

COMMUTER

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*Here's to
50 more
2017-2018*



PHOTO: SARAH MELCHER
GRAPHIC: REBECCA FEWLESS

THE LINN-BENTON
COMMUNITY COLLEGE

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.

LBCC is an equal opportunity educator and employer.

Letters Welcome

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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MEET THE NEW EDITOR

STORY BY **ALEX GAUB**

At a large wooden desk nestled in the corner of the living room in our cabin sat my grandfather. Wrapping around the wall was a shelf containing volume after volume of history books. My family looked to him for knowledge and truth; he embodied the spirit of what it means to be student of the world -- always seeking, always learning.

I find it hard to imagine what some people have been through in the history of our species, but what I find harder to imagine is the fact that many living today still endure great hardship. I think that is why I've latched onto journalism; it presents an opportunity to give a voice to what many of us tend to forget.

For the past year I've had the pleasure of telling the stories of people and events on campus. I came to LBCC directly out of the U.S. Marines, where I had both the best of times and the worst of times. The service gave me an opportunity to travel around the world, which is a lot to be said for a guy from Eastern Oregon.

In taking over as editor-in-chief,



I think I'm responsible for a variety of things. Most important, I'm responsible in providing our readership with accurate news and entertaining stories. The Commuter staff would be doing our community a disservice if we didn't live up to those standards.

It has been an eye-opening experience just to see the amount of life and passion that our small community has. I've seen it in students entering our technical programs, to artists receiving awards for their amazing work.

One of my goals for next year is to bring more diversity to our staff. We need contributors on our team that make up the reality of our campus. It is a place full of people from different places with differing ideas, we should embody that as our school's news source. As a way of reaching out to ALL of our students, I would like to offer my time in listening and learning about what it is that we are skimming over.

Anyone is welcome to stop by our office, second floor above the Student Leadership Council, and either apply for a position or let us know about something we can cover or improve upon.

It has been my pleasure in working with The Commuter staff this last year, and I look forward to continuing my contribution to the mission of The Commuter as we move into another year.

CAMPUS VOICE

How do you get pumped/ready for finals?



**ANGELA SCOTT
AAOT**

"I LISTEN TO THE GRAVITY FALLS THEME SONG AND DANCE IN AN AWKWARD WHITE-GIRL WAY. THEN I DRINK A LOT OF COFFEE AND SMOKE A CIGARETTE"



**AARON TAFT
ENGINEERING**

"TRYING NOT TO OVERTHINK IT. AFTER FINALS I AM GOING TO ENJOY DOING NOTHING. IT'LL BE A NICE CHANGE OF PACE."

**KELLY SKAER
GENERAL STUDIES**

"GETTING EVERYTHING I CAN DO DONE NOW. ALL THE STUDY GUIDES DONE AND LOTS OF PROJECTS."



**JON SISUL
ENGLISH**

"JUST PUTTING MY HEAD DOWN. NO ONE GETS PUMPED ABOUT FINALS WEEK, IT IS JUST KIND OF 'I HAD 9 WEEKS TO PREPARE FOR THIS AND I'M STILL NOT READY'"



**KYLE LEWIS
FISH AND WILDLIFE**

"ENDURING. I JUST TRY NOT TO THINK OF ANYTHING. I AM GOING CAMPING AND FISHING AFTER FINALS, IT'LL BE NICE NOT TO BE INSIDE."



STORY AND PHOTOS: CAPRIAL LONG

ARCHIVED FOR THE AGES

Every copy of *The Commuter* is now available on LBCC library database

STORY BY **ALEX GAUB**

ADDITIONAL INFORMATION

Flip a page... scan.
Another page... scan.
This guy has it down to a science. For months he's stared at a scanner — scanning, and scanning. Without the aid of caffeine, he's fueled only by his love of discomfort. It takes a certain kind of man to sit in a copy room all day — it takes quite another to do it without help from sweet, sweet, coffee.

Meet Chase Sublette. Since early October he has been hard at work archiving every copy of *The Commuter* that's circulated since its beginnings in the early '70s. With some help from fellow student Bowen Orcutt, the pair have logged 1,329 copies of *The Commuter* into the LBCC Library database, taking *The Commuter* and all its past contributors into the digital age.

Frustrated and fed up of being a 19-year-old with no job, Sublette applied for an assistant position within the LBCC Library. Soon after being hired he started to archive as part-time work. As soon as librarians realized what a task it was, Sublette found himself neck deep in volume after volume of *The Commuter*.

"He's a very good and detailed worker," said Bryan Myagishima, LBCC librarian.

The project has provided access to decades worth

All editions of *The Commuter* are available at <http://libarchive.linnbenton.edu>

Contact Information:

LBCC Librarian Michaela Hooper- willimh@linnbenton.edu

The Commuter- commuter@linnbenton.edu

of material that the community may use to recount the past within an available platform. Michaela Hooper and Jane Sandberg, both LBCC librarians, oversaw the work done by Sublette and Orcutt.

"I'm excited to see this trove available to people interested in the history of Linn and Benton Counties," said Hooper.

The library's online Community Archive can be accessed at <http://libarchive.linnbenton.edu>.

Throughout the long task of creating the archive, Sublette found the most interesting part to be peering through history; finding out that we may not have changed as much as we think we have.

"There are some articles from the '70s and '80s issues that you could just copy and paste, and no one



would notice. They talked a lot about abortion and marijuana," said Sublette. "They were talking about clean energy, and nuclear energy."

No longer will old copies of *The Commuter* sit unused on a dusty shelf in the newsroom. Anyone will be able to jump online and sift through a variety of past articles, photos, and advertisements.

"It's easy to get caught up for hours looking at these pages from the past," said Rob Prieue, *The Commuter's* faculty adviser.

WELCOME TO THE TEAM

LBCC hires new head women's basketball coach

STORY BY **M. NABIS**

Jerod Gibson will be LBCC's next Head Women's Basketball Coach.

Gibson spent the last five years with Pacific University's men's basketball and was the interim head men's basketball coach this past season. At LBCC, he succeeds Debbie Herrold, who coached the team the past two seasons.

LBCC's Athletics Department announced Gibson's appointment on May 1.

