

# COMMUTER

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# SPRING IN THEIR STEP

*Coach Peterson and His New Squad Carry Last Season's Success into Opening Weekend*



STORY AND PHOTOS BY  
CAM HANSON

It was a bright and beautiful weekend at Dick McClain Field, where the Roadrunners had no issue taking care of the new competition. Second year Head Coach Andy Peterson made sure to let his men know that their field was their home, and to defend it, and they did. LBCC started the weekend off with a double header against the Yakima Valley College Yaks, where they started slow each contest but used a solid five runs to secure the wins. Yakima finished last season 30-19 with a 19-9 record in division, so the competition is nothing to scoff at.

Centerfielder Ian McIntyre nailed two hits in the early innings that set up the bases for success, and brought the energy for it, giving a quick flex to the dugout whenever he stopped at second base. His energy and commitment was something that stuck out any time he



**JJ Hoover winds up for a practice swing. In top photo, assistant Coach Mike Takamori jogs to the dugout.**

fielded the diamond

"This is a special group of players and coaches, and I just want to bring a lot of energy to the field each and every time I get the chance to play," said McIntyre

The Centerfielder took a break from school to work on his game in Kent, WA, and the success will be measured as the season goes on.

After a successful series on Saturday, LBCC went on to play the Everett Community College Trojans. Coach Peterson and his history with the Trojans goes beyond baseball, as he coached Everett's head coach, Kyle Nobach, during his tenure as an undergraduate at Oregon State. Nobach played for Everett before heading to Oregon State, eventually taking the HC job at his alma mater.

"I plan on beating Petey's (Coach Peterson's) butt," said Nobach light heartedly.

Nobach's plans didn't go the way he planned, as the Beaks let the offense rip, scoring nine runs in both contests on the day, led by an impressive eight total runs from Trey Hagerman and Maxwell Long. The Trojans finished

first in the NWAC north last season, with a 39-11 overall record and a 19-5 record in division. Nobach and his Trojans get their chance at payback on their own turf, as LBCC looks to play them in a four game series on the road next weekend.

"Being the first weekend, I was very impressed with how the guys showed up competitive and confident. The little mistakes are expected this early in the season, but are great for the younger guys to learn from," said Coach Peterson.

After the Beaks finish up on the road against Everett they'll head down to Yakima Valley to not only play the Yaks, but to play in two games against the Southwestern Oregon Community College Lakers for their first in division match-up of the year.

"Seeing the freshman compete for the first time was fun to see. The whole lineup was competitive top to bottom, and they showed up believing in their stuff. Everyone has something to work on ahead of Everett. It's a long season, so who knows what's ahead," added Peterson.

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**The Roadrunners run to the outfield at the start of a new inning.**

THE LINN-BENTON  
COMMUNITY COLLEGE

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*Learning Center staff who worked with Peter in his developmental writing class thought that Peter was an incredible, compassionate instructor. We always looked forward to opportunities to work with Peter. I am deeply saddened to hear about his passing, and hope that these brief words about him let you know his impact endures in many hearts.*

**-Chareane Wimbley-Gouveia**

### Dear LBCC Colleagues:

It is with deep and heartfelt sadness I share the news of the passing of Part-Time LB English Instructor, Peter Bañuelos. Peter passed away February 15, in Corvallis.

For three years Peter taught in the LBCC English Department. He was a dedicated servant to students and an amazing colleague. It was not uncommon for people to see Peter working with students in the Learning Center, the Writing Center, the Library, CFAR, and in the EDI Department in addition to teaching classes.

**-Javier Cervantes**

*I taught with Peter in the LBCC English department as a fellow writing teacher. Peter was a very talented teacher and someone I always looked forward to chatting with and hearing from and department events. Every term when we all gathered to grade our students' final exams, Peter would share keen insights to help me better assess my students' writing, appreciate their experiences, and value them as individuals. I am grateful for having shared a part of his life. My deepest condolences.*

**-Stephen Rust**

# COUNCILMAN SPEAKS

Albany City Councilman Alex Johnson Held a Town Hall-type Talk in the IEDI



**STORY BY**  
KAREN CANAN

The overarching theme of Albany City Councilor Alex Johnson II's talk last Wednesday in the IEDI was one of community outreach. At the beginning of the meeting, Johnson, sporting his Councilor of Albany's Ward 2 hat, announced, "This is your meeting, what would you guys like to talk about?"

Johnson was the fourth out of five speakers for LBCC's Black History Month Speaker series. Johnson is Albany's first black city councilman, and his talk at the IEDI approximated more of a Town Hall style meeting than a formal speech.

