

THE COMMUTER

LINN-BENTON
COMMUNITY COLLEGE

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Fired Up!

Hundreds of high-schoolers from around the state come to LBCC to compete in Industrial Skills Contest

PAGE 3

COMMUTER

Cover Credit:
Brian Hausotter

On the cover:
Richard Schurter;
competes in the
Industrial Skills
Competition.

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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BILL GATES' CONNECTION TO LBCC

Linn-Benton Community College was chosen Oct. 29 to participate in a nationwide American Association of Community Colleges Pathways Project to help guide and support students through graduation.

LBCC is one of 30 colleges chosen for Pathways, and was the only college in Oregon selected for the grant. The Pathways Project is led by the AACCC; the grant is part of the Pathways Project and is funded by the Bill and Melinda Gates Foundation.

The association is coordinating student success through a "pathways approach." The "pathways approach" is guided pathways that set students up with structure and a higher graduation completion rate, as well as career success.

Within the next 2-3 years, LBCC will participate in the pathways institute series; which consists of learning in the community college

field compared to that of a university, participation in a series of workshops, collaboration with other colleges chosen for this project, as well as working with experts.

"LBCC will continue to be a leader in developing and providing students with the educational pathways that lead them to their success," said LBCC President Greg Hamann

Partners for the Pathways Project include: Achieving the Dream, Inc., the Aspen Institute, the Center for Community College Student Engagement, the Community College Research Center, Jobs for the Future, the National Center for Inquiry and Improvement, and Public Agenda.

STORY BY
HANNAH BUFFINGTON

STUDENTS WIN AWARD

Set to meet with Governor Brown

Two students from Linn-Benton Community College have been selected to join the Oregon Community College Association All Oregon Academic Team.

Political Science and Psychology dual major Chelsea Mick and Economics major Taylor Megy, both from Corvallis, will meet with Gov. Kate Brown for a luncheon April 27.

The Oregon Community College Association, in partnership with Phi Theta Kappa, recognizes students that are outstanding within the campus through their participation and grades. Seventeen community colleges within Oregon send students through the All-Oregon Academic Team awards.

Both Megy and Mick will receive a plaque from the OCCA, as well as a scholarship in the amount of \$1,000 from the university they plan to attend in order to

finish their bachelor's degrees. Students eligible for the All-Oregon Academic Team awards become eligible for a scholarship from USA Today and the Coca-Cola Foundation, worth more than \$350,000.

Mick is a member of LBCC's Phi Theta Kappa Honor Roll Society, founder of LBCC's Human and Civil Rights Club, director of clubs and engagements in the Student Leadership Council and a psychology and sociology tutor. She also is a Gender-Sexuality Alliance member and Active Minds member.

Megy is an intern with the Oregon legislature, a member of the college Progression Management Council, LBCC's Phi Theta Kappa, LBCC's ROV Club, and volunteers at the Linn-Benton Food Share.

STORY BY
HANNAH BUFFINGTON

INDUSTRIAL CONTEST DRAWS HUNDREDS

High-schoolers from around the state show off their skills

High School students from across the Northwest came to compete in a skills contest at Linn-Benton Community College's Albany campus.

At eight in the morning, there were over 200 high school students roaming our campus, each of them waiting their turn to showcase the skills they have learned in high school.

Students competed in computer-aided drafting and design, machine tool milling and turning, and several types of welding.

"This gives these young people a reason to improve," said Dave Schmigke, a retired LBCC instructor. "By being judged they get a chance to see where their skills rate in the real world."

There was a sense of nerves and excitement as each student awaited their turn, and the camaraderie amongst them was a wonderful thing to watch. Some students that may have forgotten something were met with helpful smiles and encouragement from their competition. No students

"I really have improved from where I started, and that feels great."

were excluded.

Jarred Misfeldt, a high school senior from Roseburg, competed in the general class.

"This is helping me prepare for the state championships coming up, and this really helps me to learn how to deal with my nerves," said Misfeldt.

Richard Schurter, a senior from Silverton, also competed in the general class.

"I am able to use the skills I have learned, and that I will be using in an actual job setting,"

said Schurter. "It is very stressful, but fun too."

The general class only allows one person from each school to compete in the event. It usually is the most qualified welder at their school. These students are given a time limit of four hours to complete a project.

This project is designed to allow the competitors to showcase all of their skills. They must be able to read a blueprint, cut all the pieces necessary to build it, weld them together to specifications, and all within the time limit. Pretty impressive from such young adults!

Taylor Tarshis, one of several female seniors competing, came from Clackamas High School to stick weld.

"I really have improved from where I started, and that feels great," said Tarshis. "Everyone in my class is very supportive, and we have fun."



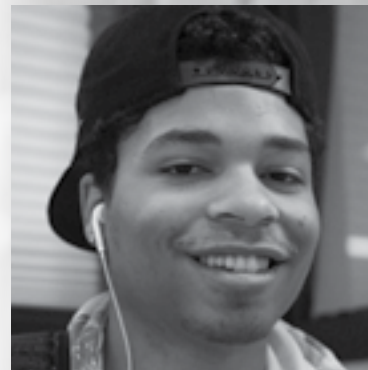
STORY AND PHOTO BY
BRIAN HAUSOTTER
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WELDING CONTESTANT TAYLOR TARSHIS TAKES A MOMENT BETWEEN WELDS FOR A PHOTO.

CAMPUS VOICE

Question: What are your spring break plans?



Nate Vian Giankle
Psychology

"Lake Havasu, I'm going to hang out with friends, and get a hotel."



Vanessa Bourque
Biology

"For spring break I'm going to stay home and relax, take a break from school."



Melissa Richey
Program Assistant 3

"I will be kicking off a tractor safety class."



Michael Langdon
Exercise and Sport Science

"Flying up to Palm Springs."



Seana Harer
EMT Program

"I'm going to work at McDonald's."

Next Week's Topic: Spring Break.

STORY AND PHOTOS BY
MORIAH HOSKINS
& HANNAH BUFFINGTON



TODD BENTLEY POSES WITH NEW STANDS

COMMUTER NEWSSTANDS GET A FACELIFT

The industrial skills department at LBCC has once again taken it upon themselves to enhance our school.

Todd Bentley, a second year student decided to design new newsstands for The Commuter, and with the assistance of Michael Rice, these newsstands should be popping up around campus over the next few weeks.

"I looked around campus and the stands that are there, are looking a little run down," said Bentley. "The Commuter does a lot for the school, so I just thought it would be cool to give back."

Todd has spent a better part of the last two terms working with LBCC Journalism Instructor and Commuter advisor, Rob Priewe and Commuter staff to get this project up and running.

"I am grateful for all the work that the industrial arts department students put into creating these new and attractive newsstands for The Commuter,"

said Priewe. "They were terrific to work with throughout the project, and I'm pleased that we can show off their talents to the rest of the LBCC community for years to come."

Rice also worked on creating a bench in the quad. "When Todd approached us about building new stands it was a no brainer. I took one look at the one outside our office and said, 'Yes please,'" said Commuter Editor-in-Chief, Richard Steeves.



STORY AND PHOTO BY
BRIAN HAUSOTTER
@BHAUSOTTER

MORE THAN JUST WORDS

Poetry Club comes together for the first Word Mob of the year

Words come in all different languages, but the language of poetry is one of a kind. Gathered around a single microphone, devoted poets shared their artistic language with eager ears.

