

# THE COMMUTER

LINN-BENTON  
COMMUNITY COLLEGE

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## Down to the Wire

Summer break is almost here.  
Enjoy this school year's final edition!

# COMMUTER

**Cover Credit:**  
Brian Hausotter

**On the cover:**  
New mural featuring Kyia Duvall painted on the side of the Athletic Center

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

Letters always welcome.

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# CAMPUS VOICE

STORY AND PHOTOS BY  
ROMINA RODRIGUEZ  
& MORIAH HOSKINS

**Question:** What are your summer break plans?



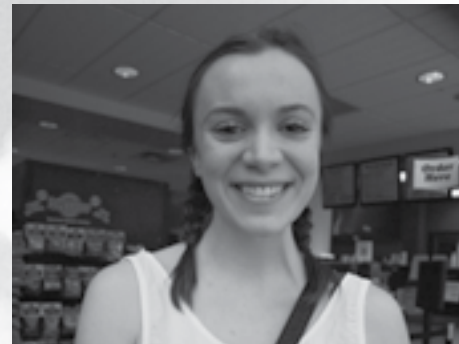
**Allyssa Newman**  
Major: Business Management

"This is my first summer I'm taking off of school in three years, and I'll be working full time."



**Caitlin Scalise**  
Major: Zoology

"I'm gonna be taking my last general chemistry class and also go to my sisters wedding."



**Hannah Chilton**  
Major: Visual Communication Design

"Besides going to Mexico, I'm working as much as I can, because I'm studying abroad in London in the fall."



**Jesse Schell**  
Major: Horticulture

"I'm gonna go work on my farm and also go visit my family in Alaska."



**Justin Goff**  
Major: Fermentation Science

"I plan on working, this is the first summer I haven't had to go to school."



**Mayra Ramos**  
Major: Nursing

"I got accepted into the nursing program, so I need to get some requirements before starting the program in the fall. I'm also going to Mexico."



**Abe Richmond**  
Major: English

"I'm going to Hawaii and the Country Music Festival."



**Caleb Chladek**  
Major: Communications

"Not much, I don't even know."



**Robert Negrete**  
Major: Business Administration

"I'm not going to update to Windows 10 this summer."



**Crystal Cole**  
Major: Psychology

"Working and still taking classes and taking trips camping."



**Whitney Whitacre**  
Major: Animal Science

"I'm going to be doing the hiking trail with the boy scouts and participating in the rodeo circuit."



**Tyler Brinson**  
Major: Business

"Just go to work."

**Next Edition's Topic:** Editor's Choice.



PHOTO BY: NICK LAWRENCE

# CHECK YA LATER! HELLO, HELLO

The hustle and bustle of the newsroom can be intimidating for some. A hot new lead comes into the office and the room can start to boil over like a tea kettle about to explode with ideas on how to cover the story.

This is the hidden excitement I love behind journalism. This is why I'll miss The Commuter.

Another year has passed and oh how it has fled by. With each passing year at LBCC comes a new Editor-in-Chief for The Commuter. And I'm very proud to congratulate and introduce next year's new chief, Emily Goodykoontz.

This has been a great year at The Commuter winning 11 awards, including third place for General Excellence. I can't wait to see what Emily and The Commuter crew come up with next year.

Formerly my managing editor, I know Emily is the right woman for the job. She was an incredible help all year. My other editors also deserve a great deal of praise. Without all your help this year wouldn't have been possible.

I would like to take this opportunity to thank the LBCC community. I have had a wonderful two years here, not only as a journalist but as a student as well. Starting out as a reporter for The Commuter in the Fall of 2014, my skills and passion as a journalist have flourished. But like all good things they must come to an end.

The next step for me is just down the

road. I'm dual enrolled at Oregon State and plan on attending full-time in the fall. The journalist in me isn't done either as I plan on working for OSU's paper, The Barometer. I have an application in for a News Editor position as we speak. So, wish me luck. I don't dare say I'm moving on to bigger and better things, just blacker and orange.

Sincerely,  
Richard Steeves

By a twist of fate, I stumbled, a bit bewildered, into the Commuter office mid-fall term, hoping to find a work-study position. Editor-in-Chief Richard Steeves gave me a two-minute explanation on how to write a news article and sent me out the door on my first assignment, rather confused about what I had just gotten myself into.

I couldn't have predicted what would happen next; a nose-deep dive into journalism, scrambling to land on my feet as I became an avid contributor to The Commuter.

Since then I have found not just a passion and career path, but a diverse and supportive team of leaders, writers, and creatives. This group of talented student contributors come together each week to bring the campus a unique compilation of their efforts. It is through their guidance and friendship that I have been able to grow so much in the last year, beyond anything I ever expected.

Discovering the power of journalism gave me something I struggled to find most of my life; a platform for truth, a voice that could be heard, and a way to affect change. The Commuter is a platform for voices in the campus community that too often go unheard. It is a way to tell the stories of the lives happening all around us and should provide the community with relevant, unbiased news in the unrelenting pursuit of truth.

I am honored to pick up the mantle of editor-in-chief for the 2016-2017 school year, and I hope to continue as Steeves has, encouraging a positive, open place to contribute, create, and learn. I hope to guide current and prospective contributors the way Steeves helped to guide my own voice and writing towards its most effective potential. Diversity is key to creating a cohesive community environment and a well-rounded newspaper, and I encourage all types of mindsets and people to join in the fun, creative process of producing editions of The Commuter.

If you have an idea, swing by our office, or shoot us an email. We'd love to talk you into being part of the team.

Last but most importantly, a huge shout-out to Rob Prieue, whose dedication, good advice, kindness, and leadership continues to inspire students and makes the journalism program at LB shine. His infectious passion for journalism translates directly into his classroom and to The Commuter newsroom.

So thank you, Rob. You're awesome.

Sincerely,  
Emily Goodykoontz

# ADVICE FROM WEISS

Dear readers,

As I am retiring from LBCC, this will be my last column for The Commuter. I've thought a fair amount about what last bit of advice I'd want to give. Something broad and universal, I thought. Not an answer to a specific question.

But each time I've tried to come up with a bit of universal advice, it has always come out in a way all too similar to farewell addresses and graduation speeches. The sort of thing we've all been hearing all our lives.

"To thine own self be true."  
"If you love life, life will love you back."  
"Find your passion and follow it all the way to your bliss."  
"Don't worry. Be happy."

All of these phrases and themes left me a little flat. So instead, I think I'll be judgemental. Just pass some judgement and call it quits.

My judgemental comment is this: I've been at LBCC for a long time. I've worked with students from four different generations. And you, the students of today, are the finest and funnest group I've ever worked with.

Your generation is often described in the media as being anxiety ridden and overly sensitive. But what I have experienced is an entire generation of students who are sensitive because they care deeply about the world and each other. And if you have a little anxiety now and again, it's because you don't see the world around you being as values based as you are... Really, I've never seen such kindness and compassion, in any one group, before now.

You show it in wanting opportunities for those that come from difficult circumstances. In wanting a healthy and thriving environment in which to live. In wanting services for those

that need them, whether that's you or someone else. And you show it by treating people respectfully and expecting to be treated with respect.

I see it in the remarkable altruism shown by student government. In the kinds of articles being written in this paper. By the amazing student led discussions that take place in The DAC every week.

And I see it in the amazing openness of all students to examine issues of mental health, economic fairness, and domestic violence.

You are so willing to share, without hesitation, who you are and what you have experienced. It makes me hope to live long enough to see the time when you're compassionate, sensitive generation takes positions of leadership in our community and our world. I believe, absolutely, that when you are in charge, this world is going to be a more

caring and more cooperative place.

With that, I'll draw this non-advice column to a close with one more of those all too common thoughts. But it's a favorite. From rock guitar legend Jimi Hendrix:

"When the power of love overtakes the love of power, the world will know peace." I believe you are the people Jimi was talking about. And I thank you for making these last few years a joy to my heart.

**MARK WEISS**  
COUNSELOR  
LBCC, BENTON CENTER  
"CAREERS START HERE"



# MEMORIAL DAY VIGIL

LB hosts annual vigil drawing nearly 100 attendees

A slight drizzle fell in the Albany campus courtyard reminiscent of the tears of the families who have lost a loved one to war. The rain slowly faded like the fallen's pain. The clouds parted, the sun beamed down and the harmonious voice of Amanda Blevins echoed throughout the campus as she sang the national anthem opening LBCC's annual Memorial Day Vigil May 27, from noon to 12:30 p.m.

"Does everybody get those little tingles when they hear that and see the (American) flag waving," said LBCC Veterans Club Advisor and two-time Iraq Veteran Lewis Franklin.

Franklin helped put on and lead the vigil, introducing Pastor Brad Duncan to the podium to lead everyone in prayer.

"Pause and remember," said Duncan.

Following the prayer Franklin returned to the podium to give a brief oral history of Memorial Day. Founded after the Civil War, it wasn't until after World War I that it was expanded to include victims of all wars.

Once Franklin concluded, Oregon State Senator Sara Gelsler stepped up to the microphone. Gelsler spoke about the challenges and importance of speaking at a Memorial Day Vigil.

"There aren't words that are right or adequate to comfort the families that have lost a loved one to war," said Gelsler.

Senator Ron Wyden could not attend the vigil but sent a letter that was read aloud by LBCC faculty Member Dale Stowell.

"It is important for the United States to remember the debt of the fallen," read Stowell.

Next up was LBCC Veterans Club President Steven Olson, a two time Afghanistan war veteran spoke about what Memorial Day means to him. Olson brought up the three comrades that he considers brothers that never made it home from war.

"Memorial Day isn't the only day I remember," said Olson.

Before exiting the podium Olson challenged the crowd of almost 100.

"I challenge all of you to take a moment and make a



PHOTOS BY: MARWAH ALZABIDI

OREGON STATE SENATOR SARA GELSER ADDRESSES THE MEMORIAL DAY VIGIL CROWD.

**"I challenge all of you to take a moment and make a promise to the veterans that made the ultimate sacrifice, I want you to promise that you'll spend the next year living the best life you can."**

promise to the veterans that made the ultimate sacrifice, said Olson. "I want you to promise that you'll spend the next year living the best life you can."

Veterans Club Vice President John Maine followed

Olson. Maine asked the audience to take at least five seconds and remember the over 1 million veterans America has lost to war.

On a lighter note, he encouraged the audience to enjoy a BBQ and a cold beer on Memorial Day.

"Live everyday with meaning," said Maine. "Go for your dreams; that's what America's all about."

Pastor Duncan then closed the ceremony with another prayer.

"I'm a better person because of veterans," said Duncan.

Taps was then played over the PA system and Franklin took to the microphone one last time to invite everyone for a reception and the grand opening of LBCC's new Veterans Center.

Iraq veteran and Western Oregon University Veteran Coordinator Andrew Holbert was in attendance and thoroughly enjoyed the vigil.

"It was awesome, said Holbert. "I was really impressed, specifically the veterans who came."

Mike Furrer an Afghanistan War Army veteran and first term student at LBCC had no idea the vigil was going on.

"I'm a veteran so it caught my eye," said Furrer. "It was very respectful all the way around."

The LBCC Veterans Club plans on continuing the Memorial Day Vigil tradition at LBCC next year and years to come.

"This is the largest crowd we've ever had for Memorial Day," said Franklin. "So, thank you."



STORY BY RICHARD STEEVES @RSTEEVES84



VETERANS AND ATTENDEES SHOW THEIR PATRIOTISM DURING THE PLAYING OF THE NATIONAL ANTHEM.



ORGANIZERS AND SPEAKERS TURN TOWARDS THE MEMORIAL DURING THE PLAYING OF TAPS.



# BREAKING BREAD

DAC potluck brings Middle-Eastern students and veterans together



GREG HAMANN AND KASE ALLOZI SHARE IDEAS ABOUT THEIR CULTURAL EXPERIENCES.

Students and staff convened in the Diversity Achievement Center on Wednesday, May 25, for LBCC's first Middle Eastern & Veteran's Potluck. Hosted by faculty member Tim Black and student Marwah Alzabidi, the event brought Middle Eastern and veteran students together to engage. The event lasted from 2 to 4 p.m., and was attended by over a dozen students and staff, including LBCC President Greg Hamann and the DAC's Javier Cervantes. Almost everyone brought a

variety of foods, from traditional Middle Eastern foods like flan to American fast foods like Taco Bell.