"We are excited to welcome Jerod to the Athletic Team. He's from this area and knows it well. We think he is going to do a great job serving our students and in being a good role model for our athletes. Jerod is great, he's been awesome and we're looking forward to having him," said Leslie Hammond, dean of Student Engagement at LBCC.

As an assistant coach, Gibson also spent eight seasons at Western Oregon University. His duties included running the defense and guard development while also serving as the Wolves' recruiting coordinator. His work, specializing on the floor working with post players, helped keep the Wolves competitive within the NCAA Division II men's national basketball conference.

"I have fond memories of my time as a student here at LBCC and having the opportunity to return home and lead the women's basketball program is exciting for me and my family," said Gibson. "I would like to thank the search committee, especially Leslie Hammond, dean of Student Engagement and Randy Falk, athletics director, for the opportunity to be part of the continued success of the Roadrunner Athletics Department."

Gibson earned his bachelor of arts degree in Psychology in 2004 from Portland State University. Gibson is a Corvallis native who graduated from

Corvallis High School in 1997 and is an LBCC alumnus.

Five immediate goals Gibson has for the program are:

- To create a culture within our group where open and honest communication is the standard. And commitment, hard work and good attitudes are respected.
- For faculty, the student body and administration to respect our players through their behavior and attitudes that are demonstrated on a daily basis.
- To finish over .500
- To make the NWAC Playoffs.
- For every player to graduate.

"Jerod is a great hire for Linn-Benton. Jerod brings with him great coaching experience. In addition, his Oregon ties will be a tremendous recruiting asset," said Falk, athletic director.

Gibson is still working on finalizing the team's schedule, but they will have their first league game on Jan. 3.



ADDITIONAL INFORMATION

Other positions held:

- Beaverton High School Assistant Coach
- Portland State University Assistant Coach
- Portland's Roosevelt High School Assistant Coach
- Corvallis High School Assistant Coach
- Larry Steele's and Cascade Basketball Camp Director and Coach

Family: Sabrina Gibson (wife), Riley Gibson (son, 5), Presley Gibson (daughter, 1)

Favorite Movie: "Band of Brothers" or just about anything with Denzel Washington in it.

Favorite Sound: Ocean waves

Desire: Travel the world and experience different cultures and lifestyles.

Hero: "I have several mentors that I look up to and hold both of my parents in high esteem."

Favorite quote: "The best thing a father can do for his children, is to love their mother."



HORSIN' AROUND

LB offers classes to students interested in studying equestrian science

STORY BY **SARA FANGER**

About a mile and a half down the road from Linn-Benton Community College on 53rd Avenue lies the LBCC Horse Center, a place you might not have known exists.

Just down the dead-end gravel road, you'll find a big barn with stables full of horses, a plethora of equipment, lively students, and an enthusiastic teacher.

Classes at the Horse Center are available for all students, whether horses are just your hobby or your lifelong career goal.

There are two programs students can complete. One program is the associate of applied science in horse management. Students in this program take more hands-on classes such as the horse training class at the Horse Center, for which you need prior horse experience. In the horse training class, students get the horses used to being handled, and saddled. The horses then get comfortable with different environments such as the round pen, the arena, and outdoor rides.

The second program is an associate of science transfer program that is mostly for students interested in being veterinarians, such as student Kathryn Burgett.

"I'm going for veterinary and majoring in equine," said Burgett. "The majority of the people who take classes like this [horse training class] are either veterinary students or horse management students. A lot of us have horses of our own and this is a passion of our own."

Other classes include breeding classes, training classes, facility management classes, herd management classes, health classes, and business management classes.

The Horse Center currently holds 32 horses. Seven of the horses belong to LBCC and are mostly used for Equestrian Team riding, four of the horses belong to students in the training classes, and the remaining



Instructor Jenny Strooband puts a bridle on horse Leah before taking her out for a ride in the arena.

belong to local owners who board their horses at the center. Students are paired with a horse and work with them throughout the term.

Tess Sonntag Johnson, a student in the training class, was paired with 11-year-old Mudd.

"It's been very rewarding, but it's taken a lot of time and effort to build the partnership."

Johnson said her favorite thing about riding

horses is everything.

"It requires so much trust between you and the animal. It's very different when you get on a horse for the first time who you've never ridden, versus a horse that you've ridden for a year or for your whole life."

Jenny Strooband has been working at the college since 2002. She is the equine specialist in the Agricultural Sciences faculty and works as a full-time teacher, the Horse Center director, faculty advisor for the LBCC Equestrian Team, and the Equine Science and Pre-Vet advisor for LBCC.

"Linn-Benton tries really hard to be student-oriented and we work hard to figure out what the best thing is for students and I just love being a part of that," said Strooband.

"I was seven when I first got involved with horses, so that would be about 1983. I've actually never taken a break, so I've been riding that whole time."

At the young age of 7, Strooband didn't know she wanted to work with horses for a living. She was more interested in physiology and ended up earning her master's degree from Oregon State University in physiology and focused on the reproductive physiology of the mare. Strooband excelled at handling horses, and OSU needed somebody that could restrain horses for that kind of work. Her work there led her to the job she has now at LBCC.

If you're interested in taking horse classes at LBCC, don't hesitate. Fall and Winter term focus on Equestrian Team and riding, and Spring focuses more on breeding.

"It's a really friendly environment out here. We welcome everybody regardless of level or experience. You're never too old to start. It's a great hobby and LB is a great place to try it," said Strooband.

PHOTOS: SARA FANGER

Instructional Assistant Cindy Gooch (standing) watches over students in horse training class at the LBCC Horse Center in Albany, Oregon.



Students get horses ready to be put away after riding at the LBCC Horse Center in Albany, Oregon.

WORLD SCIENTISTS' WARNING TO HUMANITY: A SECOND NOTICE

OSU professor Bill Ripple co-authors paper about climate change and other environmental concerns

STORY BY **BECKY HOWELL**

Wildfires, floods, hurricanes, and droughts. Melting sea ice.

Dr. Bill Ripple simply could not ignore these worldwide catastrophic weather trends any longer. A distinguished ecology professor at Oregon State University in the College of Forestry, Ripple turned his concerns into research, and then, a letter.

The result: "World Scientists' Warning to Humanity: A Second Notice," written by Ripple and co-authored by seven other scientists from five continents, published last November in the journal *BioScience*.

"I normally don't write letters to humanity," said Ripple in a video of a talk he gave to City Club of Corvallis soon after the paper was published.