LBCC's Poetry Club hosted the first "Word Mob" of the year at the Benton Center, Friday, Feb. 26. The rain pitter-patting on the window combined with the aroma of coffee set the mood for a night filled with creativity.

The emcee of the event was one of LBCC's English department instructors, Chris Riseley. He said these kind of events usually happen every term, but this was the first one they have hosted in the 2015-16 school year.

"When do we ever get to slow down and enjoy what is beautiful?" said Riseley.

There were a variety of voices heard including LBCC poet laureate, Dari Lawri, various poetry club members and a couple of courageous audience members who participated in the open-mic portion of the mob.

Poetry club advisor, Robin Havenick, was excited and eager to hear the evening's set.

"This is fun," said Havenick.

Word Mob is an opportunity for creative minds to come together and share their passion for words. The audience gets to follow along in the poet's journey of paper and ink.

"This welcomes student poets and allows the spotlight to be on fresh talent. I am so impressed by the technical talent," said Riseley.

"This is fun."

STORY BY
MARINA BRAZEAL
@MARINABRAZEAL



LIFE HACKS: APPLE CIDER VINEGAR

From your health to your household

Vinegar has been a kitchen essential for thousands of years. The Egyptians used it as early as 3,000 B.C., and it is even written that it was offered to Jesus while he hung on the cross. Some people haven't caught on to the varied uses for vinegar; everything from curing hiccups to cleaning countertops.

Many people are also unaware that all vinegars, are not created equally. The benefits of vinegar can only be reaped to their fullest potential when certain conditions are met.

Distilled vinegar is great for cleaning and laundry, but when it comes to health benefits, experts agree that organic, unfiltered, unprocessed apple cider vinegar (ACV) is the way to go.

Here are eight ways to incorporate ACV into your daily life as a healthful, inexpensive cure for "whatever ails ya."

Morning Routine

The potassium content and acidity of ACV helps your body break down fat, and reduces the triglycerides in your blood, making it a great metabolism and immune-system booster. Simply take two

teaspoons in warm water each morning and/or throughout the day.

Mane Muse

Add shine and body to your hair by spritzing it with equal parts water and ACV post-shampoo for an all-natural conditioner without the messy chemicals. This same since is also great for treating dandruff and caring for dreadlocks.

Under the Weather

Fight tummy trouble with few teaspoons of ACV in water; it works to fight bacterial infection and spasms. Feel a cold coming on? The water/ACV mixture can also help soothe sore throat and fight congestion. If symptoms continue, try gargling with ACV a few times a day.

Hiccup Pick-me-up

No luck holding your breath? No problem. A teaspoon of ACV stimulates nerves in the throat that are responsible for hiccups, stopping them in their tracks.

Spring Cleaning

Toilets: Let one cup of ACV sit in the bowl for 30 minutes, scrub, and then brush.

Dirty pans: Soak pans overnight with a 2:1 water and ACV solution to remove grime and burnt residue.

Disinfectant: Using pure ACV on countertops and other surfaces will not only disinfect them, but will also leave them unstained and smelling fresh.

Combat odors: Put a splash of ACV in a spray bottle for a chemical-free "Febreze."

Four-Legged Friends

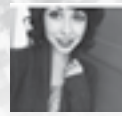
Use a cotton ball to dab ACV onto power cords once a week to prevent pets from shredding them. You can also add a splash to your washing machine to remove cat urine-smell from laundry. When mixed equal-parts with water, ACV can be used to fight fleas as well. Simply add the solution to a spray bottle to make a anti-flea leave-in conditioner.

Lose the Bruise

Use a cotton ball to apply ACV to br Bruises. When used promptly, not only will it reduce coloring, but it will also promote healing.

In the Garden

A 1:8 ratio of ACV to water can help raise acidity of soil to promote growth for plants such as azaleas and rhododendrons. When diluted even further and mixed with sugar, the solution can also act as an excellent plant food. When used in full strength, ACV can also put an end to stubborn weeds and fungi as well as deterring pesky aphids from your precious plants.



COLUMN BY KATHERINE MILES @KATEMARIEMILES

CRIME HITS HOME FOR HARRISBURG

Harrisburg Crime Prevention Forum Invites Community to be Proactive

There has been a steady crime increase in Harrisburg, Ore. since August.

"We met with the city council six weeks ago and the sheriff's department and the city are now partnering to engage the community with a focus on sustained crime prevention," said Jim Lepin, coordinator of crime prevention forums in Linn County.

The Linn County Sheriff's Department and the City of Harrisburg are partnering to host a forum once every two weeks for the foreseeable future. They take place in the Justice Center in downtown Harrisburg.

"I'm doing this in every city in the Linn County except Halsey and Scio and this is the only city where the city is partnering with me," said Lepin.

The audience consisted of members of the city council, Harrisburg Mayor Bobby Duncan, and concerned citizens worried about the future of the city's recreational areas.

Concerns that were brought forth included; a rash of eggings that happened in January, the city museum bathrooms were the site of suspicious activity, and the waterfront park has become new hot-spot for drug related activities. One citizen reported there was an attempted break-in at her home and was scared and wanted to know what to do.

Lepin passed out graphs that displayed reported crimes every month for a year and illustrated how crime rose in August and has continued to be high.

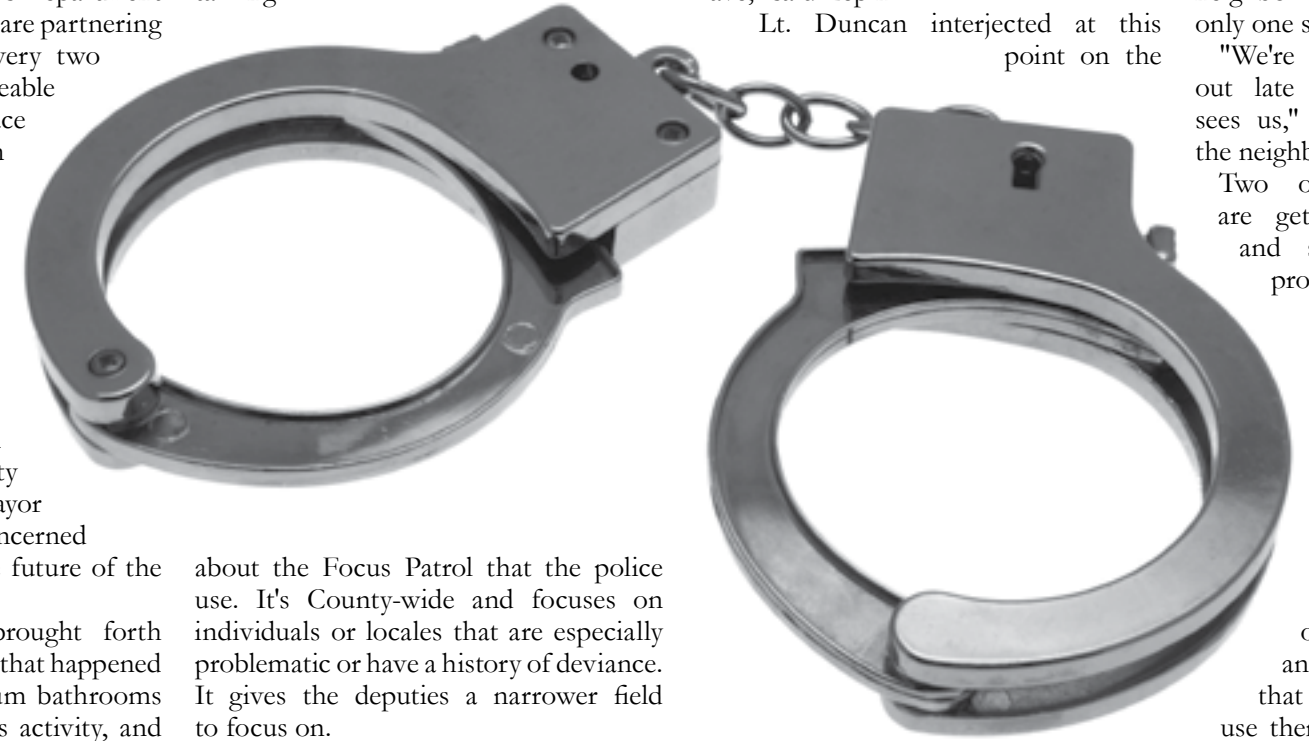
"What happened to your town last Summer that caused crime rates to go up and stay up?" said Lepin. "There was no answer."

