked Up" (2007)

TOP TEN POT SONGS



COLUMN BY: MORGAN CONNELLY | @MADEINOREGON97



Afroman
"Because I Got High"
2000 | Reggae
Hippies, this is your anthem. It's simple message makes this song timeless and calming, so light it up and enjoy the buzz.



Ben Harper
"Burn One Down"
1995 | Campfire
Harper's campfire-worthy song emphasizes the mentality many pot lovers have about their go-to vice.



Tom Petty
"You Don't Know How it Feels"
1994 | Alternative Rock
Called "one of rock and roll's most consistent and great hit-making machines," by Rolling Stone magazine, this song comes from Petty's 1994 album.



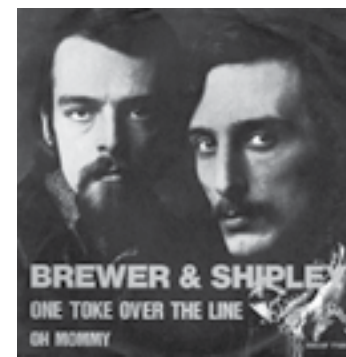
Black Sabbath
"Sweet Leaf"
1971 | Classic Rock
Everyone's heard a lot of awful, generic love songs, but none are as good as Black Sabbath's serenade to "Sweet" Mary Jane.



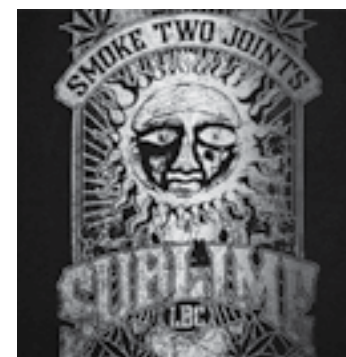
Rick James
"Mary Jane"
1978 | Disco
Similar to "Sweet Leaf," this is another love song for Mary Jane, although Rick James' relationship with the herb is more "sexual" than Black Sabbath's.



Luniz
"I Got Five On It"
1995 | Rap
Go from the city to the ghetto with one of Luniz's most popular songs that recalls the rap fan to a time when the genre actually had depth and poetry rather than 2 Chainz rapping about strippers.



Brewer and Shipley
"One Toke Over The Line"
1970 | Classic rock
"When we wrote 'One Toke Over the Line,' I think we were one toke over the line. I considered marijuana a sort of a sacrament," said Mike Brewer.



Sublime
"Smoke Two Joints"
1992 | 1990's alternative, reggae
"Smoke Two Joints" is Sublime's cover of a Bob Marley song that cleverly includes that cliché concerned father who's worried about the daughter's future.



Musical Youth
"Pass the Dutchie"
1982 | Reggae
"Dutchie" (a Jamaican cooking pot) was a kid-friendly replacement for "Pass The Kutchie," (Jamaican slang referring to a pot that holds marijuana).



Peter Tosh
"Legalize It"
1976 | Reggae
"Doctors smoke it, nurses smoke it / Judges smoke it, even the lawyer too // So you've got to legalize it, and don't criticize it." Couldn't have said it better myself.



DARK SIDE OF THE FORCE

Watch "The Force Awakens" with "The Dark Side of the Moon"

"Star Wars: Episode VII-The Force Awakens" has proven to be the ideal successor to one of the most successful and beloved film sagas ever, winning over critics and audiences alike. Setting new box office records, the movie made over \$935 million domestically and over \$2 billion worldwide, far exceeding the \$200 million Disney spent on the film.

The film's recent release on DVD and Blu-Ray has also continued that success, but a few observant fans on Reddit have discovered a new way to give value to multiple viewings. In the same vein that the "Dark Side of the Rainbow" is a take on "The Wizard of Oz" syncing to Pink

Floyd's landmark album "Dark Side of the Moon," JJ Abrams' take on the famed space opera matches up quite well to the milestone classic rock album.

A clip on Vimeo briefly shows how it works: after the opening crawl, the opening action scene on Jakku covers the first two tracks; consisting of "Speak To Me/Breathe" and "On the Run." After that, simply set the album to "repeat all," and it will play through three times.

The result is yet more reasons to enjoy director JJ Abrams' epic love letter to the original Star Wars Trilogy. Covering the film's 2-hour and 16-minute runtime, it's perfect to go with the movie's Original

Trilogy-infused style, matching with its many spectacular space battles and superb special effects especially if you watch the movie with a certain mindset.