But he did, and the world responded.

Before the letter was published, Ripple and his co-authors sent it to 40 scientists to read and sign. One tweet was also sent. Within 48 hours there were 2,400 signatures. By the time it was published one month later the paper had 15,364 scientists' endorsements from 184 countries, with a further 5,000 signatures added since December. The paper has been retweeted 8,000 times, reaching more than 14 million Twitter followers.

Well then, what is IN this paper?

"Second Notice" is actually a follow-up to a warning letter Ripple came across last year. Written 26 years ago, the original "World Scientists' Warning to Humanity" was sponsored by the Union of Concerned Scientists and was signed by more than 1,700 independent scientists. The three-page letter describes a grim forecast of Earth's "environmental degradation" with a plea to global leaders for urgent change.

Also only three pages, the "Second Notice" is a second call to action to political leaders, scientists, media influencers and lay citizens all over the world to once again "re-examine and change our individual behaviors" in order to stop and even reverse further destruction of our only home.

The authors describe a set of environmental

ADDITIONAL INFORMATION

Co-authors on the paper are Christopher Wolf, Thomas M. Newsome, Mauro Galetti, Mohammed Alamgir, Eileen Crist, Mahmoud I. Mahmoud, and William F. Laurance

Scientists are invited to sign at <http://scientistwarning.forestry.oregonstate.edu/>

health trends, illustrating the changes for better or worse between 1992 and 2016.

The good news first. There have been a few improvements since 1992, with possibly the greatest accomplishment being a noticeable decline globally in ozone-destroying substances. Other positives are the lower fertility rates in regions investing in women's and girls' education, and the rate of deforestation in some regions is slowing down. There is also promising growth in the renewable energy sector.

The rest of the news is not great. "Second Notice" data trends reveal a bleak picture of the world's current situation with a dramatic decline in freshwater availability, forest cover loss, marine life and vertebrate wildlife depletion, ocean dead zones and carbon dioxide emissions on the rise, and a steep climate change.

Both documents point to human population growth as a primary driver behind our ecological and even societal problems. "Second Notice" shows global population has grown by 36 percent in just the last 26 years, which amounts to around 2 billion people.

"Second Notice" doesn't end with doom, however.

Ripple's group wraps up the letter with a number of suggestions for how to take better care of ourselves and the Earth. These include creating nature reserves, restoring native plant communities, shifting to plant-based diets, reducing food waste, providing more outdoor education for children, phasing out subsidies to fossil fuels, and revising our economy to account for the real cost of overconsumption, to name a few.

Linn-Benton Community College biology professor Warren Coffeen liked how the authors ended the letter this way, directing people to effective steps that lead to lasting changes.

"They present some actionable items, attainable items, things that we can do now as a society," said Coffeen, who signed the letter recently, and forwarded it to other LBCC biology and physical science faculty members.

OSU has shown huge support for the paper and its findings, according to Ripple. Two of the authors of "Second Notice" are faculty members of



OSU, and at last count 187 OSU scientists had signed the letter. In May the OSU Faculty Senate passed a resolution to officially support the letter.

And the momentum continues. It's been six months since the letter was published, and Ripple said he still gets "scores of emails" about it. He now puts a lot of energy into the Alliance of World Scientists, an organization formed as a result of the paper, created to do follow-up work on global and climate change issues.

He doesn't mind taking time to stop for moment, though, to think about how this ball got rolling.

"When I first got the idea, I felt like I was just one person and wouldn't have much impact," said Ripple. "But now, going through this process, I realize one person can have a major effect."



Courtesy: Time.com



OUT AND ABOUT

LIFE THROUGH THE EYES OF PHOTOJOURNALISM STUDENTS



PHOTO: SARAH MELCHER

Candy Flip Her jams, scoring points for Sick Town Derby Dames at the Wheelie Awesome Mayhem bout on Friday, May 19.



PHOTO: SAMANTHA WILSON

Oregon's capital building, located in the heart of Salem on Court street, houses the state legislature, and the offices of the governor, secretary and treasurer. Built in 1938, this is the third house to Oregon's state government; the two former capital buildings were destroyed by fire in 1855 and 1935.



PHOTO: MAUREEN WOISARD

Gameover's player was safe at third from a low throw from a Roys Boys player. The Roys' Boys won 18 to 12.



PHOTO: MAUREEN WOISARD

Alyrica's Nerd Squad player makes connection, but Arauco would defeat them 21 to 13.



PHOTO: SARAH MELCHER

Panda Moanium helps fellow team member Rough Cut block a player from the Adventure Coast Star Stompers.



PHOTO: ...

**Volu
Mot**



PHOTO: M...

**Albany
game**



PHOTO: MAUREEN WOISARD

Volunteer Brenda Burch loving on the elephant on Mother's Day at the Albany Carousel.



PHOTO: SARAH MELCHER

Sick Town Derby Dames blocks the Adventure Coast Star Stompers' jammer to prevent them from scoring points.



PHOTO: MAUREEN WOISARD

City Parks and Recreation Mens' softball team, Alyrica's Nerd Squad, exchange good high fives after losing to Arauco 13 to 21.

PHOTO: SAMANTHA WILSON

Raquel Trevino is a full-time student at Willamette University, a private liberal arts college located on State street. Trevino and approximately 2,800 other students attend Willamette University, which is the oldest university in the western United States.



LBCC PERFORMING ARTS PRESENTS

MOZART
REQUIEM

SPRING
CHORAL
CONCERT
JUNE 8
7:30pm

LINNBENTON.EDU/TICKETS

THE TIME I LIVED ALONE

COLUMN BY **SARA FANGER**

And just like that I was all alone.

After 18 years of living comfortably in my one-level, fully furnished, fully stocked fridge and pantry, Tualatin-suburb house, I was finally on my own.

The last time I moved was, well... never... and from here on out I would have to pay this thing called rent. It's terrible.

Fresh out of high school, I was to report Aug. 1, 2016 for volleyball at Linn-Benton Community College. The three roommates I had lined up were regular students at OSU, so when I moved in late July I was a lone wolf.

I figured a couple months of living by myself wouldn't be so bad. I enjoyed being home alone throughout high school -- more so I could attempt those Mariah Carey high notes without the judgment from my sisters -- so how bad could it be?