He described a saturation patrol that took place in the city weeks ago, where three deputies drove through town

all evening. According to Lt. Michelle Duncan, the overseer of the contracted police in Harrisburg, there were 17 traffic warnings, four traffic citations, nine field interviews and five "hooligans" charged with curfew violations.

"The problems just about stopped after that," said Lepin.

Lt. Duncan continued talking



about the Focus Patrol that the police use. It's County-wide and focuses on individuals or locales that are especially problematic or have a history of deviance. It gives the deputies a narrower field to focus on.

"All of Harrisburg is on the Focus Patrol right now because of car break-ins, burglaries and things like that," said Duncan. "It's not that the Sheriff's Office doesn't care about your town. It's not that the Sheriff's office doesn't want to be here. We have to have priorities."

With police not always available one solution is keeping an eye out in your neighborhood.

"If you don't know your neighbor, you don't know their habits. The neighborhood has to get together. Compare what you see with your neighbor. They can add to what you see. Get to know and care for your neighbors," said Lepin.

If there is suspicious activity, or you have questions or concerns, call the non-emergency police number.

"Include times of day, activities, cars coming and going, people there, and ask to speak to deputies if it's a known drug house. Every incremental piece of information they can get helps. It can build or close a case they already have," said Lepin.

Lt. Duncan interjected at this point on the

it's not important. We're here to make you a very liveable community so you can go walk around the park and your town and feel safe," said Duncan. "That being said, it's a partnership between the sheriff's department, the city, and the community."

There has been a strong push for members of the community to create a neighborhood watch. Currently, there is only one small group patrolling the city.

"We're the invisible group. We go out late at night and nobody ever sees us," said Rick Wagner, leader of the neighborhood watch.

Two other preventative measures are get a dog and take pictures and serial numbers of valuable property you own.

"The chances of you getting burglarized are very slim unless two things: Someone knows you're gone or the property has been cased for a long time," said Lepin.

The issue of personal protection was also touched on by Lepin.

"With the current trend of everyone buying guns and ammo I am concerned that people don't know how to use them. If you don't want to use a gun, buy a can of wasp spray. I could get everyone in this room with one of those," said Lepin.

The audience laughed lightly. The final question posed and left in everyone's minds for the night was also a reiteration of Lepin's first.

"What happened in your town last August?"

STORY BY SARAH NASSHAHN

WILD ABOUT READING

Sunrise Elementary rises to reading challenge

One in four children in America grow up not learning how to read, according to dosomething.org. Also, two-thirds of children who cannot read proficiently by the end of fourth grade will end up in jail or on welfare.

Reading is absolutely essential in our lives, whether you're working a desk job or working a labor job. Due to the increasing numbers of children growing up without being able to read, schools like Sunrise Elementary in Albany, Ore. are creating new ways to promote students reading comprehension.

On Thurs. March 3, Sunrise Elementary held a "Wild About Reading" luncheon in the school's cafeteria. The luncheon was held to congratulate students that had done all their reading for the week. The cafeteria was decorated in a wildlife theme and students were allowed to eat on the stage area in the cafeteria as well as the normal tables. Students came in three waves: kindergarten and fifth grade, first and fourth grade, and finally second and third grade.

Sunrise held a "Wild About Reading" event from Feb. 5-26 where students were asked to read four or more nights of the week for 20-30 minutes and have the parents initial a sheet saying the child read. If the student reached the goal for the week they would receive a prize on Friday, and the students who read all 21 nights were invited to the luncheon.

"The reading challenge is focused on developing consistent reading routines at home," said Principal Jodi Smith. "We are very excited for the families that have made reading a part of their routine and the students that can celebrate that success at our Wildlife Safari Assembly."

Sunrise Elementary has been making steady improvements to help students

“Two-thirds of children who cannot read proficiently by the end of fourth grade will end up in jail or on welfare.”

learn how to read. The school is a host to the SMART (Start Making A Reader Today) program, which is a volunteer based program in Oregon. Volunteers visit schools and spend an hour a week one-on-one with students. Helping them better their reading skills by reading stories aloud with them. On top of helping the students read SMART, also provides the children with up to 14 new books that they can take home.

On top of the wildlife luncheon, the wildlife safari will be at the school on Friday, March 4 for two assemblies with live animals for the students who earned it through completing their reading. In a day and age where more and more children are not learning to read Sunrise Elementary is pushing for new ways to promote reading for students.

STORY BY NICK FIELDS

Study Jam

Albany Campus
March 12, 10:00-4:00
&
March 13, 10:00-6:00
In The Learning Center & Library

Learning Center:	Library:
☺ Math Desk	☺ Computer Lab
☺ Calculator Checkout	☺ Computer Tech Support
☺ Open Study	☺ Textbooks
☺ Testing (No tests issued after 3pm)	☺ Research Desks
☺ Math Angle (12-4 pm)	☺ Other Resources

Free food & drinks in the Hot Shot Café
Come get your Study on!
Hosted by SLC, Library, and Learning Center

LRCC is an equal opportunity educator and provider. Please bring questions about or requests for special needs and accommodations to the Center for Accessibility Resources at Linn-Benton Community College, 1224 NW 20th St., Corvallis, OR 97331. Phone: 325-3100. Website: www.lbcc.edu

THE COMMONS Cafeteria

... MENU ...
3/9 - 3/18

Wednesday: Chef's Choice
Thursday: Braised Chicken, Prime Rib* with Demi-glace and Horseradish, Vegetarian Omelet*. Soups: Beef and Wild Rice*, and Cream of Cauliflower
Friday: Chef's Choice
Monday- Wednesday (3/14- 3/16): Chef's Choice
Thursday, Friday (3/17, 3/18): The Commons will be closed for cleaning.
Items denoted with a * are gluten-free

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

QUESTION MARK

DID YOU KNOW?

The Commuter just got brand new stands.

Look for them on campus.

Boulder Canyon Potato Chips 3/\$5

3oz. selected varieties Offer good until March 15th | reg. \$2.79/ea

Jalapeno Cheddar
Malt Vinegar & Sea Salt
Sea Salt

First Alternative NATURAL FOODS CO-OP

Anyone Can Shop at the Co-op!
North Corvallis: 29th & Grant
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www.firstalt.coop • open daily 7-10



LB SCORES NEW SCOREBOARD

OSU steps up to the plate



BASEBALL IS BACK

High hopes for this year's team

As we approach the start of league play, the RoadRunners are settling into a rhythm.

