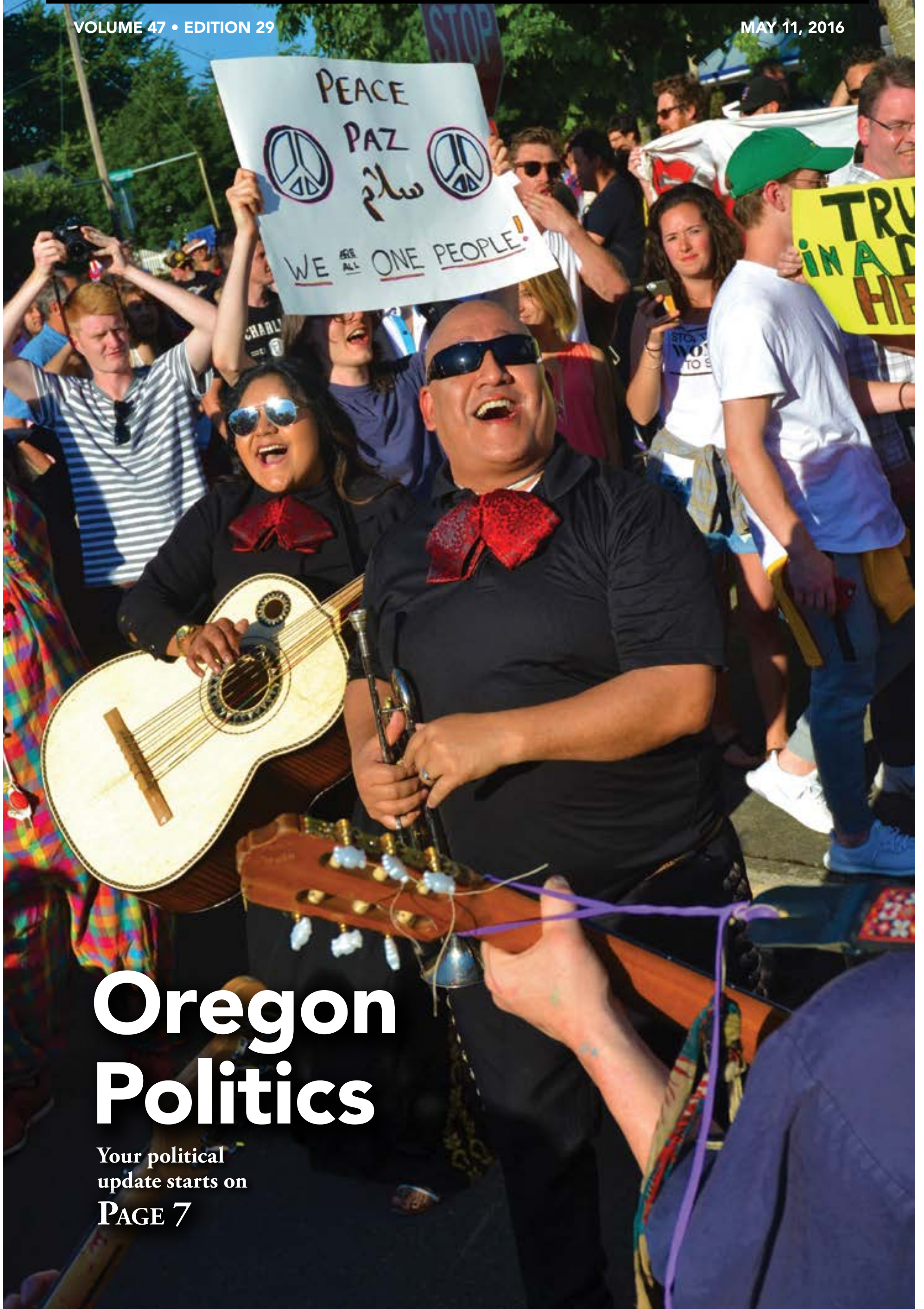


THE COMMUTER

LINN-BENTON
COMMUNITY COLLEGE

VOLUME 47 • EDITION 29

MAY 11, 2016



Oregon Politics

Your political
update starts on
PAGE 7

COMMUTER

Cover Credit:
Emily Goodykoontz

On the cover:
Maria Gonzales and David Alvarado of Mariachi Los Patos

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 UPDATE

Do you have a writing assignment due soon? Want to consult with a writing assistant before you turn it in? Plan ahead. Make an appointment at the Writing Center and avoid the waiting list!

Visit www.linnbenton.edu/writing-center to schedule an in person appointment and to access the Online Writing Lab (OWL) from off campus.

Wednesday, May 11: OneVibe Diversity Day
10 a.m. to 2 p.m. in the Courtyard
Join us in the courtyard for music, food, performers, community and club tables and more. Free event.

Thursday, May 12: Fast Film Festival
7 p.m. in the Corvallis High School Theater

The Resilience Project is featuring five minute digital personal stories created by College Hill High School students in partnership with the Benton Center. This is a fundraising event and tickets are \$10.

Monday, May 16: Mind in the Making
6:30 p.m. at the Corvallis High School Main Stage Theater

Child development expert Ellen Galinsky is hosting a parenting workshop, "Mind in the Making."

She is the president and co-founder of the Families and Work Institute, and has written more than 100 books and reports on child development, including "Mind in the Making," "Ask the Children," and "The Six Stages of Parenthood." Free event.

Tuesday, May 17: Liberty Tree Faire
9 to 2 p.m. in the LBCC courtyard

Join LB's Democracy Club for a fun and educational event on Oregon's primary election day. Political groups, clubs, and local politicians will be present to inform students about various views and political issues. There will be music and a student speaking contest from noon to 1 p.m. Free event.

Thursday, May 19: Educational Equity for Latino Families
1 to 2:30 p.m. in the DAC (F-220)
Free event.

Thursday, May 26 and Friday, May 27: French Banquet 2016, "Belle Epoque- A Culinary Exposition"

A forty-year tradition of the LBCC Culinary Arts Program, planned by second-year culinary students, this multi-course banquet showcases the work of the outstanding first and second-year students in the program. Tickets are \$38.

Friday, May 27: Memorial Day Vigil and Veteran's Center Grand Opening
Noon to 12:30 in the LBCC courtyard

Grand Opening lasts all day in the Veteran's Center, Forum 109. Free event.

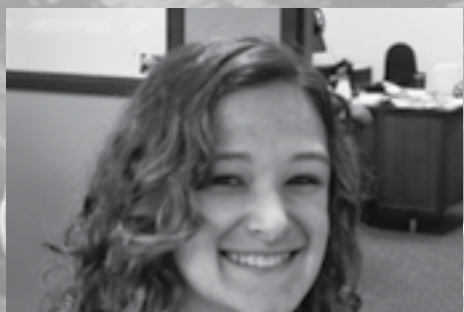
CAMPUS VOICE

Question: *What did you do for Mother's Day?*



Deniece Yates
Major: Bioengineering

"My mom is in California and I didn't get to see her, but I called her."



Taylor Rash
Major: Animal Science

"I cooked Mom dinner but typically failed. She still ate it."



Gary Brittsan
Instructor Assistant

"I went up for lunch with Mom. Then I spent most of the rest of the day playing board games with my friends."



Ashley Mask
Admin. Office Professional

"I went with my husband for lunch, and I took my kids shopping."



Andrew Maughan
Major: Mechanical

"Pretty much hung out with my wife, helped her pack for her trip to Norway, and called my mom."

STORY AND PHOTOS BY
MARWAH ALZABIDI
@MARWAHZABIDI

Next Week's Topic: *Spirit Animals.*



WHITE FRAGILITY

Author Robin DiAngelo exposes cultural and internalized racism

Dr. Robin DiAngelo author of "What Does It Mean to Be White? Developing White Racial Literacy" and Director of Equity for Sound Generations Seattle/King County gave a keynote address on Monday, May 9 in Forum 104. Her talk "White Fragility and the Patterns of Engagement" was well received by a racially diverse group of people from LBCC, OSU and the general community.

This event was sponsored by the Office of Equity, Diversity and Inclusion and ended a day-long visit where DiAngelo gave a workshop to the LBCC Management Team.

Naomi Hirsch, a white woman and Volunteer Coordinator at Benton Hospice Service, attended for a few reasons.

"I am part of the local NAACP chapter. I raise a daughter who is Ethiopian and I want to learn how to advocate for her. I am interested in cultural competency, also for my job because I manage a diverse clientele," she said.

DiAngelo began by calling attention to her race.

"I'm white. I was raised not to see myself as having a race. I want to be explicit here: I come from a white frame of reference, white world view and white experiences," said DiAngelo.

She said this to point out that although

"I'm white. I was raised not to see myself as having a race. I want to be explicit here: I come from a white frame of reference, white world view and white experiences. During this talk if you are a person of color you can challenge what I say and hold me accountable. If you are white, I ask you to suspend your opinion."

white people may have an opinion on race it will be superficial and under-informed because nothing in society gives them the information they need to truly understand racism, not even if one spends years studying it.

She used a picture of a dock over water to symbolise a white person's superficial view of racism.

DiAngelo described racism as a system of oppression that works on multiple levels and is backed by institutions and government authority. She described the dominant white narrative using examples from politics, schools, movies, tv and her own life.