I watched more Netflix than any human should before, in between, and after our volleyball doubles practices.

I learned how to cook... kind of.

I became aware of all the little things my parents took care of that I would now have to provide for myself; for example, um... hand soap, toilet paper, detergent, all the food I ever consumed throughout my life that wasn't takeout. All of these things had always just been there.

Turns out you actually have to go to the store and buy the things you mindlessly use every day; the same things I was used to my parents providing for me.

"I was worried. You had always been responsible, but being completely on your own for the first time is a whole other ball game," my mom said.

I have always done my own laundry, so that was a breeze, but one thing I had never really done before was sleep in a house all by myself. Was I scared of the dark a few times? Sure I was. Did I have pepper spray next to the bed? Absolutely.

The good news is that I was on the third floor of the house, so the chances of anyone breaking in and getting to me were slim. The chances of my imagination running wild, however, were quite large.

Note of advice: Never watch a Ted Bundy documentary, or any serial killer documentary for that matter, alone, at night, with no one home to share the fear with.

So there I was mid-August, convinced that Ted Bundy was under my bed. I had volleyball at eight a.m. and I knew I needed sleep, but closing my eyes was the last thing on my agenda. I threw up some short prayers until I finally dozed off.

Once in the middle of the night, I turned off my 5:30 a.m. alarm in my sleep. Of course it was on the night before a big volleyball tournament in Washington and I needed to be at LBCC bright and early.

I have never dropped more consecutive F-bombs.

I managed to leave my little black iPhone 5 right on the dryer while trying to last-minute pack some underwear and spandex, and was left disconnected from



the outside world for three days. Quite a refreshing time, I might add. Far more important than my phone were the six jerseys I somehow remembered to jam into my team bag in the bustle and blur of it all.

Jayne is going to kill me! What happens if I miss the van ride?

I got it all together, minus my phone, and the rubber met the road within four minutes of me waking up in a panic. I swerved into the campus parking lot wearing my pajamas with my bags packed and a pounding heart. I made it, and changed into my sweatsuit in the back of the van.

I couldn't help but think back to a time when my mom would wake me up

every morning before high school. What a luxury it was to have a personal alarm clock that I couldn't turn off or hit snooze on.

There are a few experiences you go through for the first time when you're living by yourself. One might be your first solo spider kill, or the first time you grab your chicken knife as a line of defense against the noise you just heard downstairs.

Did someone just open the front door?! Maybe. Or maybe it's just all in your head. Either way, it's important to have these experiences and grow as an individual.

It would only be accurate to admit that I was somewhat of a hot mess those first two months.

The constant comfort I felt at home in Tualatin was suddenly not always around. In my case, living alone made me appreciate everything my parents had already provided.

Throughout the freakout nights and solitary days, I learned a lot.

I learned it's a pain to cook for one, I learned another level of responsibility, and I learned how to take care of myself.

But most important, I learned how to enjoy my own company, and it just so happens that I love it. The experience made me realize how important it is to live alone for a portion of your life, whether it's two months or two years. The strides I made in growth as a human are priceless, and I'm sure the experience is similar for others.

I turned out alright in the end.

Albany Learning Center Operating Hours

End of Spring Term 2018

Study Jam! - Study Prep

Friday, 6/8: 7:30 am - 7 pm

- Math Domain: Support for all levels of math [8 am - 7 pm]
- Testing [All hours, start tests before 6 pm]
- College Skills Zone [8:30 am - 4 pm]
- Drop in Computers [All hours]
- Writing Center [9 am - 5:30 pm]
 - ELL Desk [8 am - 3 pm]
 - OWL: Online Writing Lab [Open]
- Tutoring [Check availability: online at tutortrac.linnbenton.edu]

Saturday, 6/9: 11 am - 6 pm

- Math Domain: Support for all levels of math [All hours]
- Testing [All hours, start tests before 5 pm]
- College Skills Zone [Closed]
- Drop in Computers [All hours]
- Writing Center [Closed]
 - ELL Desk [Closed]
 - OWL: Online Writing Lab [Open]
- Tutoring [Check availability: online at tutortrac.linnbenton.edu]

Finals Week

Monday, 6/11 & Tuesday, 6/12: 7:30 am - 9 pm

- Math Domain: Support for all levels of math [8 am - 9 pm]
- Testing [All hours, start tests before 8 pm]
- College Skills Zone [8:30 am - 3 pm]
- Drop in Computers [All hours]
- Writing Center [9 am - 4 pm, unless otherwise posted]
 - ELL Desk [8 am - 4 pm, unless otherwise posted]
 - OWL: Online Writing Lab [Open]
- Tutoring [Closed]

Wednesday, 6/13: 7:30 am - 6 pm

- Math Domain: Support for all levels of math [8 am - 6 pm]
- Testing [All hours, start tests before 5 pm]
- College Skills Zone [8:30 am - 3 pm]
- Drop in Computers [All hours]
- Writing Center [9 am - 4 pm, unless otherwise posted]
 - ELL Desk [8 am - 4 pm, unless otherwise posted]
 - OWL: Online Writing Lab [Open]
- Tutoring [Closed]

Thursday, 6/14 & Friday, 6/15: CLOSED

Summer term hours - beginning 6/25:

(Please check the Learning Center website for hours for each service area)

