



Linn-Benton artist Marie Arnold's painting "Amber." For more, see Page 4.



Honoring Women's History Month

"America is for everyone; our country is built on the dreams and ambitions of immigrants. It is our duty to ensure that all who enter have a voice."

Pages 4-7, 9-10



Election Showdown

The votes are in!

Page 3

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.

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:

Address:

The Commuter Office
Forum 222
6500 SW Pacific Blvd.
Albany, Oregon 97321

Web Address:

commuter.linnbenton.edu

Phone:

541-917-4451, 4452 or 4449

Email:

commuter@linnbenton.edu

Twitter

@LBCommuter

Facebook

The Commuter

Google+

LBCC Commuter

Our Staff**Adviser**

Rob Prieue

Editor-in-Chief

Emily Goodykoontz

Editorial Assistant

Saul Barajas

Layout Designer

Scarlett Herren

Managing Editor/A&E

Alyssa Campbell

News Editor

Hannah Buffington

A&E Contributors

Steven Pryor
Truman Templeton

Photography Editor

Elliot Pond

Photography Contributors

Carlie Somatis

Copy Editor/Social Media

Katelyn Boring

Sports Contributors

Nick Fields - **Sports Editor**
Joshua Knight

Web Master

Marci Sischo

Advertising

Austin Mourton

Contributors

Morgan Connelly
Samantha Guy

WEEKLY TRUMP WATCH

A quick review of President Trump's actions over the last week

Feb. 20:

- A Russian official told a Russian news agency that they had communicated with Trump's team by text, phone, and in person during the campaign.

- Donald Trump names Lieutenant General H.R. McMaster as assistant to the President for national security affairs.

Feb. 21:

- The Trump administration takes a number of actions that will speed up deportation (including the construction of new detention centers, removing privacy protections, and speeding up deportations of undocumented immigrants), regardless of whether or not they have committed crimes since arriving.

Feb. 24:

- Donald Trump signs an Executive order requiring every agency to establish a Regulatory Reform Task Force.
- Donald Trump approves federal disaster aid in Kansas.

Feb. 27:

- Donald Trump signs an executive order that aims to boost the administration's support for historically black colleges and universities.

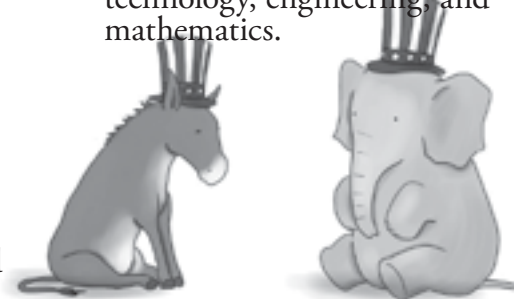
Feb. 28:

- Donald Trump signs H.R. 40 into law, which nullifies the Social Security Administration's guideline implementing the National Instant Criminal Background

Check System Improvement Amendments Act.

- Donald Trump signs H.R. 255 into law, which encourages the National Science Foundation to support and recruit women in their fields and programs.

- Donald Trump signs H.R. 321 into law, which requires the National Aeronautics and Space Administration to encourage women to study, pursue, and advance the fields of science, technology, engineering, and mathematics.



CAMPUS VOICE

If women ruled the world how would it be different?



**MATT PAGE
UNDECLARED**

"IT WOULD BE MORE CARING, BECAUSE WOMEN ARE BIOLOGICALLY ENGINEERED TO BE MORE NURTURING."



**SHELBY ALLISON
NURSING**

"IT WOULD BE REALLY DRAMATIC AND WE WOULD TRY TO BECOME FRIENDS WITH OTHER COUNTRIES."



**ELIZABETH SMITH
PSYCHOLOGY**

"THERE WOULD BE MORE SHOPPING CENTERS, WOMEN WOULD GET PAID MORE BECAUSE WE CAN DO WHAT MEN CAN DO."

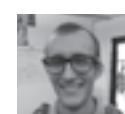
**AHMAD SCOTT
UNDECLARED**

"LESS WAR BECAUSE WOMEN HAVE LESS TESTOSTERONE SO THEY WOULDN'T HAVE TO PROVE ANYTHING."



**CHANDLYR BIVENS
CHILD AND FAMILY STUDIES**

"THERE WOULD BE A LOT LESS WAR, I FEEL LIKE COUNTRIES WOULD GET ALONG MORE."



STORY AND PHOTOS BY
ELLIOT POND
@MARSHALPHOTOS

GOLD RUSH

David Turin speaks about the value of real-life skills

With microphone in hand, Dave Turin advocated the need for associate degrees to replenish the workforce.

Dave Turin, from Discovery Channel's "Gold Rush" series, spoke at LBCC on Thursday, Feb. 16, from 2 p.m. to 3 p.m., in the Forum room 104.

Turin was dubbed "Dozer Dave" in "Gold Rush," and about 80 to 100 people attended his speech.

Turin, talking with his hands like his true Italian self, said, "Our duty is to... give back to our communities and community colleges."