Johnson led the meeting as an opportunity to meet and hear from his constituents, as well as a chance to talk with them about the beneficial connections between LBCC and Albany. He talked about past successes of partnerships he has fostered with LBCC, and encouraged political involvement from the audience members. Also, at the end of the meeting, he announced that he was running for mayor.

Johnson's talk was hardly political, despite Johnson being clearly willing and capable of discussing controversy. "I started a firestorm last night," said Johnson, referring to a comment he made on social media criticizing President Trump's decision to pardon a man convicted of selling a U.S. Senate seat.

But as Wednesday's talk began, the discussion could not be farther from national politics. Johnson mentioned there's a problem with feral cats in Albany. "What about feral turkeys?" Eric Bryant, LBCC Moodle Administrator asked, smiling. But Johnson was not kidding. After the talk was over, he mentioned that he has gotten 300 emails about the problem with feral cats in Albany.

One of Johnson's strengths has been his ability to work on many different levels with his constituents. Johnson,

### At-A-Glance

**IEDI Departmental Events, taking place in Forum 220 unless otherwise noted.**

- **Unity Celebration** Thursday Feb 27 5-6:30 p.m. in the Fireside Room, CC-211 "With literature, speeches and food, LBCC celebrates community diversity."
- **"Think Outside the Classroom"** Wednesday, March 4- Noon-1 p.m. "Interdisciplinary panel of staff and students talk about the value of attending conferences in their field." Food provided.
- **Latina Empowerment event,** Monday, March 9 at 1:30 - 3 p.m. "Celebrate the contributions of Latina women with presentations and food." All are welcome.

who worked at HP before becoming an insurance broker for True Life Financial Solutions, was at one point tasked with hiring new folks for a more diverse department over at HP. As a veteran, he put up recruitment posters in military locations, and was able to hire people of color, and for women employees he turned to LBCC. 11 female technicians had graduated from the program at LBCC, and three years later not one of them had been hired. One of the women, Johnson recalled, had gone to 11 job interviews. All 11 of these technicians from LBCC's program had great test scores and Johnson hired them all.

"I would like to hear from you what it was like running for city council," said IEDI Program Assistant Heather Morijah, in answer to Johnson's opening question.

Johnson replied that he was encouraged to get involved in city politics by his neighbor, who later retired and

encouraged Johnson to run for his seat.

The town hall style discussion then meandered towards the importance of getting involved in local politics.

"I'm really interested in local politics," said LB student Brionna North. "I think it's a lot easier to help directly, with a group of less than a hundred at once, like he [Johnson] was talking about getting the lights fixed in two weeks." Johnson had told of a situation where one of his constituents in Ward 2 had noticed quite a few streetlights were out. Johnson was able to call PG&E (Pacific Gas and Electric), and using the book the constituent had made for him, located the specific lights and got them fixed, as well as many others Johnson had identified from driving up and down all the streets.

"I really liked hearing the process of how involved he was before becoming a councilman and then what he deals with now as a councilman," said North. "I love hearing about him doing the town halls. I loved hearing about the invisible people, and about needing businesses to come here and create jobs. A lot of cool stuff, like wanting people to stay in Albany and create jobs and thinking about Albany as a community."

Afterwards, both Johnson and IEDI Director Javier Cervantes gave encouragement and advice to North for how to get involved with politics.

"Every city has city advisory committees, that's the best place to start," said Johnson. "They have groups that advise the city council."

The vibe was active in the room. The event was well-attended, with President Hamann in attendance as well as English Department hosts Tristan Striker and Dr. Ramycia McGhee, staff, students and community. After the event, several audience members buttonholed Johnson since audience members could get help they needed as constituents and talk about campus issues. Also, as a provider of medicare in his dayjob, Johnson is just good at talking to people.

# ASTROLOGY CORNER:

We are now a week into our Piscean season, as well as Mercury retrograde in Pisces. On Sunday we had both the sun, moon, Mercury and Neptune all swimming in the mutable waters of our dynamic fish sign. Perhaps the depths of your dreams came bubbling up to your daily life, spilled out through mercurial expressions, or inspired attention to detail or processing with Neptune's influence. With all of this in mind, we are being called as a collective to do our diligence in deciphering between Mercury's potential confusion in his retrograde cycle, and the dreams we must have in order to live out our best lives with the time we are given.