Monday - Thursday: 9 am - 5 pm

Friday - Sunday: CLOSED

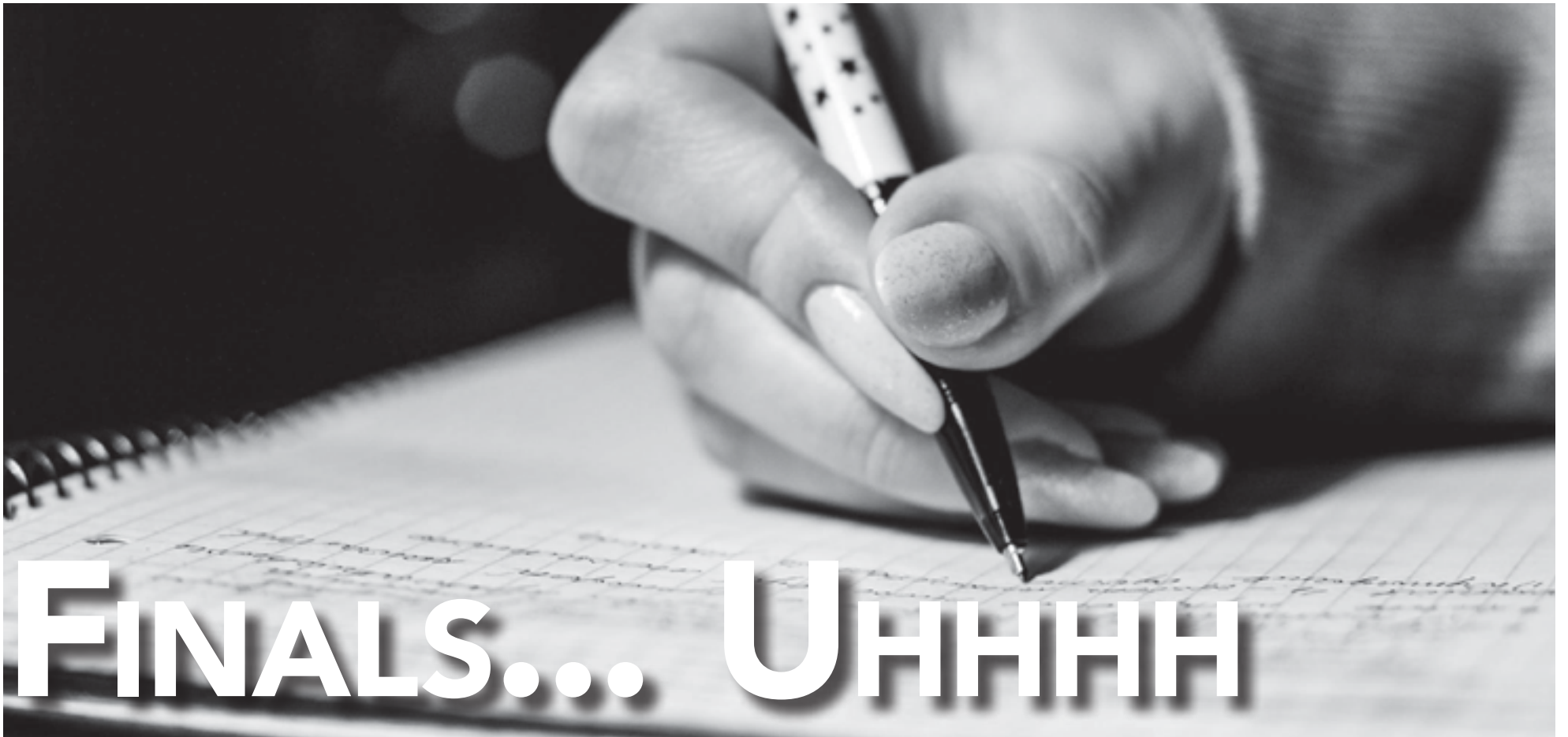
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North Corvallis: 29th & Grant
South Corvallis: 1007 SE 3rd St.
www.firstalt.coop Open daily 7am-10pm



COLUMN BY **JOSEPHINE WALLACE**

Sitting in my math class on Wednesday, May 30, I found myself in a discussion with sophomore John West, who's been doing well at LBCC for two years now, about finals: how to prepare, how to survive, how to do well. He mentioned the importance of taking deep breaths, preparing, etc.

It is a stressful time for all students, regardless of their year in school, their grades, the classes they're taking, everything. I decided to create a list of five things to remind yourself of as you make your way through week 10 and towards finals.

1. Breathe

Deep breaths go a long way. Remember to take a step back from your studying, note-taking, and testing to take a couple deep breaths. Harvard Medical School is one among many sources that state that deep breathing really is beneficial: it oxygenates your brain, allowing you to calm down and think clearer.

Instructor Mark Weiss, retired counselor of 27 years at LBCC, teaches Psychology 101 and Destination Graduation and said "for short-term relief, nothing is better than taking 30 seconds and doing some slow, deep breathing. Breathing pumps oxygen into our system and restores our mental capacity."

Before a stressful test, during the test, and after, stop for a few seconds and breathe. Do the same thing during your studying when things get overwhelming or when you go into overdrive from the avalanche of work.

2. Take Breaks

The stress of finals is enough to make you want to study until you can't anymore, or spend a nice sunny afternoon sitting at the table with your eyes glued to your study guide. It's okay to stop for awhile and give yourself a break before returning to your work.

ADDITIONAL INFORMATION

☆ The advising office is in Takena Hall and is available for students to stop by and schedule an appointment from 9 a.m. to 4:30 p.m. They can provide faculty to talk with that are skilled in giving advice and wellness assistance.

☆ Specifically, the wellness counselor Lisa Hoogesteger is available by appointment if you call (541) 917-4780 or by stopping by the advising office in TH. She can be reached directly by emailing hoogesl@linnbenton.edu.

☆ Outside the CFAR office in Red Cedar Hall is a bulletin board put together filled with recommendations for stress

The American Psychological Association states that studying is more effective when done in shorter spurts rather than spending a two-hour period cramming.

LBCC's Center for Accessibility Resources (CFAR) said, "Pace yourself throughout the day, taking regular breaks from work or other structured activities. During breaks from class, studying, or work, spend time walking outdoors, listen to music or just sit quietly, to clear and calm your mind."

LBCC counselor and advisor Cait Morgan also said to "take breaks -- this will make your study time more effective."

Every 45 minutes or so of working, take 10 to go outside for awhile, play with your pet, go for a short walk, get a snack, or do anything fun and relaxing.

3. Work Hard

You have one week left until you can enjoy all the fun in the sun that you wish. A week is not very long to give it your all and study, study, study. It is important to distance yourself from large distractions that might take you away from your task at hand: to take your finals, do amazing, and then move on to your summer.

CFAR said "putting off assignments or responsibilities until the last minute can create more mental and physical stress than staying on top of them." Remind yourself of the importance of doing well on your finals, moving you towards whatever your goals are, and put the effort in.

4. Eat, Drink, Sleep

Another effect of the finals-stress-overdrive is to find yourself up at three in the morning either studying or laying awake too stressed out to sleep. The same goes for being too stressed to eat, thinking you don't have the time, or simply forgetting.

Eight hours of sleep and three meals a day goes a long way. By sleeping, eating, and drinking you're awarding your brain the necessary fuel and rest to get you through week 10 at your best performance.