"We have a shortage in skilled people who will do the work [for trade jobs]," said Turin.

Turin is concerned that there is too much emphasis on four-year college, and that too many end up in debt without jobs.

Turin graduated from Portland State University with a bachelor in Civil Engineering, and was a college football star.

Turin describes his education as the "School of Hard Knocks" and that he believed going to a two-year trade course might have done him more good than a four-year degree.

Turin got into the mining business because his father owned the business Mt. Hood Rock Jim Turin and Sons Inc. Turin and his three brothers, Dan, Dennis

and Doug bought the business from their father because they didn't want their father to be their boss. Turin soon realized that the new company wasn't what he ultimately wanted. Turin met Todd Hoffman, the head of the "Gold Rush" team, before Hoffman went up to Alaska to find gold and start filming.

In June 2010, the year after meeting, Hoffman needed Turin to fix some of his mining equipment. Turin went to Alaska and joined the team.

Turin explains that while on the job the men would pray.

"We're men of faith, we believe there's a God," said Turin. "The minute you say you're a Christian, you're marked for good or bad."

With this in mind, Turin was amazed that so many people had watched the series.

"We always put things back," Turin said, especially in the jungle of Guyana.

In Guyana, the crew was able to show the local miners how to mine without using mercury, so that the people wouldn't be poisoned.

After the 30-minute speech, Turin took questions from the audience. The audience asked Turin general questions about the TV show, and why he advocated for trade school.



In one of the questions about diminishing work ethic, Turin answered "I have faith in young people, then he shared his belief in the need to teach kids work ethic from day one."

Student Casey Hoff, one of the audience members, stated that they were at the speech, "Because we watched the series since it came out" and that he had "Found out about [the speech] on the LB website."

David Becker, the dean of Business Applied Technology and Industry, explained that the speech was a part of the Career Technical Education (CTE) signing day. The signing day allows students to sign up for the CTE program. During this two-year program, students will learn a trade, and most likely have a job as soon as they graduate.

"There is such a void in trained work force," said Becker.

This program aims to help to fill it,

and the event was well-known.

"People flew here from all across the country," said Becker.

Turin is advocating programs like this all over the United States because he wants to solve the problem of the blue collar work force shortage.

As the former "Gold Rush" star advised: "You don't need a four-year education to make a lot of money."



STORY BY
CONSTANCE JONES
@CONSYMJONES

ELECTION SHOWDOWN

SLC presidential, vice presidential candidates take to debate floor



The candidates for student government squared off and promoted their ideas for LBCC's student body.

The LBCC Student Leadership Council's presidential and vice presidential candidates met at LBCC's Hot Shot cafe for a forum style debate at 3 p.m. on Feb. 21. They were asked various questions by current SLC officers on topics such as how to improve commuting services for students, how to better promote LBCC resources, and why the candidates are qualified for the positions on the SLC staff.

The results of the election were emailed to students on Feb. 27. Brian Ixthlahuac will be the new ASLBCC SLC president, earning 68 of the 142 votes that came in for president. Justen Noll was able to earn well above the vote quota he needed for running unopposed, earning 123 votes so he will be the new vice president.

The presidential candidates consisted of:

1. Ariel Zapien, a Biological Science major and former co-chair member of a Portland Community College multicultural organization.
 2. Brian Ixthlahuac, who is studying Political Sciences and has worked in student government for three years including a year where he was co-class president at Corvallis high school.
 3. Connor Hibbs, currently interested in Biological studies and a former senior patrol leader of Troop 2 of Boy Scouts of America in Corvallis Ore.
- Justen Noll was the only vice

presidential candidate. He is majoring in Business management and was the creator of a film club in high school that organized a multitude of extracurricular events for students such as open mics and film premieres.

The debate led off with a general question of what each of the candidates would do to advocate for the student body.

"I want to Immerse myself within the student body and ask the people how they are doing and what they would do different. I want to ask them face to face what their thoughts are and look for things to change," said Ixthlahuac.

"One of my ideas would be to start a group where we can support each other as students. I think it's important to support each other's opinions and encourage more students to participate more in student body events," said Zapien.

"I plan to represent students on key issues like tuition costs, study group availability in the learning center and library to encourage students to be all they can be," said Hibbs.

"The main goal I have is to have more accessible opportunities to students to be engaged and involved with their college. This would include having more prominent visual representations of what the SLC is up to," said Noll.

Another question was asked on the issues the candidates see facing students at LBCC.

"An issue I see facing the students of LBCC would be the lack of resource information. I went through the entire fall term not knowing that we could get a free subscription to Microsoft Office, I

thought I would have to buy it on my own. So I want to focus on promoting resources, possibly on LBCC live, to let students know what they have available," said Ixthlahuac.

"A lot of the things I see is that students are not being able to voice their opinions. Like how they feel in class with their teachers, they don't feel comfortable going to the dean or express how they feel to teachers. Students need to feel comfortable voicing their opinions on things like diversity, their goals, grades and how they are doing. I feel those are all important pieces that will help them succeed in school," said Zapien.