This year's season began with the baseball team getting to play their first "home" preseason game at Goss Stadium, home of the Beavers in Corvallis.

After making the playoffs last year, the RoadRunners have started their preseason games. As of March 8 they are 4-3, and are listed in second place, just behind Lane in the South Region.

None of these are league games yet, but it really gives these players the opportunity to get in the groove before the regular season kicks off.

Randy Falk, LBCC athletic director, can be found supporting the baseball department at games.

"These coaches have done a great job with these young men," said Falk. "They are a good group of guys, who enjoy playing together and really seem to be getting focused."

As the season gets closer, head baseball coach Ryan Gipson shared his view.

"Our starting pitching, and offense overall has been fairly solid," said Gipson. "We have been lacking in situational baseball and making mental errors, but that is what preseason is for and we are going to have growing pains as they improve."



STORY AND PHOTOS BY
BRIAN HAUSOTTER
@BHAUSOTTER

The spring solstice is almost here meaning baseball has arrived. New bleachers are behind home plate for the first time in the history of LB.

There is a new scoreboard installed in right field.

Baseball returned to LBCC in 2015. Since then Coach Ryan Gipson has been putting in the work to make the team the best he can, but the entire baseball facility as well.

With ties to our neighbors in Corvallis and the community, it appears that athletics here at LBCC are moving forward.

Oregon State University installed a new digital scoreboard at Goss Stadium and rather than dispose of their old one, they chose to donate it to LB.

"The actual black-board is what we received from the university," said Gipson. "All the header boards and signage,

along with the framing and wiring were funded by our fundraising and donations throughout the seasons."

If you have never been to a Beaver baseball game and haven't seen it before, go check it out at the field; it looks good.

Athletic Director Randy Falk was out during the installation.

"Things sure are coming along," said Falk. "Coach Gipson has really done a great job in his continuous efforts to better this team and the facility."

Next home game is Friday, March 11, and it is a full day of baseball as the RoadRunners play a doubleheader, starting at noon.



STORY AND PHOTO BY
BRIAN HAUSOTTER
@BHAUSOTTER



BLACK-STOCK RISING

Brett Blackstock's looking to take career beyond LB Basketball

Blackstock went from being uncertain whether he was going to make the LBCC basketball team to being all-NWAC second team. He is playing in the all-star game during the NWAC playoff tournament March 10, couple that with schools recruiting Blackstock to join their basketball team because of his improved play.



"I started playing basketball when I was five or something," said Blackstock. "I was pretty young, my brothers, dad, everyone pretty much played basketball too, so it was kind of natural I guess."

He went from being a skinny 5-foot-tall freshman at Kuna High School in Idaho to a 6'5 sophomore with a smooth jumper and picturesque follow-through forged from hours of practice.

Blackstock didn't take the atypical path to college basketball. Because he was 5 feet tall in high school, he played on the freshman and JV team in Kuna. His senior year, when he finished sprouting to 6 feet 5 inches, the Kuna Kavemen made a deep run into the 4A Idaho playoffs and finished fourth in the state.

There was one memory that stood out the most to Blackstock from his high school days.

"My junior year we were playing our farthest away opponent which I think was like an hour and a half away. It was Emmett," said Blackstock. "I forgot my shoes and my parents had to quickly run them up there before the game started. I ended up having six 3's in the first quarter that game; that was pretty cool."

Blackstock comes from a basketball family. His older brother Travis played division I basketball at the University of Idaho, and Brett always looked up to him. He wanted to follow in his footsteps.

"In first grade I remember trying to do in between the legs for the first time ever," said Blackstock. "I'd raise my leg up or whatever. I remember my brother and dad coaching me from first grade on."

College

"My freshman year of college was probably when my jump shot was the best," said Blackstock. "I didn't play basketball my freshman year, I went to the University of Idaho just for education. I ended up going and shooting everyday for like four hours a day, and I would just shoot because I love shooting."

He made the squad from an open tryout in 2015.

"When I tried out I actually was uncertain if I was going to make it," said Blackstock.

He was the second leading scorer for LB this season with 11 points per game. His best game of the season was a 29 point, 8 rebound, and 3-assist outburst against Clackamas.

In the first 12 games of the season Blackstock averaged 4 ppg. In the final 15 games of the season he averaged 17 ppg, and was a key to the improved play of LB this season.

According to Blackstock, this season's RoadRunner team was a tighter group than last year's squad.

"I felt like our team this year was more cohesive," said Blackstock.

"We bonded a lot more definitely. Pretty much everyone from the sophomores down to the freshman all kind of got along.

The bus ride home after wins for Blackstock and his teammates were fun. They were excited and always had a good time.

Coach Randy Falk had some insights into Blackstock's improvement during the second half of the season.

"I think that there were two things," said Falk. "The first, he took a more active role as a leader on the team. Secondly we have been encouraging him to go to the basket more often and not stand around the perimeter so much. Once he started doing that, things started to really click for him."

"We have been encouraging him to go to the basket more often and not stand around the perimeter so much. Once he started doing that things started to really click for him."

Coach Falk wasn't the only one who took notice.

"There was a lot more confidence coming through," said Blackstock. "There was a lot more being able to free flow through the offense. There were some people that were starting to quit on our team...There was more need

PHOTO BY: BRIAN HAUSOTTER



for offensive production."

The win-loss totals don't show the improvement for the RoadRunners this season, but they were in plenty of games and with a different bounce of the basketball. In the middle of the season they could easily have had three or four more wins and been in the hunt for a playoff berth.

Blackstock is still trying to find the balance between college and being a collegiate athlete.

"The hardest part would be the work that you have to dedicate for both if you want to be good at both," said Blackstock. "...They say you've got to spend as much time in class as you do out of class doing your homework, and that is pretty much the same as basketball."

One could say Brett's stock is rising.

"I'm planning on trying to play somewhere next year," said Blackstock. "I have some schools that are looking at me and I am looking to go somewhere, but if not, I'll just go to U of I or something and get an education."

BEYOND THE ARC

- **First Dunk:** Summer between junior and senior year
- **Favorite Food:** Pizza
- **Favorite Movie:** Dumb & Dumber
- **Music:** Everything but screamo
- **Major:** Business with minor in Teaching
- **Best dish:** Spaghetti
- **Funniest teammate:** Andrew Evans
- **Best dressed:** Tanner Tibbet
- **Fav. Cartoon:** Johnny Bravo