While "Star Wars" is definitely a film saga that benefits from multiple viewings, this take has the potential to become every bit as popular as "Dark Side of the Rainbow". The potential the series has for many new experiences on later viewings continues to be one of the best parts of the fandom. So, if you're looking for a new way to experience one of the biggest blockbusters in recent years and one of the best classic rock albums in history, this mashup is for you. It's the perfect

way to give further life to an already great film and a new way to experience it. If Hosnian Prime explodes many years too soon, if there is no moon; instead a space station; and if the band you're in starts playing different tunes, I'll see you on the Dark Side of the Force!

COLUMN BY STEVEN PRYOR @STEVENPRRZPRYOR

POT CULTURE

Marijuana myths and outdated laws prevent thousands from seeing the good that can come from Ganja

For an unofficial holiday that celebrates marijuana's recreational use, we fail to universally celebrate the benefits of pot outside of getting high from the plant's THC component.

Despite plenty of research proving marijuana to have many essential benefits like CBD (cannabidiol, a non hallucinative chemical often used in medicinal cannabis oils), it's still labeled as a Schedule I drug.

According to the Drug Enforcement Administration (DEA) declares Schedule I drugs as, "drugs with no currently accepted medical use and a high potential for abuse."

However, the concept of drug scheduling is 46 years old. The 91st congress passed Title II, the "Controlled Substances Act," as part of the Comprehensive Drug Abuse Prevention and Control Act of 1970. President Richard "I am not a crook!" Nixon's signature would make Title II law of the land. The government's outlook on marijuana would eventually lead to decades of misconceptions.

As of 2015, only 23 states have legalized marijuana for medicinal use. For some people, pot is the only solution to their medical problem.

For five-year-old Charlotte Figi, a marijuana high in CBD was the only solution to her seemingly-endless seizures. When the medicine she was prescribed with had far too many side effects with little results, her mother, Paige Figi, was desperate for her daughter's pain to stop.

Figi would soon hear about the Stanley brothers, one of their state's largest

marijuana growers and dispensary owners who were cross breeding a strain of cannabis high in CBD and low in THC. Predictably, this new breed was plentiful and the sales were extremely low. Not wanting to harm her, the Stanleys were worried about giving it to Charlotte medicinally until they realized it's benefits.

The brothers have created a charity called the Realm of Caring Foundation, dedicated to providing cannabis for people suffering from epilepsy, cancer, Parkinson's and other diseases for practically nothing in return.

This special CBD-based strain that the Stanleys have created has been labeled affectionately as "Charlotte's Web," and has given its namesake brand new brain connections and a fresh new outlook on life.

The New Normal?

So what does pot's popularization mean for those of us who want to use it recreationally? The statistics don't play in favor for those who want to experience THC's signature high for the thrill of it, but there's been countless examples online of how "normalized" marijuana has become. Pot has become less of "the hippie drug" and more of a relaxant drug. "Budtenders" exist to customize a person's post-smoking experience.

"[My boss] recommends that I smoke them all," says Colorado-based budtender Sloane Poorman, who works at a dispensary that sells 20 different strains of weed. "They don't make you, but it's

recommended." Despite what you may think, Poorman has seen quite a wide range of ages coming into her store.

"We have younger people who are stoners come in, [as well as] older people who grew up in the 1960s. We had this one older lady come in and said she was going to put her first receipt in a scrapbook," said Poorman.

Although I'm just as curious about using marijuana recreationally as the next person as a writer, it'd be fascinating to write while high and then admire my Cheeto-stained notebook whilst sober. I'm still stagnant on obeying the law. But I'm still very supportive of pot users who get high responsibly. Even though there is still so much I want to learn about marijuana, I am proud of the people who have dedicated their time and lives to practicing the plant and busting the myths.

But it's not exactly easy to research something when that something is federally labeled as a Schedule I drug. In some states, you can get slapped with hefty fines and long term jail sentences for possession of marijuana.

The public has been very vocal about the mislabeling of pot, and it all goes back to its scheduling. On April 2, hundreds of protesters lit up their pipes and joints in front of the White House at 4:20 p.m. Their 51-foot inflatable joint read "Obama, deschedule cannabis now!" We're not in the 1970's anymore. There has been plenty of research that has indicated that even recreational marijuana has benefits. But the key to pot, like the alcohol America tried (and

failed) to regulate during Prohibition, is moderation. I don't advocate for the person at the party who's there solely to get drunk, or in the case of pot, stoned. What I do advocate for is the attempt for pot to gain a reputable overall user base that can enjoy smoking a joint privately after work or at a party.

It's obvious that there are so many myths and legends that come with the topic of marijuana, and I know that some people's viewpoints will never change. And believe me, I've heard it all.

"Cigarettes are healthier than marijuana."

"Pot should only be distributed through pharmacies for medicinal use only (because pharmacists are clearly experts on the subject of pot)."

And that's fine, stay behind the times and the facts.