"I expect presidents to lead us as a team, I believe teamwork empowers," said Hibbs.

"The biggest one I see is time limitation, it really limits what students are able to do outside of classes. Whether they have jobs, families to look after, have trouble commuting, etc. We need to build off of a lot of the stuff we already have like LB live that has immediate connectivity to the student body so adding additional opportunities would be helpful to them," said Noll.

One of the questions addressed commuting as a common issue facing students at LBCC. The candidates were asked how they would create a better commuting environment at LBCC.

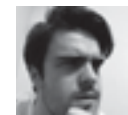
"One thing I would do was to know when the buses arrive, setting up something on LB live to notify students if the buses are having any problems or if they're facing delays. That way students aren't stressed about if they are going to get to class," said Ixthlahuac.

"Promoting the rides that are on the LBCC app outside of the app because not everyone has access to a smartphone or tablet. We could also maybe have some volunteers give rides to students throughout the community. Making sure we put a plan in place to make it safe for students as well," said Zapien.

"A rideshare and carpool exchange of information could be better set up online. I know LB already has a system in place for rideshare and carpool information, but I didn't really see a lot of participants. Advertising the carpool information on LBCC on things like the LB live could help introduce commuting availability for everyone," said Hibbs.

"I think having an electronic posting, on LB live or on the school's website would be helpful. Having a posting to show what times the buses are coming, I think the other candidates have great ideas as well and we could bring our ideas together to figure out a solution," said Noll.

The two elected leaders will be sworn in on May 17 at 6 p.m. in the Calapooia Boardrooms. The new president and vice president, as well as the newly selected SLC officers will officially take office later this year in the fifth week of Spring Term.



STORY BY
JOSHUA STICKROD
@STICKRODJOSH

STEMMING FROM THE FEMININE

Artist and LB graduate Marie Arnold displays work in Calapooia Center

Six paintings sat in the Calapooia Center Gallery, organized left to right from largest to smallest. "Stemming from the Feminine" is an art installation of work by Marie Arnold, a recent LBCC graduate.

Common themes of female figures and flowers spanned the paintings. Arnold explained her creative choices during a brief talk at the installation on Thursday, Feb. 23.

"I chose females for the feminine energy that we are in today, in this age of aquarius, to represent that. The colors I would choose represented certain chakras..." said Arnold.

The paintings Arnold chose hold a very deep significance for her.

"These pieces are very symbolic for me and very spiritual and kind of sacred," said Arnold.

Most of Arnold's paintings were multimedia pieces, utilizing paint, ink, and common paint pens. The range of the pieces in the installation showed a painstaking attention to detail, as described by LBCC art instructor Anne Magratten.

"I kind of got the inside scoop on some of Marie's work because I was able to watch her as she was creating these and they're images that you spend a lot of time on. Marie is somebody who's definitely in there perfecting the details and layering things up and seeing how they work together," said Magratten.

Arnold often paints what she describes as "hybrids," figures that are a seamless amalgamation of different people's features. She explained how she created "Amber,"

a piece in her installation.

"...Amber, for example, she's the first time I've ever drawn something that wasn't actually a person. So what I did, I started drawing her face and I'd find different photo references that had similar body part-wise, if I wanted to look for a certain shadow and that way I was able to piece together, like frankenstein how this woman would look," said Arnold.

Although it was clear that every aspect of each painting had deep

"When I draw and paint with these, I channel. I meditate before I do these things..."

symbolic significance displaying Arnold's sharp attention to detail, her creative process is slightly less deliberate.

"When I draw and paint with these, I channel. I



Marie Arnold with her artwork.

meditate before I do these things... I tap into creative infinity, I think that's what it's called, and I just speak it as it goes and I have to interpret it afterwards on why-exactly why I chose it," said Arnold.

Art is a catharsis for Arnold and healing was another common theme, yet more subtly so.

"Art is a way of therapy of feeling. I aim to be a mystic artist, to create art in spirit to help humanity feel love and light... I channel a lot of energy into these things so they resonate with certain frequency," said Arnold.

"Stemming from the Feminine" will be in the Calapooia Center gallery until March 2.



STORY AND PHOTO BY
K. RAMBO
@K_RAMBO_

EXCEEDING EXPECTATIONS

Habiba Addo speaks about Ghana and African culture

In honor of Black History Month, Habiba Addo, an African woman born in Ghana, shared the story of her life and spoke on her African heritage and culture at the Lebanon Public Library on Feb. 18 from 7 to 8 p.m.

"We are all one human race and should learn about each other's traditions and history," said Addo at her public presentation.

Hoping to educate the public, she spoke about her personal history and succeeding the expectations many people had of her.

The Lebanon Public Library hosted the event and offered it as a public event at no charge.

When Addo opened the night, she thanked everyone for coming and shared her appreciation for their presence. She then gave some brief details about herself.

As a native to Ghana, she and her family found some struggles in their poverty-stricken country. Yet, they made the most of it. Although it was not explained how she came to the U.S., she is very proud of her success. She earned her degree in theater at Portland State University, as well as earning a certificate in dance.