STORY BY
JASON CASEY
@REALJASONCAEY

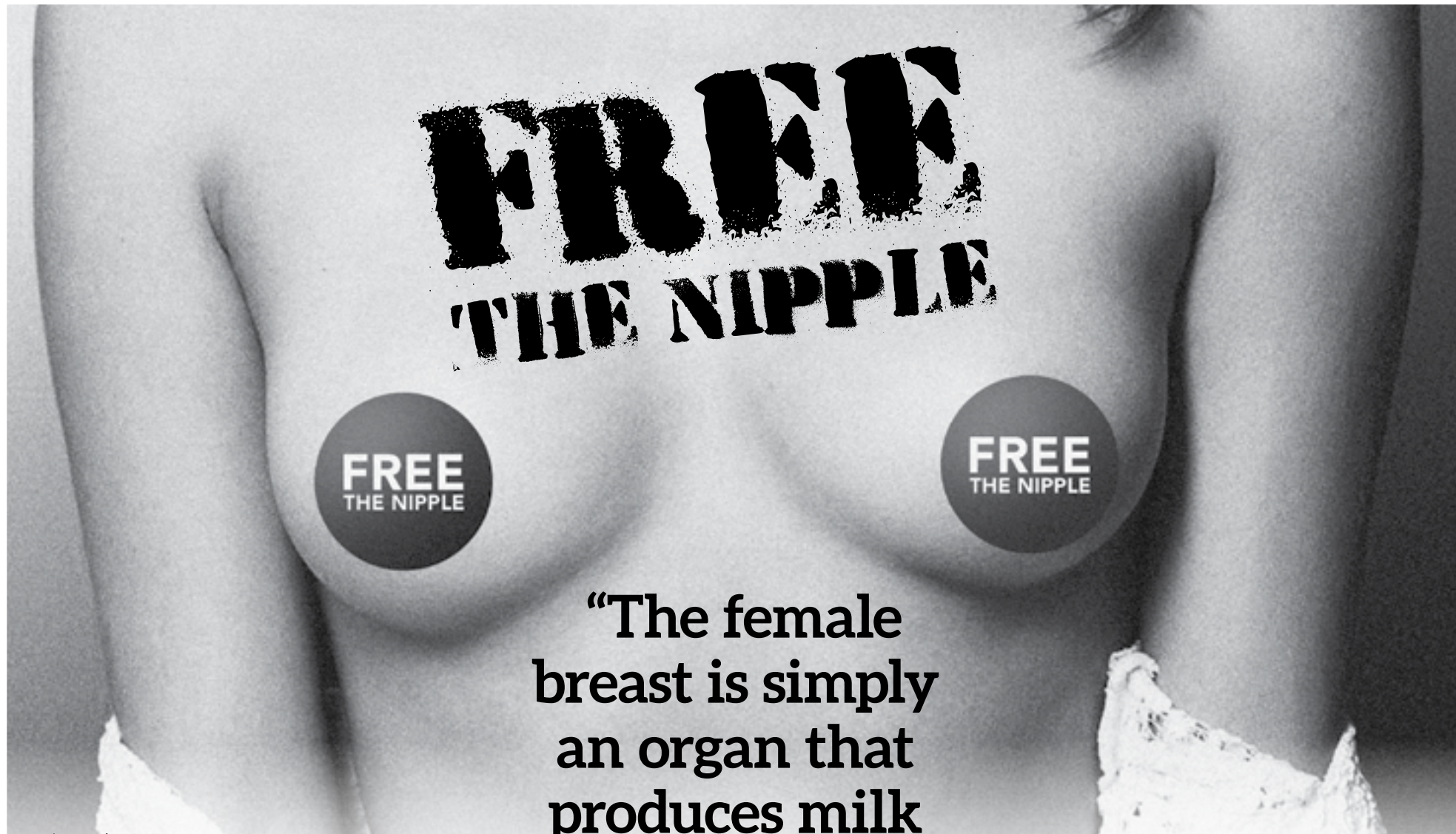
STORY BY
AUSTIN PETERS



DID YOU KNOW?

Oregon won the first NCAA Basketball Tournament in 1939.

BLACKSTOCK PUTS ONE THROUGH FOR TWO.



“The female breast is simply an organ that produces milk for offspring. It is, and always will be an existing feature of the human body.”

The female body is sexualized to the point in which a woman cannot show her bare body in public without there being political and ethical uproar. Breasts are a target and this is a social problem. For example, cleavage, nipples, and breastfeeding.

Nudity hasn't always been something that was frowned upon.

Dating back to hunter-gatherer times, in warm climates, the naked body of men and women was the norm. Ancient Greek warriors fought in the nude.

Nudity has been the subject of ceramic and sculpted art dating back to 21,000-26,000 years ago, such as the famous fertility goddess statues of naked pregnant women.

Before WWII, public nudity of all genders was legal in Japan. It wasn't until the U.S. occupied Japan that female nudity became a crime.

Sexualizing the naked body has led to the lack of acceptance of nudity. Magazines, porn, movies, and other platforms have turned the naked body into a sexual object.

In the United States today, it is legal in all 50 states for men to freely show their bare nipples in public, the same is not true for women. Seventy-five years ago, it was still prohibited for men to show their nipples. It wasn't until protesters stood up against the status-quo that change began.

It is still illegal in 37 states for women to show their nipples publicly. Even in a few states where it is legal, women are still being cuffed and hauled off to jail for exposing their breasts. This includes breastfeeding as well. Women are fighting a battle for freedom that men were granted a long time ago.

In 2014, a movie was released on Netflix called "Free the Nipple." This movie has brought an immense amount of support to a once small campaign for equality. Free the Nipple was thought up when a woman was arrested and incarcerated in New York for being topless in public.

Considering that the public display of female breasts has been legal for over 15 years in New York, the woman was released and later received compensation for damages. This was only the beginning of the Free the Nipple campaign.

Support of this movement has come from dedicated groups of women that include Miley Cyrus, Liv Tyler, and Lena Dunham. Today, they are bringing awareness to this equality act through art, media, and protests.

The female breast is simply an organ that produces milk for offspring. It is, and always will be an existing feature of the human body.

Content in the media pertaining to women breastfeeding in public has been a hot topic. Many argue that the feeding of a child should be done in a secluded location. They feel that it is distracting and inappropriate. There are videos being shared of women who are approached and yelled at for publically breastfeeding their children. They are told

that it's disgusting and shamed for doing one of the most natural occurrences in the human world.

Others feel that this should not be illegal in any way. For some, bottle formula feeding their child is not an option due to financial status. To others, breast milk is an essential piece to the baby's health. It is also considered a significant way of bonding with their child and it brings them joy.

It isn't just the streets that women are shamed for showing their breasts. It is all over social media platforms as well. Instagram neglects the posting of any photos or videos that show a bare female nipple.

In Instagram's policies section on their website, they state that they are aware that some might want to use nudity as a form of artistic expression, but they do not allow nudity. Photos of mastectomy scarring, women actively breastfeeding, and paintings or drawings of nudity are allowed.

While there is a ban on Instagram for posting a woman's nipple however, there are no restrictions on men posting topless photos. When a woman posts a photo that includes her nipple, the photo is flagged and taken down, but not a man's. To take a stance against Instagram, women have started to Photoshop men's nipples in place of their own. These photos are not flagged and allowed to stay on the site.

An example of discriminating the female nipple on social media was on Chelsea Handler's, a famous comedian and talk show host, Instagram page. She posted a photo of herself posing topless while riding a horse. It was a replica of Vladimir Putin. The photo was quickly flagged and taken down. She along with many others ranted over the unnecessary banning of the photo.

Outside of the online double standards, the sexualizing of the female body has resulted in horrific consequences. Cat-calling and slut-shaming are social issues on their own. Women's bodies are often the blame of sexual assault. Women are constantly told how to behave, including what to wear.

We live in a society where we question the attire of

a woman before acting on the behavior of a predator.

Women are told from a very young age that the way they dress affects how they are treated. For example, school systems regulate the length of shorts, dresses, and shirt sleeves. They tell young women that it is a distraction to show too much skin.

Shaming of bare skin is the reason that victim blaming exists.

A CNN reporter recently praised a Utah high school for enacting stricter rules regarding the length of homecoming dresses. She stated that how women are viewed by the public is how they will be treated.

