

# COMMUNITER

VOL. 50 EDITION 14



JAN. 23, 2019



# KEEP MOVING FORWARD

MLK DAY SEE PAGES 6-8

PHOTO: ANGELA SCOTT

*Martin Luther King Jr. Peace Parade landed in front of the Memorial Union at OSU on Monday, Jan. 21. Peace speakers were invited to welcome participants and rally together in an act of celebration, leadership, and inspiration in community support.*

THE LINN-BENTON  
COMMUNITY COLLEGE

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

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# WELLNESS WEDNESDAY

Here's to another beginning. New year, new term, and new opportunities to overfocus on new things.

Note: For those of you new to reading the Weekly Wellness article, the intent is to provide you with ideas, facts and perspective on the broad topic of health and well-being. If it causes you to think, react or share with someone else, then the objective is met. Laughing, swearing, stretching and pushing delete quickly are also possible outcomes.

Here's a quick self-assessment of your start to 2019. How many of these things are true for you since Jan. 1?

- Joined a fitness club or class?
- Signed up for a new online health/

wellness resource?

- Got a wellness gadget for the holidays?
- Downloaded a wellness app?
- Made a list of goals or resolutions?
- Told someone you were going to work on being better at \_\_\_\_\_ this year?
- Cleaned out a desk, drawer or room?
- Started a diet?
- Intentionally focused on changing a behavior?
- Started planning an adventure?
- Added meditation to your daily routine?

If you checked off any of the above, Congratulations! You're part of the race. The human race. Really, you are just great how you already are.

It's in our nature (or is it nurture?) to do self-improvement, I'm not knocking any of it. Merely noticing that we can feel "less than" if we DON'T do "all of the above". Do consider the last item, "added meditation to your daily routine." Even five minutes a day can make a difference. Search "Practice 5-minute meditation" by Elizabeth Scott. Or just sit up, stretch, and take a deep breath. Right now. Try it. Let me know how it works. Little things add up to a big difference.

Got a topic or question you'd like to see covered? Write me at [hoogesl@linnbenton.edu](mailto:hoogesl@linnbenton.edu)

COURTESY: LISA HOOGESTEGER

## CAMPUS VOICE

What do you most resent paying for?



**ELIZABETH CARROLL**  
INTERIOR DESIGN

"TEXTBOOKS, THEY'RE SO EXPENSIVE. IT'S LIKE, I PAID THIS MUCH MONEY TO USE THIS ONCE."



**NATALIE STAIHAR**  
FISHERY AND WILDLIFE

"SCHOOL TUITION, JUST 'CAUSE IT'S SO EXPENSIVE."



**GAVIN KATCHEL**  
ZOOLOGY

"GAS, IT'S CONSTANTLY CHANGING AND IT'S NOT DICTATED BY ME."

**JOSH BRUNADER**  
MECHANICAL ENGINEER

"GAS, THAT'S THE ONLY THING."



**TERYN HUGO**  
ZOOLOGIST

"TEXTBOOKS WOULD BE ONE AND CAR INSURANCE. FOOD HAS ALSO GONE UP A LOT AND OF COURSE TAXES."



STORY AND PHOTOS: RUTH NASH

# WYDEN VISITS LBCC

*U.S. Senator Ron Wyden discusses healthcare and government shutdown in town hall meeting*

STORY BY **CALEB BARBER**

Not every state gets to have annual town hall meetings with one of its two Senators, and not every community college gets a chance to host such an event. LBCC is a fortunate exception.

On Saturday, Oregon's senior U.S. Sen. Ron Wyden met with Oregonians of Linn and Benton counties in LBCC's Russell Tripp theater. This was his 912th town hall meeting while in office. Albany's Mayor Sharon Konopa called out two raffle tickets at a time, inviting randomly selected community members the chance to ask questions.

Shannen O'boyle spoke up and expressed the frustration felt by those with mental health conditions, "Care centers tell patients, 'You're fine, move along,'" she said, "then right away, they're back in the system again because there's no follow up or advocacy."

"How might you remedy this?"