She explained when white people are confronted with issues of race, they often feel defensive. That is a sign of white fragility. White fragility is not a weakness. It is a reaction, such as anger or crying, that causes one to shut down rather than listen and open up to a conversation.

White fragility is caused by racial stress. According to her slide, "Racial stress is triggered when our position, perspectives or advantages are challenged. White fragility functions to block the challenge and regain white racial equilibrium."

To move beyond fragility, we need to deeply explore the issue.

The dominant white, post-civil rights narrative is that whites are color-blind, racism is in the past, and you are not a racist as long as you don't tell racist jokes. This permits whites to believe that if they say they are not racist, then racism doesn't exist.

"People have told me they are not racist because they used to live in New York City, they have people of color in their family, or they were taught to treat everyone the same," said DiAngelo. "This

does not free you from racism. Saying you already know [all about racism] closes us off from further reflection."

She invoked audience reflection by posing the questions; "How racially diverse was your neighborhood growing up? When was the first time you had a teacher of the same race? A different race?"

She quoted someone who once said, "Most of us were taught by white people, who were taught by white people who were taught by white people who were using textbooks written by white people."

DiAngelo described racism as a system of oppression that works on multiple levels and is backed by institutions and government authority. Racism depends on us being polite, not challenging others' racism. So we don't examine it, reinforcing white fragility.

She encouraged the audience to have these sometimes uncomfortable conversations.

"Do whatever it takes. Racism is multilayered. White people have blind spots," said DiAngelo.

The audience applauded when she was done. Then it was time for questions. The first person who stood up was a woman of color. "Brava! Brava! You deserve another round of applause," she said. The audience obliged.

A woman of color asked, "One thing I can't wrap my head around is what is it that white folks feel so guilty about?"

DiAngelo responded "We see ourselves as good people and it wouldn't be good to admit we are implicit with our inaction. When we start to realize it we feel shame and guilt."

She then turned the question to the audience. Someone responded "we feel guilty that we benefited from [racism]."

After the talk, Hirsch said she would take more action, read, think and reflect. "It confirmed why I always feel overwhelmed. [Examining racism] is an ongoing process. I feel sad because I experience prejudice through my daughter. I don't always know how to react or act so that it is not a negative experience for her."

STORY BY
DANIELLE JARKOWSKY

ARE YOU READY? Come find out!
Black Friday Events May 16-19

11:30 a.m. - 1 p.m. EACH DAY!
Albany Campus

- **May 16**
Tricycle Time Trials, Courtyard
- **May 17**
Mini Golf & Hot Dogs, outside the Forum
- **May 18**
Human Claw Machine, Commons Cafeteria
- **May 19**
Petting Zoo, Courtyard

REGISTER ON BLACK FRIDAY!
BLACK FRIDAY • MAY 20
linnbenton.edu/blackfriday

Linn-Benton
COMMUNITY COLLEGE

ALTERNATIVES TO INCARCERATION

Walidah Imarisha educates LBCC on disparities of criminal justice



WALIDAH IMARISHA ADDRESSES THE AUDIENCE.

There are currently 2.3 million people incarcerated in the U.S. and 7.3 million people under some state or governmental correctional control, making the U.S. the number one incarcerator in the world.

"I am a survivor of violent crime, and I am a perpetrator of crime, as is everyone in this room," said poet, writer, activist, and educator Walidah Imarisha. "We've all broken a law at some point. It's our identity, not what we've done that determine whether or not we end up incarcerated."

On Thursday, May 4, Imarisha visited Linn-Benton Community College to lead a discussion on "Alternatives to Incarceration."

The event was sponsored by the LBCC Poetry Club, English department, Benton Center, and The Valley Writers Foundation Fund.

"I was excited we're actually having a conversation about incarceration on the campus," said Diversity Achievement Center Director Javier Cervantes. "It always weighs on me how devastating our philosophy around punishment is; it's so punitive and allows for so little restorative opportunities for justice."

A full room gave a round of applause for Walidah

Imarisha as she thanked Dari Lawrie, Robin Havenick, Jane White, Javier Cervantes, Greg Hamann, and the organizations that co-sponsored the events, and Hamann for sharing his own personal stories.

"As you see I have a thing, let's just acknowledge it," said Imarisha, joking with the crowd as she pointed out her finger. "I sprained my finger being super clumsy. Sometimes people get distracted. I know I get distracted like, 'wait what happened to her finger,' so now you know."

Imarisha started presenting different versions of the program seven years ago.

"I realized very quickly I couldn't talk about alternatives to incarceration without first dispelling the myths around incarceration that exist."

The first part of the presentation focused around a prison survey put together by Imarisha. The group would then discuss how the answers connect with incarceration. The final part would aim towards options that exist other than incarceration.

"It's really a tool to think about not only what we think we know, but also where we got that information," said Imarisha.

The audience broke into small groups to discuss what they knew about crime, harm, incarceration, or what they think they know.

"I learned so much just in terms of statistics, I was so proud of us, the audience. I felt everyone in the room was with her in terms of being conscious about the issues," said Havenick. "As I feel conscious about the issues, but I learned a lot of details that I did not know. It helps me be an agent of change."

Imarisha has been studying issues around incarceration for almost 20 years, as well as organizing in communities around it and seeing the connections between police violence and incarceration.

Her latest book "Angels with Dirty Faces" tells a story about herself, her adopted brother Kakamia who is currently incarcerated in California, and Jimmy "Mac" McElroy, an enforcer for the Irish Mob.

"Really my goal in this was to talk about the fact that sometimes people do serious harm to one another, and how do we hold folks accountable, while still acknowledging their humanity," said Imarisha.

As the group came back together to discuss the answers regarding the survey, the audience let out sighs of disbelief over the haunting facts.

Concluding the event Imarisha showed the audience a video from Baltimore's Community Conference Center, an organization that provides alternatives and support on preventing and resolving crime.

The video showed the importance of community, being treated like human beings, creating these spaces, and shifting institutions.

"I think it's incredibly important to recognize that every single statistic that we talk about represents thousands, hundreds of thousands, millions of people. People who are missed, people who are loved, people who are thought about every single day, missing from their communities," said Imarisha.

"Incarceration affects all of us, whether we know it or not, they shape all of our lives. If we're not aware of that then we actually can't have conversations around what justice is, what the community is that we want to build."



STORY AND PHOTOS BY ALYSSA CAMPBELL @ALYSSAFAYEC

ONE VIBE ♥ DIVERSITY DAY

MAY 11, 2016

10 A.M. - 2 P.M.

IN THE COURTYARD

PERFORMERS, MUSIC, FOOD,
CLUB & COMMUNITY TABLES
& MUCH MORE!

Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at Linn-Benton Community College: 800-105, 6500 Pacific Blvd SW, Albany, Oregon 97321; Phone: 541-917-4789 or via Oregon Telecommunications Relay TDD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event.

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541.758.3662 541.924.0160

FROM INCARCERATION TO POETIC EXPRESSION

"Life in Art" brings student poets together for self-creation and empowerment

Self expression is a powerful force, bringing communities together with a desire to understand each other. Poetry demands personal transformation by creating one united voice from individual experiences; poetry welcomes everyone.

"My opinion of Oak Creek as a facility is sky high because they make so much of positive value available to the girls who are incarcerated there," said LBCC English faculty member Robin Havenick. "We know that education is one of the great ways of serving a community like Oak Creek. Oak Creek wants to connect with us and I wanna be a part of that."

As the only facility in Oregon, Oak Creek Youth Correctional Facility is a medium security prison for young women who have committed a crime before the age of 18, and were sentenced before the age of 20. The facility is located in Albany, near LBCC.

"I can't think of any better way to encourage, support, and nurture the opportunity to find your own voice, to feel confident about who you are and who you are becoming as these young women are transforming at Oak Creek," said Havenick.

For the first time ever LBCC has brought together six LBCC student poets and six Oak Creek Correctional Facility student poets for a "Life and Art Project."

"This project is important in part, to bring awareness to people's stories and provoke curiosity in the experiences of others," said LBCC Student Poet Laureate Dari Lawrie. "I am amazed by

the resilience of the human spirit." On March 31, students met for the first time at the Oak Creek Facility for a "meet and greet" orientation.

"It was great. For some reason I was a little nervous beforehand," said LBCC student poet Matt Hoffman. "I am not sure what I was expecting, but it was really humanizing to meet these young women and realize that they, like everyone else, have desires, have talents, and make mistakes."

The project was organized and facilitated by Lawrie and led by Havenick, LBCC English faculty member's Chris Riseley and Jane White and LBCC Benton Center Director Jeff Davis.

"I am interested in underrepresented populations in our community. There is a lot of untapped richness of perspective and experience," said Lawrie. "I felt that the LBCC students would learn a lot from the Oak Creek students and vice versa."

The Oak Creek girls are chaperoned to the LBCC Albany campus where the Life in Art group meets every two weeks for students to read and workshop their poems, and discuss new prompts.

"Poetry is such a raw form of expression and hearing the girls from Oak Creek share pieces of their life experiences through poetry has been shocking in the best way," said LBCC student poet BreAnna Rae. "It's really eye opening to learn a little bit about people through shared expression."

Prompts have included taking a look at the past and being in the present. On

Thursday, May 5, poet, writer, activist, and educator Walidah Imarisha led the group into the future.