But the reality is, times are changing. (Sidenote: they always will.) Since 1970, our country has been introduced to the internet, cell phones, computers, video games, social media, online dating, selfies, Top 40 radio stations, and biased journalism sources like Fox News and BuzzFeed. And to be honest, the attention that marijuana gets seems quite tame compared to all the attention and rage that goes into a certain someone's Juvederm-infested lips.



COLUMN BY MORGAN CONNELLY @MADEINOREGON97

MARIJUANA AND MENSTRUAL CRAMPS

Weed can lower the pain of those pesky period cramps

If you find yourself in excruciating pain during your monthly gift from Mother Nature, then smoking something from that herbal garden might be of some help.

Yes, we're talking weed. Science and history have been a helping hand in the discovery that the pain women's menstrual cramps can be dimmed with marijuana. Weed lessens the brain's awareness of pain as well as relaxing the muscles of the body.

Marijuana has been reducing menstrual cramps since the nineteenth century. Queen Victoria of the United Kingdom reportedly smoked weed to help with the pain of her cramps.

If loading a bowl and blowing strange clouds doesn't tickle your fancy, then Whoopi Goldberg will come to your rescue with her new cannabis remedy.

Goldberg is not only a host of the The View, but an advocate in the solution to women's menstrual cramps. She has been marketing an herbal capsule, cannabis butter chocolate, and other marijuana-infused products.

"Marijuana has been reducing menstrual cramps since the nineteenth century. Queen Victoria of the United Kingdom reportedly smoked weed to help with the pain of her cramps."

So, is the cannabis bliss for real or is Whoopi Goldberg just digging for gold? While there are benefits to smoking weed one during your monthly cycle, there are a few set backs to smoking marijuana for women's health.

Cannabis can double as a type of birth control because it slows down the ovulation cycle. To some this may not be a concern, but women seeking to get pregnant could

have more difficulty. Marijuana can cause irregular or missed periods, although women who smoke weed say that it increases blood flow, reducing the pain of cramps.

Mary Jane doesn't only help with reducing the pain of a woman's period. Transgendered women are using cannabis as a way to cope with the stress and changes of taking hormones.

Marijuana can be helpful in reducing the pain of transitions.

The stoner demographic is creating a clouded wall between science and fact. The benefits of marijuana should be held to a higher pedestal than the stereotypes.

Don't let the judgment of others bring you down from that cloud.



COLUMN BY MARINA BRAZEAL @MARINABRAZEAL

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COMMUTER

A TASTY HIGH

Marijuana butter and brownie recipe

Weed butter

One of the simplest of ways to get high. Making it takes a bit of know how, but if you do it right you'll be able to use it in a number of recipes just like regular butter. Use these recipes at your own risk. They are intended for adults 21 and over or card carriers.

Ingredients:

- 1 pound butter
- 1 cup water
- 1 ounce ground cannabis flower

Directions:

Put all ingredients into a slow cooker for 8-24 hours on low. The longer you let the butter simmer, the more cannabinoids get attached to the fat in the butter rather than just staying in the plant.

Put a cheesecloth over your desired container, and pour the butter mixture into it. Strain out the weed, and allow the butter to harden.

Slip a butter knife around the edges of the butter brick, and pop it out, letting the water run off.

Enjoy!

Classic Pot Brownies

Ingredients

- 2 tablespoons cannabutter
- 1 stick + 2 tablespoons unsalted organic butter
- 4 ounces bittersweet chocolate (Ghirardelli or Baker's chocolate work great!)
- 3 (room temperature) eggs
- 1 ½ cups white sugar
- ½ cup cane sugar
- 1 teaspoon ground Italian espresso
- Pinch of salt
- 1 teaspoon (good quality) vanilla
- 1 cup all-purpose flour

Directions

Preheat oven to 350°F (177°C) Lightly grease and line with aluminum foil 13 x 9 inch brownie pan

Take out eggs, butter, and cannabutter and allow to come to room temp for half hour prior to making recipe

Melt chocolate, over low-medium heat in double boiler, until almost all chocolate is melted.

Take chocolate off heat and slowly add unsalted butter. After each addition whisk to incorporate.

Once butter and chocolate are melted add sugar. Whisk until sugar has completely dissolved into chocolate mixture.



Add pinch of salt, vanilla, eggs and cannabutter. Whisk for two minutes on low or by hand.

Switch to a spatula and blend in flour until completely incorporated.

OPTION: Stir in ½ cup chopped/toasted peanuts at this point

Transfer batter to greased and lined 13 x 9 inch brownie pan and bake for 35 to 40 minutes (test with toothpick-toothpick should come out almost clean)

IMPORTANT - DON'T OVER BAKE!!