Topics discussed included politics, religion, life in other countries, and in America.

Kase Allozi, an LB student and guest speaker, detailed his family's experiences in Jordan, right down to the interactions between Jordan's king and his workers. Allozi and Hamann talked at length about the similarities between the Christian and Islamic faiths, as Allozi has a Christian mother and Muslim father, and Hamann, in his own words, found his faith in his twenties and spent a short period in predominantly-Muslim Morocco.

Everyone was very curious and interested when asking about each other's religion. Two American students spoke about their experience on converting to Islam and living according to the tenets of the faith. Black was expressive about the details of the religion, including why the Islamic prophet Muhammad is referred to as "a chosen one" and not "the chosen one."

"There were other chosen prophets before him, like Jesus and Moses, but Muhammad was the stamp of the prophet's, meaning the last," said Allozi.

Hamann and Allozi discussed piety and the politicization of religion, while Cervantes brought up family traditions and the role of language in prayer, including liturgical languages like Ecclesiastical Latin, Biblical Hebrew, and Classical Arabic. Cervantes and Allozi then discussed the issue of translation of scriptures, and how context and original meaning can be easily lost, especially as the years pass. Hamann mentioned his fascination with the fact that the Qur'an has been unchanged, down to the last

verse, for almost 1400 years.

The event provided an opportunity to build bridges and engage in productive conversation, and Black and Alzabidi hope to host similar events in the DAC at least once a term.

**"There were other chosen prophets before him, like Jesus and Moses, but Muhammad was the stamp of the prophet's, meaning the last."**

STORY AND PHOTOS BY MARWAH ALZABIDI & TRUMAN TEMPLETON

# WHERE FRIENDS AND IMAGINATION MEET

RPG Club provides students with a community for gaming, friendship and fun

Expletives echo off the walls of North Santiam Hall 207, as a dragon systematically roasts and devours six valiant heroes, bringing their month-long quest to an end.

But that's just another day at LBCC's RPG (role-playing game) Club, where a tight-knit group of friends spend their afternoons exploring mystical lands of wonder, conquering formidable foes dwelling in dank dungeons, and desperately resist the urge to kill each other's characters along the way.

"I love the gaming, but the best part is just getting together with friends and having a good time," said member Jordan Eade.

Starting summer term, the club will be

meeting every Monday from noon to 3 p.m. in Red Cedar Hall room 116.

"I just love the flexibility of tabletop role-playing games," said club representative Nik Geier. "You can do whatever comes into your imagination, so there's a huge amount of tactics and improvising."

Geier has occupied the role of club leader and game master since the beginning of spring term, mostly running campaigns through the tabletop staple "Pathfinder."

"We've played other games. A member actually developed her own gaming system after a manga she liked, so for a while we traded off between that and "Pathfinder." We also dipped a bit into the "Serenity" RPG, and that was a lot of fun," said Geier.

Although a mutual love for role playing is what first brought the RPG club together, the friendly atmosphere is what keeps its members coming back.

"We laugh together, we share the joy of victory, and it's basically a second family," said Nicholas Carrol.

The RPG Club is always looking for new players, and it's long-time members are eager to accommodate anyone unfamiliar with the hobby.

"Just hold no preconceptions, jump in with both feet, and ask for as much help as necessary from a veteran player," said Mattie Guilliams.

Phil Rezanow is one such player, with over 20 years of tabletop gaming experience.

"I'm easily the oldest person in the group at 40, but the group was very welcoming and I leave each session excited for the next week," said Rezanow.

And now would be the perfect time to join, as the RPG Club is just about to kick off a brand new campaign around "Dungeons and Dragons: 5th Edition."

"I'm really looking forward to it," said club member Daniel Brockgreitens.

STORY BY NOLAN GOLD @NOLANGOLDBLCC



## STUDENT CHEFS IMPRESS

The 2016 Annual French Banquet brings exquisite cuisine to LBCC

Think white, starched linen table cloths, long pointy-toed shoes tapping on ancient cobblestones, and Parisian music and candlelight dancing off walls and tall windows. Picture striped awnings and golden bow-ties.

Although the Eiffel tower was built over five thousand miles away and nearly a century and a half ago, last weekend the Belle Époque era was brought right to Albany's very own Linn-Benton Community College (LBCC).

On Thursday, May 26 and Friday, May 27 at 6:30 p.m., the LBCC Culinary Arts program served an eight-course masterpiece to hundreds of community members as a test of the graduates' accumulation of skills and a celebration of French cuisine. The 43-year-old tradition has become a well attended and much anticipated event.

"My parents have been coming for over a decade now," said Lesley Tylczak. "We just have to keep coming back. It's a great thing to bring friends to; especially friends that you want to introduce to other friends."

Tylczak smiled at her table of friends from various circles of her life. "It's a great way to bring people together."

After being seated at a private table by first year students, guests were welcomed by a sparkling 12 piece table setting and the Amuse course — a polite, yet bold little baguette point topped with beet gravlax and champagne vinegar goat cheese.

What modesty was presented in the Amuse was soon overtaken as the servers delivered the "Fish" course. This dish consisted of a wave-shaped cracker standing upright in a bed of billowing salmon mousse, cool sorrel-almond puree, and pickled red grapes that "pop" with every bite. Butter-poached shrimp curled over the even curves in the handmade cracker, adding not only height to the dish, but also a crisp pinkness to the otherwise neutral colored plate. Tiny legumes spilled over the sides with edible pansies smiling up from the base, and one couldn't help but marvel at the both creamy and crisp elements of the dish.

People laughed over their wine glasses as the warm sensation of food, drink, and community passed over the room.

After the wine glasses had been refilled and the towering shrimp dish had been reduced to pastel swirls on white china, the soup course came out. The celery root soup hinted at roasted garlic and truffle oil and tasted of spring. Though humble in appearance in comparison to its predecessor, it's velvet composition and nutty aroma made one long for more.

Next baskets of fresh bread in pastel linens were brought out with the Charcuterie course. Pickled carrots and asparagus added a sharp balance to the soft pink cured meats, sophisticated swirls of pork butter, and airy blue cheese mousse. The rye bread was dark, but sweet, and the brioche was golden and cloudlike. From the illusive pistachios in the pâté to the delicate crust around the galantine, this course offered subtle details that overall blended well together.

As custom, the pre-entree course was the palette cleanser. The Intermezzo course consisted of a grapefruit sorbet over raspberry coulis served in chilled glasses. The bitterness of the grapefruit seemed to soak up the sweetness of the sauce in a very separate, yet intended manner, the way a breeze cools you down on an otherwise too-hot day.

The wine kept flowing and the diners kept laughing,

eyes wide as they experienced new flavors.

Finally, after five courses of prep, the main entree arrived. A creamy bean puree served as a decadent foil for a nest of pulled duck confit over a tart cherry sauce, topped with a frilled bulls-eye radish chip. Fresh herbs, boozy cherries, and a smoky undertone offered hidden flavors in every bite.

But wait, there's more. Two courses more to be exact. Next came the salad. At a traditional French Banquet, the salads are served toward the end of the meal. This



course featured light bitter greens tossed with candied hazelnuts and dill dressing. The salad was framed by four bright streaks of sou vide egg yolks with thick sweet and smokey bacon cutlets, adding a rich balance to the dish.

With seven courses down, diners sighed sappy smiles and the laughter died down into occasional bubbles as bellies were satisfied and the night wore on.

If one were to close their eyes and the windows had been opened, it would have been easy to imagine the cool air all around as purely Parisian.

"I loved the whole atmosphere," said Mary Regginton, mother to second year student Gage Reddington. "It's the second year we've come. We just love it."

The spell was lifted as the second year students, pride spilling out from under their chef hats, started filing out of the kitchen.

A dessert plate in hand.

Sleepy diners sat up tall in their seats, grinning from ear to ear as they applauded the graduates.

Their entire team stood in line while Sous of Banquet Lucas Pschiet gave special thanks to the many people who made the 43rd annual French Banquet come together.

"I especially want to thank the first year students and our executive chefs," said Pschiet. "We couldn't have done this without you."

After much applause and a few tears from proud parents, it was time to dig into the final course.

Soft spheres of raspberry mousse and boozy orange marnier mascarpone sandwiched between two firm dark chocolate discs topped with fresh raspberries came on a small plate dusted with red velvet crumbles and edible glitter flakes.

A couple friends laughed over what seemed to be licked-clean plates, chirping up when asked about the highlight of the meal.

"I don't usually eat chocolate, but the dessert was my favorite," said Lesley Tylczak.

Her friend, Kenna Warsinske, agreed.

"I don't usually tweet chocolate, but I definitely tweeted that."

Assistant Sous of Banquet Gage Reddington was pleased with how well the menu came together to showcase the entire team's passions.

"It was cool to see such a broad contribution of ideas," said Reddington. "The largest struggle was planning the presentation. Lucas Pschiet and I met every Friday for five weeks to work on plating."

The second year students took away a tremendous sense of pride in their accomplishment, but the first year students benefited as well.

Many of the first year students served in the dining hall and assisted behind the scenes. Mallory Mateny, who aspires to own her own catering business, had the opportunity to help plate desserts.

"It was fun to see how well everyone worked together. Everyone had their job, and it was such a nice energy," said Mateny. "I hope all of the first year students get an opportunity to work together as a team like that. We get to take all of this learning and put it towards next year's banquet."

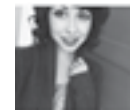
Having played a major role in baking bread for the event, Ariel Rapport, who just took first place in her pastry class at LBCC, had the opportunity to experience the event as a diner with her mother, Jacqueline Arante, and sister, Lily Rapport.

"After hearing about the last minute tweaks and changes from fellow classmates, I was dying to see the final product," said Rapport. "It's so gratifying to see something that you've made all come together."

Rapport's mother, Jacqueline Arante, was impressed with the authenticity of the meal. Arante is of French heritage, and visits France often.

"In Europe we don't eat large portions," said Arante. "You can have so much more variety that way."

And variety there was. From a humble baguette crisp to the showstopping dessert course, each bite was a cultural experience.



STORY AND PHOTOS BY  
KATHERINE MILES  
@KATEMARIEMILES

# WOMAN ON A MISSION

Local Kimberly Bevel transforms her economic distress into a way to give back

Washing housewares in the back room, stocking shelves, and helping at the counter never distracts Kimberly Bevel from greeting each customer coming into her store.

"This is my mission," said Bevel. "To show every person walking into this store that they matter."

No job is too small for a woman with her vision. Her days are filled with cleaning, sorting, mending, picking up deliveries and lending a hand to anyone in the process.

"I'm not above anything that needs to be done," said Bevel.

Bevel is the driving force behind Lebanon's new store, Pay It Forward, where in one year since opening it has blessed thousands of families with food, clothing, pantry items, personal care items, and furniture.

She cares for three special needs grandchildren. Several years ago she found out that one of them needed multiple brain surgeries. Learning that her employer would not allow her the time off needed to care for the child, she lost her job, choosing to care for her granddaughter.

This decision was beautiful, but it came with a price. Without an income to care for the children Bevel was stuck. After 14 days of eating nothing but beans, rice, and hot dogs Bevel prayed for help. She promised God that if delivered them from this struggle she would always strive to give back. Since that day this has become her mission.

Bevel recovered from her desperate financial situation.

Fueled by the compassion that she felt for others, Bevel and her friend Kathy Crewse, started using their homes to store items for people in need.

On average, 60 people per day were visiting Bevel and Crewse's homes. "I was afraid that my neighbors were going to think I was dealing drugs," said Bevel.

So they began to search for a building that would allow them to serve more people. On May 14, 2015 Pay It Forward had its grand opening.

In the true spirit of paying it forward, ALL of the merchandise in the store is free to whoever needs it.

In the nine months following the opening of her store, Pay It Forward recorded helping over 35,000 people.

The humble little store has since expanded to two locations, including a warehouse where Bevel spends countless hours in her office fielding phone calls and dealing with paperwork.

"My day starts at 4 a.m. and ends at midnight," said Bevel. "I get the kids off to school and it's off to work."