"Prison walls are meant to isolate, to break apart families and communities," said Imarisha. "Any programs that breach those walls, that physically or metaphorically bring people from behind bars and into the community are important."

She started the evening with a song that emphasized the power of dreams, then asked the group to give some advice to the future.

Some advice was "don't look back," "everything can be transformed," "nothing is certain except change," "take advantage of every opportunity," "cry if you want to," "it's okay to feel negative," "don't be confined by our generation's traditions or ideals," "be yourself," and "love."

"The overall lesson plan for the course was based on some of the work I've done with Octavia's Brood," said Imarisha. "With the concept of visionary fiction, and with the idea of the past, present, and future connected through radical dreaming and science fiction. So I was asked to do a workshop focused on synthesizing past, present, and future together."

The group will meet again twice this month before saying their goodbye's on Friday, June 3, at the Benton Center. A celebration will be held where students will read selected poems from the term.

"The work the young women shared,

and the concept of them writing separate poems for those three time periods, was incredibly poignant and beautiful," said Imarisha.

In honor of the workshop, a book of the students' poetry and portraits will be published along with a display of finished work, portraits, testimonials, and the project's description at the Benton Center.

"Facilitating the workshop with young women from the youth facility was incredibly powerful, and I was honored to be invited into that space and get to hear the work they are creating," said Imarisha.

"Poetry is such a raw form of expression and hearing the girls from Oak Creek share pieces of their life experiences through poetry has been shocking in the best way."



STORY BY ALYSSA CAMPBELL @ALYSSAFAYEC

ADVICE FROM WEISS

Question: My family wants me to see a therapist (I've been having some personal problems). I know I could use some help, but I can't quite imagine what this is like and I'm a little worried. You're a counselor, can you give me a picture?

Answer: Sure. Most often, counseling has four phases, and let me describe them.

1. Stating the goal.

Although the popular notion of therapy is that a person goes and talks about themselves for a very long time, about whatever comes to mind, in actuality good counseling is goal-directed and a good therapist will want to define the goal for meeting in the first few minutes.

2. The telling of the story and the restating of the goal.

There is usually some emotional help to the client, and some informational help for the therapist, in having the client tell the story of what has caused them to seek therapy. During the story the therapist may ask some questions to clarify, and afterwards the therapist and client may want to refine the goal for the meetings, based on what the client has said.

3. Making a plan.

Once you know for sure what the issues are, and have some idea of the causes, then a plan for change needs to be made. Exactly what will the client be doing differently, in his/her personal life and personal behavior, to create the desired change.

4. Practicing the new behavior.

One of the most difficult things for human beings

is to behave differently. Our habits (behavior, emotions, reactions) are so deeply ingrained, that it takes time to begin doing things in new ways, and getting different new results. It is critical, to any successful therapeutic process, that therapist and client keep meeting until the client's new habits are fully developed.

Now, here's the trick. After each phase it's tempting to say, "oh, I get that, I guess I'm done." But you're not. You have to go through all four phases, and really follow through, for their to be change in your life. This doesn't mean that a therapeutic process has to take a long time. The first two phases may be accomplished in the very first meeting, for instance. But we have to hang in there through the identifying what to do differently, and then practicing the new behavior, in order to get a better life.

If you would like a referral to a therapist, please see one of LBCC's counselors. We know the services in our community very well, including low cost services, and may be able to help you find what you are looking for.



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

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DIEHARD SPONSORSHIP

Local tattoo parlor initially turned down by Boys and Girls Club for sponsorship

The Boys and Girls Club of Albany is always looking for sponsorships to pay for activities and athletic programs for kids in the community. On May 3, they seemingly turned down \$800 from DieHard Piercing and Tattoo.

Jeremy McLain has owned DieHard since August of last year, and he was approached by BGC for sponsorship money. He agreed to put \$800 towards field maintenance, and the sponsorship was due by May 4.

"The head directors had a meeting and basically said it was inappropriate for a tattoo shop to support the Boys and Girls Club," said McLain.

On the Boys and Girls Club of America website, they state "BGCA is interested in

partnering with companies that have solid brand images and reputations." DieHard has five stars on Facebook, Yellow Pages, and Google+.

The BGC is sponsored by multiple businesses, including Gametime Sports Bar & Grill. BGCA as a national organization is sponsored by corporations such as WWE, and Altria, one of the biggest tobacco companies in the world.

"I pierce entire families...we all have kids except for one of us, we're a family oriented shop," said McLain.

Carrie Harrington, donor relations director of the BGC since February 2016 apologized to DieHard Piercing and Tattoo on May 4, for "...multiple miscommunications" concerning the

denial of DieHard's \$800 sponsorship. The BGC had been waiting to hear back about advertising on the field, because they don't own it. This was seen as a no by some members of the BGC and that was communicated to DieHard.

"We never intended to deny the sponsorship, we are always excited to partner with new businesses...We don't own the fields that are played on, we're in charge of maintenance. It's not up to us what is posted there, we were waiting to hear back," said Harrington.

Harrington also mentioned that McLain has been invited to speak at Leadership and T3 classes through BGC, so kids can hear from a self-made businessman.

"It was miscommunication between three or four individuals on their end... it ended up good, I'm glad it's over. I was tired of checking my phone to see 57 notifications on it," said McLain. "All I want is to help the community, it's awesome to help the BGC."



STORY AND PHOTO BY
MORIAH HOSKINS
@MORIAH_HOSKINS

Go #NAILURSELF

High-tech nail salon opens in Albany

This new business in town gives people the opportunity to put just about anything on a nail, fingernail that is.

#Nailurself is exactly that: a self service nail salon. Jeanie Kim who owns and operates the new business is a graduate from the Arts Institute of Portland, with a degree in interior design.

"I wanted a catchy name," said Kim. "But it also needed to say what it was."

Don't expect to be overwhelmed with the usual chemical smells that some of us have been privy to, perhaps when waiting for a wife or girlfriend to get their nails done. There is no one getting their toenails cut and ground, and no overwhelming smell of baking fingernails.

The shop is well decorated, inviting, and the owner is helpful.

There are welcoming seats among a well laid-out area that is decorated more like an expensive boutique than a nail salon. Along one wall there are four tables with equipment that makes this place unique. There are "Naily" printers that allow for endless opportunities of design and color combinations.

These nail art printers were brought here from South Korea, Kim's home country. They are basically a laser jet printer with a special slot for your finger where you can adjust an image to fit your nail.



South Korean "Naily" custom nail-printing machine.

All kinds of images including, but not limited to, faces of family or loved ones to your favorite sports logo. The options are only limited by the creativity of the customer. The most time-consuming part of the process is the decision of what to get. After that's out of the way, it's only a matter of minutes before a protective top coat is painted on and you're good to go.

Albany residents Kelley Williford and Renee Chatneuf took a few minutes to speak with me as they were finishing up. "The owner was so nice and willing to

help," said Chatneuf. "What a great idea." Both of the patrons seemed to be pleased with the results and said they would recommend it to a friend.

"This is such a great party or event idea," said Williford. "I just put Hello Kitty on for my girlfriend's daughter's birthday; aren't they cute!"

Typically a full-set of nails with design on them would cost in the neighborhood of \$35-\$50, a far cry from the maximum price of \$18 for any design you can imagine. Williford and Chatneuf, agreed

that the pricing was very reasonable and the process was quick. As the two patrons were pulling away from the shop, they both yelled out the window, "We will be back."

Overall, this is a great idea with potential to catch on, but this service would do better located either in a mall-like setting, or even next to another nail shop. A larger city perhaps next to a university or even some nightclubs may better serve to drum up business.

With the only source of advertising at the moment being Facebook and word of mouth, Kim has extended a 15 percent discount to anyone who comes in and presents their student ID.

Contact information
Location: 2732 Pacific Blvd Suite 120
Albany, Ore. 97321
Phone: 541-704-0527
Hours: 11 a.m.-8 p.m. daily



STORY AND PHOTO BY
BRIAN HAUSOTTER
@BHAUSOTTER

OREGON PRIMARIES

The end is officially upon us



STORY AND PHOTOS BY
MORGAN CONNELLY
@MADEINOREGON97

PRESIDENTIAL CANDIDATES

NAME: HILLARY CLINTON, DEMOCRAT
EXPERIENCE: U.S. SECRETARY OF STATE, U.S. SENATOR (NEW YORK), FIRST LADY
WEBSITE: WWW.HILLARYCLINTON.COM

Hillary wants us to reach our full potential as a country both economically and racially. The middle class deserves jobs that can't be outsourced, quality child care that's affordable, paid family leave, equal pay, and more teachers for every zip code. Clinton wants to take on systematic racism by investing in communities of color and reform the broken criminal justice system.

NAME: BERNIE SANDERS, DEMOCRAT
EXPERIENCE: U.S. SENATOR; U.S. CONGRESSMAN; MAYOR OF BURLINGTON, VERMONT
WEBSITE: WWW.BERNIESANDERS.COM

Bernie's campaign slogan is poplar, and the goals following it are simple: "I'm asking people not to support my candidacy...but to be part of a movement of millions who stand up and say loudly that this country belongs to all of us." Sanders believe a better future is possible by making health care an American right, reform the criminal justice systems so everyone is able to have a free trial, combat the international Climate Change epidemic, make the minimum wage a living wage, and ensure we all have a future that's based on democracy and not "a handful of billionaires."