Cool brownies in pan for at least half hour

*Chef's suggestion: cool in pan overnight in refrigerator, and allow to come to room temp before cutting

Cut into 24 equal pieces

Recipes courtesy of herb.com



STORY BY MORIAH HOSKINS @MORIAH_HOSKINS

LIFE HACKS: IN THE GARDEN

Nine garden tips for Spring

The sun is shining and more people are picking up their gardening tools and flocking outside to soak it in. Yard work can be satisfying, but it can also be intimidating. Here are nine tips to get you started this spring:

Clean Fingernails

A little dirt won't hurt, but having it wedged under your fingernails isn't exactly a party. When you're out in the garden, the accumulation of dirt under your fingernails can be prevented. Simply run your fingernails across a bar of soap to seal the undersides of your nails. Once you've finished in the garden, just give your hands a good scrub and your nails will be sparkling clean.

Two for One Tool

In the midst of a project, efficiency is key. One way to maximize efficiency in the garden is by making handled-tools (such as a shovel) into a yard stick. Lay the tool next to a measuring tape and use a permanent marker to convert the tool into a two-in-one efficiency master.

Tame the Twine

Garden twine can be a mess. Nix the tangles by storing a ball of twine under an upturned flower pot with the tail threaded through the pot's drainage hole.

Rock Markers

Paper species-markers are convenient, but can stick out like a sore thumb in a manicured garden. A more subtle, natural way to remember which plant is which is by marking on stones. It can be as intricate or simple as you want; be creative.

Tape Versus Aphids

A chemical-free, plant friendly way to rid your bushes of aphids is to apply tape to the undersides of the plant's leaves. When you lift the tape, the

bugs and their eggs will pull up with it.

Natural Plant Food

Vegetable broth is famous for its healing powers on people, but what many don't know is how well plants respond to it. Instead of tossing excess water from boiled/steamed veggies out, give it to your plants asfor a natural fertilizer.

Acidify the Soil

Some believe there's nothing that coffee can't cure. A quarter inch sprinkling of coffee grounds once a month can improve pH levels of the soil of acid-loving plants such as azaleas, rhododendrons, camellias, gardenias and even blueberries.

Watering

Lawn sprinklers are a common method of watering, but can be wasteful. To reduce evaporation, avoid running them during the day when the temperatures are at their highest.

Mowing

When it comes to mowing the lawn, it's often hard to know what the rules are. Experts say that mowing as little as one third of grass blades and as often as every three days are the best ways to work toward dense growth. Apparently another must-do when it comes to mowing is cleaning the blade with an oiled rag after every use. This not only makes the blade last longer, but also helps create a cleaner cut.

DID YOU KNOW?

That George Washington and Thomas Jefferson both grew hemp.



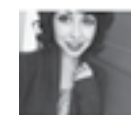
Annual Mother's Day Plant Sale

Presented by the LBCC Horticulture Club

LBCC Greenhouse
Wednesday, May 4, 11a.m. to 2p.m.

What's for sale:

- ☉ Rudbeckia (Cherry Brandy)
- ☉ Salvia (Black and Blue)
- ☉ Marigolds
- ☉ Vegetable starts
- ☉ Fuchsia and Sun baskets



STORY BY KATHERINE MILES @KATEMARIEMILES

Rock 'N' Roll Review

Basement featuring Turnstile, Defeater and Colleen Green

We arrived April 13, at the Analog Café towards the beginning of Colleen Green's set.

The small, yet growing, crowd swayed to Green's laid back surf rock sound while she was alone onstage, guitar in hand and sunglasses on.

Green provided a perfect "warm-up" for the rest of the chaos to come.

"I really enjoyed Portland!" said Green. "This tour has been great."

Melodic hardcore band Defeater, from Massachusetts, was up next.

The crowd shifted from small clusters to a large room of people, half of them forming a large circle pit.

Everyone in the room knew the words to one song in particular, "Drop" from Defeater's latest album "Nonstop Feeling."

The band was high energy and a complete shift from the calm performance of Colleen Green to loud guitar riffs and powerhouse vocals.

Up next was Maryland hardcore band Turnstile.

This is a band I have been looking forward to seeing and they met my expectations perfectly.

The crowd was in full motion. Between dodging the massive circle pit and crowd-surfers, and an elbow to the face, I was able to get close enough to

see the band entirely.

You could tell how passionate they were about their performance, but not only that, you could tell how much the crowd absolutely came alive during their set.

It seemed to get the crowd going the most.

If you ever get the chance and want to see an excellent band, regardless if you're into punk rock or not, I would buy a ticket to see Turnstile.

Last to perform was Basement from London.

Now I may be biased because I have been dying to see them live since they re-formed their band, but Basement puts on an absolutely incredible show.