Weiss said to "take care of your physical needs by getting enough sleep, doing some exercise, eating real food, and hydrating." CFAR also recommended exercise and good sleep habits to help with stress.

5. "Don't give up"... and Other Things to Tell Yourself

Stress can easily make a person think catastrophic thoughts or reach the point where they are so stressed they give up and become apathetic. CFAR recommended that students "recognize the role your own thoughts can play in causing you distress. Challenge beliefs you may hold about yourself and your situation that may not be accurate."

To combat whatever catastrophic thoughts might race through your mind, here's a list of things to tell yourself from Weiss and the Accessibility Office:

"Exams do not have nuclear power. No matter how well or poor I do, no one is going to die from it. It only feels like a life-and-death issue, but it really isn't." -- Weiss

"Remember that you are worthy. You are deserving. Meditate on that." -- Weiss

"I can and I will. Watch me." -- CFAR

"It does not matter how slowly you go as long as you do not stop" -- Confucius (CFAR)

"You didn't come this far to only come this far." -- CFAR

IF YOU'RE STRUGGLING AND YOU NEED TO TALK TO SOMEONE, PLEASE REACH OUT.

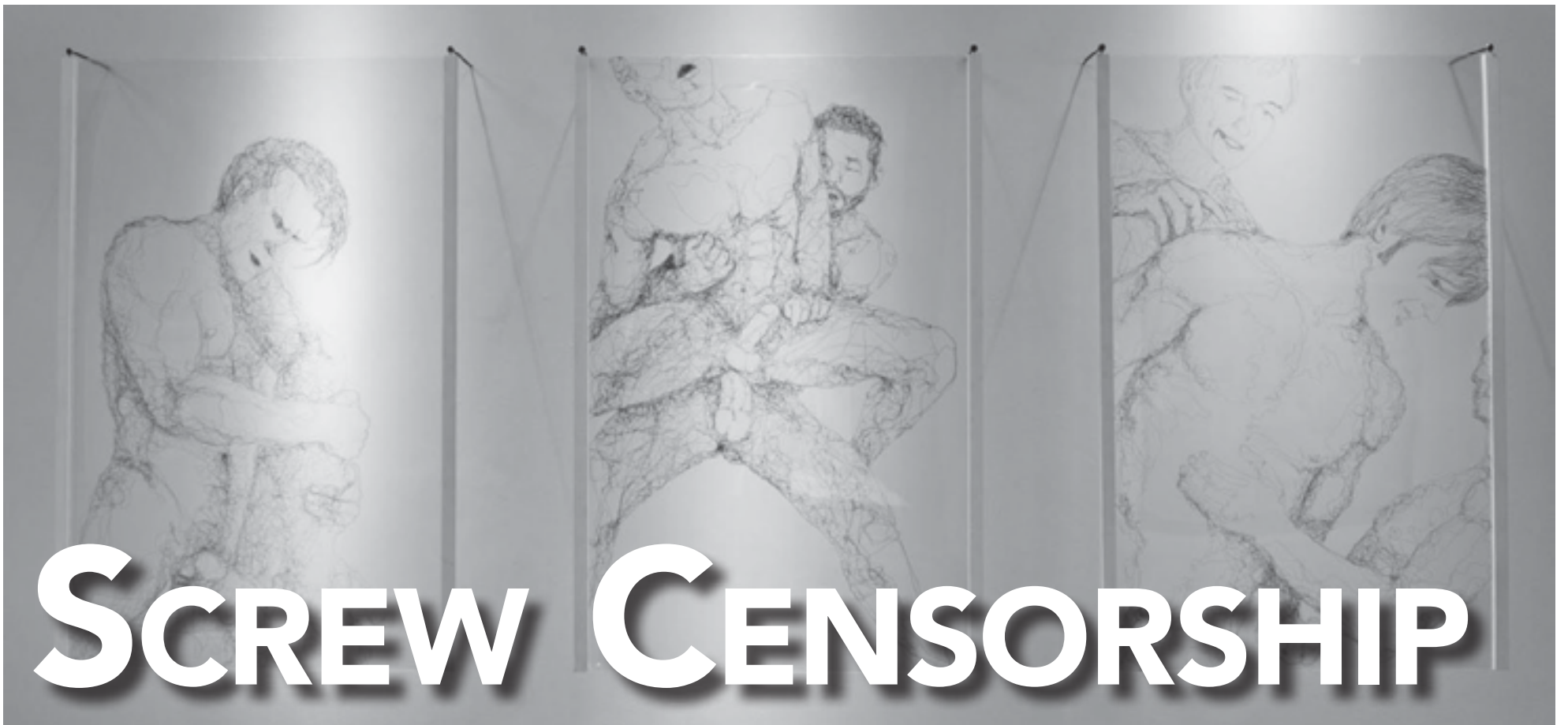
BY PHONE:
 Suicide Prevention LiFeline: 800 273 8255
 The Trevor Project: 866 488 7386
 Trans LiFeline: 877 565 8860
 Hopeline: 877 235 4525
 Your LiFe Your Voice: 800 448 3000

BY TEXT:
 Crisis Text Line: 741 741
 Veterans Crisis Line: 838 255
 Hopeline: 877 235 4525
 Your LiFe Your Voice: 20121
 The Trevor Project: 202 304 1200

BY CHAT:
chat.suicidepreventionlifeline.org
thetrevorproject.org
veteranscrisisline.net
yourlifeyourvoice.org

BY FACEBOOK MESSENGER:
[Facebook.com/crisistextline](https://www.facebook.com/crisistextline)

**YOU ARE LOVED.
 YOU ARE WANTED.**



COLUMN BY **JOSEPHINE WALLACE**

On May 16, LBCC's Board of Education discussed LBCC's academic freedom policy -- the right of scholars and teachers to teach material without repercussions, whether or not is it considered appropriate by all political, religious, or other select belief systems.

The policy came under increased scrutiny following a string art display in North Santiam Hall featuring Andrew Douglas Campbell that sparked a vibrant discussion across campus about art.

After remarks were made by those in the LBCC community, the question arose: does art displayed need to be censored due to the reaction of certain individuals? Fortunately, LBCC has decided no.