"There is going to be an effort to block Medicaid in this congress," Ron replied, "I am going to fight that with everything I have. We ought to be strengthening protections for the vulnerable facing mental health challenges."



The event continued in this fashion for about 90 minutes. The Senator gave no prepared speeches. The Senators goal was to listen to real Oregonians express real concerns, and to address those concerns to the best of his ability.

"That's why we have these town hall meetings," Ron said to the crowd, "So we can discuss what you care about, and not what Washington D.C. cares about."

On top of healthcare, the topics of discussion ranged from border security, public transportation,

military spending, Citizens United, women's reproductive rights, climate change, and of course the current government shutdown.

"Trump's priority is holding out for the wall," Senator Wyden explained. "Our goal right now is to get the government reopened, and to have a quick and fair debate on the president's priority."

Brandon Calhoun of the LBCC Civil Discourse Club asked about the effectiveness of bipartisanship at the level of the Senate.

"The reason bipartisanship is important is because these issues are complicated, and require everybody's participation," Senator Wyden addressed the student president, "If the issues weren't complicated, we would have them all worked out in 15 minutes."

As the event came to a close, and community members closed in around the Senator with final questions and statements, he left the student body with a few important messages.

"I'm very much aware if you don't find a way to directly engage and empower young people with real ways to get involved, they will feel disconnected. Forty house seats have changed hands, many of those to young people, because people want change."



PHOTOS: **CALEB BARBER**

**Senator Wyden presents a flag flown over the Capitol Building to Derral Hunt of Albany's Vets Helping Vets HQ.**

**Senator Wyden poses with members of Civil Discourse Club in front of the schoolwide discussion whiteboard.**



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# LADY ROADRUNNERS LOOK TO REBOUND

Facing a three game losing streak, LBCC looks to regain their footing

Emily Huson during the Roadrunner's 71-48 loss to Mt. Hood on Saturday, Jan. 12.



STORIES AND PHOTOS BY  
CAM HANSON

LBCC women's basketball suffered a defeat at the hands of the Clackamas Cougars (6-6 overall, 2-2 conference) on Wednesday, 74-57. The game continues their three game losing skid but the Roadrunners look to rebound this Wednesday against the Lane Titans. The Roadrunners now sit at 8-9 with a 2-3 record in the

conference.

LBCC had a few play makers throughout the game against Clackamas, with Madeline Oakden and Hannah Kinniburgh both grabbing 13 points. Kali Frieze also gave the team multiple opportunities with 12 rebounds. The Cougars offense was having a day during the contest however, with CJ Buckley scoring 26 points on the night.

Clackamas currently sits at fourth in the NWAC south region, while LBCC holds their spot in fifth

respectively. The Roadrunners next opponent, Lane, sits atop the south with a 17-1 record and a perfect 5-0 record in conference play. Needless to say, the Roadrunners are in for a challenge and their next game will not only be a test of skill, but a test of will as well. The game will be played at home and the Roadrunners will need all the energy they can get to make it a game. Lane's only loss came at the hands of the Lower Columbia Red Devils, who are 11-4 and 3-1 in the West region.

## MEN'S BASKETBALL STUNS CLACKAMAS

The Roadrunners leave Clackamas with a convincing victory

The LBCC men's basketball team entered the game against Clackamas searching for the double-digit win column, and they achieved their goal with flying colors. Clackamas entered the game at 12-3 and 2-1 in conference and as one of the top teams in the south region. After a tough battle through four quarters, the Roadrunners came out on top 78-71.

Many players on the Roadrunners lineup got the opportunity to make an impact, with four players scoring more than 10 points. While the points came, they did not come easy. LBCC was 29 of 68 on the night, or 42.6 percent. They also went 7 for 23 from beyond the arch. However, the Roadrunners defense made sure to balance this, forcing the Cougars to shoot just 39.7 percent from the field.

Some notable players who made an impact on the night were Taylor Jensen, Nico Wolff, and Adam Harvey. Jensen made players on every part of the court, nabbing seven rebounds, six steals, complemented by 11 total points. Wolff and Harvey provided some sparks on offense, with Wolff getting 16 points and Harvey getting 18. Clackamas finished with a total of 11 offensive rebounds, which is a great stand by the Roadrunner defense.