They opened with one of their older songs titled "Whole" off their album "Colourmeinkindness." You could see the crowd absolutely go crazy as they sang along.

Basement also played a lot of songs off their latest album, "Promise Everything." It's available on iTunes and Spotify.

I would most definitely give that a listen if you like anything that has to do with rock or grunge music.

Overall, the performances were incredible.

It is not always common to truly

enjoy all bands on that big of a tour.

One fan who remained anonymous told me that it was "her first time seeing a show like this" and she "feels like she's been missing out on the 'scene'".

However, on the negative end, I wish this show had been done at a better venue.

For those who have not been to the Analog Café and Lounge, it is a tiny attic-like room above a bar. Now, this sounds like it would work in theory, but get a room full of sweaty dudes body slamming each other and a stage that's only a step off the ground, you're going to run into some minor complications.

For one, the ceiling was so low that it was a legitimate hazard to the crowd-surfers and stage divers... or "step divers" as I would call them.

Security had to make an announcement not to knock into the sprinkler pipes.

Now, for a less rowdy show this venue would be fine.

In fact, it is fine; I saw another show there not too long ago and I was happy with the sound quality. Unfortunately that's about it. Sound quality is definitely an important factor, but the Analog didn't seem to even have that in the bag last night.

A few times during Basement's set,

the guitars cut out and made for a couple long awkward pauses.

"Honestly, despite all the technical issues, Basement made up for it by performing so well," said Oregon State student Taylor Alvarez.

The band did a fantastic job improvising during those times, however you would think that by the last and most anticipated band the venue would have gotten it together by then.

The Analog by no means is a bad venue. However, I think that booking agents should be saving their rowdier bands for venues that are better equipped.

COLUMN BY DYLAN CONNER

ENAJ YRAM

by MGF

Like dripping while
flesh caresses
energetic tides
joints swallow lips
out of body
stuck in time
sinking into beats
growls echo
empty tunnels

MARY JANE SENDS HER LOVE

by BreAnna Rae

Alongside the roses
we shared a joint
I wondered how I would ever
feel higher than this moment--
your hands leaving mine
to bring burnt paper to lips.

Your eyes crimson suns;
we fell in love as ash fell onto sidewalk.
You were so full from all the smoke,
there was no room for me to stay--
You wished my name was Mary Jane,
you always liked her more, anyway.

SMOKE

by Moriah Hoskins

Her crisp outline
in the dim dusk
Gentle curls in her hair
shimmering in the dying sun
Her perfume heavy in my lungs
The acrid scent, crisp and sooty
My mind softly clouded by the
caress of her hand,
melting into my cheek
Seconds of my life,
rolled lovingly
through her fingertips
Blown across her palms
Fall to the floor

Tick

Tick

We talk in the dark
Not a care in the world she can't fix
Not a lie she can't tell me
Not any reason I won't come back to her
on the stoop in the sunset

PHOTO BY: RICHARD STEEVES



Linn Benton Community College's English Department Presents:

SPRING'S LIGHT

A lovely evening of short readings and performances by LBCC English Department faculty and select students.

Featured performers:
TINAMARIE NEY & DAN STONE

Friday, April 22, 2016
7:00-10:00 PM

LBCC BENTON CENTER
757 NW Polk Ave.
Corvallis, OR 97330

Suggested Donations:
\$10, or \$5 for students
Donations go to the English Department Fund

38th Annual CAREER FAIR

Wednesday • April 20
10 a.m. – 2 p.m.
LBCC Activities Center Gym

FREE ADMISSION open to Public

- Explore career opportunities with some of the region's top employers
- Learn about LBCC programs & training opportunities
- Visit with agencies that provide services to job seekers

For more details contact:
541-917-4780

Linn-Benton COMMUNITY COLLEGE

www.linnbenton.edu/careerfair

Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at Linn-Benton Community College, RCH-105, 6500 Pacific Blvd. SW, Albany, OR 97321. Phone 541-917-4690 or via Oregon Telecommunications Relay TDD at 1-800-735-3900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event. LBCC is an equal opportunity employer & educator.



NETFLIX RECOMMENDATION

"2001: A Space Odyssey"

This Stanley Kubrick directed movie is a science fiction classic. It's also pretty trippy and mind bending, which makes it a good movie to watch on 4:20.

DID YOU KNOW?



That I shot the sheriff, but I did not shoot the deputy.

THE COMMONS Cafeteria

4/13 - 4/19

Wednesday (4/20): Rosemary-Balsamic Braised Lamb*, Roasted Turkey with Stuffing and Pan Gravy, Chile Rellenos. Soups: Chicken Matzoball, and Tomato and Rice*.