Bevel had the help of her church and some community donations to get the building, but she now works three jobs to pay rent for buildings out of her own pocket.

Saturdays are often spent with her grandchildren at the local park handing out "blessed bags", packed full of soap, toothpaste, socks, crackers, and Ibuprofen to whoever is in need.

Volunteer Marcy Murry was brought to tears recalling her experiences with Bevel.

"She doesn't take anything for herself. She goes over and above to help anybody with anything, anytime they need it. I've never seen anything like this before," said Murry.

There are no paid positions at Bevel's store, but not everyone is a volunteer. She has opened her store to provide work for people serving community service,

earning state cash assistance, and workers participating in the Department of Human Services (DHS) Jobs program.

"I get to be a part of a team and be surrounded by supportive people," said worker Zachary Wisterman. "There is so much compassion in Pay It Forward and it roots from Kim's heart in this place. You can call Kim day or night and she'll be there."

Bevel's heart reaches far beyond her home and Pay It Forward. She sends every item that is donated that can't be used to overseas charities that re-purpose them in less fortunate countries.

"Nothing is wasted," said Bevel.

Regardless of the daily work on her plate Bevel anticipates her plans for the future.

"My goal is to have a Pay It Forward store in every town in Linn and Benton County. I would like to find a larger building where we could offer more services to the community here in Lebanon as well," said Bevel.

On top of her three jobs Bevel is a full-time student, working towards a bachelor's degree in Criminal Justice in hopes of being involved in helping troubled youth.

"Someday I would love to have a big old house on a piece of property, so that I could do foster care for kids who need help," said Bevel.

Until that day, and imaginably every day after, Bevel plans to continue to motivate and live a life that breathes a love for the people around her. Her powerful and encouraging words echoing in all that she does: "Everybody matters; I want them to know that."

### AT A GLANCE

Pay It Forward is located at 525 Main St. in Lebanon, Ore.

Store hours are: Mon, Tue, Thu, and Fri 10 a.m. to 6 p.m., Wed 1 to 6 p.m., and Sat 12 to 6 p.m. The phone number for the store is (541)405-4382

Kimberly Bevel has earned a bachelor's degree in accounting, an associate's degree in chemistry, and a certificate for business law.

Here is a link to an article printed by the Lebanon Express when the store opened in 2015 [lebanon-express.com/news/local/pay-it-forward-business-gives-to-community/article\\_82ddec95-3b5c-5d39-bbb1-9819c20ab3af.html](http://lebanon-express.com/news/local/pay-it-forward-business-gives-to-community/article_82ddec95-3b5c-5d39-bbb1-9819c20ab3af.html)

Here is a link to an article by the Fox 12 Oregon from Nov, 2015 [www.kptv.com/Clip/11997546/pay-it-forward-store-helps-lebanon-community](http://www.kptv.com/Clip/11997546/pay-it-forward-store-helps-lebanon-community) Pay It Forward's Facebook page can be found at [facebook.com/PayItForwardLebanon](https://www.facebook.com/PayItForwardLebanon)

Bevel has six children of her own and 17 grandchildren. She has also been a foster parent for 19 more children.

STORY BY  
ELISHA EXTON  
@ELISHAEXTON16

## STAN MAZUR-HART

January 7, 1946 - May 23, 2016

Stan Mazur-Hart, our beloved husband and father, died peacefully on May 23, 2016, surrounded by the family he loved. Stan Mazur was born in Oakland, California on January 7, 1946. He graduated from San Luis Rey College in 1967, received his M.A. in Psychology from San Jose State College in 1971, and received his Ph.D. in Psychology from the University of Nebraska in 1976. Stan and Helen Lois Hart met at U.C. Berkeley and married in 1975.

His two sons were the lights of his life: Matthew, age 32, and David, 29.

As a licensed psychologist, Stan dedicated his professional life to serving the mentally ill and teaching. He began his career as a professor of Psychology at Saginaw Valley State College from 1976 to 1980. In 1980, Stan and Helen arrived in Salem, and led by his strong service ethic, Stan began working at the Oregon State Hospital as a Clinical Psychologist. He served as the Chief Psychologist from 1981 to 1987. He was a member and Chair of the Oregon Board of Psychologist Examiners from 1984 to 1990. He served as Superintendent of Dammasch State Hospital in Wilsonville from 1987 to 1991.

From 1991 to 2003, Stan was the Superintendent of the Oregon State Hospitals in Salem and Portland. During those years, critical aspects of treatment programs were improved, and seclusion and restraints of patients were reduced. The hospitals were ahead of the curve in becoming tobacco-free campuses.

Stan never really retired; since 2005, he taught Psychology classes at Linn-Benton Community College, where he was a faculty advisor and representative to

the College Council. In 2009, he was nominated by students as Instructor of the Year. Since 2011, he has taught Life Span Human Development at Mt. Angel Seminary College.

Stan was a dedicated community volunteer. He coached in Leslie Little League ("Blue Jays") and volunteered as an umpire. His love of sports led him to officiate high school football and baseball. He enjoyed fishing and boating in Central Oregon with his family. He also loved family trips, especially by rail.

Stan was a long-serving lector at Queen of Peace Catholic Church. Since 2006, Stan has been a member of the board of directors of Catholic Community Services, serving as Chair for four years.

Stan was preceded in death by his parents, Stanley F. Mazur and Elsie (Sherwood) Mazur, and his brother, Michael Mazur. He is survived by his wife and love of his life, Helen Mazur-Hart; his sons Matthew and David Mazur-Hart; his brother John Mazur; sisters Mary Mazur and Elizabeth Anderson, and Elizabeth's family.

Stan offered strength, insights, and humor to those around him. He was a generous person who will be missed by many. His funeral mass will be held Wednesday, June 1, at Queen of Peace Catholic Church at 11 a.m. Donations can be made to the Salvation Army. Assisting is Virgil T. Golden Funeral Service.

OBITUARY COURTESY OF  
VIRGIL T. GOLDEN FUNERAL SERVICE



PHOTO COURTESY:  
ACTIVE MINDS CLUB



## FASHION WITH A CAUSE~

Deborah Boulanger creates the most stylish way to give back.

Fashion has always been a personal necessity that stretches far outside having to cover oneself from the elements. As the original Man Repeller, Leandra Medine, puts it, "Getting dressed is, after all, our great escape and when that is compromised, we are left inert. Lifeless. Stuck."

For the college student, a challenge arises of finding that "great escape" at a price that's reasonable for a broke college kid to afford. Reflecting on the trends of today, many of us want reasonably-priced fashion. Consequently, we go to the fashion brands like Forever21 and H&M for clothes that are affordable.

There's also a little piece of us that's humanitarian. We want to feel like we're giving back, so we decked our feet in canvas TOMS and our lips in MAC Viva Glam to feel like we were contributing to something bigger. But if you want to really give back to your community, look no further than 1st Hand Seconds.

Located just down the street from the much-loved First Burger restaurant, 1st Hand Seconds is a store that was created by Deborah Boulanger to fulfill her vision of giving back to the community. Every single item you buy benefits Boulanger's charity Mercy House International, an organization that provides relief for women who have experienced domestic violence.

"Mercy House" itself is an undisclosed residence that offers shelter for the victims and their children. The organization also partners with the Department of Human Services, who will send women to Mercy's Closet in order to provide victims with clothes for work or everyday wear. Through Mercy House, they offer a variety of classes on subjects like self-defense and finances. A special class called "Her Journey" is a 15-week class for victims and survivors of domestic violence.

The Mercy House solution is trying to heal the scars of domestic violence with love and support. The store is a medium through which Boulanger receives hundreds of thousands of dollars annually for her charity. And 1st Hand Seconds really is a Unique Boutique; the clothes are far more stylish than what you'd find at your typical secondhand shop. What catches the eye when you first enter the store, for example, are a series of furs lining the front of the store next to a healthy selection of designer goods.

But to get a good feel of what they really offer, you have to dedicate at least 30 minutes searching around to see what you might like. There are racks dedicated

to two- or three-piece business suits. A little bit of treasure hunting reveals clothes from brands like H&M, Ralph Lauren, Old Navy, Forever 21, White House Black Market, and Calvin Klein. There's truly something for every style, size and age range within this store.

The selection of jeans on the right side of the store alone consist of two racks of every style, from bootcut to patterned skinny jeans. A prime example of their A pair of brand-new, size 1/2 7 For all Mankind snakeskin print skinny jeans with the original tag is just \$60.

On the left side of the boutique resides a plethora of prom dresses and evening gowns. (If you're wanting something a little shorter, they have party dresses right by the cash register.) A sky blue and purple corseted Mardi Gras-worthy gown hangs on the wall, sticking out against the rest of the gowns.

It is here in formals that 1st Hand Seconds becomes Chic-ee Chic-ee Bridal Boutique. Tessa, the bridal consultant, guides me through the racks of gowns all bagged up and ready for a second chance down the aisle. I can't help but admire a simple airy gown at the front with tiny ruffles on it, a designer dress gifted by a Portland bridal shop.

Deborah, Tessa, and volunteer Colleen all give you that smile that's warm and welcoming. They were totally willing to sit down for a quick chat to discuss why they love being part of the store, and being part of the cause.

**Deborah Boulanger: Founder of Mercy House International, Chic-ee Chic-ee Bridal Boutique, 1st Hand Seconds**

*Why did you want to open up 1st Hand Seconds?*

I spent a lot of time praying to God about what He wanted to do through me. I'm disabled, and volunteered a lot. I helped open Teen Challenge, which taught me a lot about business. Right now, we've expanded as much as we are able to. I would ultimately love to move upstairs and sell furniture, but that's millions of dollars of restorations that would need to be made in order for that to happen.

*How much money do you earn each year for your cause?*

I cannot give you an exact number, but each year we make a solid six-digit figure for Mercy House.

*What sales does 1st Hand Seconds have coming up?*

For the week of Memorial Day, our entire store is 15% off. We're also doing a 5% off jewelry sale, which rarely [is offered].

*What else does Mercy House do outside of providing shelter?*

We have five programs to offer these women. [Mercy House, Mercy's Closet, Benevolence Fund, special classes on topics like self-defense and finance, and "Her Journey," a 15-week class for victims and survivors of domestic violence and abuse. We help these women by helping them get a job. We also provide them with work clothes and clothes for everyday wear. We actually are partners with the DHS (Department of Human Services). They'll send women to us so they can receive these clothes for free through Mercy's Closet.

**Tessa Jennings - Bridal consultant**

*What do you do with your job?*

I mostly work in our bridal boutique. I also do a couple oddball tasks here in this part of the boutique.

*How'd you hear about 1st Hand Seconds? What attracted you to the job?*

I found out they were hiring, and I loved their mission; how all the proceeds went towards Mercy House. I got started in the bridal industry by doing rentals for weddings, and I honestly prefer non-profit retail work far better than profit, because there's less pressure on you to do well. It's more welcoming.

*What's the best part of the job?*

I work with girls who have a strict mindset of what they want for their wedding, but I also have girls who are cool with whatever [style I show them]. Teens, however, usually have a specific look in mind for their proms. Honestly, the best part of my job is when the girl finds her perfect wedding dress and cries. It's such a beautiful moment, and I'm proud to be part of that.

**Colleen Anderson - Volunteer Boutique Manager**

*How long have you been working with Deborah for?*

I started volunteering in August of 2011, so it's almost been five years. Back in 2011, I was done taking care of my Mom and was looking for volunteer work. I saw 1st Hand Seconds and it caught my eye, since it was a new store that I didn't recognize. So I decided to look around. I overheard Deborah saying over the phone that she was really needing volunteers, and it was a perfect match. My son, Tyler, also helps out with the store by cleaning and repairing our shoes and bags. He also is good for the oddball task, like reaching tall stuff or putting a nail in the wall.

*What are your responsibilities for the boutiques?*

I'm the boutique manager, which means I oversee all the volunteers and workers we have here. I also make sure the displays look good and the store looks presentable. Although Deborah is in charge of processing, I am in charge of pricing all of our merchandise. I also emphasize good customer service, which is #1 for all of our workers and volunteers.