After a great win for the team, the Roadrunners don't catch a break, as they look to face off against the Lane Titans who sit at 15-2 on the season, with a 4-1 record in conference. They average 104 points a game and are currently on a four game winning streak.



Jameel Morton (left) and Adam Harvey during warm ups on Saturday, Jan. 12.

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# NOT JUST HORSEPLAY

*A look at LBCC's Equestrian Team*

STORY BY **RUTH NASH**

The answer is no, owning a horse isn't a requirement of being involved in the LBCC Equestrian Team.

A matching major isn't either. While many of the members this year on the equestrian team do plan on majoring in LBCC's animal sciences programs, the team attracts an abundance of others.

"We actually get a lot of nursing majors on the team," said instructional specialist and western riding coach Cindy Gooch. "We sometimes get people who just want to be around horses."

The equestrian club is always looking for new members to join the team, admission has changed though. Beginning this school year, the equestrian club has started having tryouts to get into the club. "We want to have riders with some riding background," said Gooch.

To be a part of the team, a horse is not needed. LBCC owns 11 horses at this time with many available for use. The school boards them at a barn only a few miles from campus, where they hold practices and have onsite caretakers.

"It's a blast to be a part of a super friendly team and it's nice to have responsibilities so you feel like you're contributing," said nursing major and team member Aidan Demorest.

This year, the team is looking ahead in hopes of participating in competitions with the Intercollegiate Horse Association.

"We're hoping to compete in one at the end of winter term," said Gooch.

The team practices two styles of riding: Western on Mondays and Wednesdays late afternoons, and English on Thursdays and Fridays late afternoons. "You can pick one or both," said Demorest.



PHOTOS: ANGELA SCOTT

**Photos taken of the President of the Equestrian Team, Katrina Doggett and horse Oscar, on Student Welcome Day Sept. 26, 2018.**

# FIRST LBCC FORTNITE TOURNAMENT TAKES PLACE

STORY BY **DAVIS IHDE**

Saturday, Jan. 19 was the first ever LBCC Fortnite Tournament, but it won't be the last.

Last Saturday, it was held in the Linn-Benton gym as a fundraiser for the women's basketball program. Players from all over the Albany area battled it out for cash prizes with Steven Hattori Jr. coming in third, Evin Wells coming in second, and Bailey Williams edging them out for first place. They took home \$20, \$50, and \$200 for their placings.

If you missed out on the chance to test your skills and take home some money, don't worry. According to coach Robin Andrea, there will be more tournaments held in the future to raise more money for the team.

"This one was just a test run. We were seeing if it works, and if people were going to sign up. Now that we know that it works, we are going to hold more; hopefully with more people," said Andrea.

Not only will there be more tournaments, but the team is planning to make some changes to hopefully draw a larger pool of players and spectators.

Coach Andrea hopes to gain access to concessions to sell food and drinks to the spectators and



COURTESY: N3RDABL3.COM

to offer raffle prizes for the audience members. He is also willing to make any changes that cater to the players' preferences.

"I want to provide something fun and unique

for teenagers and adults to come enjoy on a Saturday night, and even have the chance to make some money."

# PEACE PARADE

Community gathers for annual MLK Day Peace Parade



Participants held signs that represented their culture (above), and signs that regarded issues within society that prevent acceptance (below).



Participants celebrated the life of Martin Luther King Jr. and sang hymns.



The Peace Parade occurred after keynote speaker, Sybrina Fulton (See page 8), gave a lecture and answered questions regarding the cultural paradigm around the death of her son, Trayvon Martin.

Dr. Ramycia McGhee of Linn Benton Community College was one of many Peace Speakers who imparted perspectives and ideas for peace and activism.