Thursday (4/14): Moroccan Chicken*, Roast Beef with Bleu Cheese and Shallot Compound Butter, Mushroom Strudel with Spinach Cream Sauce. Soups: Mulligatawny, and Potato Cheddar*.

Monday (4/18): Pork Ragu over Cavatappi, Marinated Shrimp Tacos*, Tempura Vegetables with Steamed Rice. Soups: Tortilla Chicken*, and Loaded Potato Chowder.

Tuesday (4/19): Poached Salmon with Tomato-Tarragon Browned Butter*, Herb Crusted Chicken with Mushroom and Dijon Bechamel, Saag Paneer*. Soups: Beef and Wild Rice*, and Cream of Cauliflower.

Items denoted with a * are gluten free

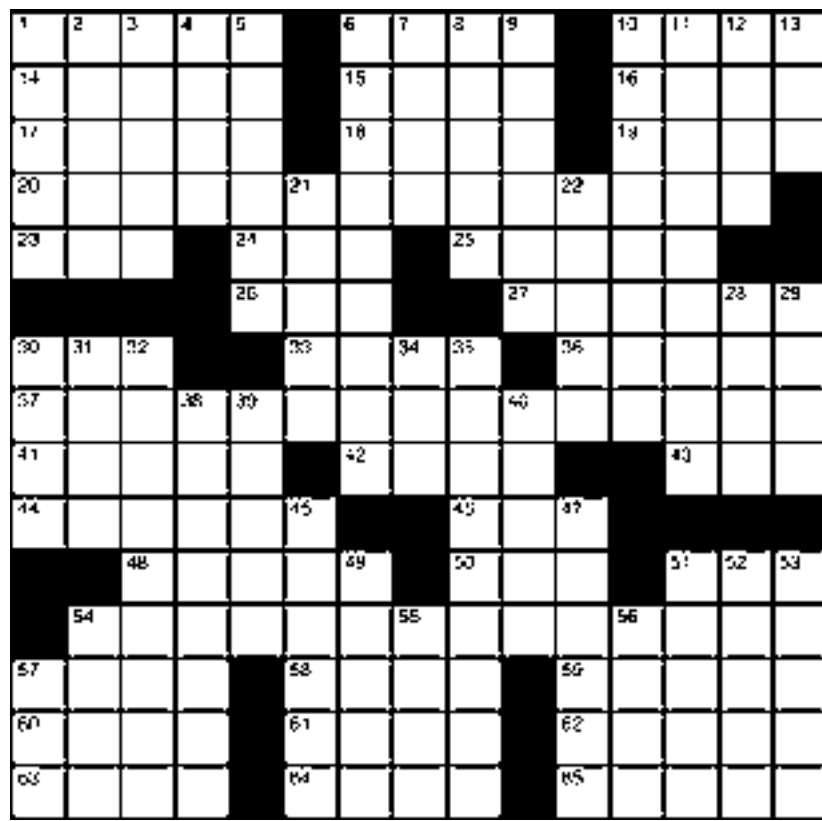
Monday-Friday 10 a.m.-1:15 p.m.

FOR RELEASE APRIL 20, 2016

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Jellied gamish
 - 6 Northwestern pear
 - 10 Farm youngster
 - 14 Good, in Granada
 - 15 Chorus syllables
 - 16 Give ___ to: approve
 - 17 Trader for whom a northwest Oregon city was named
 - 18 ___ impasse
 - 19 Texas flag symbol
 - 20 Part of the Three Little Pigs' chant
 - 23 Baby beaver
 - 24 Mouse-spotter's shriek
 - 25 Extremely well-pitched
 - 26 Gray shade
 - 27 Multilayered, as cakes
 - 30 Clean Air Act administrative gp.
 - 33 Heads, in slang
 - 36 Persian Gulf cargo
 - 37 The "Original Formula," soda-wise
 - 41 "___ go!"
 - 42 French 101 verb
 - 43 Pot contents
 - 44 Bakes, as 50-Acrosses
 - 46 "Star Wars" staples
 - 48 Exit poll target
 - 50 Breakfast food
 - 51 "Pow!"
 - 54 Provincetown rental
 - 57 Roast, in Rouen
 - 58 Antelope Island state
 - 59 Lesson at the end
 - 60 Arabian Peninsula port
 - 61 Went by skateboard
 - 62 Take in