In a skit performed by the University of Oregon's Sexual Wellness Awareness Team, they compared the blaming of a victim's attire to the welcome mat outside one's home. If their mat says welcome, then it must mean that anyone is welcome to enter, right? Wrong.

The clothing, or lack thereof, on a person's body is not an invitation for invasion.

Society will never take the steps that are needed towards equality if we don't stop sexualizing the human body. Breasts will always exist, but the negative view of society can change with time. Nipples are not weapons.

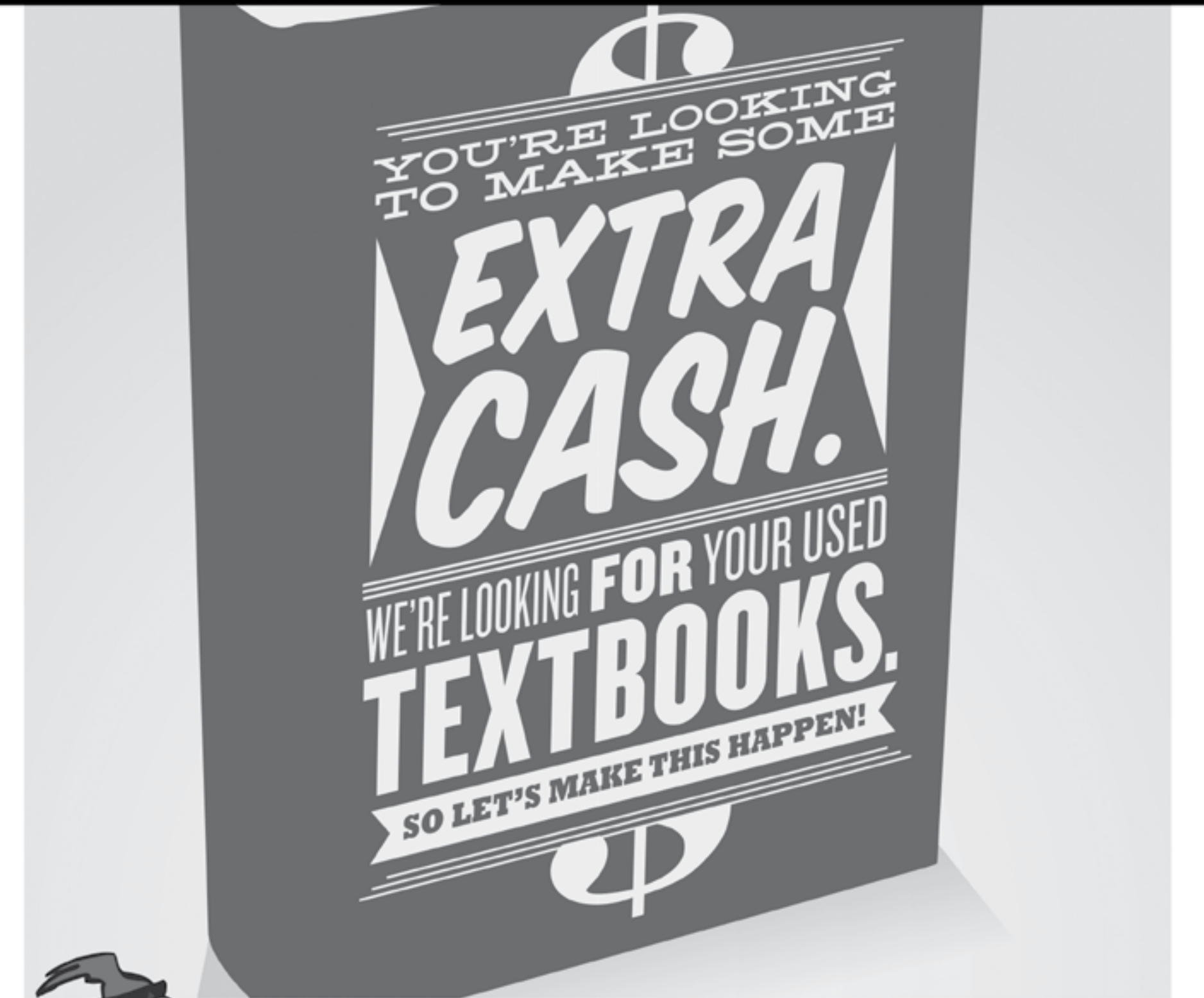
They are part of the body, a part of the body that we cannot boycott, nor should we, based off of sexual desires. Stop using sex as an excuse to act inhumanely. America is a nation that strives for freedom, so let's free the nipple.

**THE
SEXUALIZING
OF THE FEMALE
BODY HAS
RESULTED
IN HORRIFIC
CONSEQUENCES.**

COLUMN BY
MARINA BRAZEAL
@MARINABRAZEAL



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PHOTO BY: MARWAH ALZABIDI

A SYMPHONY OF LIGHT AND TIME

Dancing with Light Painting with Time by Kurt Norlin and Jeff Hess

What Kurt Norlin couldn't do with painting he decided to do with photography.

LBC's South Santiam Hall Gallery is currently featuring the artwork of Norlin and Jeff Hess. Both artists use combined mediums to create something new and captivating. Each piece is filled with vibrant colors and exciting titles that make these pieces pop.

Along with photography, Norlin has a background in painting and printmaking, which has inspired his desire to push the boundaries of photography by creating layers through photoshop.

"I love color," said Norlin. "I was an abstract expressionist painter, not a very good one, not as good as I wanted to be.

This is where this is coming from."

Two of Norlin's pieces caught the attention of LBC student Angela Scott.

"The presentation of the pieces are put together really well and gives each piece its own chance to breathe. Coyote Chant and Ancient Seas are my favorite," said Scott. "It's like light is its own language. Things like this should be noticed. I think it's awesome."

Using a different approach, Hess applies his scientific background to his craft.

Dissatisfied with the industrial and corporate world, he saw art as a way to express himself, and say something to the world that was his own voice.

"I refer to this project as atemporal

painting," said Hess. "It's a way to look at forces, flows and movement from a mathematical perspective."

He sees the space that he's working with as a canvas. His process involves taking the image he wants to work with, deconstructing it, then separating it into colors and brushstrokes.

"Everything I use is organic material, so I use flowers, nuts, berries and leaves. Things that I usually eat after," said Hess. "How you move the leaf changes how you paint it."

He uses compressed air, motors and different tools to move the material in the direction he wants it.

"Because it's moving, you're painting with time as it passes by," said Hess.

"It's almost like a musical score. It's an interesting transformation."

Transcribing into an image with a stationary camera is his final step.

A favorite of LBC student Ashley Cramer is Hess's piece "Curtain."

"I didn't know what it was until they told me it's flowers. It gave it a different light, a new perspective and I love red," said Cramer.

The Dancing with Light, Painting with Time Motion Photography exhibit will be on display at the SSH Gallery until March 17.



STORY BY
ALYSSA CAMPBELL
@TWITTER



COURTESY: ANONYMOUS CONTENT

MOVIE REVIEW:

Spotlight

DIRECTOR: Tom McCarthy
STARRING: Mark Ruffalo, Michael Keaton, Rachel McAdams, Liev Schreiber, John Slattery, and Stanley Tucci.