PLEASE NOTE: DONALD TRUMP IS CURRENTLY THE ONLY REPUBLICAN ACTIVELY SEEKING THE NOMINATION.

U.S. SENATE CANDIDATES

NAME: Sam Carpenter, Republican
EXPERIENCE: CEO, author, entrepreneur, business owner, AS in forestry
WEBSITE: www.CarpenterForSenate.com

"I created jobs and am a business turnaround specialist. I fix what's broken and fix it...now!" Sam Carpenter's goals for repairing our state include creating thousands of sustainable jobs, protecting our wildlife, and revitalizing the rural and state economies. Carpenter is a "political outsider" who wants to fix the mistakes that some politicians have made by replacing the bad politicians regardless of their political party.

NAME: Mark Callahan, Republican
EXPERIENCE: Information Technology Professional, IT consulting
WEBSITE: www.CallahanForOregon.com

Mark Callahan is a proud republican and family man who believes his strong values will win his party's vote. Callahan believes economic opportunity for all is possible through small business growth. His "A Focus On Job Growth" plan would start with repealing ObamaCare. With the National Debt toppling over \$18 billion, he wants to create "A Balanced Budget Amendment" to reduce the amount of wasteful spending.

NAME: Ron Wyden, Democrat
EXPERIENCE: Current U.S. Senator (over 30 years experience)
WEBSITE: www.WydenForSenate.com

During his time in the senate, Ron Wyden has stood up for marriage equality and women's health (along with Planned Parenthood), while opposing Wall Street bailouts and the war in Iraq.

Looking towards his potential future in Congress, Wyden hopes to close the loopholes that send potential US jobs overseas. He wants to make sure that our tax rates are the same for the middle class and the millionaires.

NAME: Kevin H. Stine, Democrat
EXPERIENCE: Medford City Council, 9+ years of service in the Navy, 3 deployments
WEBSITE: www.KevinStine.com

If you plan on voting for Bernie Sanders as president, Kevin Stine says you should vote for him. They share the same goals: stand against the Trans-Pacific Partnership, combat climate change, and address the student-debt crisis. Stein wants to maintain an "open line of communication" with Oregonians, seeking your opinions on the issues concerning Oregon.

PLEASE NOTE: OTHER CANDIDATES FOR U.S. SENATE INCLUDE REPUBLICANS FAYE STEWART AND DAN LASCHOB

GOVERNOR CANDIDATES

NAME: Bud Pierce, Republican
EXPERIENCE: Ph.D in biomedical sciences, Marine
WEBSITE: www.BudPierce.com

After a successful career as a doctor, Bud Pierce hopes to build a better Oregon. Pierce wants to promote economic growth in order to ensure citizens a better chances at high-wage jobs and, fixing the Public Employees Retirement System so local governments don't have to cut their services in order to fund price increases. Education needs to be reformed. We have the worst high school graduation rate in state. Additionally, as a former Marine, Pierce advocates for enhanced treatment and support for our veterans.

NAME: Allen Alley, Republican
EXPERIENCE: Over 35 years of running businesses and creating jobs
WEBSITE: www.AllenAlley.com

Allen feels that Salem's 63% spending increase has let our state down, as reflected by our schools, government service, food stamps, and high school graduation rates. He states that empty spending is costing Oregonians' wasted tax money, citing the "phantom bridge" over the Columbia river and the disastrous Cover Oregon website. In fact, paying for this website came in the form of the largest tax increase in state history: a proposed sales tax. Alley is a man who is not a politician, rather an individual tired of wasteful spending and concerned about the future of education and the suggested sales tax.

NAME: Kate Brown, Democrat
EXPERIENCE: Current Oregon governor, Family Law attorney
WEBSITE: www.KateBrownForOregon.com

Kate Brown has already done a lot to improve Oregon during her time in office. For working families, she's increased the minimum wage and passed a guaranteed paid sick-leave law. She's also signed a law that allows anyone to have a professionally-managed retirement account. Under her leadership, Oregon is the first state in the nation to ban coal power. If she is reelected, Brown hopes to help small businesses by cutting local and statewide "red tape." Kate also wants to increase high school graduation rates and make postsecondary education (community colleges, universities, technical training, etc.) affordable for all.

NAME: Julian Bell, Democrat
EXPERIENCE: ICU doctor
WEBSITE: JulianBellForGovernor2016.com

Julian Bell's sense of personal connection and strong teamwork ethics comes from his years as an ICU doctor. He currently expresses concern over Climate Change, and wants people to elect politicians like himself who are focused on the issue.

"I'll be the first to tell you that I don't have experience as an elected official. But working in the ICU, I do know how to get a group of experts together to fix real problems. We all want a healthy future. Voting for me means voting for a clean energy economy, and a bright prosperous future."

PLEASE NOTE: OTHER CANDIDATES FOR GOVERNOR INCLUDE REPUBLICANS BRUCE GOFF AND BOB NIEMEYER; INDEPENDENT CLIFF THOMASON; AND DEMOCRAT DAVE STAUFFER.

TRUMP CAMPAIGN ENTERS EUGENE

Large scale event echoes cheers and protests

In front a full audience, Donald Trump, the presumptive nominee of the Republican GOP, gave Eugene his feelings on a platter in an hour-long speech last Friday.

When entering the Lane Event Center room, loud music ranging from Opera to Rolling Stones hit your ears. There were no chairs, but conversation filled the air.

Trump's speech flowed randomly from topic to topic, as he only brought with him data statistics on copy paper.

To start his speech, Trump asked the question "Why does Eugene get more people than average? Stating that "It must be a great place," then commenting on Oregon's green landscape, and how "beautiful" it was.

The nominee-to-be outlined his list of "to-do's" on a local scale, stating he wishes to bring the lost timber jobs back to Oregon's economy, an issue which started in the 1990's during the crisis started by the depletion of the spotted owl. Trump cited numbers showing the decline of Oregon's economy in correlation to the timber industry, which he blamed on federal regulations.

"The federal government is ripping Oregon off big time," said Trump

The crowd cheered in agreement with his proposal.

Since Trump's victory in the Indiana primary, Senator Ted Cruz and John Kasich who were both running against Trump for the GOP nomination have dropped out due to the high percentage of votes Trump received in the primary.

Trump transitioned from the first part of his speech, to former president Bill Clinton, criticizing him for his role in the North American Free Trade Agreement, and then onto his wife, Democratic presidential candidate Hillary Clinton.

"Bill Clinton was the worst in history," referring to Bill Clinton's extramarital affair during his presidency "...and I have to listen to her talking about it."

Trump then referred to Hillary Clinton as an "unbelievably nasty, mean enabler."



supporters, blocking their view, and refused to move at the request of supporters in close proximity.

The hour-long speech ended with Trump urging attendees to keep him in mind for the upcoming Oregon primary later this May, and the eventual presidential election in November. If Trump were to win the primary, he would be the first Republican since 1984 to win Oregon.

"The federal government is ripping Oregon off big-time."



STORY BY HANNAH BUFFINGTON @JOURNALISMBUFF

Trump spoke briefly about a fight on Twitter with Elizabeth Warren, a U.S. Senator, about Hillary Clinton, calling Warren a "Doofus" for her actions. The presumptive nominee of the Republican GOP also touched on the \$90 million in negative advertisement directed towards him, and paid for by democratic committees. Then he said that Clinton plays the "woman card," as a tool to gain votes.

"Women want strength, they want border security, they want a strong military," said Trump.

Trump reiterated his views on immigration, stating he plans on having Mexico pay for the wall that will separate the U.S. from Mexico to keep illegal immigrants out of the country.

The political rally filled the Lane Event Center, just under 5,000 people showed up, which opened the door for supporters and a handful of protesters to get into the event.

Jacob Daniels, the Oregon campaign manager for Trump told crowds earlier

before Trump's arrival of a system to help weed out protesters during the event. When a protester was spotted actively demonstrating, Trump supporters surrounding the protester put their seven-by-thirteen inch "Trump" signs above their heads and chanted "Trump, Trump, Trump!" until either the protester left to avoid the unwanted attention, or until security personnel arrived to escort them out.

One protester cut through a handicap section and stood in front of disabled

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CLASH OF THE OREGONIANS

Anti-Trump protesters confront conservative rally-goers at Lane County Fairgrounds

If it weren't for a telltale crackle of tension in the air and the stern-faced police standing in rows behind the high chain-link fences surrounding the Lane Events Center, it might have seemed like just another festival happening in Eugene, Ore.

Both protesters and supporters kept their resolve as they faced off outside Republican presidential nominee Donald Trump's rally on May 6.

People of all backgrounds, ethnicity, orientation and political views milled their way down 13th Avenue. Colorful signs were thrust high towards the bright sky, splattered with messages like "Love Trumps Hate," and "No human is illegal."

Protesters chanted "Dump Trump!" Some carried signs of Trump's caricature as an actual "dump."

Trump supporters wound their way through the maze, shaking their heads at the signs, sometimes exclaiming out loud or stopping to debate with the political protesters.