"It is important to work hard and to always be honest and fair," said Addo. Her stories always have a core value to follow by, such as hard work, honesty, fairness, etc.

During her speech, the audience of about 15, was thoroughly engaged. When she spoke about her roots, the audience was captivated by her story. What truly brought the audience to attention was the fact that on top of teaching dance, she also teaches music and spends a lot of time going around the community speaking and teaching about her African heritage.

"Learning about the culture of others is important and we should always respect it. It's lovely to know about others and it makes us all stronger and smarter," said Addo.

After speaking of her education and her job, she shared a story for kids to listen to about being a good person. The story presented two people in moral dilemmas and

how the hard-working person who always seeks to be honest will succeed.

Addo's speech was short, as a lot of it was spent sharing about her diverse background. At the end of the speech, she reminded the audience that knowing about the heritage of others is what we should do. She believes her heritage is filled with an enriching culture of good ethics and being moral, something she always shares during story time.

"It is a valuable thing for us to take time and appreciate each other," said Addo.

Luke Vallee, a community member of Lebanon, enjoyed his time listening to Addo.

"She was very good at speaking and I learned a lot about what she believes and who she is. I now appreciate her heritage and culture more," said Valle.

Vallee's friend, Bodi McCaskillie, also said he enjoyed listening to Addo.

"She spoke a lot about her past and about good ethics and good morals. Those are good to be reminded of, and on top of that she shared how her culture values being a good person," said McCaskillie.

Both Vallee and McCaskillie spoke to Addo after the event, sharing how they were happy to have gone and listened to her short speech on her life. They believe it is important to have people like Addo speaking to others about diversity and the rich African culture.

STORY BY
JUAN GAVETTE

LBCC's 39th Annual

Family Fun Day!

Saturday
February 20
10 a.m. - 2p.m.

LBCC Activities Center Gym
6500 Pacific Blvd. SW, Albany



Activities for children ages 1-6!

- Activity tickets just 25¢ each
- Food & drinks
- Used book & toy sale

Join the fun - Help build the Parent Education Grant Fund! Fund provides partial tuition for parents to attend parenting education classes. \$5 donation per family suggested.

Linn-Benton
COMMUNITY COLLEGE

Call: 541-917-4897 for information

Sponsored by: **Paul & Denise Strombeck, Edith Mulkey**
Allied-Bertsch, High Brow Eyewear and J&S Supply

Title Sponsor:

Samaritan
Health Services
Building healthier communities

Gold sponsor:

SELCO
COMMUNITY LEADER BANK

Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at LBCC, RCH-105, 6500 Pacific Blvd. SW, Albany, OR, phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event. LBCC is an equal opportunity employer and educator.



ARE YOUR DREAMS BIG ENOUGH?

LBCC career and employment specialist encourages students to dream big

Finding a career path while keeping yourself out of debt as a college student may seem unrealistic but, Liz Pessarar, one of the three career and employment specialists on the LBCC Campus, lets students know that they are not alone.

It's that time of the year again. Whether you're new to the college experience, applying to graduate from LB, or even setting your sights on moving onto a four-year program, there's a well-kept secret: you aren't the only one that doesn't know exactly what career you want to be in -- and that it's completely okay.

One of the most discouraging things about being a college student is the fear of the unknown -- fear of failure in the career path that you spent all of your time and money on.

"[Students] feel as though they failed, but they just found out that it wasn't for them," said Pessarar.

The youngest of 6 kids, Pessarar began her long journey into her LBCC counseling career at a young age.

"The reason I wanted to become a counselor especially at college level and how I got into this environment is because I felt like there was such a need," said Pessarar. "There is a need and a conversation needs to be had; if people are expecting 18-year-olds to know everything when they walk in this door, then we need to start teaching them their options."

Pessarar set out knowing only that she wanted to help people, that she was a good listener and loved making people smile, but her journey was long, defeating, and expensive.

"The road was bumpy," said Pessarar. "I felt pressured for a timeline, so I didn't want to switch around too much because I felt like, well I picked one [major] I need to stick with it and I need to just finish that because if I don't finish it, I've let someone down [and] I've disappointed my parents."

Pessarar switched her major more than a few times, ending up with so many credits that she was able to double-major and get two bachelor's degrees, ultimately finding out that she wanted to switch fields, again. So, Pessarar landed herself back in school, only this time pursuing her masters.

Back at it again, with so many interests, so many

passions, and no direction or guidance, Pessarar felt as if she was only knocking at the door of defeat.

"Another thing that discouraged me was honestly the people I was around, the environment and my friends. Some of my friends went straight out of high school to these big 4 year universities and they just looked so impressive," said Pessarar.

"I had taken my first year at a community college, I had changed my major like 17 times in the first six months," she said, laughing. "I felt like if I tried to get help, that somehow I would just be weaker than just figuring it out on my own."