**Jason J. Dorsette leads the Peace Parade from the LaSells Stewart Center to the Memorial Union.**



**Oregon State University hosts a month long celebration of Martin Luther King Jr. and will continue to host events, community service, and awards throughout the month. For more information visit: [diversity.oregonstate.edu/mlk/events](http://diversity.oregonstate.edu/mlk/events)**



**Participants of the Peace Parade were given hymns which were sung throughout the route.**



PHOTOS: ANGELA SCOTT

**Newly elected President of the NAACP Corvallis-Albany Branch, Angel Harris, closed the speaker session with "We Shall Overcome."**

# "YOU CAN'T FIGHT HATE WITH HATE"

Sybrina Fulton, mother of Trayvon Martin, delivers keynote speech at OSU



STORY BY  
ALEX GAUB

Monday, Jan. 21, was the 33rd Martin Luther King Jr. federal holiday. Across the U.S., marches, parades, and speeches were held. In Washington, D.C., President Trump and Vice President Mike Pence laid a wreath on the Martin Luther King Jr. Memorial. Also in the Capitol, the 38th annual MLK parade closed off much of Southeast D.C. as many marched in remembrance of Rev. King and in solidarity with the values that he strove to instill in Americans.

At the LaSells Stewart Center on OSU campus, a special guest appeared to give a speech in honor of her son.

"Trayvon...the reason why I speak for Trayvon is because he is not here to speak for himself," said Sybrina Fulton, the mother of Trayvon Martin.

Martin, a 17-year-old, was shot and killed in Florida during an altercation which took place in 2012. Martin, unarmed, was killed by George Zimmerman—who was charged with Martin's murder. Zimmerman was later acquitted during trial proceedings.

"The person who shot and killed my son got away with murder... I know that. I know that. They tried to tell us that it was the hoodie. How many of you wear hoodies in here?" Many in the auditorium raised their hands. "Amen," said Fulton. "So it's not the hoodie. Because our young ladies wear the hoodies. Our young men wear the hoodies. Black, white, purple, and green wear the hoodies. It does not matter. The mere reason Trayvon Martin was shot and killed was because of the color of his skin."

After the tragic event of Martin's shooting and the subsequent emotionally taxing trial, Fulton resolved to not become an angry or hateful person.



Sybrina Fulton came to OSU to celebrate Martin Luther King, Jr Day and gave a presentation at the LaSells Stewart Center preceding the OSU Peace Parade.

"I don't believe just because somebody shot and killed my son that I should go out and shoot and kill someone else. And I believe that."

Fulton drew upon the words of Dr. King to support her request that people treat one another with respect and dignity.

"As Dr. King said, in the many times that he spoke— you can't fight violence with violence. You can't fight hate with hate. You have to come up with a different choice."

Fulton has been active creating awareness for social justice since the death of her son. Along with her

ex-husband, Tracy Martin, she co-founded the Trayvon Martin Foundation, which gives financial assistance to families who have lost children to gun violence.

When Fulton was asked how members of the community could best apply their energy to help create a more inclusive world, she gave realistic advice.

"It's a matter of just connecting that group that has the same ideas in mind. If you want to prevent gun violence, if you want to have awareness of gun violence, if you want to just decrease what's going on, it better works through an organization that's already established."



Iyunolu Osagie, Professor at the school of Writing, Literature and Film at OSU, moderated forum questions for Sybrina Fulton. Archives of Sybrina Fulton's presentation along with Osagie and Fulton's conversation will be available to stream online in the OSU archives in the next few days.



Reservations for Sybrina Fulton's presentation were sold out after the first day and a standing ovation both welcomed and parted with Fulton's words.



PHOTOS: ANGELA SCOTT

Sybrina Fulton has written a book titled, "Rest in Power: The Enduring Life of Trayvon Martin" and recently joined Delta Sigma Theta in one of her many facets of activism post tragedy. Here, she discusses how she and others keep looking toward something bigger than the tragedy itself.





PHOTO: PEXELS.COM

# TEA TIME AT LBCC

LBCC Student Ambassadors host Tuesday tea time

STORY BY **CALEB BARBER**

The beginning of winter term can be a stressful time. Clubs are starting back up, and students are working on new assignments and new year's resolutions, all while braving the coldest and rainiest winter months.

Fortunately, student organizations such as the international student ambassadors have come up with several events not only to warm up students' bellies, but also to provide a platform for international students to share their experiences.