Some supporters seemed nervous of the attention, while others marched their way through the protest, yelling right back at their confronters.

Children on both sides of political opposition were thrust into the midst of it all. Some clutched their parent's hands as they waited in line to enter the rally and others rode on the shoulders of their protesting parents, or holding signs in their strollers.

"No matter how fascist you are, you're not getting in," one protester said to people waiting at Gate A after police announced the Lane Events Center was filled to capacity at just over 4,000 people.

As the rally commenced inside the events center, so did the raucous music of Eugene band Mariachi Los Patos. The band brought the crowd together to holler along to songs like "Cielito Lindo," UO's fight song, and "The Star-Spangled Banner."

Down the street from the main gate, comradery bloomed as protesters danced and hugged, laughed, and cheered each other on. Members of Eugene's hispanic and latino communities wore traditional dresses and

protested Trump's "racist rhetoric" alongside people of all shapes and colors.

Lane Community College student Mariana Paredones helped coordinate the demonstration.

"We are a united community and we are united against oppression," Paredones said to the crowd through her megaphone.

According to protest organizers, "Gate A had problems." Some assaults were reported at the event, but no arrests or serious injuries occurred.

"We are direct targets of their hate," said Paredones as she urged the crowd to disperse before riled-up Trump fans exited the rally.

One man left the rally through Gate A bleeding from his nose, after spending time speaking with police. He did not wish to comment.

Vocal debates became heated as a Trump supporter and veteran left the rally and ran through the crowds and down 13th Avenue, screaming at protesters at close range.

"Veterans for Trump!" he yelled, followed by explicit terms directed at multiple protesters.

However, most confrontations remained peaceful, even playful.

"Trump has inspired me to make the biggest dick in the world," said one protester, who did not want to provide his name for fear of the wrath of his fiancée.

On top of his bicycle, the man attached Donald Trump's face to the end of a huge phallus fashioned from a sonotube and a couple of painted blue beach balls. Wearing a backpack full of water, the man hooked up a spout to shoot liquid out of the Trump mask's "mouth."

Other protesters were not so lighthearted.

"I am very scared of Donald Trump and what he and his uneducated followers, like sheep, might do if he's elected," said Skeeter Duke, a Eugene local for 32 years. "It reminds me of Adolf Hitler in 1938 Germany. We had better be careful."

Though the political protest remained serious, protesters found a victory in their call to action.



ADRIAN COLEMAN AND MARISA HAYNES CLASP HANDS IN SHOW OF SOLIDARITY.

Locals were proud of how many gathered to make their voices heard.

"It's inspiring to see so many people out here," said Duke.



STORY AND PHOTOS BY EMILY GOODYKOONTZ @SHARKASAUROSX



ANONYMOUS PROTESTOR ENTERTAINS THE CROWD.



MARIANA PAREDONES PUMPS UP THE PROTEST.

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SUMMER MOVIE PREVIEW

The release of "Captain America: Civil War" officially marks the beginning of the summer blockbuster movie lineup. Here's a chronological list of the five films that have moviegoers abuzz and rearing to buy tickets.

COLUMN BY
KYLE BRAUN-SHIRLEY



"X-Men: Apocalypse" (May 27)

Of all the films on this list, "X-Men: Apocalypse" seems to be the one that has the most people excited. The trailers leading up to the release of the film have looked cool, and Apocalypse is one of the most classic X-Men villains ever. X-Men was always a standout comic book for its ability to tell relevant stories about real social issues set against a backdrop of super heroes and villains. "X-Men: Apocalypse" looks like it could be the film equivalent of its comic counterpart. This could be the film that has superhero movie naysayers singing the praises of Director Bryan Singer and company.



"Finding Dory" (June 17)

Not all summer blockbusters are superhero movies or action-adventure epics. Some are heartwarming films made for the whole family. "Finding Dory" is a sequel to the wildly successful and beloved "Finding Nemo," which came out 13 years ago. Pixar has been inconsistent with the quality of their sequels in the past. "Cars 2" was lame compared to the amazing "Toy Story" sequels. Hopefully "Finding Dory" will be less like the former and more like the latter. In any case, "Finding Dory" will likely be the must-see movie for parents and their kids this summer.



"Star Trek Beyond" (July 22)

J.J. Abrams set a precedent for cool with the films "Star Trek" (2009) and "Star Trek Into Darkness" that is unrivaled within the entire Star Trek franchise. Now, Director Justin Lin has taken over the helm of the Enterprise for the newest film in the series. Some fans are sceptical about this movie due to the action heavy nature of the trailer. Many Star Trek fans love the series because it's more cerebral over spectacle, and not the other way around. Fans shouldn't be too concerned though. With Idris Elba playing the villain Krall and the cast from the previous two films returning, "Star Trek Beyond" is sure to be a summer blockbuster for the ages.



"Jason Bourne" (July 29)

"Jason Bourne" might be the most intriguing and unsettling movie on this list. It's intriguing because this is the first film to star Matt Damon as Jason Bourne in nine years, and given that the first three Bourne movies he was in are incredible, that's a good look for this new movie. It's unsettling because no one wants to see the character and the films they like so much be squandered by a bad sequel. "The Bourne Ultimatum" wrapped things up so nicely that it seems wrong to make a sequel. Hopefully "Jason Bourne" will live up to the excellence of the first three films in the franchise.



"Suicide Squad" (Aug. 5)

March saw the release of "Batman v Superman: Dawn of Justice," and featured DC Comics' three most popular superheroes. However, August belongs to the mad and the wicked. A slew of villains are set to be in "Suicide Squad." Joker (Jared Leto), Harley Quinn (Margot Robbie), Deadshot (Will Smith), Enchantress (Cara Delevingne), Katana (Karen Fukuhara), etc. The only thing concerning about this movie is Jai Courtney. He's playing Captain Boomerang, and considering Courtney has been a consistently bad actor in every movie he's been in, that could spell disaster for the "Suicide Squad." On the bright side, if the trailers for this movie are to be believed then it's sure to be one wild ride.

GHOSTBUSTERS

New all-female lead cast met with criticism



The summer movie season has many anticipated films on the horizon, all vying to capture your time and money. One such film faces an uphill battle after a whirlwind of less-than-desirable feedback from online viewers: the female-led reboot of "Ghostbusters."

With comedic talent such as Kristen Wiig and Melissa McCarthy in lead roles; as well as their frequent collaborator Paul Feig as director; it should seem like a recipe for success.

Instead, the trailer has garnered a negative response. Despite the fact the trailer has been viewed over 30 million times since it was first posted to YouTube, it currently has

769,000 dislikes as of May 11, almost triple the amount of likes it has received.

There are many reasons being speculated for the backlash. While defenders of the cast and the film are accusing the public of sexism, others have pointed out that a film such as "Ghostbusters" is beloved and are simply unhappy with the liberties taken with the original films.

It remains to be seen how the film itself will perform in the wake of the backlash and a summer full of competitors from other big franchises. There is definitely one big question: why do so many people feel this way? The idea of reimagining older stories is nothing new, so what is the real reason

why people have such a venomous reaction to what might actually be an entertaining film if given the chance? Even Paul Feig has questioned why fans have had such a negative reaction to the early promotion.

The "Ghostbusters" reboot could go in any direction when it's finally released on July 15. The only question remains: when there's something strange in your YouTube feed, who you gonna call?

COLUMN BY
STEVEN PRYOR
@STEVENPRRZPRYOR

PHOTO COURTESY: LION'S GATE/SABAN BRANDS



Mighty Morphin' Power Rangers make box office return in 2017

It's morphin' time again. In 2017, Lion's Gate will release their reboot of the "Power Rangers" film franchise based on the popular TV series. The film will be produced by series creator Haim Saban and directed by Dean Israelite.

The film will star a new cast of characters made popular by the original "Mighty Morphin' Power Rangers" series that ran from 1993 to 1995. The initial concept remains the same: five young teenagers are granted otherworldly super powers and weaponry to combat the evil sorceress Rita Repulsa (Elizabeth Banks) and her army of alien monsters. In times of great crisis, the Rangers can access massive robots known as "Zords" that can combine into a larger "Megazord" to defend the city of Angel Grove from danger.

The result not only aims to please many older fans and children of the 1990s, but also appeal to a new generation of fans. Israelite even describes his take on the series using phrases such as "edgy but playful," and "grounded but fun." While the leaked designs may be distinct from their original counterparts (which were costumes and footage from the Japanese series "Kyoryu Sentai Zyuranger"), they also remain faithful to their roots while putting their own spin on the designs. Rita's costume eschews the original flowing robe and funny hat in favor of a sort of tribal outfit. The Rangers

themselves have an armored look that retains the iconic spectrum of colors from the TV series while also having an aesthetic that's similar to costume designs seen in "The Dark Knight Saga" or the Marvel Cinematic Universe. All of this is marked at an ideal time to reboot the franchise. The past few years have had blockbusters make effective use of superheroes, monsters, robots and '90s nostalgia to result in massive box office returns. Over the past 23 years, the Power Rangers have undergone many incarnations, developing their own identity from the Japanese "Super Sentai" series they were adapted from, just as there are many different versions of Batman; Superman, Spider-Man

and the X-Men. Boasting a reported \$120 million budget, Lion's Gate and Saban are staking this as a potential franchise if the film is successful. Among the many reboots and adaptations the film industry has had, "Power Rangers" could easily achieve the same level of success recent versions of "Transformers" and "Teenage Mutant Ninja Turtles" have. Just combine "The Avengers" and "Pacific Rim" for the Megazord battles and you've got it. To all those involved: good luck, and may the power protect you.