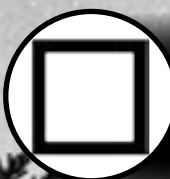
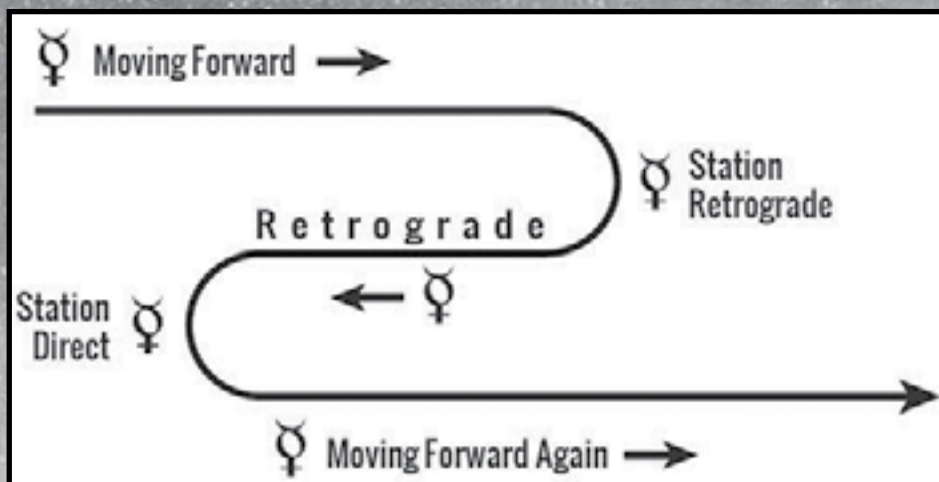
Mercury rules our thought patterns, communication, personal transformations, and learning. During this cycle, it is recommended to hold off on making decisions, especially impulsively. Focus instead on redefining your communicative style, revising any work or projects you have in place or restore passion to accomplish goals. Considering Pisces as the sign of Mercury's detriment and fall (where Mercury is most likely to be illusioned by the abstract, dreaminess of the Piscean processes) we may find ourselves examining how we can better ally with trusting the unknowns in our lives and make peace with surrendering to the voice of our intuition rather than our logical minds.

On Wednesday the moon will be in Aries, giving us an emotional boost of energy to get things started and ignite our fire with the goals we want to come to life in this new moon cycle. This week will be about attending to details and care for the watery season. Thursday all planets aspecting the moon will be in square, aside from a conjunction to Venus, giving us challenges to show up and attend to. The planets involved in Thursday's musings are Jupiter (abundance and advocacy), Venus (pleasure and beauty), Pluto (power and rebirth) and Saturn (boundaries and commitment). Friday we will have more of a variety of aspects, giving us more momentum to our weekend. The moon will also be entering and staying in Taurus, our value loving and earthly bull, until Sunday. If you are feeling pulled to re-examine where you place values in your life follow this pull over the weekend and into next week as the moon will be sextiling Neptune (intuition) and trining Jupiter (abundance and joy) on Saturday, before moving into the sign of Gemini which will most likely bring about some dualistic and playful energy.

Allow these transits to take effect while keeping in mind that we are in the waxing gibbous phase of the moon, where we are emerging and expanding our inner and outer horizons.

### Astro Dictionary:

**Retrograde:** When a planet appears to move backwards in the sky and is closer to the Earth which is physically passing the other planet. \*increases those planetary themes



### Square:

- Challenges from others or external forces
- Change or exposure of a course taken being unbeneficial

### Trine:

- Energy is flowing with ease
- Experience and expression give way to wisdom and creativity



### Sextile:

- Influences relationship to groups and immediate environments
- Is a time of balance and review

### Opposition:

- Increase self-awareness through potential confrontation with another
- Inner and outer world meeting



### Conjunction:

- A beginning of a new cycle
- Intimacy or culmination of a phase
- Aha moments

# CAMPUS VOICE

*If your life became a movie, who would you choose to play you and why?*

**LIAM BRILES**  
**BIO HEALTH SCIENCE**  
 "EWAN MCGREGOR BECAUSE HE'S ALWAYS JUST SO HAPPY."



**RITA BLADES**  
**DIAGNOSTIC IMAGERY**  
 "AMY POHLER JUST BECAUSE SHE'S OVERALL AN AMAZING PERSON."



**EMMA KOCH**  
**BIOLOGICAL SCIENCE**  
 "I WANT TO BE DR. POL BECAUSE I WANT TO BE A VET, AND THAT'S MY GOAL IN LIFE."

**YAZMEEN MORENO**  
**CHEMICAL ENGINEERING**  
 "EMILIA CLARKE BECAUSE SHE'S A BADASS. I JUST REALLY LIKE HER."



**ELIZABETH STANEART**  
**NURSING**  
 "EMILY BLUNT BECAUSE I LOVE HER."



# WOMEN IN THE TRADES

Careers in the Trades Are More Accessible to Women Than Ever Before

STORY AND PHOTOS BY  
**BRENDA AUTRY**

Emily Whittier was hired last term as a part-time instructional specialist in the non-destructive testing program at LBCC. She began working in the industry about 15 years ago when she found that her job as a hairdresser just wasn't paying the bills.