The LBCC International Student Ambassadors are hosting three separate Tuesday Tea Time events this term, on Jan. 22, Feb. 12, and March 5. Like their weekly Global Connections Hangout, the student ambassadors will be hosting these events in Takena 119 from 1 to 4 p.m., and they invite students to stop by and try some tea.

"The event is very light," said Erika Iizuka, one of the head student ambassadors. "People don't have to stay the whole time."

Students are encouraged to stop by and try some of the many exotic teas.

"Some of the students go to their home countries and bring back tea as gifts," said Jai Verma, another head student ambassador.

Teas are brought by students from Japan, China, India, Vietnam, and Saudi Arabia.

"Jai brings the best tea," Iizuka laughed, "Sometimes, students bring in tea snacks too. One student last year brought Chinese pancake."

It's nice to sit down with a cup of tea between classes, but the ambassadors hope that this event can do something more.

"We'd like to share international culture with domestic students," said Verma. "Tea is something shared

throughout culture, and it's something that we can share as a community of students."

Amy Smucker has been involved with the international students since she started at LB. Her interest started when she began coming to the Global Connections Hangouts.

"I got started with the hangout because I have lived overseas, and when I started at LBCC I had just moved back from Thailand. I was feeling a little out of place in America, then I saw a flier for this global connections thing."

Smucker hopes to stop by the international students lounge on Tuesday in between classes to have some tea and mingle a bit.

"Our international students have so much to share," she said, "It's a good place to make a new friend."

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## Fly Away

*I wish I could fly away.  
Perhaps I'm hollow enough  
To set sail to the trade-winds.  
Amidst the realm of the leaves,  
Gliding so effortlessly.  
Before, I was nothing but  
Stuck to the ground; telegraphed.  
Now, I see in more colors,  
The vibrancy of freedom.  
Birds rejoice with me, from here,  
My setbacks vanish like dust.  
Oh, the daydreams I get caught in,  
I wish I could fly away.*

By Daniel Glen

## Where I'm Going

*Up up and away  
is where I'll stay*

*In outer space how good freedom tastes  
In a new strange place above and  
beyond*

*As I grow fond of my surreal  
surroundings  
To where my sanity clings*

*To nebulas and stars, Pluto Venus and  
Mars  
The planets have aligned*

*Wrapped tight and I start to unwind  
Unravelling; I'm traveling*

*Far far away  
Save my sorrows for another day*

*Amongst the planets and asteroids  
I'm a space cadet not a schizoid*

*But my dark matter is irrelevant  
It casts shade in places that are vacant*

*Empty and hollow and all consuming  
Dark and dazzling and very daunting*

*The space is what keeps me in place  
All around me it leaves its trace*

*Dust and chunks of rock go by  
Alienated I start to cry*

*I'm confused as to what goes where  
I try to get by but it's hard to not care*

*What is around me is tricky to take in  
Especially since I come from where I've  
been*

By LaVeda Sartoris

## Hush

*Rest your battered bones,  
the journey was long. You languished  
you lamented, your hope had perished  
The way wasn't always easy. The stones  
were turned and sometimes you tripped  
But up you got as down the road you  
went  
sometimes with more or less energy  
spent  
Nonetheless determined*

*How far you have gone and come.  
Delight  
in the terrific treasures you have  
discovered  
extol the exotic and wild world you  
explored  
in your many years. A lush life, quite  
punctuated with the pleasures of the  
senses  
You spoke the language of love not  
bound by tenses  
Allthemore determined*

By Waldo French

## Void-Sight

*Sightless in the Void,  
Blind to light's caress.  
I waver on the precipice...  
Dizzy with decisions*

*I glance at my future,  
Deaf to any hope.  
I feel a shroud of darkness...*

*It hugs the hope from me.  
Ground trembling 'neath my feet;  
Setting nerves to flame.*

*Mind muffled in confusion,  
But I hold too much hope for me!  
A wisp always remains!*

*And yet,  
I scream to the Void,  
To find me some release.  
But relief I cannot find,  
For all I see is Void.*

*I claw at this cloud inside me,  
It eats away resistance,  
'till wallowing itself  
seems sweet.*