COLUMN BY
STEVEN PRYOR
@STEVENPRRZPRYOR

★ ALL-STAR PIZZA REVIEW

Goodbye Pizza King, hello All-Star Pizza

Albany's beloved and cherished Pizza King has closed, and the new up-and-coming All-Star Pizza has taken its place.

Brad Newport, the owner of the All-Star Pizza chain, practically jumped on the offer as soon as he heard that Ruby Lewis, the owner of Pizza King, was going to retire and leave her establishment up for sale.

The other locations are in Coos Bay and Sweet Home.

The transition between the two establishments took place mid-September and All-Star Pizza officially opened on Nov. 4.

The remodel of the location was supposed to take place the beginning of January, but instead Newport decided to clash his "sports and bar" theme with the "Italian" and "kid friendly" atmosphere and decor that Pizza King was known for.

Remodeling the location included replacing all of the Italian decor with sports jerseys memorabilia.

Hannah Melton, a prior employee of

Pizza King decided to continue to work at All-Star Pizza after the announcement was made of a change in management.

"The management has a completely different style of running things and the employees are given more responsibilities [than Pizza King employees]," she said.

Another major change that All-Star brings is delivery.

Other than Ciddici's, another pizza parlor down the street from All-Star, there isn't much of a choice in local chained pizza businesses. People really seem to enjoy All-Star pizza just as much as it's predecessor.

The only downside that I saw from the new menu was the absence of the delicious pasta selection that Pizza King provided. It gave customers more of a variety to pick from and not just stick to the same pizza combos they're typically provided with.

"People got mad because we didn't have the salads and pasta that Pizza King had. There wasn't much advertisement about

All-Star opening so people were confused that it was a new owner and different menu," said Melton.

People were also shocked to see that some of Pizza King's famous combos were no longer on the new menu.

One of those being one of my personal favorites, the "Mediterranean."

The "Valley Girl" combination seems to be the most popular on their menu, according to Melton.

"Now we have more regular customers and most people know that it isn't Pizza King anymore," said Melton.

A review on Trip Advisor said, "We used to frequent Pizza King and really loved it. It is now under new ownership and called All-Star Pizza. Everything is just standard, nothing fabulous. Lots of better options in the area."

As far as reviews go, All-Star Pizza seems to still be a wait-and-see kind of restaurant that may or may not meet people's pizza necessities.

CONTACT INFORMATION

All-Star Pizza
Address: 231 Lyon St SE, Albany
Phone Number: (541) 926-9468
Delivery: Yes
Hours: 11 a.m. to 9 p.m. Sunday-Saturday

REVIEW BY
ROMINA RODRIGUEZ
@ROMINAROD25



DEAR PLAY, YOU'RE INVITED

The importance of free play in society

The bridge between child and adult is a narrow one. Growing up has turned into a standardized trap, a mechanic whirlwind of lather, rinse, and repeat. Consumed by the “American Dream,” people curse the dandelion, calling it a weed. But is it not the same flower that once had the power to mesmerize, held with tiny dirt-stained hands as a thousand white seeds carried wishes across the sky?

The truth of the matter is that people are forgetting how to play.

Sociologist Teresa Irene Gonzales, assistant professor of Anthropology-Sociology at Knox College, is one of the many voices crying out against this recession.

Gonzales argues that play helps to build community, maintain interest in social causes, foster civic engagement, and diffuse power. Gonzales’ opinion aside, modern technology reveals that play lights up the brain in such desired areas as clarity and memory.

So if play is so important, why doesn't society accept it? Lynn Barnett-Morris, University of Illinois professor and expert on the effects of play on personality, shared her thoughts on the matter with the Huffington Post.

“Talking about adult play is kind of taboo in our culture,” Barnett-Morris said. “We think it’s a waste of time or that we could be more productive doing other things — all sorts of dumb stuff.”

Making time for play is clearly a large portion of the problem, but in Gonzales’ article, “Play and Public Space,” it is suggested that a primary factor behind this recession is that there is no room to play. In the article, she stresses the importance of “providing a space for people to build their own ‘commons’ or community spaces.”

Gonzales uses works by Dr. Benjamin Shepard, author of “Play, Creativity, and Social Movements: If I Can’t Dance it’s Not My Revolution” to illustrate her point, stating that in Shepard’s

“Adults need to play because so much of our life is utilitarian. We need to reconnect with the things of our lives that ground us in who we really are and why we like our lives.”

words, “marginalized and oppressed groups can stake a claim to public place.” In other words, dedicating space for parks, sidewalks, and community centers/festivals that people can come together and use as a safe place to laugh, dance, and play can be extremely beneficial to society.

The article also uses Little Village, a high-crime, predominantly Hispanic immigrant neighborhood on the South West side of Chicago, to demonstrate. Over half of the residents of Little Village have received less than a high school diploma, and nearly 30 percent live well beneath the poverty line.

In 2011 an arts organization brought in an annual arts festival. Since then, the entire community has been brought together to celebrate play — creating a sense of unity that was nearly nonexistent before.

Another successful example of designated public-play is Sweden’s “Space of Opportunities,” a dynamic public

space where city life can unfold. The European Network’s Child in the City Foundation website describes a seamlessly integrated, yet clearly defined public play-space complete with innovative topography made up of rolling hillsides, sleek tunnels, water jets, sparkling lights, and cylindrical steps.

“Within this unique setting, the architects have managed to create a play space that sparks children’s imagination to explore a wide variety of playful scenarios,” the site explains.

Children aren’t the only ones impacted by the space.

According to the website, the space manages to combine daily activities such as walking, shopping, resting and playing (pedestrian walkway, a market area, a seating area, a play area), without strictly separating them.

From farmers markets to rock concerts, the space continually invites the community to come together to explore creativity and good old-fashioned fun.

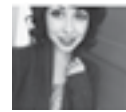
On another side of the issue, experts such as Roger Hart and Selim Iltus of Children’s Environments Research Group at the City University of New York (CUNY) argue that play and playgrounds can take a major role in crime prevention.

Park Talk, a newsletter from the Urban Parks Institute, uses Hart and Selim’s research to discuss the relationship between crime and recreation. While crime rates continue to skyrocket, there has been a dramatic plummet in recreational funding. This means that low-income families — the ones that can’t afford to “pay for play” by sending their children to museums, summer camps, or private gym clubs — don’t have the same opportunities to play, thus leaving time for lesser activities.

Endless research stresses the benefits of play; from boosting immune system, reducing strain and burnout, and even reducing crime.

Think back to the dandelion analogy. Many argue that happiness is about perception, and perception is about choice. Choose to look at the dandelion moments in life as wishes rather than weeds. It doesn’t mean you have to splash in every puddle or invite your friends over for a tea party, but you know, why not? Invite play into your life.

“Adults need to play because so much of our life is utilitarian,” University of South Alabama’s Catherine O’Keefe told Huffington Post. “We need to reconnect with the things of our lives that ground us in who we really are and why we like our lives.”



COLUMN BY
KATHERINE MILES
@KATEMARIEMILES

LIFE HACKS: STAIN REMOVERS

Combat difficult stains with these household remedies

A stubborn stain can really put a damper in your day. From a favorite blouse to a toddler’s blue jeans, keeping garments spotless is no easy feat. But for every common stain, there is an equally common remedy. Use these tips to get the grime out of the goods.

Grass -- Vinegar

Make a paste of vinegar and baking soda. Rub the paste into the stain and let sit for at least 15 minutes before rinsing. Repeat if necessary.

Blood -- Hydrogen Peroxide

Hydrogen peroxide works extremely well with fabrics. If you’ve got a stain that is extra stubborn, mix together one part hydrogen peroxide and two parts

dish detergent and use a spray bottle for most effective application. No go? Try adding a dash of cream of tartar or baking soda and let the solution sit for at least 20 minutes.

Oil -- White Chalk

First blot the area with a clean rag. Then cover the entire the area with old fashioned chalk. Let it sit for a few minutes and then wash the garment immediately.

Coffee -- Baking Soda

Try it in a paste, or as is to take out nasty stains. Baking soda works well for many other stains such as grease or oil.

Sweat -- Lemon

Lemon juice diluted with water works great for pit-stains. Sprinkle in some salt for a more effective application. Be sure to wash the garment immediately after application.

Lipstick -- Rubbing Alcohol

Lipstick is both waxy and pigmented, which doesn’t make it easy to remove. One method that seems to work well is using a cotton ball soaked in rubbing alcohol to dab the lipstick out of the fabric.

Ink -- Milk

Give the garment a 30-minute soak in a milk bath to alleviate ink stains.

Crayon -- WD-40

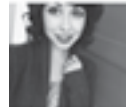
WD-40 also works well on grease, oil, crayon and lipstick.

Other Tips:

Act as soon as you can to remove the stain before it sets.

Read the care label. Not all fabrics are created equally, nor do they all accept treatments the same way.

Quickly blot with an absorbent material. Do not rub.