Not only was she in an abundant amount of debt, but by trying out different jobs in her field she felt as if she kept coming to the conclusion that they might not be what she wanted as a career. Finally, Pessarar came across a teacher that was willing to mentor her and give her some direction. This prompted her to begin asking questions, finally speaking with a career counselor and utilizing informational interviews. This landed her in her current career as a counselor which, she, says, she absolutely loves.

During informational interviews, students connect with an employer, either one that they know or do not know; someone in a career position which they might desire. The student interviews them about their lives and their job with a list of questions provided by the career counselor and is able to absorb information, and get the answers to the questions that nobody tells you in a textbook.

"You're constantly learning," said Pessarar. "I learn something every single day; as cliché as that sounds, I really do. I'm not an expert in anything - I'm growing and life changes, the environment changes, you change with it. So [be] adaptable and not beat yourself up about it. If you make a mistake or if you suddenly feel like 'this isn't the path I want to go on' - that's okay."

As a student, it's okay to be petrified, it's okay to fear the unknown, it's okay to take interest in more than just one thing, and it's okay to not know what you want to be yet. The only thing Pessarar asks is that you never stop dreaming.

"Dream big," she said. "Don't ever stop yourself from

dreaming big. The bigger you dream, the better. Don't let anyone knock you down for your dreams."

Pessarar and two other career and employment specialist are here to help and assist you through your journey of school and into your career path.

"I want you to know that there's people here that want to assist you," she said. "People here want to help you figure out those steps - it's not a conversation that happens in a one hour appointment. It's a revolving door."

Choosing a career path may not be something that can just happen with the first try, and that's okay. Trial and error can ultimately lead you to the path that is right for you.

"Even if you try something new and you hate it -- it was still worth it because you learned you don't want to do that," said Pessarar.

Get in contact with a career and employment specialist if you have any career related questions: where to find scholarships, if your resumes needs tidying up, to test your interview skills, or even if you have no idea what you're doing with your life.

"it's okay to stay true to yourself and communicate with somebody who genuinely cares," said Pessarar. "[Somebody] who's going to support you and who's going to help guide you so that you can make a transition and do the research to make sure you're making the right transition."

Pessarar is at the Linn-Benton campus on Thursday and Friday, 9 a.m. to 3 p.m., the Benton Center on Monday and Wednesday, 11 a.m. to 3 p.m., and the Lebanon campus Tuesday 11 a.m. to 3 p.m. You can contact her via email at liz.pessarar@linnbenton.edu or by phone at (541) 917-4780.



STORY AND PHOTO BY
SAMANTHA GUY
@SAMGZWRITE

VOTER RIGHTS IN CONTEXT

The Declaration of Independence states "all men are created equal"; what about everyone else?

As Black History Month has just come to an end, and Women's History Month has just started, I felt this was the ideal time to cover the history of voting rights in America; especially when one considers the political climate of modern American society. Prior to printing this in this week's edition of the paper, this draft spanned over four pages, and was well over 2000 words in length. For brevity's sake, I shortened this timeline down to the very barebones of the shifts and changes in ideology, law, and practice since the birth of our nation. My hope is that by the end of skimming over this concise timeline, you will be spurred into doing your own research. We as a nation have come so far, but there is so much further to go before there will be true equality.

As is quoted on the Statue of Liberty, "Give me your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore. Send these, the homeless, tempest-tossed to me, I lift my lamp beside the golden door!"

America is for everyone; our country is built on the dreams and ambitions of immigrants. It is our duty to ensure that all who enter have a voice.

In 2020, we will begin to see signs and articles celebrating the 100th anniversary of women's right to vote, but these signs will not be accurate. Filipinos could not vote until 1946, and first generation Japanese-Americans could not vote until 1952. Even today, not all female American citizens have the right to vote, nor do all male American citizens.