"I had to figure something else out," Whittier said. "I got a job at Selmet through a temp agency. I started out as an entry-level darkroom attendant and I really liked it. It was easy, fun and even though I initially made less money per hour, I was making more because I always got 40 or more hours a week."

Whittier, who also works as a level II radiographer with Pacific Cast Technologies, makes about \$29 an hour now. She worked at Selmet for 11 years and received on-the-job training that enabled her to move forward in the field and obtain her level I and level II radiographer certifications.

Currently Whittier is one of only two females employed in academic roles in Advanced Manufacturing and Transportation Technology (not including the culinary arts department, which also falls under this division). Even though this seems like a small percentage, if you look back just three years, there were none.

This year is the centennial of the 19th Amendment, which gave women in the United States the right to vote. Women's equality has come a long way in the last 100 years. According to the U.S. Bureau of Labor Statistics, as of December 2019 women made up over half of the U.S. labor force for the first time in history.

Women outnumber men in many fields such as finance (52.6%), education (74.8%) and health services (78.1%). But in many of the fastest-growing and highest-paying fields like construction and manufacturing women make up only 10.3% and 29.4%.

Even though women began entering the workforce in large numbers during the 1960s, jobs in the trades didn't start opening up to women until the late 1970s.

An article published in the April 26, 1978 edition of the LBCC Commuter titled "Women Explore Jobs



Emily Whittier prepares a component of an engine for testing.

that Are Traditionally Male" referred to a program called "Women in Non-traditional Roles," which gave "women a chance to explore careers other than the traditional secretary, waitress, nurse or sales clerk."

Women who participated in the program had the opportunity to "get exposure to education as they learn some basic skills in: wood working, welding, metal working, tools, blueprint reading, auto body repair, electronic fabrication and electronics."

Or, if the woman had enough background, they could "enter more challenging classes such as college algebra, physics, third-term English composition and creative writing."

The LBCC of today looks much different than it did back in 1978. Females enrolling in trades programs is no longer a new or novel concept. Today, females make up 54% of LBCC's student body and are present, although in much smaller numbers, in every trade program on campus. One of the programs where females make up the largest percentage is Non-Destructive Testing.

"Females consistently make up about 20-25% of our program," said Scott Ballard, an NDT instructor. "The days of balking at hiring a female are gone. I think it's a great career path for women. There are lots of jobs and I believe it will be to their advantage, not disadvantage, to be female as the industry becomes more gender blind."

"I started as an engineering student and found NDT because it's under that umbrella," said Megan Close-Schibig, a third-year student at LBCC. "It's very hands work on and there is a high demand for workers. It's detailed work and women are detail-oriented so girls are a better fit."

"I really like creative problem-solving," said Marietta Glazner, a first-year NDT student. "This is a way to have a job that is hands-on but is also intellectual."

The percentage of females in the program is reflective of what can be found in our local industry. According to Rick Palmer, Selmet's HR manager, 17% of their non-administrative employees are female. Although the highest number of females can be found in radiography, there are women present in almost every area, including welding, dimensional inspection and quality control.

Caitlin Ditullio, a welding process engineer at Selmet, is one such female.

workers in fabricated metals product manufacturing in the United States, making it one of the more male-dominated trades. But that doesn't stop women from seeing the benefits of a career in welding.

"I was a major in food and fermentation sciences and when I finished I ended up working at Fred Meyer," said Charis Thompson, one of two female second-year welding students. "I wanted to do something else. I took a welding class in high school, and I remembered it was fun. So, I looked into it and read that welding was headed for a retirement exodus and thought as a woman in my 20s I'd be an attractive employee."

Thompson was initially a little nervous entering a male-dominated field but it turned out to be the right fit for her.

"I'm glad I chose this field because it's really fun. I like making things, and the environment at LB is really inclusive, thanks to the teachers. They treat us all like people with no special considerations [for gender]. Once you get in and get started you and your classmates just become buddies."

Even though women are still under-represented in the trades, the doors are open for them wider than ever before. And as more and more women continue to seek their career in the trades, the torches they light along the way will glow brighter for other women to follow without the trepidations that once came with entering a male-dominated field.

Marietta Glazner looks towards her career in NDT with this thought: "There may be situations where I am perceived as different because I'm a woman, but I haven't experienced that yet. This is what I want to do, so I'm not going to let what might happen stop me from doing it."

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Charis Thompson, an ex-food and farm major, welds a table together in the Industrial Building.