COLUMN BY
KATHERINE MILES
@KATEMARIEMILES

LOVE IS A CHOICE

Same-sex couples and discrimination

Choosing to be honest with oneself is the key to love. Follow that inner voice that says “you’re who you are supposed to be and that you’re perfect just the way you are.”

I remember listening to my inner voice as a teenager throughout my young adulthood and not knowing what to do. In the confusion and lack of guidance, everything was a disarray of emotions. It was a time of self-discovery, an adventure to flourish into the woman I am today.

Recently a discussion in a sociology class at Linn-Benton regarding same-sex couples really disturbed me because I’m a lesbian and I don’t feel like I was being represented fairly.

The discussion became intense quickly, and my fellow students had very strong opinions regarding same-sex couples. Of course I acknowledge that they’re allowed to have opinions, but I don’t think I was prepared for the words that came out of their mouths during the discussion.

It brought to light the fact that many of today’s students don’t have a clear understanding

of what it means to be part of the Lesbian, Gay, Bisexual, and Transgender community (LGBT).

Being LGBT is not a choice, but love is a choice; and everyone has that right, so of course we choose to love whoever.

“Approximately one in 100 American women and two in 100 American men identify as homosexual, with another four percent of Americans identifying as bisexual,” according to statista.com. “Homosexuality is still a controversial topic in the United States, but polls and surveys regarding its moral acceptability or the legalization of same-sex marriage show an obvious trend towards acceptance and tolerance of the LGBT community among the American population.”

There was a portion of the discussion where we discussed discrimination. A couple of my peers spoke up, but I wasn’t prepared for what they had to say, such as certain businesses being okay to turn down services because of their religious beliefs, and that certain companies are “too pricey” for gays to afford.

Discriminating against anyone because of personal beliefs is bad business period, and you shouldn’t be in business.

The students compared certain professions to human rights. Human rights are basic rights and freedoms that all people are entitled to regardless of nationality, sex, national or ethnic origin, race, religion, language, or other status. Sexual identity could potentially be considered as the “other status” portion of the human rights privilege in my opinion. Either way you look at it, sexual orientation is a part of who someone is and someone’s basic right and freedom.



COLUMN BY
MELISSA CHANDLER
@MJJEFFERS

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THAWING SNOWBY

Dari Lawrie

Son,
In the cold blue light,
Walking by the past choices I have made, Find me.
Find me while I reflect on what I have come to mean.
Through time people have grown
To be what they are,
And like thoughts, some help, some hinder
The life that has come and gone. It has left me indifferent
To lending heart or to look the other way.
So, my boy
I see you and your meaning,
So our eyes will converse
With natural scenes subtle and silent,
Whilst the ground remains hidden,
To peek above the snow, here and there,
To display the stillness of time before us.

SKATING

Robin Havenick

When the lake was frozen we skated. She never skated. She sat on the bank, waiting for home, hot chocolate to thaw frozen fingers. Home was her coloring book.

collection, arranged alphabetically. Color in circular motions from the center out. Then hers on top of mine. Skaters went back in the afternoon but we sat

in the dark room coloring. Scrumble of her browns on top of my reds, tight layers too dark to be beautiful. Sisters. She never escaped the safety of her pages.

I never gave up skating, skirting edges where ice things, waiting to fall.

MONTANA

Christopher Mikkelson

Montana is grandparents -
No, just one.
Grandma, she
Smells like macaroni in boiling water
feels like the dust on my father's toys
sounds like patience revved to speed
tasted like a butter and grape jelly
wonderbread sandwich.

She stows a store of sable soil,
Toted under tidy toenails.
She is nurturing from the ground up.

Grandpa, he
tastes like bear, smoked to jerky
sounds like a hound learning to stay
feels like a patched saddle-blanket
smells like the inside of
a freshly frozen nostril.
He stretches into the big sky,
Breath howling gruffly over grassland.
He is adversary with the rugged timelessness.

Montana is grandparents -
No, just one.
Grandpa sees snow carry sled carry me
Into a creek too quick to ice over.
His cowboy sinews soften
for a frost-bitten minute -
brief warmth cools off when
a hot bath is drawn and I'm in it.
"Oh he'll be fine." He makes
A point of not fretting.
Grandma makes a point
Of never forgetting



NETFLIX RECOMMENDATION

"The Princess Bride"

It's inconceivable that anyone could not like this movie. Inconceivable!

DID YOU KNOW?

In any given year, no other month ever begins or ends on the same day of the week as May does.

THE COMMONS Cafeteria

5/11 - 5/17

Wednesday (5/11): Coconut Curry Beef Stew*, Grilled Salmon with Lime Beurre Blanc*, Carey Pocket. Soups: Creamy Chicken and Mushroom, and Tomato Garlic Herb*.

Thursday (5/12): Grecian Braised Lamb*, Roasted Turkey Breast with Mushroom and Shallot Demi, Portobello Mushroom with Rice Pilaf, Spinach, Poached Egg and Hollandaise*. Soups: Albondigas*, and Roasted Vegetable Chowder.

Monday (5/16): Poached Salmon with Mushroom Rice Pilaf and Bearnaise*, Roasted Pork Loin with Demi-glace, Fettucine Alfredo with Grilled Vegetables. Soup: Egg Flower*, and Beer Cheese.

Tuesday (5/17): Chicken Enchiladas*, Chicken Fried Steak with Country Gravy, Potato and Cauliflower Curry with Steamed Rice*. Soups: Saffron Chicken and Orzo, and Vegetarian Vegetable*.

Items denoted with a * are gluten free

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

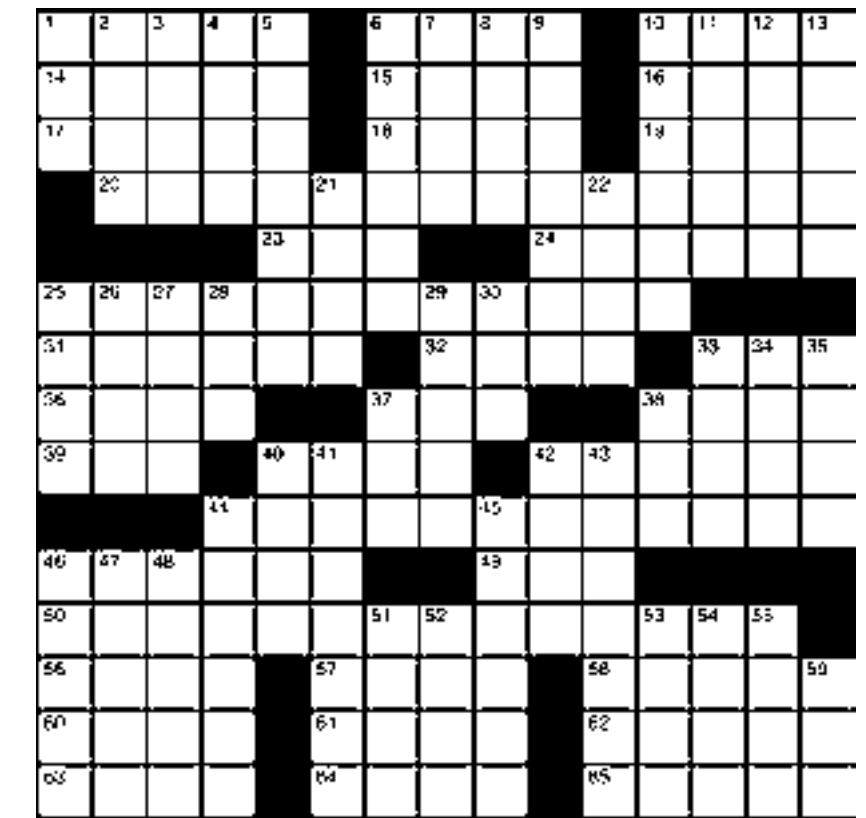
FOR RELEASE MAY 9, 2016

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

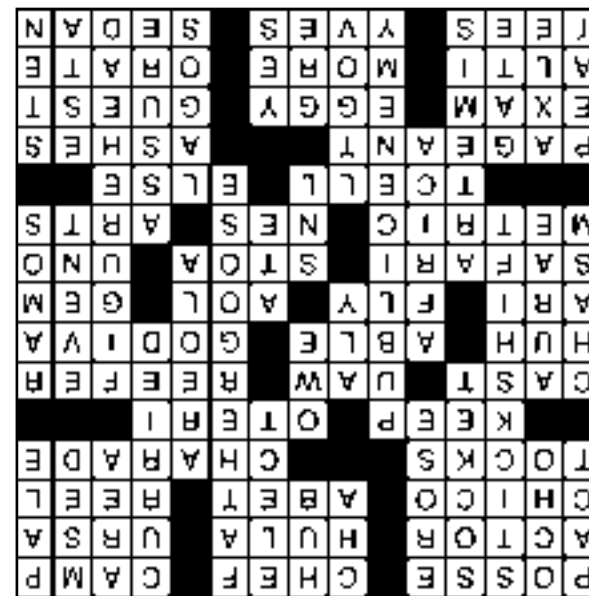
- 1 See 16-Across
- 6 Haunted house sound
- 10 Females
- 14 Soul singer Baker
- 15 Convention center event
- 16 With 1-Across, Kentucky Derby drink
- 17 Humongous
- 18 "___ we forget"
- 19 Hold 'em fee
- 20 Keep tabs on a shipment
- 23 Coop group female
- 24 Favorable rise
- 25 Some briefs
- 31 Except if
- 32 Crimp-haired critters
- 33 Elbow poke
- 36 Party lacking ladies
- 37 Roadside retreat
- 38 "Out of the way!"
- 39 Help for one stuck in a rut, perhaps
- 40 Mortgage change, briefly
- 42 Bach's "Mass in ___"
- 44 Shrewd bargaining
- 46 Snap out of it
- 49 DVR button
- 50 1937 Marx Brothers film ... and, based on words that begin 20-, 25- and 44-Across, this puzzle's title
- 56 Golf standout McIlroy
- 57 Furniture chain that sells Swedish meatballs
- 58 Like a gift of chocolates
- 60 Small jazz group
- 61 What one often wears out?
- 62 Went berserk
- 63 Isaac's older son
- 64 Once-sacred snakes
- 65 Live and breathe