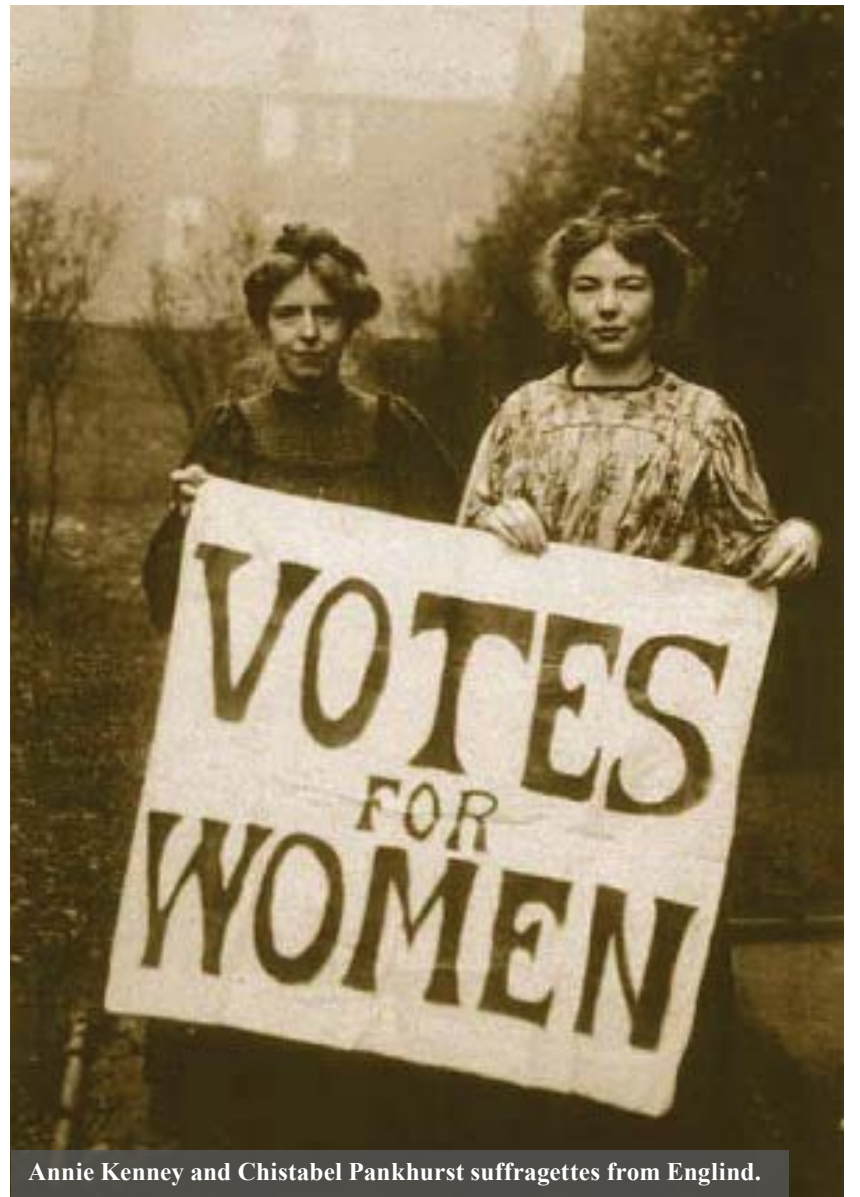
According to Michelle Alexander, associate professor of law at Ohio State, "Current felon-disenfranchisement laws bar 13 percent of African-American men from casting a vote, thus making mass incarceration an effective tool of voter suppression-- one reminiscent of the poll taxes and literacy tests of the Jim Crow era."

This information should not only make us worry about the high number of incarceration and crime rates, but

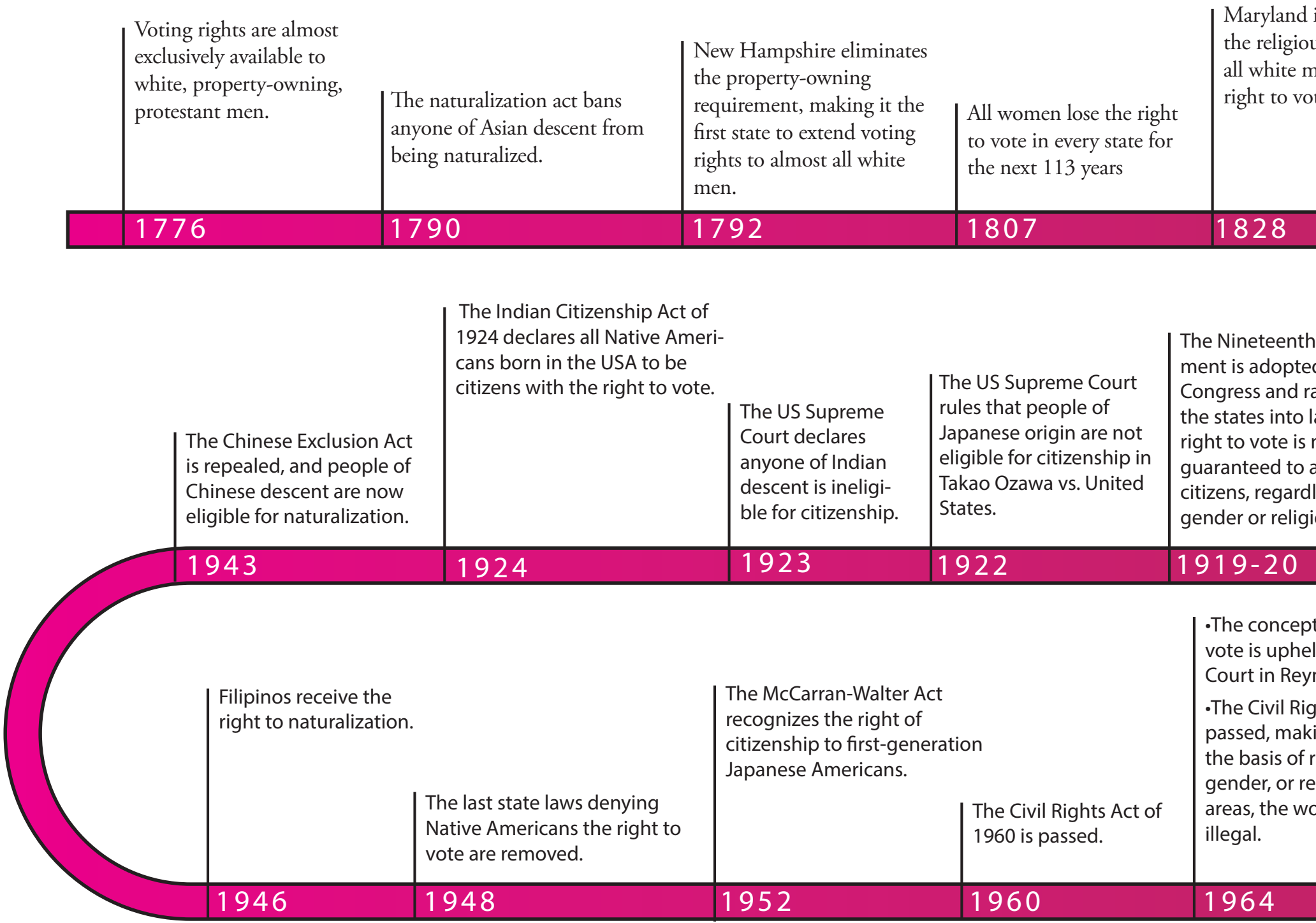
should also make us consider just how many Americans are ineligible to vote due to laws such as this. While those who live in Puerto Rico, Guam, the U.S. Virgin Islands, and the Mariana Islands are technically U.S. citizens, they do not have the right to vote, since they are merely U.S. territories; residents of the American Samoa are not even citizens by birth. These American residents without a voice would together substantially raise the numbers of eligible voters in America, and could shift the government back to representing who it was meant to represent: our tired, poor, and huddled masses.