Anne Magratten, art professor and faculty supervisor of student gallery coordinators, was glad the board policy passed the way it did because it supports academic freedom in the broadest possible sense.

Campbell's string art piece, "... and then what will happen bent to what could happen," was the catalyst for this ongoing discussion. Campbell is a 39-year-old artist currently teaching at University of Oregon's College of Design, and is a colleague of Magratten's from when they attended UO together. He graduated in 2017. His piece displayed intimate homosexual content, which sparked much judgment and antagonism from certain viewers. Following this reaction, LBCC's Civil Discourse Club hosted a conversation where students were encouraged to express their views in a diplomatic fashion.

"I wanted to make work about how my desires are represented in the marketplace. I wanted to be frank about my thoughts. I wanted to avoid innuendo. I wanted to be honest even at the expense of politeness," Campbell said. "I wanted to look at how desire is shaped by representation (books, tv, film, video games, porn, music, poetry, etc). I wanted to look at how representation is shaped by market trends. I wanted to look at how late capitalism dictates how we present ourselves. I wanted to look at how flimsy, tenuous, and transparent this structure is."

"I think it really opened the door for a lot of art," student artist and gallery coordinator Michael Bosch said of Campbell's work. Bosch is the artist of a piece recently displayed in NSH titled "Frat House."



The painting displays a fraternity house with "RAPE" written in red greek letters on the front.

"I personally feel like, because I had my first solo show and I displayed my frat houses a couple times around school, that he kind of opened the door for me to not have to deal with backlash," said Bosch, who was "really trying to highlight the egregious amount of sexual assault that takes place in fraternity houses."

Following Campbell's string art and Bosch's painting, 18-year-old student artist James Harley-Parr's multimedia piece, "The Incredulity of St. Thomas," won the spring juror's choice award, one of the most prestigious awards given at the spring juried student art show.

Harley-Parr wanted to bring attention to the representation of transgender individuals, specifically how sometimes their identity is invalidated when people want "proof" of the said identity. Harley-Parr said took the biblical story of St. Thomas demanding proof of Jesus being alive after his execution and used that as an analogy.

"I sort of laugh when people get mad at my art because it's sort of an accomplishment when people react with such strong emotion. If I hadn't painted the piece, viewers would have never seen the painting and possibly wouldn't have thought about transgender people next to religion," Harley-Parr said. "I think that it's great that people are having such strong emotions! That's what art is for! Get offended, get angry, get sad. Feel something!"

"These are three independent artists that are pushing different boundaries with their work," Magratten said. "Andrew Douglas Campbell I think is presenting work that has to do with a traditionally very marginalized community -- gay men. Michael I think is presenting work trying to provoke and trying to start a conversation about sexual violence in frat houses, and then James is wanting to ask questions I think about the representation of trans individuals."

Bosch suggested that we look at what "controversial art" really means.

"Often what is initially considered controversial art is really art that is moving a movement forward," he said, adding that this trend is shown in art history.

Campbell expanded on this idea: "I am being asked about controversy because people think my art is controversial, and if I entertain questions about controversy then I am accepting the label of 'controversial art' and I am admitting that I think my art is controversial. What if my art isn't controversial?"

We define whether art is "controversial" through our reactions to it. Campbell said no one is ever going to like all art, part of art is liking some and not liking others.

"It is okay that you don't like this art," he said. "Please let the people that like this art enjoy this art in peace, just as you have enjoyed the art you like in peace."

When examining history, art that was considered immoral or that was demonized at first also was capable of advancing a culture by expanding the world of art within that culture. Through art we come to understand our society, what it readily accepts and what it doesn't.

"Art provides an idea. It is the community's



place to observe that idea and embrace it or reject it, or argue over it, or come to a consensus... Art that pushes boundaries is necessary for culture to understand its own values. If all art reinforced previously established values it would be incredibly difficult to communicate lacks and needs within a community," Campbell said.

Sophomore and LBCC student artist Jess Ball said Campbell's work is important because it helps normalize an underrepresented group.

"I hope to see more like that in LBCC galleries in the future," she said. "The artistic community at LBCC has really grown closer over this debate. We all know what is right, and that is the freedom to express what you need to express. People should not feel afraid to share their art; it is the only outlet for some of us," Ball said.

"There's a particular function of affirming norms through images. So we see this happen in the big rise in criticism of media and the fact that maybe there's a particular way that women are presented ... and how just exposure to those images repeatedly sets up a norm, and so introducing something that expands that norm is really exciting," said Magratten.

Although Campbell's work has been criticized, it's fostered a healthy conversation in our community about art -- its place, what it means, when and where it should be displayed. This conversation has opened up a dialogue among students, faculty, and community members capable of creating change.

Which reminds me of a quote found in a notebook given to me:

"All boundaries are conventions... One may transcend any convention, if only one can first conceive of doing so." -- David Mitchell, "Cloud Atlas"

How Far Will You Go To Be FREE?



COURTESY: GAMERANT.COM

VIDEO GAME REVIEW:

"Detroit: Become Human"

WRITER: David Cage
DEVELOPER: Quantic Dream, Valorie Curry (Kara), Bryan Dechart (Connor), Jesse Williams (Markus)

Released May 25, 2018

OVERALL RATING: ★★★★★

REVIEW BY CAM HANSON

Video games have peeked into the future countless times, showing the world at war against ancient alien species in Bungie's "Halo," or Treyarch's "Call of Duty: Modern Warfare 3," which predicted various tensions between countries years before they happened. While these seem like stretches or broad subjects to even make predictions on, developer Quantic Dream's latest project titled "Detroit: Become Human" takes a peek into a future not far away, and not too outlandish.

"Detroit: Become Human" is a story-based and decision-heavy game developed by French developer group Quantic Dream, which created a game of similar playstyle titled "Heavy Rain," which followed the story of a mourning, once successful father who will do anything to get the clues that lead him to the location of his kidnapped son.

In "Detroit: Become Human," the year is 2038 and human technology has skyrocketed. Multi-billion dollar company CyberLife has developed human-like androids that act as personal servants to any average American citizen. Housework, taxes, attending to a child, even sex can all be done with a CyberLife android at your disposal. However, when these androids witness and experience abuse and neglect first-hand due to their reliance in the American workforce, the question arises; who's more human?