*I taste the acid in the air,  
Spit out the darkness I'll not swallow.  
Ground crumbling where I step,  
I stand in isolation*

*Paralyzed without conviction,  
Mind fuzzy without perception.  
I glimpse the edge of the precipice,  
The pinnacle of a possible fate.*

*And reject a would-be version of me--  
Though seeing no alternative,  
Await a change of fate.*

*I refuse to fall and yet, refuse to face...  
The end of innocence.  
Too cowardly to embrace, this  
darkness...  
And too weak to break its grip.*

*So I muddle about, a shell of myself,  
Eyes desperately glued to the sky.  
And while the clouds never break,  
I can't help but wait--*

*To be saved.*

*By myself, or anyone really,  
I don't much care anymore...*

*I'll keep spewing out  
My pain and my faults.  
Like a cloud that can't hold in its tears.*

*And my cries are like thunder, scaring  
even myself,  
As I panic for something to heal me...  
For a bandage that finally works,  
For the strength to stitch up my wounds.  
For the strength to not slip in the  
deepest of caverns,  
For the strength to lift myself up.  
Hell, even for just enough strength to  
wake up.*

By Kel Callaghan

PHOTO BY ANGELA SCOTT

### SUBMIT YOUR WORK

Submit your poetry to The Commuter by email at [commuter@linnbenton.edu](mailto:commuter@linnbenton.edu)  
or drop by the office in Forum 222.

# A HALF HOUR OF TERRIFIC TERROR



COURTESY: GAMETYRANT.COM

**EDITORIAL:**  
**RESIDENT EVIL 2**

**PUBLISHER:** Capcom  
**DEVELOPER:** Capcom R&D/Division 1  
**PLATFORM:** PlayStation 4/Xbox One

**Demo Available from January 11 to January 31**  
**Full Game Releases January 25**



**STORY BY**  
**STEVEN PRYOR**  
**@STEVENPRR2PRYOR**

After twenty-one years since its release on the original PlayStation, “Resident Evil 2” is being remade for a new generation; and a “1-shot” demo has been released digitally ahead of the full game’s release on January 25. From the first 30 minutes of gameplay alone, this new take on this 1998 survival horror classic already looks to be a strong update to an already acclaimed game.

The story once again follows Leon S. Kennedy and Claire Redfield (sister of Chris Redfield from the first game), who are investigating an incident at a police station in Raccoon City. Though the demo only shows the first half-hour of gameplay, it’s already clear that this latest update to one of the best entries in the “Resident Evil” series is going to be a fantastic game for longtime fans and a great way for newcomers to experience it for the first time. The graphics take full advantage of the advances in technology that have been made since 1998, with even basic models of the PS4 and Xbox One delivering new heights of realism to enhance the terror. The strategic “tank controls” of the original game have also made way for gameplay that’s

been common for the series since “Resident Evil 4.” Still, the game, much like 2017’s acclaimed “Resident Evil 7: Biohazard” keeps a good balance of action and horror. It draws players into its horrifying atmosphere without hammering them into submission.

While not the first time the game has been reversioned, this latest take on “Resident Evil 2” looks to be the definitive version of an already acclaimed game when it launches on January 25. With a remake of “Resident Evil 3: Nemesis” also in development for the near future, this 1-shot demo is the ideal way to get immersed in the terrifying world of Raccoon City for both newcomers and longtime fans.

## CROSSWORD PUZZLE

- ACROSS**
- 1 Cistern
  - 4 Jap. palanquin
  - 8 Bind
  - 12 Unclose
  - 13 Title of Athena
  - 14 Poetic foot
  - 15 Beak
  - 16 Friends (Scot.)
  - 17 Grape syrup
  - 18 Pac. island
  - 20 Land west of Nod
  - 22 Prod
  - 25 Last of the Mohicans
  - 28 Sage
  - 31 Rubbish: Brit.
  - 33 Wood sorrel
  - 34 Revolutions per minute (abbr.)
  - 35 Small flock
  - 36 Luzon people
  - 37 Father of Jehoshaphat
  - 38 Pointed arch
  - 39 And other: abbr. (2 words) (Lat.)