*LBCC's Poetry Club's Word Mob Encourages Anyone to Share Their Poems*



STORY AND PHOTOS BY  
MCKENNA CHRISTMAS

Illuminated by the warm glow of the dimmed lights, the open stage had an inviting presence to the single mic placed in the center of the stage, tempting any eager poet to share their work with the crowd of willing listeners.

LBCC's Poetry Club puts on an event each term to represent their club members and provide them with a platform to present a few of their best and favorite poems. For winter term, the Poetry Club held its annual Word Mob in the Benton Center on Friday from 6:30 p.m. to 7:30 p.m.

The first 30 minutes were dedicated to the students involved in the poetry club to read any original poem they felt needed to be expressed. The second half of the night, the stage opened up to other LBCC students or community members to take the time to share their work for other people to interpret and enjoy.

Students such as Kali Brickley took advantage of the night and used the stage to read her poem about her hometown and childhood memories.



**Mark Weiss of the Poet Laureate Committee attends the Word Mob held in the Benton Center.**

With two terms under her belt, Brickley plans to graduate with an English degree. She started using writing as an outlet when she was 12 years old to express herself in places where she felt she couldn't. She has performed at open mics in Portland and Corvallis, and uses events like Friday's Word Mob as an opportunity to practice her public speaking skills.

"It's more of a space on the page that's sacred just to understand who I am and who I'm becoming," said Brickley.

Brickley left the stage on a wave

of encouragement from the zealous audience after performing her piece. "I think it's connecting to yourself and just showing that to other people, making yourself vulnerable, making that human connection and keeping that alive," she concluded.

Also attending the event was Mark Weiss, a professor at LBCC going on his fourth year teaching psychology as well as child development. In addition to being a teacher, he has also been a counselor at LBCC for 27 years and is one of six members of the poet laureate advisory committee.

According to Weiss, LBCC is the only community college in the country to have a student poet laureate in which a selected member travels to spread their poems in order to inspire others to pick up a pen and paper and start writing. This year's nominated student poet laureate is Kel O'Callaghan, who has the responsibility of passing on the concept of how relevant poetry and writing is, even in modern-day and age. It truly is an art form that allows a person to release tension, boggled thoughts, stuffed emotions, or even some light jokes with complete creative freedom through the hand of the author.

"The purpose of the event is to enjoy poetry. It's that simple. We think poetry is very important in life and contributes to the enrichment of people, so we want to see it promoted and want people to experience it," Weiss comments.

The participants were encouraged to keep their poems down to a few minutes without any limitation of how many they can read. Although the event was scheduled to be an hour long, the



crowd was welcoming. Stagefright was nowhere to be found in any person in the room leading the event to go over-time. The thirst to hear other people's deep profound expressions quickly crushed any hint of judgment, leading to almost every person in the audience that attended the open mic to go on stage at least one time.

"Take a deep breath and know that in the history of your life it's not a very big deal," Weiss suggests to anyone that might feel any stage fright or uncertainty. It is important to keep writing as a poet or writer and to recognize that poems are a reflection of your own genuine feelings so it can never be correctly criticized.

For information of when and where the Poetry Club meets, contact Instructor Tristan Striker at [striker@linnbenton.edu](mailto:striker@linnbenton.edu).

**Re Weekly Word Search**

#PRES

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ADAMS	BUCHANAN	BUREN
CARTER	CLEVELAND	COOLIDGE
EISENHOWER	FILLMORE	GARFIELD
FORD	GRANT	HARDING HAYES
HARRISON	HOOVER	JACKSON
JEFFERSON	JOHNSON	KENNEDY
LINCOLN	MADISON	MCKINLEY PIERCE
MONROE	NIXON	POLK REAGAN
ROOSEVELT	TAFT	TRUMAN
TYLER	WASHINGTON	WILSON

The first **TWO** customers that correctly complete this word search may turn it in to receive a **FREE COFFEE**.



**Kali Brickley of LBCC performs on stage reciting a poem written about her time in Alaska at Word Mob last Friday.**



PHOTOS: LBCC NEWS SERVICE

Elizabeth Chavez had 16 points and six rebounds to lead Linn-Benton Community College past Clark in NWAC South Region women's basketball action.

# RACING FOR THE CHANCE

The Roadrunners Narrow in on a Final Bid for the Postseason



STORY BY CAM HANSON

Linn-Benton Women's Basketball has only two games left in the season; and have more on the line in these two games than in recent history. Thus far, the Roadrunners are 19-8 overall, with a 8-6 record in division, and stand just two games behind Mt. Hood Community College for the fourth and final spot in the playoffs, as the Saint Bernards have a 10-6 record in division. Just ahead of these two are the Lane Community College Titans, who hold an overall record of 21-6, with an in division record of 10-4. These two are coincidentally the Roadrunners last two opponents, and are both a must win if they intend on making it to the postseason, barring a complete collapse from Mt. Hood.