*What do you wish people knew about this store?*

I personally wish people would not be put off by the second-hand stigma, and be willing to look around. You guys sell some incredible things here. I honestly wish people knew we are here. That we do sell high-quality goods for really affordable prices, which is why I want more teens and college kids to know that we're here. We offer name-brand clothes for a college student's budget. I also want people to know about our cause; the mission. 100% of the money we raise goes to help women. Our assistant, Annie, calls it a "win-win" situation, because you get stylish clothes and all the money goes towards such a great cause. I can't emphasize enough that money isn't the priority for us; helping others is.



STORY AND PHOTO BY  
MORGAN CONNELLY  
@MADEINOREGON97

## A "MEAT"-ING WITH ART!

Local artist Brittney West brings a creative twist to social activism

Creatively a blank space or surface. Paintings highlighting chapters of her life hang on her second-floor studio walls. A paint-dappled pallet sits next to a wooden easel. Tables covered with works in progress sit off-center of the room. Large crystals hang from the skylight. Going in there is like going into a curiosity shop; you want to look at everything.

Multimedia artist and animal activist Brittney West found her voice and calling with her animal activist series -- a collection of paintings and multimedia that brings attention to our often unquestioned relationship with and reliance on animals.

People are taking notice. Since August 2015 she has been filmed for an animal welfare documentary, completed two video interviews with Corvallis filmmakers, was featured in Driftwood Magazine, had a window display at Footwise in Corvallis, and exhibits at both the Veggie World Expo in Paris, France, and Munich, Germany.

In her paintings, she substitutes animal products for ordinary objects found within cultural contexts. "Blind Celebration" is a painting of two children wearing blindfolds trying to blow out candles on a cake made of steak. "Skipping Sausages" shows a girl using sausage links as a jump rope.

"People will ask me 'Why do you paint raw meat? Why not paint animals that are happy since that's what you want them to be like?'" said West. "I thought it would be an interesting conceptual way to convey this absurdity, at least to me, this absurdity of removing an animal away from what it is, a sentient being, [and turning it] into a product, a commodity. We have so many alternatives to animal products now."



BRITTNEY COMFORTING OYTE AT LIGHHOUSE FARM SANCTUARY AFTER HIS FRIEND DIED.

Her passion for animal welfare comes from working in the meat and cheese department at a natural foods co-op.

"For three years every day I was unloading cardboard boxes of bloody chickens, bloody pigs, bloody cows and every day putting price tags on animals. It took a toll on me," said West.

During this time she educated herself about animal rights issues. "I was quite disturbed that I knew more about the cuts of meat than I knew about the animals themselves," said West. Although she takes animal welfare seriously -- she organized a peaceful protest against the Jordan World Circus that came to Corvallis in March and also volunteered at Lighthouse Farm Sanctuary.

She is a self-proclaimed dweeb, but not in the pocket protector and glasses kind of way. It's more of a goofy, making funny-faces sort of way.

This lighthearted nature is what makes West approachable. "She has a larger-than-life energy. Her laugh is infectious, too," said good friend and photo artist Jeff Hess.

Her inspiration comes from leafing through vintage books and magazines that she's collected over the years. "I cut out certain images that resonate with me, that are absurd, or beautiful, or really have an eerie quality or something that I feel will convey a message," said West.

Next she rearranges them on different surfaces, such as canvas or cardboard, until it feels right. This collage becomes the template for the final oil painting. Sometimes she will affix the paper to the surface and paint around it.

She strives to communicate important messages through her artwork. This effort began forcibly after her mother died from



PHOTOS COURTESY: BRITTNEY WEST  
"BLIND CELEBRATION" SOLD TO A LONDON COLLECTOR OF VEGAN-THEMED ARTWORK.

cancer when she was 8. She was sent to art therapy where they asked her to draw and paint what she felt.

"It felt quite contrived," she said. "I wasn't able to express myself, but I felt that it planted a seed for later in life to use [art] as a creative outlet," said West.

Like her grandmother, West received most of her art training at the University of Oregon. Her most well-known series from this chapter of her life is the "Chemotherapy Series." These paintings feature women with chemo-induced baldness. The images portray the vulnerability of losing hair in a meditative and accepting way. It was West's way to pay homage to their struggle while reframing the trauma of witnessing her mother's hair loss.

After graduation with a bachelor's in art she tried painting pet portraits. Although it was meaningful to the owner, portraiture became more duty than soul food.

To break through the subsequent artist block and reinstate discipline lost since the days of school deadlines, she challenged herself to a 100 consecutive-day, introspective art project. She created many miniseries within the larger body of work by exploring different mediums, themes and feelings. She switched among figurative, nature, and psychological images.

It wasn't until day 99 that she touched on animal welfare issues.

"This concerned me," said West. "I didn't like that I was nervous to share that I cared immensely about animals because I felt like it would be a heated topic -- controversial -- and I didn't want my artwork to upset people."

Despite initial reservations, she had to be true to her voice. She had so much to say that it drove her into her studio daily.

Her work has been well received by the vegan and animal welfare communities, and to her relief, among friends.

"If it does offend a few, that's okay but it's also inspiring lots of people to view and treat animals differently," said West. "I've received really good feedback from people who do want to care and want to care more; that they are exploring animal oppression without taking it personally without feeling I am personally attacking them."

Ironically, one patron exclaimed that her butcher son would love the "Blind Celebration" painting because "he just loves his meat." This painting later sold to a London collector who is purchasing

vegan-themed artwork from around the world to one day exhibit the collection.

"She is doing something beyond pretty images," said Hess. "Looking at that body of work, there is something really powerful there. It comes from the heart. She is accessing something important to her and it comes through in her work."

West engages the public in conversation at her studio gallery during the Corvallis Arts Walk (CAW) open studio and gallery tours.

On April 21, she was overheard talking about human rights, classism and oppression in the United States and in African cultures sparked by her piece of an African American girl dressed in doll clothes marketed only to white girls. Others discussed climate change spurred by her painting of a cow on an iceberg.

Michelle Davis and Anna Cottom from Partnerships in Community Living Inc. were soliciting donations from the CAW artists for their upcoming benefit auction in June. West donated four prints.

"I have seen her work before on her website, and I've been interested in seeing her in person," said Cottam. "She uses humor to get important messages across and it sticks."

Davis said, "Each piece is so different. There is so much emotion behind her work."

In October West will be an artist-in-residence at the Vermont Studio Center in Johnston, Vt., where she plans on exploring technique and animal welfare concepts. She raised over \$4500 in a Kickstarter campaign toward registration fees and supplies.

Thanking her Kickstarter backers, West wrote, "Undoubtedly this will be the greatest opportunity for my artistic voice, for connecting with artists from around the world, for my overall pursuit of happiness and purpose. Somebody pinch me -- this dream is becoming a reality."



STORY BY  
DANIELLE JARKOWSKY  
@DANIELLEJOY

# THE COMMUTER: YEAR IN REVIEW

This is the best of the best from 2015-16

## COVERS



Commuter Cup, Winter Break Edition | December 2



Valentine's Day Edition | February 10



4:20 Edition | April 20



Commuter Shark Week | April 27

## STORIES

### "Choice: Alex Fenton's Story" | Oct. 14

Christopher Trochie's article entitled "Choice: Alex Fenton's Story" was one of the best profiles The Commuter printed this year. It's about LBCC student Alex Fenton and the story of how he lost his right arm in an accident. Despite his tragedy, Fenton didn't let the loss of his arm keep him down. He continued to push on with his life to the best of his ability. Fenton's harrowing story will inspire anyone who reads it.

<http://lbcommuter.com/2015/10/15/alex-fenton/>

### "Skeletons in Avery Park" | Oct. 28

Written by Allison Lamplugh, "Skeletons in Avery Park" was one of the best stories of the year. The article focuses on two bears who lived in a zoo in Avery Park in the 50s. The spooky thing is that no one seems to have any record of what happened to those bears, leading some people to speculate that the bears were killed and buried in the park. It's an unsettling article about a local park that will have the hairs on the back of your neck standing up.

<http://lbcommuter.com/2015/10/29/skeletons-in-avery-park/>

### President Paola and Rape Allegations | Dec. 2

This is a series of four articles printed in our Dec 2, Christmas Cup edition. Titled: "Paola Resignation," "Q&A Paola," "SLC responds to Resignation," and "Students Aggravated by Conduct Agreement." These articles highlight the sudden resignation of former SLC President Paola Gonzalez and the rape allegations that surrounded her sudden departure. This series won an ONPA award for Best Series.

<http://lbcommuter.com/2015/12/01/the-commuter-december-2-2015/>

### "The Global Mayan" | Jan. 13

An unusual look into a unique culture coming to terms with a global, modern economy. Emily Goodykoontz writes about three Mayans in San Pedro La Laguna, Guatemala and their battle with poverty as they lead the community towards a new and better future while honoring their heritage.

<http://lbcommuter.com/2016/01/13/the-global-mayan-reclaiming-a-heritage-in-the-wake-of-westernization/>

## COLUMN/REVIEW

### "Uncomfortably Numb" | Jan. 20

Alyssa Campbell writes about her unexpected and uncomfortable experience at an LBCC Students of Color Dialogue. Her article touches on race, divisiveness, and the long way we need to go to solve the issues at hand.

<http://lbcommuter.com/2016/01/20/students-of-color-race-relations-lbcc/>

### "Free the Nipple" | March 9

Marina Brazeal wrote this column in hopes of touching base on one of the many ways that women face discrimination. The nipples are the eyes of the body, so why can men expose theirs and women can't? For Brazeal's full opinion a link to the full article is below.

<http://lbcommuter.com/2016/03/08/free-the-nipple/>

### "Kobe Nears Merciful End" | April 13

This article looks at Jason Casey's view of Kobe Bryant from a Trail Blazer fan's perspective. Looking at all the pain and agony he brought to Oregonians, and how the Lakers have derailed the team with his horrible contract.

<http://lbcommuter.com/2016/04/13/kobe-nears-merciful-end/>

### "Shark Week" | April 27

The Commuter staff found a tsunami of shitty sharks movies on Netflix reviewed them all and decided to have our very own "Shark Week." These B movies are terribly bad, but don't worry we watched them so you don't have to. Check out the link below for full coverage.

<http://lbcommuter.com/2016/04/26/the-commuter-presidents-shark-week-a-tsunami-of-shtty-shark-movies/>

## CAMPUS VOICE

### How did the UCC shooting affect you? | Oct. 7

### What spooks you? | Oct. 28

### What's the Worst Teacher or Class on Campus? | April. 13

### What's your spirit animal? | May 18

### What are you going to do over (winter, spring, summer) break? | Jan. 13, March 9, June 1

## PHOTOS



Photo by: Emily Goodykoontz

Adrin Coleman and Marisa Haynes clasp hands in a show of solidarity during a Donald Trump protest/rally on May 6 at the Lane Event Center.



Photo by: Brian Hausotter

Jack Bauer safely slides home for a run versus Southwestern Oregon Community College.



Photo by: Richard Steeves

Liberty Elementary School students participate in the biggest Veteran's Day parade west of the Mississippi in Albany.



Photo by: Marwah Alzabidi

Ernesto Huerta trades in his tattoo gun in favor of a paintbrush and face paint, helping students celebrate the Day of the Dead in the DAC.



# ROADRUNNER CHECK-IN: VOLLEYBALL

LB's 43 wins was the most in school history and was also the most wins by any volleyball program in the NWAC 2015 season.

Women's volleyball went into the NWAC championship confident. They won four games in a row in the tournament until they had to play Blue Mountain in the game to get in the championship match. The RoadRunners lost 3-1 to Blue Mountain. In the first game of the Losers Bracket LB lost leaders Samantha Rouleau and Chase Bohman to injury against Clark. Clark eventually won 2-1 and sent the wounded RoadRunners home.

"You know the real obvious ones are making it to the NWAC championships," said coach Jayme Frazier. "That is always a real big deal. For me honestly, the highlight of this years team was that we were really a team. It took everybody. It took a good mix of freshmen and sophomores, they did well academically, they came together as a team, it was low drama. We had all kinds of awards at the NWAC level the conference level. Now I can look back at it and say it was a great year. It had everything you wanted as far as to be successful."

When asked if there was anything Jayme Frazier would have done differently about last season, Frazier said after going 43-8, not really. She would of liked to have some people who really wanted to play middle and knew how to play middle, but the freshman that came in worked hard and learned the position.