STORY BY
KATELYN BORLING
@K8DOESTHINGS



Annie Kenney and Christabel Pankhurst suffragettes from England.



DEAR TRANSGENDER STUDENTS

Steps to take towards changing your name and gender marker

Dear Transgender Students,

As of January, 2017, Donald Trump and Mike Pence are in charge. This puts not only us but the entire LGBTQ community in a scary position. Facing an unknown future, there is a consensus in the community to now change your gender marker and legal name as soon as you can. Here is how in the state of Oregon you can start these complicated processes.

Name change:

To change your name in Oregon you have to fill out and submit a petition to the court (all forms combined cost \$1.25), And you also must provide public notice before the hearing and after the final judgement. If you are not comfortable with the public requirements and fear for your safety you may request the records to be sealed for confidentiality and for your personal safety. The court fees for this is \$111.00, and to receive a certified legal copy of your name change there is another fee of \$5.00.

Once your name change has been completed and is now legal, you need to update your current form of ID (drivers licence, permit, or standard ID) within 30 days. There is a DMV fee of \$60.00 For a Class C driver's license. You must fill out and submit the social security name change form (SS-5 form); this form is free and can be found online and printed out. You will need at least two different forms of ID, that could range from your driver's licence to your birth certificate.

Gender marker change:

Changing your gender marker after you've changed your legal name is the most efficient way to do this. For a DMV gender change after you've taken the steps above you'll now need a letter from a licensed therapist who is Wpath-trained. This could be the same therapist who wrote you your referral for gender reassignment surgery or helped you find a facility for hormone therapy. The therapist must be on the "DMV approved list," meaning they work under the HBSOC rubric; if you just ask them they can tell you. If they are not they will refer you to someone that is. You'll then need to bring the following documents:

1. Copy of name change certificate
2. Letter from therapist
3. Copy of birth certificate or passport
4. Social security card

Social security gender change:

You will again need proof of identity; two from the list above will be just fine. A letter from the surgeon or attending physician verifying sex change surgery has been completed. (The SSA is not specific as to which surgeries will be accepted.) The letter must clearly identify you as the person changing his or her gender marker.

Obtaining a court ordered gender change in Oregon and changing name and gender on an Oregon and Washington state birth certificate:

You need to now change your birth certificate because it's required when getting a marriage license or for privacy issues. Send a copy of the name change/gender change court order (letter from surgeon will not work you must have a court order) along with \$50. This can be sent to: Oregon Vital Records, P.O. Box 14050, Portland, OR 97293-0050. Telephone contact is: 971-673-1137 and the department manager is: 971-673-1178

If at this time you do not have a copy of your birth certificate, write or visit the bureau of vital statistics in the state you were born in. For a complete listing by state, go to the national center for vital statistics website. Approval of the request depends upon doctor, judge, how the letter is written, and clerk.

I know it's a lot to go through just to feel correctly represented. We have to jump through all these hurdles just to have the right pronouns on a driver's licence but we all know the importance of doing this. We shouldn't have to fear getting pulled over because of the looks we get when the officer sees our legal gender than the speed we were going. We should feel confident going in the bathroom, not scared. We need to feel safe and free not scared and trapped.

#Transgenderpride

Sincerely, Kendall LaVaque



COLUMN BY
KENDALL LAVAQUE
@LAVAQUETHOUGHTS

is the last state to remove
is requirement, meaning
men cannot be denied the
te due to their religion.