Luckily for the Roadrunners, the team gets the Titans at home for their home season finale. In their only match this season, the two teams battled it out until the final buzzer with the Titans edging out the Roadrunners 60-59, despite a combined 32 points from Amyr Lowe and Elizabeth Chavez coupled with a monster ten blocks from Allison Killion. LBCC is hungry for revenge, and the Titans may not find themselves so lucky when the buzzer sounds. The Runners have a 10-3 record when playing at home this year, and the sophomores will be playing in their final home game.

Against the Saint Bernards, the story is almost the opposite, as LBCC was able to steal away their first contest, 48-46. Megan Wagner and Amyr Lowe were able to lead the way with 10 and 17 points respectively, complemented by hustle defense with nine steals and five

blocks. It was a narrow win with miscues and setbacks, such as Lowes 3-13 from the field and the bench holding only three reserves, but the team held on. Their final game will be on the road and may prove to be the Roadrunners win or go home game for their ticket to the playoffs, so the competition will prove to be higher than ever.

It's a true nail biter as the 2019-2020 regular season ends quicker than it even started, and the team is more than in position to sneak their way into a postseason berth, but It will take determination and focus in two final games, against two final opponents that make every single possession count. The sophomores want it, the fans want it, and everyone in the program want it, so it'll be an intriguing finish to an already successful season of Lady Roadrunner basketball.



Molly Hendricks hit two free throws with 8 seconds remaining to tie the game at 54-54 and force the overtime period.

**Student Produce Tuesdays at the Co-op**

50<sup>th</sup> First Alternative

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541-917-4907 for information

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Activity tickets 25¢ each or Unlimited Play Bracelet \$15  
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All proceeds go into the Parenting Education Tuition Grant fund allowing qualifying parents reduced cost for our "Live and Learn" classes.

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# THE SOUND OF IMMUNITY

Clairo Adds Some New Sounds and Higher Production Quality to Her Signature Style



STORY BY  
DAVIS IHDE  
@\_DAVISI



In the last few years, we have seen a plethora of new music genres spring up from the ground and take the world by storm. One of the most popular, although niche during the beginning of its life, is bedroom pop. Bedroom pop can be described as music with the sound and aesthetic of recording at home, rather than a studio. It usually has a quieter sound, with muted drums and dreamy or 'fuzzy' vocals. One of the artists that truly pioneered the genre is none other than Clairo.

Born Claire Cottrill, Clairo first rose to fame when her homemade song and DIY music video "Pretty Girl" went viral on YouTube in 2017. The video currently has over 45 million views and was one of the first major bedroom pop songs, unofficially crowning Clairo as the queen of the genre. Once record labels caught wind of who she was and what she had made, the fight to sign her to a deal began. Although she had several options to choose from, she decided on Fader Records, since her father has relations with the company. She now joins other superstars with indie beginnings such as Rex Orange County and Brockhampton. This brings us to 2019 and the

release of her album Immunity. Although she had released a couple of singles and a short EP in the two years prior, Immunity was her first studio album and cohesive project. The album has a noticeable increase in production value due to Clairo's utilization of a professional studio and the co-production from Rostam Batmanglij of Vampire Weekend fame. Clairo flexes all her creative muscles and sheds her single-genre shackles, introducing some alternative, pop, indie, and soft rock sounds on the album.

Although she shows tremendous growth on Immunity, she manages to stay true with the elements of her music that made her into a big name in the first place. Her voice and singing style

**At-A-Glance**

**Album:** Immunity  
**Artist:** Clairo  
**Release Date:** August 2, 2019  
**Genre:** Alternative/Indie  
**Label:** Fader Label  
**Rating:** ★★★★★

are still as warm and inviting as ever and uses subtlety greatly to her advantage. In fact, I believe this subtlety is the strongest factor in why the album is so outstanding. There are many moments where the songs on Immunity could have turned into the overproduced nonsense that is so common of other pop songs that you might hear on the radio, but Clairo instead chooses to use infectious rhythms and silky vocals to accompany her lyrics.

Clairo's lyrics are another strongpoint of Immunity. She includes themes from her own life such as sexuality, suicide, love, and love lost that she conveys in a personal way. Even though she lets out some personal information about herself, she makes sure the messages are broad enough for all listeners to relate to, increasing the immersion of the album.

On Genius, Clairo generally describes the lyrics as:

"Whether it's relationships or if you relate it to something bigger in your life, it's definitely about learning to be comfortable in a place of the unknown and kind of just being okay with not knowing the outcome of something."