The RoadRunners lost setters Samantha Rouleau along with Malie Rube and a host of other sophomores.

Rouleau is moving onto Oregon State Volleyball. It is going to be tough to replace the American Volleyball Coaches Association 2015 First-Team Two-Year College All-American, NWAC all-tournament selection, and was selected setter of the week by the NWAC South three times and NWAC setter of the entire league twice.

**"You know what, we don't necessarily replace the leadership with incoming freshman, but what I do ask is for my sophomores to really step up."**

"You know what we don't necessarily replace the leadership with incoming freshman, but what I do ask is for my sophomores to really step up," said Frazier. "We just had a [sophomore] meeting, and we will do more in the summer. What are the qualities of a good leader, what are the qualities that you want from yourself, from other people, so of course it hurts to lose a sophomore, or two sophomore setters."

Rouleau led the conference in assists with 10.33 per game.

Rube was ranked 15 in the conference in kills, averaging 3.36 and had 141 in 42 games.

"I can't emphasise enough what 'Maddie' [Madison Crouse] did with her leadership and intangibles," said Frazier. "She looks for the new incoming sophomores to step in and show some of the same things"

However, LB returns four players from last year's 43-win squad.

Bohman made an immediate impact on the court as a freshman and is

returning for her sophomore year. She was number six in the NWAC in kills per game with 3.95 with 166 in 42 games.

"I don't like to emphasize individuals at all, but of course Chase [Bohman] is powerful," said Frazier. "She has got a lot of tools as far as what she can do with the ball. The biggest thing is I expect her to be a strong leader on the court and off the court."

Frazier will look to have her women ready to roll by Aug. 1. She said it was important that she has a team that is committed and is committed to doing the right things over the summer.

Like last year, the RoadRunners won't have the size of other schools in the NWAC. They will have to win with their speed and setting.

"We are going to be light in the middle again so it's going to be a lot of training," said Frazier. "But that is my job. Every other year we are looking to replace."



STORY BY JASON CASEY @REALJASONCAEY



CARA WONSLEY AND MALIE RUBE LAYOUT FOR THE DIG.



FORMER COACH RANDY FALK TALKS X'S AND O'S WITH HIS PLAYERS.

# ROADRUNNER CHECK-IN: MEN'S B-BALL

Interim coach Everett Hartman is taking over the helm for longtime LBCC coach Randy Falk

Linn-Benton's 2015-16 men's basketball season didn't turn out like the coaches and players would have liked.

The RoadRunners finished (5-11, 9-18) but showed improvement towards the end of the season. Brett Blackstock made All NWAC second-team and went from underachieving sophomore to confident leader, and the second leading scorer on the team behind Andrew Evans.

"I thought the highlights of the season were really late in the season," said new men's basketball Coach Everett Hartman. "We won some big games late, we beat SWOCC here and they really handled us down there. We beat Lane at Lane in the very last game of the season. They pretty much handled us down there several times. We won our last home game, we won our last road game, so the kids felt real good about the end of the season."

The development of Blackstock midway through the season, and the RoadRunners playing better at the end of the year wasn't a coincidence.

Hartman expressed as a coaching staff they figured out they had to give Blackstock a little more leeway. He is one of those guys who you have got to give more leeway too.

"Brett is extremely talented," said Hartman. "He was



NEW INTERIM COACH EVERETT HARTMAN PATROLS THE SIDELINES.

just a kid who had to figure out how his skillset fit into a college game. I think it took him about a year and a half to figure that out."

Randy Falk has moved from the bench that he occupied since 1991 to the athletic director of LBCC. Former Falk assistant Everett Hartman has taken over the helm as interim head coach.

"What he [Hartman] is going to bring is a great basketball background," said Falk. "He has coached at the highschool level, coached with me at the community college level. He has coached at Western Oregon so he has a very strong basketball background."

Falk explained that the coaching change wasn't health related as much as administration recognizing that what we needed was a full time athletic director.

Hartman said he has four sophomores who are coming back. Trevor Herrold who is the women's basketball coach's son [Debbie Herrold] he is going to be a team leader, and team captain kind of guy. Herrold is kind of an inside three man.

Brodie Marchant is coming back he is anticipated to be a starter. MArchant came on at the end of the season last year according to Hartman.

Kaj Bansen from Central started all season last year.

"[Kaj] is a very good three point shooter. Got to get him to get into the weight room a little bit and teach him to play a little defense," Hartman said with a smile and a laugh.

We have Kendrick Abraham who came off the bench for us. He has really gotten bigger, faster, and stronger this spring. I am really impressed with how much his game has improved. He has really put a lot of time in his fundamental skill work. I am really

happy with him.

Hartman's local ties are paying dividends in recruiting. "Probably our number one recruit is J.J. Stewart who was the starting point guard at West Albany High School for the last three years," said Hartman. "I want to recruit locally, that is my number one priority. So he

**"We won some big games late, we beat SWOCC here and they really handled us down there."**

is a very good catch for us so-to-say." LB also added Stewart's teammate 6'5" post Cooper Gestfried.

"Getsrid who was first team all league player and I want to say he was in the top eight or 10 in all 6A scoring in the entire state last year," said Hartman. "He is going to be a good player for us. He can go inside, outside, shoot the three. Can post up. He will cause defensive matchups problems."

With Stewart coming in Hartman said he plans to open up the offense and fastbreak more. Along with using the press to create pressure and easy offense.

The RoadRunners will look to forget last season and move forward with a new coach, young incoming players, and meld them together with their battle tested sophomores and make some noise in the NWAC South Division.



STORY BY JASON CASEY @REALJASONCAEY

Linn-Benton Community College Presents:

## The Language of Song

Thursday, June 2  
7:30 p.m.

Concert Choir  
Chamber Choir  
A Cappella Groups:  
Blue Light Special  
The Sirens  
Remixed

Raymund Ocampo, Conductor  
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PHOTOS BY: BRIAN HAUSOTTER

# ROADRUNNER CHECK-IN: WOMEN'S B-BALL

Women's basketball looks to improve next season

On paper, the RoadRunners women's basketball (4-12, 10-18) wasn't a resounding success, but head coach Debbie Herrold was more than happy her team.

"Winning 10 games for the season, I think I am happy with that," said Herrold "We got such a late start on everything. Getting the program started I thought our team camaraderie was excellent; our team chemistry couldn't have been better. I guess the main highlight for me was kicking off our first year back with so many things going well."

Losing a starter on a young team that is trying to find their identity was a rough way to kick off the first season back. Nicole Magnuson went down with an injury after the third game of the season. She scored five, 15, and 23 points in those three games.

"The hardest part about losing Nicole [Magnuson] was losing a big scorer and her inside presence," said Hannah Creswick. "Nicole's inside presence opened up outside shots for the rest of the team and she remained a

**"You know what we don't necessarily replace the leadership with incoming freshman, but what I do ask is for my sophomores to really step up."**

threat inside the key."

Injuries happen, and when numbers dwindle, the team is affected.

"I thought that we played a great preseason where everybody was healthy," said Herrold. "We showed ourselves to be very competitive for a first year program. We played some very good teams."

Herrold was also encouraged by the preseason because the RoadRunners were playing some of the top 10 teams in the NWAC polls.

With Magnuson (12.73 points per game in 11 games) down, point guard Creswick (11.32 ppg), Bailee Tally (11 ppg), and forward Breanna Bronson (9.75 ppg) had to take on more scoring for the team.

Herrold would have liked more players to begin with at the start of the season, even if it may have seemed like a lot to her at the time.

Looking ahead to next season, Herrold is happy with the recruits she is bringing in to mix with the returning players from last season.

"This year is going to make a huge impact for next year," said Creswick. "The returners will have an idea of what to expect next year, and know how to lead the incoming freshmen."

The RoadRunners will lose three women from last years squad leaving six sophomores next year. Filling in five to seven spots with recruits; Molly Aranda, from Lebanon is a commit, but she hasn't signed yet. She was Mid Willamette Conference first team.

The other recruits are (South Albany's) Sara Henderson, Jade Bendavich (Century HS, Hillsboro), Kasey Anderson (Willamina HS) and Herrold will look for 12-15 players to fill the roster.

"We have got a lot of girls that are interested and we will see how that all comes

together next we don't know," said Herrold "I am really really excited for next year. We have got some great recruits coming and the class we have is (a) really, really good recruiting class. We should be very competitive next year and hopefully will be fighting for a playoff spot if we can keep everybody healthy and everybody does well academically. I think we will have a really solid squad next year."



HANNAH CRESWICK IS GOING TO BE A SOPHOMORE LEADER NEXT SEASON.



STORY BY JASON CASEY @REALJASONCAEY

PHOTO BY: ELLIOT POND



# MURAL TAKES OVER ATHLETIC CENTER

Local artist Rip Cronk starts on the new Athletics Department mural

Twenty-seven foot tall athletes have started to make their appearance at the athletic center.

If you have not been near the athletics department recently, then you have probably missed the first of four student athletes that will be immortalized by the end of the summer.

Kyia Duvall, Kendrick Abraham, Tyger Liner and Samantha Rouleau were selected to be part of this amazing mural that is going up now.

M'Liss Runyon, chair of the New Arts Projects has been working with local artists to try and beautify LBCC.

"I've been on a mission to make things look better on the outside of our campus," said Runyon. "Rip (Cronk) got introduced to me this past year and I felt his artwork was strong and has major impact."

Cronk has been commissioned to do pieces in

and out of the country, and his depiction of these athletes is uncanny.

"We have a chance to show off our student athletes and the teams they represent," said Runyon. "I also try to think about longevity and artistic merit, and Rip's work seemed to fit this criteria well."

Cronk ended up in Philomath, where he owns and works his farm and raises painted horses, and likes to rub elbows with the local art scene.

"This opportunity is fantastic for me," said Cronk. "Most of my work is in Southern California, so to get a chance to be involved with the art community here locally is wonderful."

The project should be completed by the time fall term starts and will showcase the aforementioned athletes on a 145 foot long by 27 foot tall mural that is nothing short of a mega mural.

This is just the beginning of the story as this project takes shape, be sure to just take a walk by and see the progress being made before the end of the term.

More details and a follow up with the athletes chosen as they see themselves emerge on the wall to come this fall.



STORY BY BRIAN HAUSOTTER @BHAUSOTTER

# THE YOUNGEST ROADRUNNER

Liam Hibbard cleans up as LBCC's bat boy

Meet LBCC baseball's youngest member. Although you won't see him hitting home runs or diving around the infield, 7-year-old Liam Hibbard is just as important as every other RoadRunner.

Liam has taken on the role of bat boy for the RoadRunners during home games this year.

Paul Hibbard, Liam's father and an economics instructor at LBCC, said after attending one of the RoadRunners' games he emailed Head Coach Ryan Gibson to thank him and tell him that Liam had a blast watching them play.

Hibbard said Coach Gibson replied enthusiastically and said, "Why don't we make him bat boy?"

He knew instantly that Liam would love it, "He'll probably think he is bat boy for the pros," Hibbard said.

It's safe to say Liam was more than

a little excited the night before the RoadRunners first home game. His father said he wore his hat to bed the night before.

Liam's favorite part of being bat boy is "running the balls out to the vampire." Of course he meant umpire, but he's so cute who would correct him?

Liam's responsibilities include running out and grabbing the bats for the RoadRunners after each at bat, and of course making sure the umpire has plenty of water.

But if you ask his dad, it's just as important that he drinks his water, too.

Being a cute 7-year-old isn't all Liam brings to the RoadRunners.

Closing pitcher Jake Boyd was given the role of keeping Liam out of any trouble in the dugout and making sure he knows what he is supposed to do.

"This little guy's been keeping me busy all day! But we love having him around," said Boyd.

Hibbard and Boyd both agreed that they think it is a good thing having someone younger around in the dugout. "It keeps us focused and helps us relax at the same time. We know that we have to lead by example and play the game right because Liam's watching us, wearning from us."

Pound for pound Liam Hibbard might not measure up with the rest of the LBCC RoadRunners -- not to mention he is over a decade younger -- but he is just as much a part of the team as the rest of them.

STORY BY TREVOR JENSSEN



PHOTO BY: BRIAN HAUSOTTER LIAM HIBBARD RETURNS BAT TO DUGOUT.