- 40 Caribbean volcano
- 42 Cuff
- 44 New sugarcane shoot
- 46 Female vampire
- 50 Pub fare
- 52 End
- 55 Aid to Dependent Children (abbr.)
- 56 Victim of Cain
- 57 Frog genus
- 58 Council for Econ. Advisors (abbr.)
- 59 Indicating, in a way (suf.)
- 60 Greenland town
- 61 Possessed

**ANSWER TO PREVIOUS PUZZLE**

P	U	P	A	R	H	E	E	R	N	A	
S	T	I	B	E	A	R	L	Y	A	M	
I	A	N	A	I	R	R	I	T	A	T	E
O	D	O	N	T	C	A	L	L			
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A	R	H	A	T	S	A	T	S	I	N	
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D	E	E	B	A	C	A	S	I	A	N	
F	E	B	T	I	T	T	L	E			
O	B	I	A	B	A	S	I	C			
C	H	A	R	C	O	A	L	R	A	F	
A	N	A	O	B	R	A	U	S	D	A	
B	E	L	N	O	O	K	P	E	A	G	

- 5 Caliph
- 6 Win
- 7 US dam
- 8 Extend
- 9 Mack
- 10 Ambassador (abbr.)
- 11 Public Broadcasting
- Service (abbr.)
- 19 Wish undone
- 21 Fr. artist
- 23 Alcoholic drink
- 24 Roof edge
- 26 Things done
- 27 Hall (Ger.)
- 28 Swathe
- 29 \_\_\_\_\_ dixit
- 30 Grig (2 words)
- 32 Grope
- 35 Cavity (suf.)
- 39 Environmental Protection Agency (abbr.)
- 41 Ahead
- 43 Muslim deity
- 45 Monster
- 47 Speed-of-sound number
- 48 Fancy
- 49 Academy (abbr.)
- 50 Sheep’s cry
- 51 Abate
- 53 Grain
- 54 Sayings (suf.)

1	2	3	4	5	6	7	8	9	10	11
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### THE COMMONS

\* CAFETERIA \*

1/23 to 1/29

**Wednesday 1/23:** Beef Stew, Chicken Piccata, Stuffed Portobello w/Bearnaise\*, Soups: Creamy Chicken Mushroom, Vegetable Minestrone w/ Rice\*, Salads: Pesto-Grilled Chicken Caprese, Grilled Portobello-Caprese.

**Thursday 1/24:** Pork Massaman Curry w/Steamed Rice\*, Fish-n-Chips w/House Made Tartar Sauce, Mac-n-Cheese. Soups: Chicken Tortilla\*, Dilled Potato Chowder. Salads: Roast Turkey Cobb, Cobb w/Cheddar Walnut Crackers.

**Monday 1/28:** Chicken Paprikash, Pork Schnitzel w/Apples & Bacon, Creamy Polenta\*. Soups: French Onion\*, Thai Curry Lentil & Sweet Potato\*. Salads: Beef OR Mushroom Taco.

**Tuesday 1/29:** Pot Roast\*, Roasted Chicken w/ Jus Lie\*, Vegetable Omelet\*. Soups: Chicken & Wild Rice\*, Broccoli-Cheddar. Salads: Grilled Vietnamese Steak OR Veggie w/Tofu Spring Rolls.

**LUNCH 11:15 AM - 1:15 PM**

\*Gluten Free

## SUDOKU

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit.

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# SINKING THE STIGMA

Corvallis Women's March 2019 spearheads challenges with community engagement and inclusion



STORY AND PHOTOS BY  
ANGELA SCOTT

Around noon on Saturday Jan. 19, bellowing voices ascended from the Central City Park gazebo for the Third Annual Women's March in Corvallis. An estimated 600 to 800 women and allies rallied to listen to women speakers and performers, then marched together on the sidewalks toward the downtown Corvallis riverfront.