By Gail Grabowski and Bruce Venzke 5/9/16

DOWN

- 1 Car with a cat logo, briefly
- 2 Self-storage compartment
- 3 "Tell me the truth!"
- 4 Sicilian volcano
- 5 Quilting squares
- 6 Fruit stand buys
- 7 Yoked team
- 8 Vaulted church recess
- 9 On the fence
- 10 Brainpower
- 11 Many a Mumbai man
- 12 Step into
- 13 Back of the boat
- 21 Lock inserts
- 22 Drops (out)
- 25 Barely
- 26 Not fooled by
- 27 Tiger's gripper
- 28 Beer barrel
- 29 '20s-'30s skating gold medalist
- 30 Part of BYOB
- 33 "Both Sides Now" singer Mitchell
- 34 Door-to-door cosmetics seller
- 35 Arctic hazard
- 37 Things up in the air
- 38 Prefix with term or town
- 40 Membership list
- 41 Steamy writing
- 42 Fictional fox's title
- 43 Ghoulish
- 44 "Psst!"
- 45 Springs for lunch
- 46 A la ___
- 47 Clean-out-the-fridge warnings
- 48 "West Side Story" love song
- 51 Boxer's stats
- 52 Sloppy stack
- 53 Persuade gently
- 54 Former soldier, briefly
- 55 Lays eyes on
- 59 Outlawed pesticide

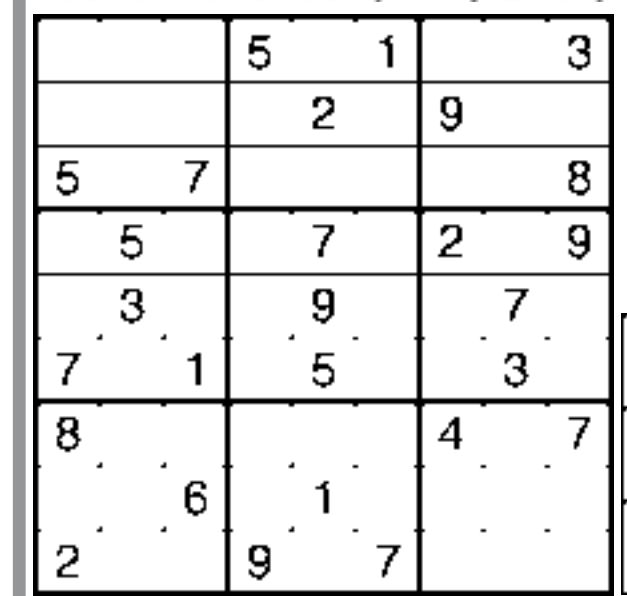
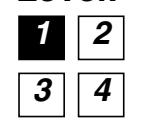


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SUDOKU

THE SAMURAI OF PUZZLES By The Mephram Group

Level:



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

SOLUTION TO SATURDAY'S PUZZLE

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

ROADRUNNERS CLOSE IN ON PLAYOFFS

PHOTOS BY: ELLIOT POND



LBCC splits weekend series vs. SWOCC

A four-game homestand for the RoadRunners leaves them still hoping for a playoff spot as they split the series with Southwestern Oregon Community College.

Game 1: LBCC 7, SWOCC 5

A roller-coaster ride of a first game resulted in a win for RoadRunners Friday afternoon in Albany.

Logan Hatley got the start for the home team. Things were going well until the third inning, when SWOCC put up three runs to take a 3-0 lead.

The home plate umpire made calls that Coach Ryan Gipson did not agree with, and the coach received a written warning. The bench could be heard yelling "What game are you watching blue?" The umpire then warned the whole team to keep it down or there would be ejections.

Meanwhile, LB's Cody Hoff came in to face Hunter McDonald with two outs in the top of the third and struck him out, but the damage was done, as SWOCC scored three.

Bottom of the third, Ty Deckwa ended up on second after a throwing error to first, then went to third on a passed ball. Caleb Smith followed with a rocket shot off his bat that ate up the third baseman, scoring one (3-1) and beating the throw to first. Smith was picked off at first to end the inning.

SWOCC continued to hit well as Justin Bennett smashed a double to drive in another run, and a weak blooper to right by Sam Mitchell drove in another, giving the visitors a 5-1 lead. The wheels looked like they were about to fall off but second baseman Andy Arruda made a perfect throw to the plate twice to end the inning.

In the bottom of the fourth, Luke Rappe singled to right to bring in two runs making it 5-3.

A two-error inning in the eighth allowed the RoadRunners to take the lead. Deckwa and Smith both hit hard balls to the shortstop who couldn't come up with the ball. All of this while they had two outs, giving LB the lead at 7-5.

Jake Boyd came in and shut the door for his sixth save of the season, giving the home team the win.

Game 2: SWOCC 3, LBCC 2

A two-error inning for LBCC gave SWOCC a 3-2 win in game two Friday.

Ian Scott got the start in the second game. The RoadRunners scored two in the bottom of the second on a line drive to centerfield off the bat of Ty Deckwa.

The game rolled along until the top of the sixth. With runners on second and third with zero outs, SWOCC laid down two bunts that both were misplayed bringing one run home.

Sam Mitchell came up with a single to left, bringing in two more and giving SWOCC the lead for good at 3-2.

SWOCC's Dylan Pearce finished the game striking out the side in the bottom of the seventh to seal the victory.

Game 3: LBCC 8, SWOCC 4

David Wallum took the mound for the RoadRunners to begin the second day, and after hitting the first batter and walking the second, Wallum settled down and the defense came up with a double play to get out of the first inning.

LB's bats then went to work as the home team put up three runs. Thompson doubled in the first and the fourth, driving in four runs.



"I have been struggling the last few weeks, and I just really want to help the team," said Thompson. "I have been working hard in the cage to see the ball better, and it paid off today."

In the top of the fifth, SWOCC tried to get their offense going, scoring one run on three hits (6-1), but also received a written warning from the umpire for what appeared to be chatter from their bench.

Neither sides were pleased with the calls as the field buzzed with sarcastic sighs and looks of disbelief as fans yelled.

"It's about the game blue, not you..."

With a sacrifice fly in the top of the seventh inning, Trevin Stephens brought in Colton Cosner as LB added two in the inning to extend their lead (8-1).

SWOCC kept fighting and scored a run on two hits and an error by LB making it (8-2) with two to go.

Lane Evans came in to close the game, but SWOCC got two runs, as the RoadRunners won (8-4).

Game 4: SWOCC 11, LBCC 6

Nolan Bastendorff was called on to start the second game of the day for LB, as the two teams wrapped up four games in two days.

SWOCC took the lead in the top of the second (1-0). Conner Corpus tripled to lead off and Trenton McGhahan singled to bring him home.

In the top of the third SWOCC got two more runs on four hits and an error increasing their lead (3-0).

KJ Strickland came in to pitch in the top of the fifth, but SWOCC looked like it was taking batting practice, adding two more runs on another four hits (5-0).

Ty Deckwa had stolen his way to third base, as LB Luke Rappe brought him home to finally get a run with the innings dwindling (5-1).

SWOCC had found their bats in this game and continued to pile on the runs, adding four more runs on four more hits (9-1).

In the bottom of the fifth the RoadRunners

scored three runs on three hits, as Deckwa hit a double to bring home two during the three-run inning (9-4).

Jake Boyd was brought in the top of the sixth and LB managed to get two back in the bottom of the sixth (9-6).

After an exchange of words, Boyd was given a written warning by the umpire, and in the bottom of the seventh was ejected from the game, but not before SWOCC could add two more in the inning giving them the win (11-6).

"Not going to blame the umps," said Head Coach Ryan Gipson. "No excuses, SWOCC fought hard, and we didn't do our part."

With the four-game series being split (2-2), LB has four games left against Clark. The final home game is a doubleheader on May 14.

The RoadRunners (12-8, 25-15) go into their last series with Clark (11-9, 18-21) tied with Chemeketa (12-8, 24-16). Clark is one game behind Chemeketa and LB in the standings. Making the last series do-or-die. Chemeketa plays Lane in a four game series. Every game will be important this weekend, three teams within one game will make this weekend of baseball intense. One bobbled ball, one error could be the difference between making the playoffs or thinking, what could have been.



STORY BY
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