PRODUCTION: Anonymous Content, First Look Media, Participant Media, Rocklin / Faust

GENRE: Biography, Drama, History, Thriller

RATED: R

OVERALL RATING: ★★★★★

REVIEW BY KYLE BRAUN-SHIRLEY

Two of the biggest movies of 2015 were "Mad Max: Fury Road" and "Star Wars: The Force Awakens." Both were big budget sequels that were critically and commercially successful. In the years to come, many people will say that these were the two best movies of 2015. Yet both of them lost Best Picture at the Oscars to a lesser known movie called "Spotlight."

Directed by Tom McCarthy, "Spotlight" was released on Nov. 25. It was nominated in six different categories at the 88th Academy Awards and won two for Best Original Screenplay and Best Picture. On top of the excellent dialogue for which it won an Oscar, "Spotlight" succeeds because of the interesting real life story it tells and some career defining performances from Mark Ruffalo and Michael Keaton.

The film follows a small group of journalist working at the Boston Globe, who in 2001 uncovered numerous cases of child abuse and molestation within the Catholic

Church. While a movie about journalists may sound uninteresting at first, the scale of what they discover will hook the audience from beginning to end.

The best aspect of "Spotlight" is the way it portrays the characters. It would have been easy for the filmmakers to represent the journalists as crusaders, white knights of justice. Instead, it depicts them as real human beings.

These reporters were ordinary people who saw a pattern of systemic sexual abuse happening in the city they called home, and they reported on it. The film doesn't glamorize what these people did. In fact, the movie goes out of its way to point out their shortcomings in terms of how they handled the situation. But it's the way these ordinary, imperfect people stood up for the victims that makes "Spotlight" such a great movie.

Mark Ruffalo and Michael Keaton turn in performances that further elevate "Spotlight." Ruffalo, who was snubbed for the Best Supporting Actor award,

is amazing as Michael Rezendes. There's a scene in which Rezendes gives a speech about not letting the church get away with what they did, and Ruffalo's acting will give you chills. Keaton is great too, as he plays a man who realizes that he may not have done all he could have to help his community.

There's only one tiny issue with the film: the rest of the cast. None of the cast is bad in this movie, but some people don't live up to the bar set by Ruffalo. Brian d'Arcy James in particular is good in the film, but his performance is forgettable compared to Ruffalo and Keaton.

What makes "Spotlight" an incredible film is that it's about incredible people. It tells a real story, and it rarely feels overblown or overly dramatic. It's currently playing at the Darkside Cinema in Corvallis. Check it out.

I'M GLAD SONY MADE THE RIGHT DECISION

By James Morrison

O what a tangled web you'll weave
When my tomes begin to open and read.
Adventures set amongst the peaks
Of sprawling cities spread like sheets

Monsters made through means of science
I battle till a forced compliance, or alliance
Will shatter all I thought to be true three panels ago
Back then things were simple, as record will show

But progress I will as all great stories should
I'll grow if not slower than maybe is good
But I'm stuck in high school in so many minds
But I haven't been there since 1965

Live with me my lifetimes of ventures so grand
As vultures defeat or the return of the hand
Insult to injury as they all fall
In turn as if someone was scripting it all

As if someone could do a thing such as that
Make my existence, as if that of a rat
Caught in a timeless perpetual maze
Of adventures created to shock and amaze

But that's simply not true it was only by chance
That my molecules changed in the pass of a glance
To resemble those of our eight legged friend
What with sticking to walls and strength without end

But my problems are yours, you can probably relate
To bullies and crushes and tests to take
Cause I'm just like you with a few minor glitches
Of powers and villains and tight costume itches

But I've got a secret you probably know
Interesting seeing as those I love go
In ignorance never to know my true nature
A killer, a hero, a nuisance, a traitor.

Through thwart all my foes it doesn't redeem
My uncle is gone; it's my fault it would seem
Being a hero brings causality
With great power comes great responsibility

So I battle the street thugs that steal your new purse
But also the demons with plans to end earth
I fight besides gods and heroes alike
The guy in the red suit I never did like

I'll travel through time I'll break all dimensions
The people who play me I pray you don't mention
And sometimes my webbing will look more like a rope
But please do not ever think me a joke

Cause I made your Saturday mornings more awesome
When the fox box was blasting and cereal poppin
And I made reading way more cooler than books
Cause I was a ninja battling crooks

And Now you relive my adventures again
Through conventions, and comics, and cinema sins
Through toys and trailers and silly tattoos
I'm here in your memories, and in Civil War too

So if you like me thank my father, named Stan
Cause I'm your friendly neighborhood Spiderman.

AFFLUENZA

by D.A.

I spend most days either doubled over and shaking like leaves in the wind, or staring into a mirror looking at the ghost of the person I once was.

I am frail and thin, standing trial for my sins as I feel the warmth of my one true love creep up my spine as I smile and hit the floor.

Some call me needle sick, I call me just sick.

Paying no mind to the wake of damage I've caused to my own universe. I have something that takes me far away to an astral world where I can no longer see anything but darkness.

I've tried to stop, only to be yanked back by the tide and spit out, staggering onto the sand, raw skin and dirt. Being destroyed by God's good ocean gone wrong.

Over.

And over.

And over.

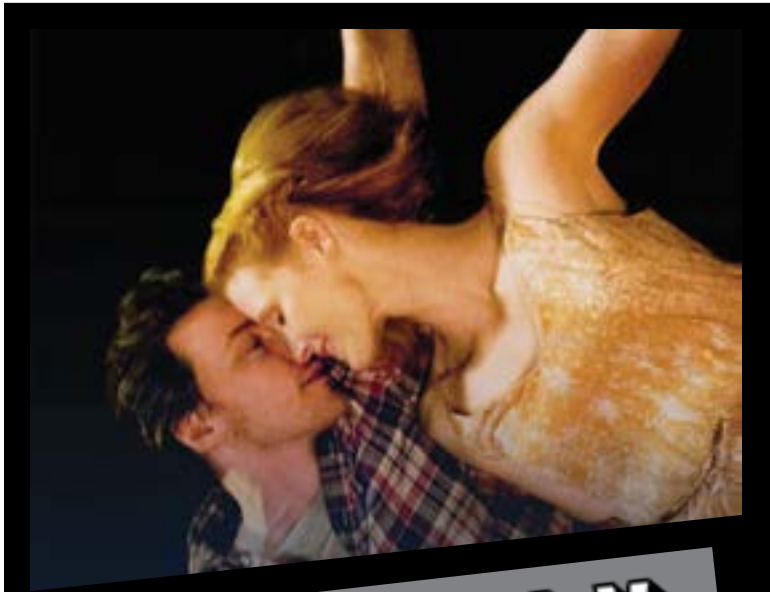
Casted into the abyss of my vices and constantly tossing myself to the wind, hoping to find light somewhere in this endless night.

There's a knock at my door now, lights and sirens; and suddenly I don't feel scared. This is calm.

This is quiet.

I am home.