KYIA DUVALL SCANS THE FLOOR.





COURTESY: TWENTIETH CENTURY FOX

MOVIE REVIEW:

**X-Men: Apocalypse**

**DIRECTOR:** Bryan Singer  
**STARRING:** James McAvoy, Michael Fassbender, Jennifer Lawrence, Nicholas Hoult, Evan Peters, and Oscar Isaac  
**PRODUCTION:** Twentieth Century Fox Film Corporation, Marvel Entertainment, TSG Entertainment, Bad Hat Harry Productions, Donners' Company, Kinberg  
**Genre:** Mel's Cite du Cinema  
**GENRE:** Action, Adventure, Sci-Fi  
**RATED:** PG-13  
**OVERALL RATING:** ★★★★★

REVIEW BY STEVEN PRYOR

Sixteen years have passed since the original "X-Men" first rescued the comic book film from the disaster of the infamous "Batman and Robin." Bryan Singer, the gifted mind behind the cult classic "The Usual Suspects" took the beloved Marvel comic and turned it into the model many superhero films followed. What camp destroyed, grit and realism rebuilt.

After many big-budget superhero films since, Singer returns to the helm with "X-Men Apocalypse." While it may not reach the heights that "Days of Future Past" did in 2014; the film still provides a dose of showy action and stellar special effects to satisfy over 143 minutes of runtime.

Thousands of years ago, an ancient being known as En Saba Nur was granted godlike powers before being imprisoned deep beneath the Earth. In 1983, ten years after the events of "Days of Future Past," he awakens as Apocalypse (Oscar Isaac) seeks to destroy the world and rebuild it in his image. He enlists the help of Magneto (Michael Fassbender) as well as younger versions of Storm, Archangel and Psylocke (Olivia Munn) to serve

as the proverbial "four horsemen" to bring about this disaster. Thus, it falls to Charles Xavier (James McAvoy) and Mystique (Jennifer Lawrence) to unite the X-Men against this threat, including younger versions of longtime members Jean Grey, Nightcrawler and Cyclops.

Boasting a reported \$178 million budget, the film's 1980s period setting is the ideal backdrop to one of Marvel's longest-running superhero teams. Characters sport period-accurate clothing and hairstyles, and Quicksilver (Evan Peters) now plays "Ms. Pac-Man" before a daring rescue set to the Eurythmics "Sweet Dreams (Are Made of This)." The film also gives a nod to the often debatable quality of sequels as Cyclops, Jean, Nightcrawler and Jubilee exit a showing of "Return of the Jedi."

All of this leads to a spectacular final battle in Cairo as Apocalypse unleashes his wrath across the globe, mirroring many Cold War-era tensions that were hanging over everyone's head during that time. While the film is arguably the most polarizing entry since 2006's "X-Men: The Last Stand" (the film currently

has a 48 percent rating on Rotten Tomatoes), make no mistake: Singer is a massive fan of the X-Men mythos, and the film is full of references to the comics that influenced the movie (watch for a cameo appearance from Hugh Jackman's Wolverine as the mutants escape from a military compound in the Himalayas).

In a world where "The Dark Knight Trilogy" and the Marvel Cinematic Universe are still influencing the modern comic book blockbuster, "X-Men Apocalypse" proves there's still plenty of mileage left in Fox's long-running superhero film franchise. A record Memorial Day opening is already convincing Fox to greenlight a sequel set in the 1990s in a similar vein to the classic animated TV series from that era. Even if it's not the mind-blowing experience "Days of Future Past" was, "X-Men Apocalypse" is still fast-paced, fun and on fire. It's recommended as another piece to the narrative that's becoming every bit as time-tested and engaging as the comics they're based upon.



## NO BALONEY

Albany sandwich shop brings fresh flavor to town

When you walk into Albany's No Baloney for a sandwich, salad, or soup you can count on being greeted by a hard-working staff and the scent of delicious warm, toasted sandwiches that will leave your mouth watering all the way to the check-out counter.

This busy little sandwich shop is a fantastic alternative to grab-and-go drive-thru food. They offer an extensive menu full of fresh ingredients that allows you to customize each order to your unique taste. Sandwiches and salads are made with enticing, healthy ingredients including freshly sliced deli meats and a wide array of crisp, flavorful veggies.

No Baloney offers classic "sub" sandwiches, but they also offer "grinders" as well. Grinder bread is thick, chewy and full of flavor. Not only is it delicious, it's filling. One well-topped foot long can serve as both lunch and dinner for

a light eater. Options like Texas Toast, marble Rye, tortilla wraps and gluten-free bread are also available for those who prefer something other than your traditional sub-style roll.

If you like it old school, "Classic" sandwiches, such as the "Ham," "Tuna," "Turkey," and "Meatball" might just hit the spot. For a little more pizzazz, you can opt for one of their "Favorite" sandwiches, such as the "Italian," the "Traditional," "Club," "BLT," or "Veggie." If you prefer something a little more elaborate the "Premium" sandwiches, such as the "Philly," "Pastrami and Swiss," "Buffalo Chicken," "Crispy Chicken," "Chicken Cordon Bleu," and of course, the "No Baloney" may be right for you.

All of the standard sandwich toppings are available as well as many unique flavors. Green olives and bread and butter pickles will give your sandwich a little

extra flavor. Veggies like onions and green peppers are offered both fresh and toasted with your sandwich, and signature sauces lather up these hoagies in style.

Salads come in fresh assortments with enticing themes such as "Antipasto," "Seafood," "Philly," and "Buffalo Chicken," with over 19 toppings available to customize your meal.

Kids meals offer sandwiches, "Mac 'n' Cheese," "Mickey Nuggets," and hot dogs, sided by your child's choice of apple sauce or chips.

Prices for a sandwich run from \$3.49 to \$7.99. Salads \$6.99 and a kid's meal are a reasonable \$3.49. While this is a bit more spendy than dollar menu items or \$5 sandwich deals at other establishments, you definitely get what you pay for here.

As someone who loves a good sandwich, I feel like No Baloney really delivers. The options are plentiful and well made, the

ingredients taste fresh, and the sauces are delicious. The textures remind you that you are eating higher quality food, made to a standard that should raise the bar for their competitors. The ambiance feels like a family run shop, and despite the hustle and bustle of the lunch hour rush you'll feel right at home this well-kept little restaurant.

As one online customer review stated "The food is fresh and the help is dedicated to service." I guarantee you won't be disappointed when you eat here.

STORY BY  
 ELISHA EXTON  
 @ELISHAEXTON16

# DEMARCO WREAKS HAVOC AT THE ROSELAND

The 26-year-old "jizz jazz" musician brings down the house in Portland

Despite the fact that Canadian singer-songwriter Mac DeMarco's music is sometimes described as "slacker rock," there's nothing lazy about DeMarco's live performance. DeMarco and his band of goofy pals put on a stellar concert that's equal parts rock 'n' roll show and improvisational comedy.

DeMarco is a 26-year-old Canadian musician who writes, records, and produces all of his own music. On the studio albums, DeMarco plays all the instruments himself, but live he has few friends to help out. DeMarco sings lead vocals and plays guitar live, and he's backed by Andrew Charles White on guitar, keyboards, and backing vocals, Pierce McGarry on bass and backing vocals, Joe McMurray on drums, and Jon Lent on keyboards.

DeMarco played two shows at the Roseland Theater, one on Tuesday, May 24 and another one the following night. I had the privilege of attending the show on Wednesday. Despite a lackluster opening act, DeMarco and his band of traveling dimwits put on one hell of a rock concert.

The opening act, James Ferraro, was far and away the worst part of the night.

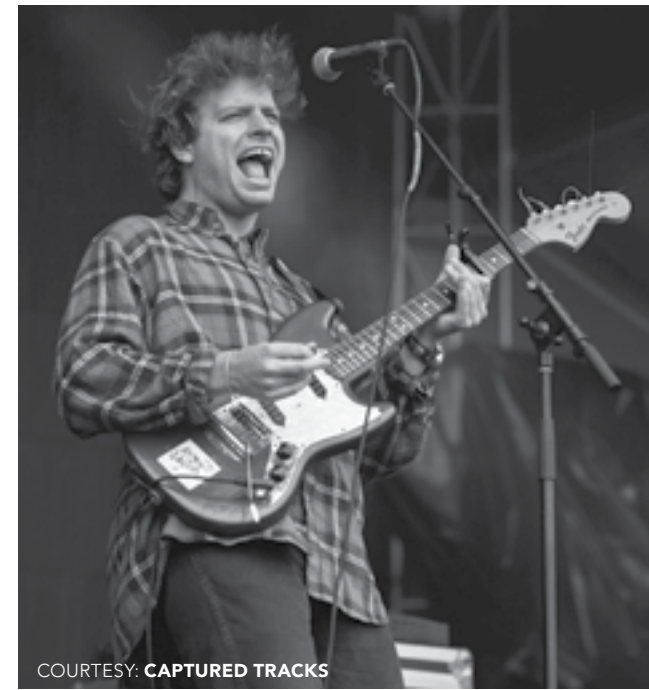
Firstly, the guy's music was lame and he wasn't much of a showman. That might seem harsh, but compared to headliner DeMarco, the two musicians aren't even in the same league. He stood over a laptop playing generic ambient noise devoid of any soul. Frankly, Ferraro's weak performance was a stark contrast to that of the excellent main act.

Secondly, the guy came on at 9:15 p.m. and walked off stage at 9:43 p.m. He didn't even play a full 30 minutes. That's pitiful!

It was a shaky start to the concert, but all was not lost. DeMarco and his band came on and saved the night with a performance filled to the brim with hilarious antics and laid-back indie music.

When the band first came on, the lineup of musicians was most striking.

It was DeMarco, but he wasn't backed by his usual lineup. White, McMurray, and Lent were all present, but McGarry, who usually plays bass, did not play with the band. Well, except for on a few occasions. He sang vocals on the cover the band did of Coldplay's "Yellow,"



COURTESY: CAPTURED TRACKS

which was superb, and he played bass with the band during the encore.

For every other song the band played that night, McGarry was absent. This was never addressed by DeMarco or any other member of the band. That's fine though, because it didn't disturb the quality of the performance. It made for an interesting dynamic between the musicians, as DeMarco, White, and Lent spent the entire night switching off between guitar, bass, and keyboards. It showcased their talent, as they switched off roles seamlessly from song to song.

The band opened with "The Way You'd Love Her," which is the first song off of DeMarco's 2015 album, "Another One." It has a nice chill vibe, and it worked as a great way to kick off the set.

After the band finished playing "The Stars Keep on Calling My Name," White requested some batteries. The band was about to perform "Another One," which is a keyboard heavy song with no guitars.

Despite the fact that White's keyboard was dying, the band powered through "Another One". Even with a half dead keyboard, the band managed to salvage

the moment with a touching live rendition of one of DeMarco's best tracks.

Of all the songs the band played that night, the most interesting was "My Kind of Woman." It's a fan favorite that doesn't get played often. The fact that they played "My Kind of Woman" was something that made the night feel special, since this is the song that best epitomizes DeMarco's music and it's a rare one to hear live.

The band didn't just play songs by DeMarco either. They had a couple covers in the set to keep things interesting. On top of Coldplay, the band also performed covers of "Reelin' In the Years" by Steely Dan and, oddly enough, a version of the British music hall song "I'm Henry the Eighth, I Am."

Throughout the show, the band was constantly interacting with the crowd and getting involved in nutty antics. At one point, DeMarco and White were playing with their guitars behind their heads while DeMarco had a bra in his mouth. During the last song before the encore, "Still Together," DeMarco began crowd surfing and eventually wound up doing a stage dive all the way from the balcony. It's shenanigans like these that have made DeMarco's live set notorious among music nerds.

For the encore, the band played what must of have been a 15 minute version of "Enter Sandman" by Metallica. There was confetti and inflatable wacky waving tube men. The band was playing with their shirts off, and DeMarco was now wearing the bra he had previously had in his mouth. It was just the kind of chaotic and spectacular finale one would expect from a rock concert of this insane caliber.

Despite the worst opening act ever, DeMarco's live performance proved to be equally as memorable as the singer-songwriter's studio albums. It was an amazing concert no one in attendance will soon forget.