The only major negative aspect that I see in the album is the inconsistency of the sound of each track. Clairo seems to jump from genre to genre, not really pinning down one style to focus the album on. This is most likely because Clairo rose to fame extremely fast, and still needs some time to figure out exactly who she is as a musician.

However, this variance in songs is not completely a bad thing; the different music styles make for a thoroughly entertaining and charming listening experience. Immunity sounds almost like a mixtape made by a dear friend, with all your favorite songs in mind. There are songs like "Alewife" and "Sinking" that are serious and emotional, and songs like "North" and "Sofia" that are infectious, upbeat, and lighthearted.

All in all, I am very impressed with the way that Clairo cashes in on the lo-fi and indie feel that made fans fall in love with her music, while boosting her production value and going outside of the box to make a one-of-a-kind record.

## CROSSWORD PUZZLE

**ACROSS**

- Game fish
- Gr. Mars
- Sheep's cry
- Voucher
- Jaguarundi's color phase
- Compass direction
- Otary (2 words)
- Girl Scouts of America (abbr.)
- Handwriting on the wall
- Broad structural basin
- Old Gr. coin
- Baptism font
- Political action committee (abbr.)
- Dayak people
- Cost-of-living adjustment (abbr.)
- Guido's note (2 words)

**ANSWER TO PREVIOUS PUZZLE**

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

**DOWN**

- Before common era (abbr.)
- King of Israel
- River of Rome
- "\_\_\_ Abner"
- Needle case
- Irish nobleman
- To (Scott.)
- Cubic decimeter
- Moselle tributary
- "Dies \_\_\_"
- Stall
- Chief executive officer (abbr.)
- Ramadan (2 words)
- Pointed (pref.)
- Detonator
- Yemen capital
- Public vehicle
- Executive (abbr.)
- Trolley
- Father
- Office worker's skill
- Bronze Roman money
- Cereal grain or grass
- Part of QED
- Amer. shrub
- Electric unit
- Able-bodied seaman (abbr.)
- Literary collection
- Account entry
- Resin
- Fetish
- Eucharist spoon
- Lamb
- Death rattle
- External covering
- High (pref.)
- Wary
- Tiber tributary
- Arena
- Comparative ending
- Triangular topsail
- Perch
- Water (Fr.)
- Growl
- Old heating apparatus
- Civil Aeronautics Board (abbr.)
- Five-franc piece
- Compass direction
- Detective
- Brother of Shem

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### THE COMMONS

\* CAFETERIA \*

2/26 to 3/3

**Wednesday 2/26:** Beef Stew, Chicken Piccata, Stuffed Portobello\*. Soups: Creamy Chicken & Mushroom, Vegetable Minestrone w/Rice\*. Salads: Moroccan Braised Chicken OR Spiced Falafel.

**Thursday 2/27:** Pork Massman Curry w/Steamed Rice\*, Fish-n-Chips, Mac-n-Cheese. Soups: Chicken Tortilla\*, Dilled Potato Chowder. Salads: Vietnamese Steak, Veggie, Tofu Spring Rolls.

**Monday 3/2:** Chicken Paprikash, Roasted Pork Loin w/Cabbage, Tacos de Papa\*. Soups: Potato & Cabbage w/Beef\*, Thai Curry Lentil & Sweet Potato\*. Salads: Beef OR Mushroom Taco.

**Tuesday 3/3:** Shredded Chicken Enchiladas\*, Pork Schnitzel with Apples & Bacon, Vegetable Omelet\*. Soups: Chicken & Wild Rice\*, Broccoli Cheddar. Salads: Tuna OR Avocado Nicoise.

**Monday to Friday Lunch - 11:15 AM - 1:15 PM**

\* Gluten Free

## SUDOKU

Complete the grid so each row, column, and 3x3 box (in bold borders) contains every digit.

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

# SMOKING, NOT AS HOT AS IT USED TO BE?

Society Has Seen a Lot of Changes Throughout History on Tobacco Policies

STORY BY  
KATIE LITTLEFIELD

While walking towards Tadena Hall before your day of classes you may have noticed a designated smoking area or two in the parking lot. Has it always been like this?

Around 50 years ago there wasn't such a thing as designated smoke areas. When you walked into a classroom there would be big glasses, wild hair, and puffs of smoke coming from students and teachers during lectures.

In 1981, Oregon legislation passed the Indoor Clean Air Act which prohibited smoking inside public buildings. This was to protect non-smokers from second-hand smoke. In 2009, the Indoor Clean Air Act had some modifications that included banning smoking within 10 feet of public doorways. After this ban, colleges everywhere had to make arrangements for the students who partake in smoking.