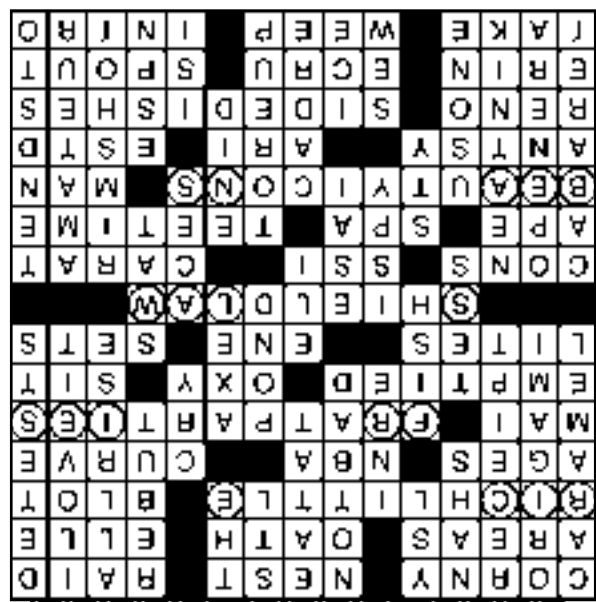
By Clive Probert

4/20/16

- 63 Get one's feet wet
- 64 Mesozoic and Paleozoic
- 65 Slangy craving

DOWN

- 1 One way to be taken
- 2 Japanese finger food
- 3 ___ four: teacake
- 4 Privy to
- 5 Eye part
- 6 Subject for Stephen Hawking
- 7 Promise
- 8 Killed, as a dragon
- 9 Is unable to
- 10 Supermarket employees
- 11 Like the Sherman Act
- 12 Deal with interest
- 13 New Deal pres.
- 21 Basic question type
- 22 Spanish girl
- 28 Falco of "Oz"
- 29 Prefix with pod
- 30 They record beats per min.
- 31 Friend of Tigger
- 32 Switched on
- 34 Complete in a box
- 35 Braking sounds
- 38 Medication used for dilating pupils
- 39 Bistro offering
- 40 "Unhand me!"
- 45 Tie tightly
- 47 High-ranking NCO
- 49 Turbine blade
- 51 Industry honcho
- 52 Wide open
- 53 Runs down the mountain, maybe
- 54 Musical finale
- 55 Man Ray genre
- 56 Commotion
- 57 Wet behind the ears



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SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: **1 2 3 4**

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

SOLUTION TO TUESDAY'S PUZZLE

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

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LB SWEEPS CHEMEKETA

Exciting finish leads RoadRunners over conference leader

Spencer DesBiens delivered in extra innings of a doubleheader Saturday, April 16, hitting a walk-off single to take two from the conference leader: Chemeketa. The RoadRunners won the first game 4-1, and took the second game 2-1, giving LB a split on the weekly series with Chemeketa. David Wallum started the day for the RoadRunners and threw six solid innings. Jordan Thompson drove in the first run for LB, and Jack Bauer drove in the second run on a sac-fly. Chemeketa loaded the bases in the top of the fourth threatening to tie it, but timely defense by LB got them out of the inning with a double play. In the top of the seventh, Kyle Strickland was brought in from the bullpen and held down the fort. Tyger Liner started the bottom of the seventh

with a lead-off double. With two on, Luke Rappe slapped a ball to right field to drive in two, giving LB a 4-0 lead. Strickland allowed two on base in the top of the eighth, and Head Coach Ryan Gipson quickly went to the pen, bringing in closer Jake Boyd. Boyd threw a great inning, though Chemeketa did come up with one run, but that was all they could muster off the right-handed sophomore as LB won the first game 4-1. Connor Qualley got the ball to start the second game. The RoadRunners had a bad inning in the top of the third, allowing Chemeketa to score on one hit and two errors to take the lead 1-0. LB continued to battle and put the bat on the ball, but Chemeketa played some strong defense of their own. LB had opportunities to score several times stranding men on base, as the innings

continued to go by. The home team came to bat in their half of the seventh inning down 1-0 in the second game. Liner was hit by a pitch, putting the lead-off man on. Rappe laid down a bunt to move the runner to second. Caleb Smith came to the plate with two out after Andy Arruda hit a rocket back to the pitcher for the second out. The crack of Smith's bat sent the bench into a frenzy as Liner, the tying run, came home in the bottom of the seventh to send it to extra innings. Coach Gipson stayed with Qualley to start the eighth and was not let down as he retired the side to keep the momentum going. With two outs in the bottom of the eighth, Trevin Stephens came up with a clutch double and the home team was pumped. Ty Deckwa took advantage of

a rattled pitcher, drawing a walk to put runners at first and second. Up to the plate came DesBiens, a freshman outfielder, with a chance to win the game. DesBiens swung and connected solidly, hitting the ball into centerfield, driving in the winning run, and giving LB their second win of the day. The single sparked a RoadRunner rush to home plate, as LB celebrated an exciting home game. Next up for the RoadRunners, a rescheduled home game versus Pacific University JV, that is now away April 20.