COLUMN BY  
 KYLE BRAUN-SHIRLEY  
 @KYLE\_WPHP

# HIP-HOP: RAISING UNHEARD VOICES

Diving past stereotypes to discover the beauty of the hip-hop genre.



COURTESY: @MARCELOCLAP | FLICKR

"What do you mean you like hip-hop? Even with what it promotes?"

This is the most common generalization about this genre. Just ask anyone who enjoys hip-hop.

"Hip-hop is the single greatest revolution in the U.S. pop charts by far," said professor of evolutionary developmental biology at Imperial College London, Armand M. Leroi in an interview with the LA Times.

There are people who are quick to close the entire genre into a box with descriptions such as "misogynistic" and "supportive of drug culture." Like every other genre of music, there is a culture that surrounds it; but why is hip-hop so quick to be demonized?

In its short 30 years of existence, hip-hop has moved in waves from the streets of South-Central Los Angeles to New York, and eventually, the world. Think

about it; that is a lot of listeners.

Hopefully, a majority of you have some knowledge on the background of hip-hop and how it evolved. You know, block parties in the 70's, free-styling over percussive beats and yadda-yadda. The purpose here isn't to give you the full run-down on hip-hop history. We're talking about a genre that formed with the mentality of bringing attention to the violent and unstable conditions of inner-city youth. Blending music with social commentary, sounds scary and offensive right? Now, I get it, you probably listened to a lot of Tyga or something and thought "where has real hip hop gone?"

The point is, it didn't go anywhere; you just aren't listening to it.

Today we're seeing more and more well-known hip-hop artists bringing attention to social issues, and whether you agree or not, people are listening. Macklemore,

for example, raps about the destructive nature of prescription drugs, Joey Bada\$\$ sheds light on police brutality.

One of the best examples of social activism in hip-hop today can be granted to Kendrick Lamar. Your homework following this article is to go sit down and listen to "to Pimp A Butterfly," start to finish. Oh, and read the lyrics. One particular track, "Alright," has become an anthem for the Black Lives Matter movement.

What we associate "We Shall Overcome" to in terms of historical context is hopefully what this song will be to our generation's children, and their children. "If God's got us then we gon' be alright" has become a statement of unity and hope for people of color in a day and age where we are seeing an epidemic of violence in their communities.

"The beauty of musical protest is it's

not confined to any single genre. Today, Lamar is continuing the tradition," wrote Senior Politics Writer John Haltiwanger, in an article for Elite Daily.

Enjoy hip hop or don't, we all have music preference, but please recognize that it is far more than "drug promotion and misogyny."

Hip-hop is a culture, and it's contributions to social progress should be respected.

COLUMN BY  
 DYLAN CONNER  
 @DYLANCEEE

# MILLIONS SUFFER INVISIBLE DISEASE

Misinformation and lack of research affects the lives of the one in 10 women with endometriosis

I remember laying on the cold, hard tile of the Cascade High School girl's locker room floor, feeling the crunch of dirt and grit beneath my shoulders.

"Breathe into the pain, let your muscles relax," my mother had told me the first time I experienced debilitating "menstrual cramps."

I laid on my back and watched the shuffle and squeak of tennis shoes exit the locker room for gym class. At eye level, the stampede of feet ran in a vibration around my body, in perfect time with the excruciating waves of pain radiating through my core, down my legs, and through my back.

I couldn't move, and there was no way I was making it to class.

Friends asked if I was okay or if they could help. Others glanced down and avoided me.

They asked, "What's wrong with you?" A reverberating, unavoidable question.

On other days I hid in one of the dark red bathroom stalls, avoiding social scrutiny. I twisted handfuls of toilet paper as if transferring my pain through my palms, out of my body and into the torn-up wads. Only the chicken-scratch graffiti witnessed my silent tears.

Silence became the constant echo of my pain. The clench and unclench of clammy hands is still a familiar motion.

I did not understand what was happening to me. Why did I experience debilitating pain during those oh-so-special days of the month, when the other girls could just pop a tampon and an Advil and be on with their day?

No one tried to explain it; no one could.

When the time came to try out for basketball, I knew I would end up in a puddle on that locker room floor, rocked by waves of endless pain.

I implored the coach; she sneered at me and my "bad cramps."

She told me to take Advil and suck it up like the rest. To her, my pain was something to be minimized, the normal experience of a teenage girl. I was weak, unable to handle what others could.

But I wasn't like the other girls.

I'd already taken the maximum dose of over-the-counters. I choked down cups of bitter, watery-brown cramp-bark tea. Nothing helped.

I gave up basketball, one of the first times in my life I felt defeat; felt that gut-sickening sting of giving up.

I couldn't explain my symptoms except that I was weak, my pain essentially did not matter, and it was not real.

I stopped speaking about what I was experiencing. Years went by, and I "dealt" every month. Some periods were worse; some I consider "normal."

In truth, I suffered from endometriosis, an often misdiagnosed disease. It affects one in 10 women in the United States, yet receives little funding and is misunderstood by most, including doctors.

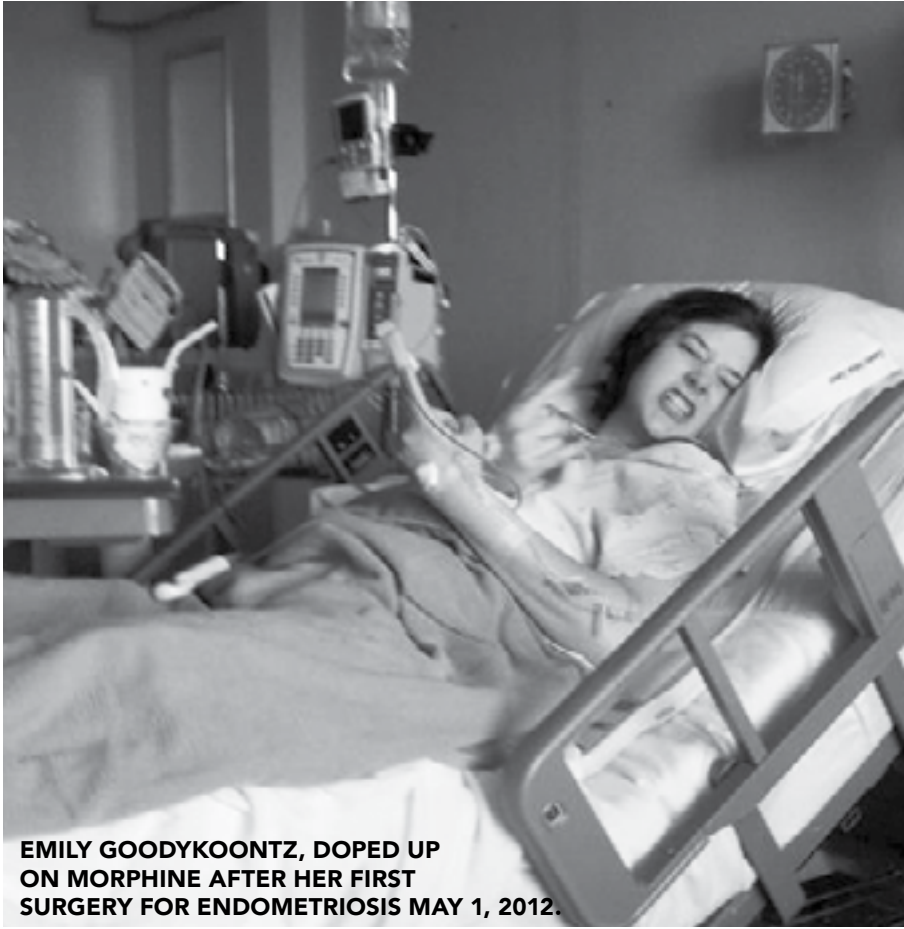
If doctors hadn't dismissed my pain as "periods hurt," I might have received a diagnosis at 14, not a full 12 years after symptoms started throwing me my monthly pity-party.

Instead, adults and doctors sent dismissive messages classifying my pain as normal. I responded with silence and a deepening distrust in my own mind and body.

At 14, who was I to ignore them?

A "benign" disease, endometriosis occurs when tissues similar to the endometrial lining of the uterus implant outside the womb. During menstruation the implants cannot drain and instead wreak havoc, forming scar tissue, lesions, and cysts. The tissues can grow like a web, fusing or changing the location of the organs in the pelvic region, including the reproductive organs, colon, bladder, appendix, and rectum.

An article published on Endometriosis.org discussed the first research conducted across 10



EMILY GOODYKOONTZ, DOPED UP ON MORPHINE AFTER HER FIRST SURGERY FOR ENDOMETRIOSIS MAY 1, 2012.

countries regarding the effects of endometriosis on workplace productivity.

On average, women lose 10 hours per week of work-time. Faced with insurance nightmares and out-of-pocket surgery costs, the women experience not only productivity loss, but a looming potential to lose their livelihoods.

"Endometriosis affects women during the prime years of their lives, a time when they should be finishing education, starting and maintaining a career, building relationships and perhaps have a family," said Dr. Stephen Kennedy, head of department and professor of reproductive medicine at the University of Oxford. "For these women to have their productivity affected, their quality of life compromised and their chances for starting a family reduced, is something society can no longer afford to ignore. It is time we see serious investment in preventing this debilitating condition in the next generation of women."

Yet a dysphoria continues.

I received my first definitive laparoscopic diagnosis at 25. Until then, my mother remained silent about

**"The medical and public health communities and society at large are either uninformed or misinformed."**

her own experience. She'd been misdiagnosed and undergone two surgeries in which the surgeon discovered and removed endometriosis.

She didn't realize this had any relevance towards my own experience of womanhood.

Her lack of disclosure or understanding that we suffered from the same disease is not a failure on her part as a mother. Our symptoms were different.

Not a single doctor warned my mother that endometriosis had been linked to genetic disposition, or of its prevalence. Their lack of education became her lack of information, and therefore my lack of competent health care.

It wasn't a failure of coaches or teachers to take notice, or a failure of my family doctor. It is a symptom of a prevalent societal sickness; a failure to address women-specific needs and diseases.

Social epidemiologist at George Mason University Jhumka Gupta believes that dismissive societal attitudes

such as victim-blaming and stigmatizing women's public health issues such as sexual assault, and postpartum depression are influential in the lack of public education regarding endometriosis.

"Endometriosis is virtually absent from public health and social justice advocacy agendas," said Gupta in a CNBC article. "The medical and public health communities and society at large are either uninformed or misinformed."

There's a tampon tax in 41 states, a tax burden placed on women for a health necessity.

This is a symptom of a dismissal of women and their value to society.

Otherwise, why would research about a disease that affects at least 176 million women worldwide be so vastly underfunded?

The National Institutes of Health's 2016 budget allots \$11 million for endometriosis, a disease experienced by an estimated 13 million women in the United States. Diabetes affects just over double that number at 29 million people and receives 94 times the funding, over \$ billion.

Our daughters, sisters, wives and mothers' everyday lives are burdened with the array of symptoms from this under-researched disease.

Symptoms range from infertility to extreme gastrointestinal pain, back pain, abdominal cramping and bloating, chronic fatigue, inflammation and dyspareunia. These are just a few of the most prevalent, disruptive symptoms to a woman's productivity and her enjoyment of a full and beautiful life.

The cause of endometriosis is unknown, as is a cure. Not much has gone into finding out why.

Many women go most of their lives without a diagnosis, and many are misdiagnosed before receiving the giant, gynecological "Uh-oh" that is endometriosis.

It takes an average of seven to 10 years before a correct diagnosis is reached. For many women an answer is its own relief. Years of silent pain are manifested; they have found a tentative ground from which to break their collective silences and begin to understand their bodies.

They were never hysterical, crazy, experiencing phantom pain, or weak. They were enduring. And they were strong.

A diagnosis is the start of a harrowing journey of cold metal stirrups, goopy ultrasounds, painful surgeries and monthly shots in the ass.

And they're lucky if insurance covers it.

Author and actress Lena Dunham went public in 2015 with her health journey and experience with endometriosis.

"I know I'm lucky in the grand health scheme, but I also know that I am one of many women who grasp for a sense of consistent well-being, fight against the betrayals of their bodies, and who are often met with skepticism by doctors trained to view painful periods as the lot of women who should learn to grin and bear it," wrote Dunham.