PHOTO BY: HANNAH BUFFINGTON



NETFLIX
RECOMMENDATION

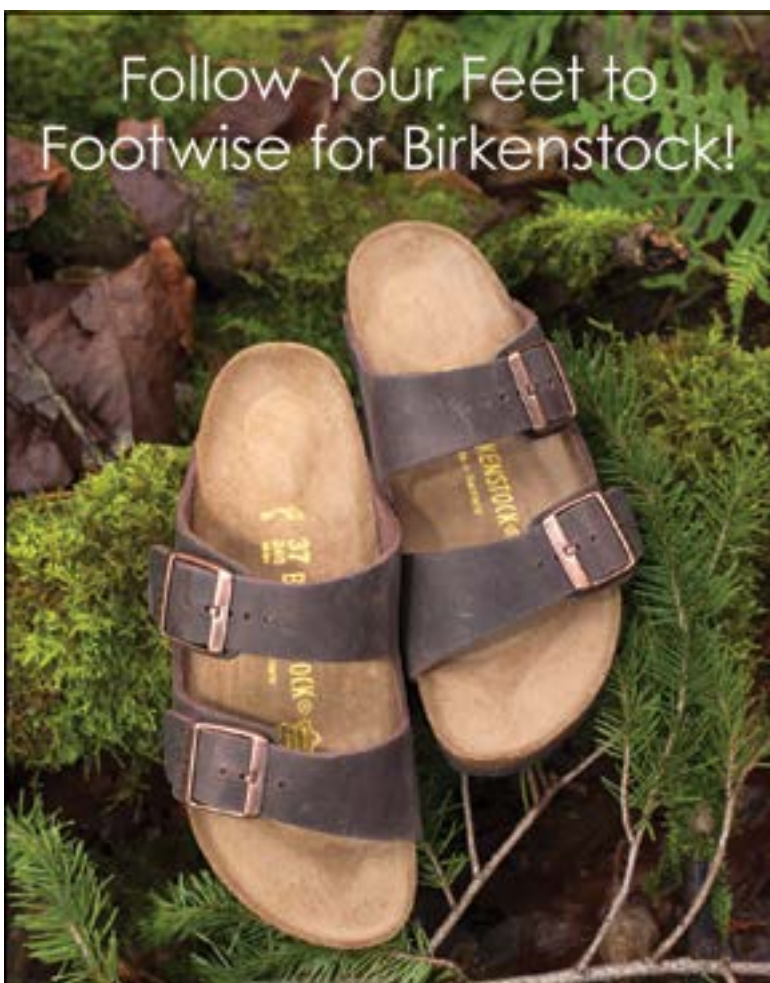
“The Disappearance of Eleanor Rigby”

This movie examines the dissolution of a couple after a terrible event. It's worth a watch for interesting insights into the complexities of romantic relationships.



DID YOU KNOW?

"Spotlight" is the first movie since 1952 to win Best Picture and only one other Oscar.



FOOTWISE

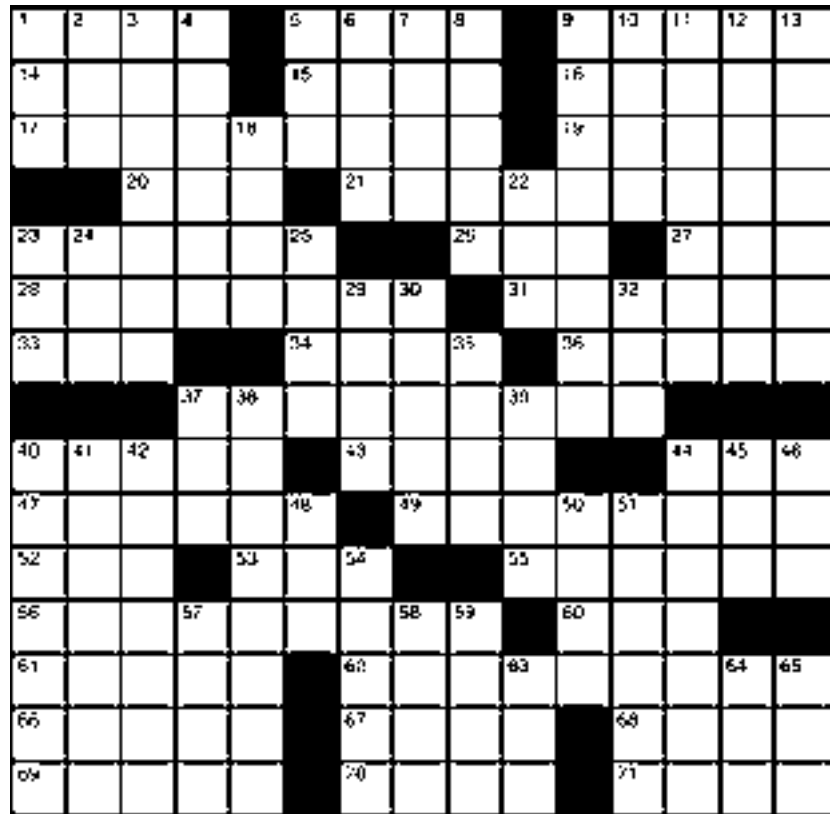
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FOR RELEASE MARCH 9, 2016

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Computer whose 27-inch version has a Retina 5K display
 - 5 Down in the mouth
 - 9 Rum-soaked cakes
 - 14 Part of rock's CSNY
 - 15 Midterm, e.g.
 - 16 Eel, to a sushi chef
 - 17 *Seriously indoctrinate
 - 19 13-Down actress Normand
 - 20 Miracle-__
 - 21 *Improvised rap
 - 23 Medical screening system
 - 26 Tell (on)
 - 27 Fiver
 - 28 *Risqué
 - 31 Hill-building stinger
 - 33 LAX summer setting
 - 34 Director Kazan
 - 36 "Blue Bloods" actor Will
 - 37 *Weight-training exercise
 - 40 Nurse at a bar
 - 43 1956 Mideast crisis site
 - 44 Mensa concerns
 - 47 Hometown of the Ivy League's Big Red
 - 49 *Markdown
 - 52 Chinese menu general
 - 53 Nev. neighbor
 - 55 Binges
 - 56 *Brand created in Toronto in 1904
 - 60 Chow line?
 - 61 More than chubby
 - 62 Permanent place, and a hint to the ends of the answers to starred clues
 - 66 "___ Black"
 - 67 River to the English Channel
 - 68 "Don't look at me"
 - 69 Brown ermine
 - 70 Hard to box in, ironically
 - 71 52 Pickup need



By Bruce Haight

3/9/16

- DOWN**
- 1 Having five sharps, musically
 - 2 Scratch, say
 - 3 At no cost
 - 4 President before Sarkozy
 - 5 Digression lead-in, in texts
 - 6 Table extension
 - 7 Cold War initials
 - 8 Early anesthetic
 - 9 Foul tip?
 - 10 Med. school subject
 - 11 Newborn's natural insulator
 - 12 Botox target
 - 13 Films that usually had live music
 - 18 Scrubbed, at NASA
 - 22 Word with bud or flap
 - 23 Bikini part
 - 24 Country mail svc.
 - 25 Utility abbr.
 - 29 Chihuahua cheers
 - 30 Tear to pieces
 - 32 ISP option
 - 35 Service pro
 - 37 Feathery neckwear



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3/9/16

- 38 Contentious border happening
- 39 Israeli guns
- 40 "Maude," "Phyllis" and "Rhoda"
- 41 "You're on!"
- 42 Dir. assistance info
- 44 Frozen floater
- 45 "¿__ pasa?"
- 46 Beale and Bourbon: Abbr.
- 48 Canine care gp.?
- 50 Tax time VIPs
- 51 Thing to run
- 54 For this purpose
- 57 Pacific Rim continent
- 58 Avis modifier
- 59 Hip-hop's ___ Yang Twins
- 63 King of Spain
- 64 Non-Rx
- 65 Neat ending?

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level:



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

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 TUESDAY'S PUZZLE

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

3/9/16

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