STORY AND PHOTO BY BRIAN HAUSOTTER @BHAUSOTTER



YOU CAN DO IT ALL THIS SUMMER

Being a student has its perks, but let's be honest: You want to earn your degree as quickly as possible. We can help. Take summer classes at Oregon State and speed up your journey to graduation.

That's not so crazy after all, is it?

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2016 SUMMER CLASSES



LINN-BENTON'S
SECOND ANNUAL
Drag Show
Shakers, singers and splitters took the stage



Carmen Sutra performs for the crowd.

With a tuck, pull and cinch, the second annual Linn-Benton Drag Show went off without a hitch on Friday, April 15, at 7 p.m. in the Commons Cafeteria.

Linn-Benton's very own The Boy With Green Hair and OSU's Beaver Royalty King Julian G String hosted this year's drag show.

The hosts inquired from the audience how many had been to a drag show before? For almost half the audience it was their first drag show. It was very clear though that everyone was there for one reason: to have a good time.

"I wanted to come check it out," said Matt Hoffman, an LB student. "I have a friend [performing] and here I am."

There were performers from Albany, Corvallis, and Eugene. Some were students and others were community members who were invited to participate.

With a total of 17 performers, each performance varied from lip syncing, live singing, dance, and poetry. There were five repeat performers from the first LB drag show in 2015.

The opening act was former OSU Beaver Royalty Lucielle S. Balls performing "Hieeee" by Alaska Thunderfuck, a perfect opening for this year's drag show to get its kick off.

Some of the performers were taking the stage for the first time included Cookie Glaciers and Dominique Noel.

After intermission The Boy With Green Hair and Miss Dharma Prada MacPherson switched things up, announcing the award winners for Outstanding Solidarity to Gender, Sexual, and Romantic Minorities. They had three winners in different categories: student, faculty member, and club. The winners received symbolic rainbow duct tape.

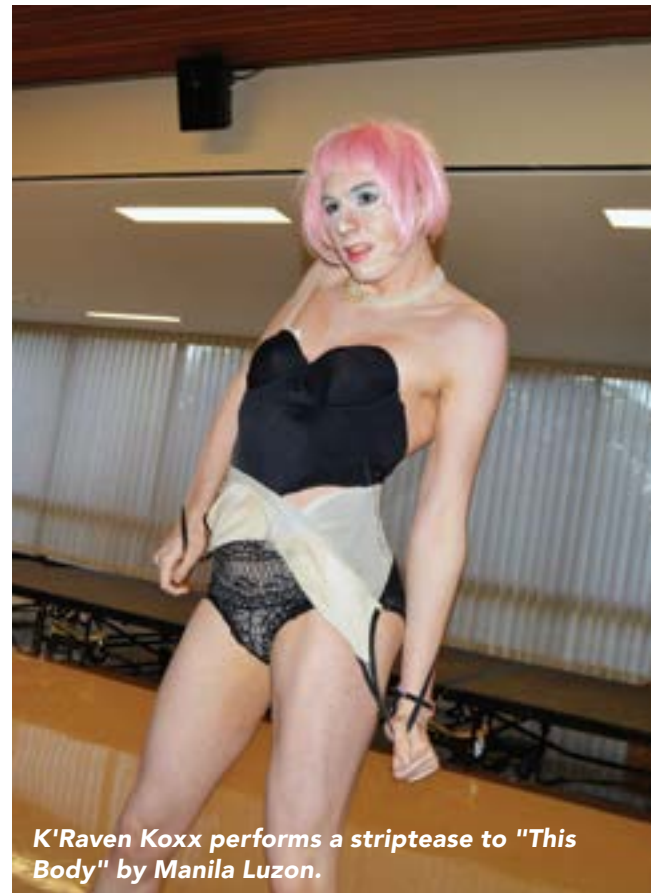
"We want these individuals to continue to be the adhesive that helps keep gender and sexual minorities allies connected," said Miss Dharma Prada MacPherson. "It's about building the bridge between everyone."

The winners were: LB nursing student Andrew McClain for his student support and efforts, and the Electronic Resources Librarian Jane Sandberg for her continuous initiative and campus awareness, and Human and Civil Rights Club.

After the awards the show continued with more incredible performances.

The finale was a mash up of 12 Beyoncé classics performed by Carmen Sutra, Miss Dharma Prada MacPherson, and Chelsey Mick. The choreography was created by Carmen Sutra and Miss Dharma MacPherson.

"It was a rush," said Mick. "I was stoked when offered the chance to share the stage with two charismatic dancers. The experience was wonderful."



K'Raven Koxx performs a striptease to "This Body" by Manila Luzon.



Cookie Glaciers performs on stage for the first time to "Sexy Love."



King Julian G String flexes his six-pack backstage.



STORY AND PHOTOS BY
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