"They [Linn County Department of Health] came out here and they told us, 'If we find cigarette butts anywhere close to your doors, you're going to get cited,'" said Marcene Olson, Director of Public Safety at LBCC. "That's when we pushed shelters farther out away from the buildings and got a lot more strict about making sure people were there."

Oregon State University has gone a little further than LBCC with smoking policies; they've implemented a full campus ban. The average cigarette smoker starts before the age of 26, making smoke-free and tobacco-free policies at universities and colleges important, according to CDC (Centers for Disease Control and Prevention). A full campus ban may be ideal for the health of students on campus, but it's easier said than done.

"We [LBCC] haven't gone that far because we don't think we could really control it, and I know they can't control it. They get complaints all the time," says Olson.

"Designated smoking areas are great, we don't need to be able to smoke anywhere," says Arron Morris, a student at LBCC, when asked what his reaction



In the 1950s, cigarette advertisements were commonly "doctor recommended" in order to sell more products.

would be if a full campus ban was implemented, "I have a friend who has dangerously low blood pressure and his doctor informed him to keep smoking, it's like the safest option for him. It can be a little off putting or almost discriminatory to have a full campus ban."

There was a time where smoking tobacco was not seen as a potential health risk, and doctors would even go as far as recommending it to patients. From the 1930s to the 1950s, advertisers used the phrase "doctors recommended" to sell more cigarettes. Back then it was only seen as a product to give you a smoker's cough, but lung-cancer or heart-disease were never considered.

I'm sure you've noticed that things have altered quite a bit since then.

During the 1950s was when this change slowly started taking off. The study that jump-started this switch was conducted by E. Cuyler Hammond and Daniel Horn; scientists working for the American Cancer Society. In January of 1952, they began their study, gathering information that could connect smoking habits with lung

cancer and higher death rates.

To do this they collected 22,000 volunteers across 10 states to follow men on their past and current smoking habits. Each volunteer was assigned to 5 to 10 men from ages 50 to 60, which added up to a total of 188,000 men being monitored.

Every few months the volunteers followed up with their assigned men to note whether they were dead, alive, or unavailable. Hammond and Horn then collected the death certificates on the deceases. After only 20 months of this study, they came to what was a clear conclusion.

"It was found that men with a history of regular cigarette smoking have a considerably higher death rate than men who have never smoked or men who have smoked only cigars or pipes," wrote Hammond and Horn in their publication of their research on August 7, 1954 in the Journal of the American Medical Association.

The American Cancer Society worked off of this study for years to come, which led to the information we have today.

This new knowledge made the U.S. Congress raise their heads. They implemented the Cigarette Labeling and Advertising Act of 1965, which required cigarette companies to print warnings on their products packaging. Phrases in 1965 read as, "CAUTION: CIGARETTE SMOKING MAY BE HAZARDOUS TO YOUR HEALTH," and they then shifted the wording due to the Public Health Smoking Act of 1969 to, "WARNING: THE SURGEON GENERAL HAS DETERMINED THAT CIGARETTE SMOKING IS DANGEROUS TO YOUR HEALTH."

Today the policies in place require warnings to take up at least 20% of the visible packaging and 30% of the sides of the product depending on their size and shape. These regulations are also enforced on all non-smoke tobacco products; not just cigarettes.

With all of these health-threatening factors to tobacco, it's understandable why campuses have gone

### HELPFUL RESOURCES IF YOU'RE TRYING TO QUIT

- [smokefree.gov](http://smokefree.gov)
- [betobaccofree.hhs.gov/quit-now/index.html](http://betobaccofree.hhs.gov/quit-now/index.html)

through the changes we have seen over the last 50 years or so.

"It has progressed. A lot more people are sensitive to smokers, cause there's just less smokers now," says Olson.

Many people have struggles with where to begin when it comes to quitting smoking. Above are a few resources to look into if you're interested.



Products containing nicotine are advertised as detrimental for your health, contradictory to how they were advertised in the 1950s.

BACKGROUND PHOTO: MACROVECTOR

**UNITY CELEBRATION**

Thursday, 27 February  
5-6:30 pm  
Calapooia Center  
Fireside Room (211)  
Speaker: Terrance Harris  
Assistant Director  
Lonnie B. Harris Black Cultural Center at Oregon State University  
Featuring poetry readings from LBCC's Poetry Club

**options**  
Pregnancy Resource Centers

**Pregnant? We can help.**

1800 16th Ave SE, Albany, Oregon  
541.934.0160

Mobile Clinic - Corvallis & Philomath  
(Call for locations)

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