The 2019 annual march was organized by Brandy Lea Fortson, who is the event planner for Heart of the Valley Democratic Socialists of America (DSA). Fortson was the last speaker before the march commenced and discussed their overlapping experiences as non-binary, losing a child and the financial trauma that comes with lack of healthcare. Other speakers included Ella Morton, Ava, Stevie Beisswanger, Dharma Mirza, Luhui Whitebear, and Nasim Basiri. There was also a performance by The Raging Grannies.

Brandy Lea Fortson and Heart of the Valley DSA pushed for a Women's March that was based on intersectionality in feminism.

One of the speakers, Dharma Mirza, Founder of Haus of Dharma, LGBTQ Programming & Services Liason at Corvallis Park and Recreation and Board Member at Valley AIDS Information Network, Inc., was asked to perform drag but chose to speak instead. Mirza was a first time speaker and participant in a Women's March due to previous disappointment in the movement's lack of inclusion and involvement.

On her decision to speak instead of perform she stated, "There is so much more important stuff to say and I wasn't able to say it in an artistic way so I just decided to say it... I needed to show people that some of us who are the most marginalized are doing the most work... Honestly, and it's so disheartening to just see people show up, act like they are in solidarity and it's really just a farce... It's cool, show up, but do more."

During her speech she argued for white, cisgendered women to do more than expect changes to occur by way of marginalized groups that were organized by women with less economical and social resources.

When asked how a new approach to changes could be facilitated within communities she listed, "The first part is to listen to folks who are more marginalized than ourselves, to listen to women of color, to see women also as trans women, indigenous women. Listen, but then teach yourself the stuff you don't understand instead of relying on them to really make it this easy to learn because it's not easy to learn, and you have to really dig deep and be critical of yourself and examine how you engage with structures of oppression, systems of oppression, in order to dismantle them... And then understanding people's place in institutions and understanding the abilities and actual abilities of what these institutions can do for you. And realizing what they can't do for us as well."

The Corvallis Women's March platform of intersectionality came at a time when the Women's March National was experiencing sponsorship loss, a few days shy of the planned national marches. Sponsorships were pulled from the national organization by the DNC and Southern Poverty Law Center due to co-chairs Tamika Mallory and Carmen Perez forming an association with Nation of Islam leader, Louis Farrakhan and his known anti-semitic comments.

When asked to define the difference between associations within the national women's organizations and the local Corvallis organization, Fortson touched on the intersectional meaning behind the Corvallis Women's March, "So I know that there has been a lot of controversy around the National Organization for the Women's March and we are listed as a sister march on the website. However, with the controversy that's come around with anti-semitism, as well as xenophobic issues with only having older white women speak, we really took that to heart at the Heart of the Valley DSA to ensure that our speakers really embodied who Corvallis is."

"So we had all women, of all color of race, folks that were not biologically born as female who are trans; we were very fortunate to have some great local trans activists who were willing to speak and it's just so embodying of what Corvallis [is] and what it can and should be."

Fortson further reasoned that the 2019 Corvallis Women's March was successful in that the platform of intersectionality extended toward LBGQTQ+ communities and different classes. "It wasn't just everybody from the same tax bracket. And ensuring that



Brandy Lea Fortson organized Corvallis Women's March 2019 with Heart of the Valley DSA.

there were no barriers for who our speakers were, that was really important to me."

On January 9, 2019 Fortson started a gofundme campaign for \$600. The proceeds were to go toward permits, sound equipment and booth rental spaces for the event. They met \$335 of their goal and were able to get sound equipment and booth rental. The march ended up taking place on the sidewalks without access to the streets or a police escort service.

Despite missing their fundraising goals and marching by way of sidewalks, Fortson expressed sentiment in the economic compromise, "Still along with where we are now, we were able to get our message across in a really positive way."

Fortson added jokingly, "Also, you should definitely plan a march with two kids."

**BFF**

OMG... I think I'm pregnant! 😱

Whoa. What can I do to help you?

IDK. What am I going to do?

Hey, look what I just found! Options Pregnancy Resource Center.

[optionsarc.org](http://optionsarc.org)

Monday 4:32 PM

They helped me figure out exactly what I want to do! 😊

**Pregnant?  
We can help.**

1800 16th Ave SE, Albany, Oregon  
541.924.0160

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