The game has you play as three androids; Markus, Connor, and Kara, each playing their own roles in the futuristic and industrial Detroit. Markus has been the caretaker of a famous Detroit artist for years, and is treated fairly and human-like throughout the cycle of his programming, often being told to "make his own choices," but after tragedy hits, he is forced to take this advice.

Connor, a prototype android investigator, is dispatched to handle "Deviants." These are androids

who have gone against their programming and have acted out on their owners, often committing homicides. Connor is top of the line, and once partnered with washed up detective Hank Andersen, blurs the line between programming and human emotion.

Kara on the other hand is a basic model android who is bought by an abusive, drug-addicted father who neglects his child. Once he crosses the line with his child, Kara is forced to make a choice, or two based on how you play.

The game's playstyle is reminiscent of games such as "The Walking Dead," where every choice matters and effects the story, as well as various relationships with other characters.

Quantic Dream spent eight years on this title and it's shown through its writing. Each chapter follows one of the three androids, often alternating between them, and has multiple different endings based on your choices.

Not every chapter is filled with super cool android action, some often are simply dialogue. This works wonderfully, especially if you have a goal in mind for how you want to be perceived by not only your peers but the public as well. For example, the game starts out with you as Markus, picking up a package of paint supplies for your owner. The moment you step outside, citizens of Detroit abuse and berate you, labelling you a "job-stealing piece of plastic." This can be taken in various ways as the player. You can attack the protesters, verbally respond, or simply continue walking. This all will affect how the city views your kind until the very end of the game.

With the year being 2038, many things have happened in the 20 years that have passed. Various social facts can be found in the forms of digital tablet-magazines (RIP print) that are found sitting on fixtures and tables across the game. I found this

especially interesting, as most of the tidbits provided are events that are already shown to be in motion in today's society. Canada is prominently android-free for the eighth consecutive year, bees officially become extinct, tensions heat up as the United States tries to vacate Russia from the unclaimed land in the Arctic, which is fertile with the last of mankind's fossil fuels, and a nanobot is able to reverse organ degradation and kill cancer cells and once done is expelled through the user's urine. These various fun facts not only let this futuristic world breathe and have character, it shows us what we need to fix before it becomes reality.

"Detroit: Become Human" is a creative, amazing take on technological advancement and the ethics that follow in a broken, and still recovering city. Writer David Cage has you make choices that will test your values and expose your thoughts on the idea of artificial intelligence and their contribution to an ever-growing society.

Do our own creations deserve the same rights we possess? Or should we treat them like any other piece of property we own? There is no definitive answer to the question, as it all depends on your choices and your outlook on the game. The ending will reflect on your morals and growth with the androids you learn to connect with in each chapter, and can be used as a learning experience for mankind when we inevitably create the same machines ourselves.



6/6 to 6/7

Wednesday 6/6: Black Box, salads: green salad with pork carnitas or greens with spinach and cotija quesadillas

Thursday 6/7: pork adobo over steamed rice, *grilled salmon, tofu broccoli stir fry over rice, soups: fava bean with pasta and bacon or *African sweet potato, salads: smoked salmon caesar or vegetarian caesar with avocado

Monday to Friday - 10 AM - 1:15 PM

* Gluten Free

\$1,000 Scholarship Giveaway!

At LBCC Night at The Knights Baseball event
 Wednesday, June 13, Goss Stadium, Corvallis • Gates open at 5:30 p.m.

Bring this completed form to the game for your chance to win!
Forms also available at the gate. Get in FREE with your Student ID!

Name: _____

Email: _____

Phone: _____

Winner announced during the 7th Inning!

Linn-Benton
COMMUNITY COLLEGE

"SOLO" SHOOTS FIRST



COURTESY: MAKINGSTARWARS.NET

MOVIE REVIEW:

Solo- A Star Wars Story

STARRING: Alden Ehrenreich, Woody Harrelson, Emilia Clarke, Donald Glover, Thandie Newton, and Paul Bettany with Phoebe Waller-Bridge and Joonas Suotamo

DIRECTOR: Ron Howard (Based on characters created by George Lucas)

RATED: PG-13

OVERALL RATING: ★★★★★

REVIEW BY **STEVEN PRYOR**

The latest anthology film in the "Star Wars" saga has arrived with "Solo: A Star Wars" story. While not the best entry in Disney's work on the franchise, it's still a fun space adventure that's a good look at everyone's favorite roguish scoundrel.

The film stars a young Han Solo (Alden Ehrenreich) in his early days as a smuggler. Orphaned on the streets of Corellia at age 10, the story follows his journey from an Imperial Academy washout to a daring rogue with a heart of gold. Along the way, he meets his first mate Chewbacca (Joonas Suotamo) as well as his old flame Qi'ra (Emilia Clarke) while he clashes with the stern mentor Tobias Beckett (Woody Harrelson) and the snide gangster Dryden Vos (Paul Bettany).

Donald Glover easily steals the show as a young Lando Calrissian, capturing the same personification of coolness that Billy Dee Williams brought to the role. Other notable side characters include fellow smuggler Val (Thandie Newton), a four-armed alien pilot named Rio (voice of Jon Favreau) and a sassy droid known as L3-37 (voice of Phoebe Waller-Bridge).

While the film underwent extensive reshoots after the original directors Phil Lord and Chris Miller left the project (though the two retain executive producer credits), Ron Howard has definitely provided



a \$250 million love letter to the "Star Wars" saga. The film is rife with homages to the films that have come before, including some cameos that may surprise you. Even if it may not be the most revolutionary entry in the saga, it's still worth it to see the now-famous Sabacc game where Han won the Millennium Falcon. By the time the big Kessel run heist occurs, it's easy to see why Han and the Falcon have the bragging rights of clearing it in less than twelve parsecs.

Even if the story "Solo" tells may be familiar, it's also fast-paced, fun and on fire. Over the course of its 135-minute runtime, it shoots first and answers questions you didn't think you had. Regardless of what the future holds for Disney and their work on the saga, it's definitely worth viewing for both newcomers and true believers alike.

It's That Time Again Roadrunners!

Spring Study Jam 2018

Albany Campus
 Friday, June 8th:
 7:30am-7:00pm
 Saturday, June 9th:
 11:00am-6:00pm
 *Food provided Friday only from 2-7pm.

Benton Center Campus
 Saturday, June 9th:
 10:00am-4:00pm