The millions of women's lives and health affected by endometriosis need to become a priority.

It is possible to become numb to the pain of something you can't see or express when you are constantly silenced. When you are told you must love your body, yet your body betrays you so inexplicably, the pain becomes a sign of mental weakness rather than a physical one.

The silence becomes its own weird, painful enigma. Affected women share a burden of pain that is not only theirs; it is a detriment to society. Ignoring their healthcare needs is ignoring your own family's; after all, one in ten women is your mother, your sister, your daughter, or your friend.

View the full story at: [www.sharkasaurus.blogspot.com/2016/05/queens-of-procrastination.html](http://www.sharkasaurus.blogspot.com/2016/05/queens-of-procrastination.html)



COLUMN BY EMILY GOODYKOONTZ @SHARKASAURUSX

# A BATTLE YOU CAN'T SEE

A story of a Generalized Anxiety Disorder

I was eight or nine when I had my first panic attack. I remember staring down at a paper of what seemed like an endless amount of math problems. Students around me were chugging away with ease, yet for me the room was closing in.

Breathing was hard and I became sensitive to every light and sound, my heart was pounding and I have never felt my thoughts race as quickly as it had that day.

Growing up, this became a pattern. Oftentimes onset by school, I would get that oh-so-familiar feeling of dread. Was I just stupid? Or lazy? I couldn't tell you the amount of times I sat across from a teacher and tried to explain why I couldn't complete my work.

After years of defeat and anguish, I was finally diagnosed with Generalized Anxiety Disorder (G.A.D.) It's not your run-of-the-mill sense of stress you get when you walk into a classroom for a test you didn't study for. It's loss of senses, it's the feeling that you cannot speak or breathe. It's absolute torture.

G.A.D. is a cruel voice in your head that tells you to worry about everything. It makes you question yourself and your worth more often than you can catch a breath. It makes you worry that everyone hates you even though you go out of your way to be generous and kind. It makes you sit, staring at an assignment for hours not being able muster the strength to start it because all you hear is "you're stupid,



COURTESY: FOOTNOTESCOUNSELING.COM

and worthless, there's no point in trying." All you want, so desperately, is for that voice to be quiet.

Student Yasmine Rifai was diagnosed with G.A.D. when she was 19-years-old.

"The inside of my head is never quiet. I am constantly worrying about things that I know I shouldn't be worrying about. Objectively, I know how I should be thinking. I reason with situations and see a plausible outcome. But anxiety is a mental block that you can't get around," said Rifai.

When you suffer from an anxiety disorder, you become scared to speak out.

Everyone is so quick to tell you to just "calm down and think positive." Tell me, if it was that simple, don't you think we would have done so years ago?

How do we think positive about something that hasn't even happened? The creeping sensation that something is wrong is impossible to escape because it digs a hole of despair, and throws you to the bottom.

All we ask for is support. We need to know that our friends and family care about making us feel better, and about the nature of our condition. The best thing you could possibly do for

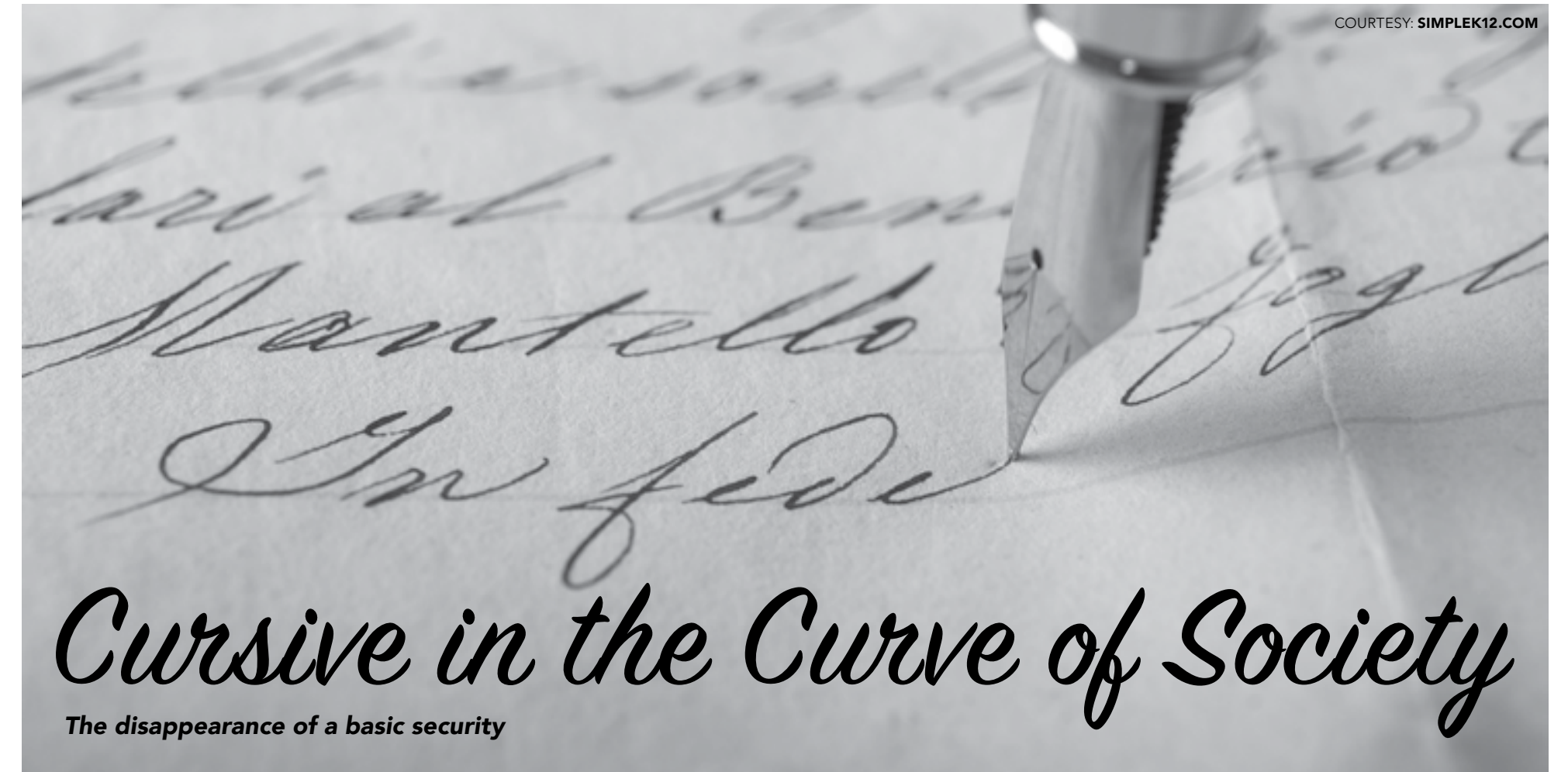
us is to listen, and learn.

"Know that sometimes you'll be the trigger for the attack. Don't take it personal. And please, for the sake of humanity, don't tell us that we're overreacting, that we need to calm down, or that worrying isn't going to make anything any better," wrote Bridgette Borden, student writer for the Odyssey.

For those of you who battle the voices in your head daily, just know you are not alone. You are more than your anxiety and the dents it puts in your self-esteem. You are brave, and strong and facing the day may seem daunting, but you have every right to be proud of yourself.

**"The creeping sensation that something is wrong is impossible to escape because it digs a hole of despair, and throws you to the bottom."**

COLUMN BY DYLAN CONNER @DYLANCEE



COURTESY: SIMPLEX12.COM

**Cursive in the Curve of Society**  
The disappearance of a basic security

I spoke with a young girl around the age of nine or 10 years old. She sat with me while I filled out my permit applications for the renovation of my first home.

"How do you do signatures like that?" she inquired.

"I learned to write in cursive when I was about your age, I'm sure you'll be taught that in a month or two."

Well, her school year is almost over, and she has learned nothing of the sort. Sunrise Elementary and many other schools within Albany have cut cursive out of the curriculum to make room for more computer skills classes.

Although I see the importance of computer efficiency within today's society,

it's not that cursive is an "old trade" or just an artistic skill, it can be the difference between security and insecurity within checks, and bank accounts.

Why do banks have you sign checks? Why do public offices like City of Albany have you sign documents for repairing a subfloor in a home renovation?

Signatures are an individual skill that legally bind people to contracts and acknowledgements. Without cursive, if people were to print their names on every check and every contract, identity theft would continue to rise.

Identity thieves learn to craft the art of copying signatures, but imagine if instead of the strategic swoops of lowercase "g's"

and loops of uppercase "Ls", thieves can copy the print of an individual name, or the signature of the illiterate, X.

Security is not the only benefit to cursive; it also helps develop cognitive abilities. Regions of the brain are activated by reading and memory are the same regions activated during cursive handwriting.

In one Indiana University study, researchers conducted brain scans on pre-literate 5-year olds before and after receiving different letter-learning instruction. In children who had practiced self-generated printing by hand, the neural activity was far more enhanced than in those who had looked at letters.

There are more than 3,000 nerve endings in your fingertips, if you apply those nerve endings more activity will occur in the larger sections of the brain involving reading and writing.

Cursive does so much for individuals and their security, as well as brain function. If you don't agree with schools cutting cursive out of the curriculum, you can always teach the art of it to anyone who will listen. Don't let it fade away.



COLUMN BY HANNAH BUFFINGTON @JOURNALISMBUFF



PHOTO: ELLIOT MARSHAL  
Number nine, Colton Cosner safe on first base.



PHOTO: JOSH KNIGHT  
Runners from South Albany and Silverton compete in the 1500 meter run at the Track Meet on May 4.



PHOTO: ALYSSA CAMPBELL  
A group of men hang out by Marys River in Downtown Corvallis, Ore. On Friday, May 27.



PHOTO: KENDALL LAVAQUE  
Haley Graves heading down to the Scio FFA plant sale.



PHOTO: CASEY FAULCONER  
Every evening at 5 p.m. the protestors gather in front of the Benton County courthouse and lobby for peace.



PHOTO: SKYLA EASON  
Newport is known for deep sea fishing. George Smith spends his weekends at sea and brings what he catches home to his family.



PHOTO: DYLAN CONNER  
Portland band Run Forever played a show on Friday, May 21, at Interzone.



PHOTO: CASEY FAULCONER  
Ramona Sweere works on decorating her paper guitar at a staff appreciation day on April 27.



PHOTO: MARINA BRAZEAL  
Local riders gather for a day spent at the Corvallis Skate Park.

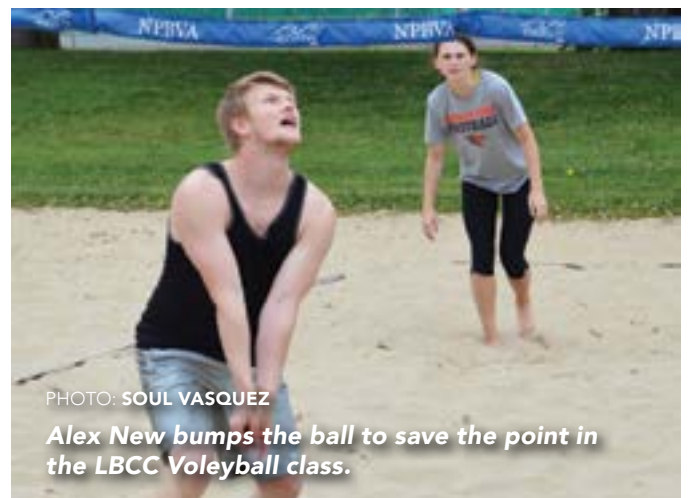


PHOTO: SOUL VASQUEZ  
Alex New bumps the ball to save the point in the LBCC Volleyball class.

# LBCC Study Jam

- ★ Test Prep
- ★ Writing Center
- ★ Study Sessions
- ★ Math Help  
(Testing until 3pm)
- ★ FREE Food/Drink!

## Are YOU Ready For Finals?

1. Come to Study Jam and create your success plan
2. Stick with the plan, Stan
3. Ace all of your finals!
4. Celebrate, you earned it.

(Hosted by The Learning Center, Library, and SLC)

# June 4, 11am-4pm