The Treaty of Guadalupe-Hidalgo declares the land now known as Arizona, California, New Mexico, Texas, and Nevada US territory. All people within these territories are declared citizens, but do not have the right to vote.

1848

North Carolina is the last state to remove property requirements: all white men are eligible to vote in America.

1856

In the Dred Scott vs. Sanford case, the Supreme Court rules that "a black man has no rights a white man is bound to respect." African Americans are deprived of the right to citizenship.

1857

Amend-
d by
ntified by
aw: the
now
all
ess of
on.

The Indian Naturalization Act allows Native Americans to acquire citizenship.

1890

Congress passes the Chinese Exclusion Act, which restricts Chinese immigration while legally excluding Chinese persons from citizenship and the right to vote.

1882

The Fifteenth Amendment is passed in Congress and ratified by the states. The right to vote is now legally guaranteed to all male citizens regardless of "race, color, or previous condition of servitude."

1870

The first civil rights act grants citizenship, but not voting rights, to all persons born in America.

1866

t of one person, one
d by the US Supreme
olds v. Sims.

hts Act of 1964 is
ng discrimination on
ace, national origin,
ligion in voting, public
orkplace, and schools

The Voting Rights Act is signed into law.

1965

The Supreme Court affirms the Voting Rights Act's constitutionality in South Carolina v. Katzenbach.

1966

The Voting Rights Act is extended for five years.

1970

The 26th Amendment sets the national voting age to 18 and over.

1971



COURTESY: DISNEY

TV SERIES REVIEW:

Star vs. The Forces of Evil**NETWORK:** Disney XD**STARRING:** Voices of Eden Sher, Adam McArthur and Alan Tudyk**CREATED BY:** Daron Nefcy**GENRE:** Animated cartoon**RATED:** TV-Y7**OVERALL RATING:** ★★★★★REVIEW BY **STEVEN PRYOR**

Disney XD has had many creative animated TV series since the network was formed at the start of this decade. While there have been an increasing amount of series that have appealed to both young and old viewers alike, one in particular has managed to be a stellar addition to the network. That series is "Star VS The Forces of Evil." Created by Daron Nefcy, the series manages to combine the sensibilities of the Disney style of animation with the motifs of "magical girl" anime. The series and its lead heroine, Star Butterfly (Sher) could easily qualify as the American equivalents of "Sailor Moon."

The series follows Star as she is sent to Earth by her parents in order to learn the responsibilities of her role as princess of the kingdom of Mewni as well as master her mystical otherworldly powers. She then takes up residence with a young man named Marco Diaz (McArthur) while she tries to learn the customs of our world

in a small town in Arizona. Star also clashes with an assortment of grotesque monsters such as the evil sorcerer Ludo (Tudyk) and her own hyperactive nature in a show that deftly blends action, comedy and coming-of-age drama in each episode.

With each passing episode, there are many facets to the world Nefcy has built. The style and tone of the series are a loving homage to the "magical girl" series that can be enjoyed from both a male and female perspective. Some episodes will deal with how Star is trying to master her powers and adjusting to customs on Earth. Others will deal with Marco training in martial arts under the tutelage of an eccentric, basement-dwelling sensei (voice of Nick Swardson). Even Ludo gets episodes that showcase his eccentricities as a villain, including one stylized in the form of a nature documentary.

The animation is also a delight to behold. Containing

a wide range of vibrant colors and expansive environments, the show's style is an ideal way of combining the traits of magical girl anime and the traits of Disney animation in a single series. The way the characters move is fluid enough for both action-oriented and comedic situations alike.

With the show having two successful seasons under its belt as well as a third season in the wings for the near future, "Star VS The Forces of Evil" is one of the best cartoons on TV right now. Full of fantastic storytelling, great characters and some of the most well-made animation on Disney XD, it's an ideal show for all ages and genders. In the case of the upcoming third season: it's gonna get a little weird, it's gonna get a little wild! This show's not from around here, it's from another dimension!



COURTESY: UNIVERSAL PICTURES

MOVIE REVIEW:

Get Out**STARRING:** Daniel Kaluuya, Allison Williams, Bradley Whitford**PRODUCTION:** Jason Blum**WRITTEN AND DIRECTED BY:** Jordan Peele**GENRE:** Horror, Mystery**RATED:** R**OVERALL RATING:** ★★★★★REVIEW BY **TRUMAN TEMPLETON**

The movie may be called "Get Out," but you'll be glued to your seat. "Get Out" is Jordan Peele's directorial debut, and though Peele typically works in comedy, it's refreshing to see his talent as a writer and director flourish in another genre. Peele handles subtle thematic elements masterfully while creating a truly tense atmosphere, wrapped in a story that gives the audience something new and unexpected.

The story follows Chris (Kaluuya) and Rose (Williams), an interracial couple taking a weekend trip to the home of Rose's parents, whom Chris has yet to meet. Though Rose's family is more than welcoming of Chris, despite some awkward attempts to connect with him as an African-American, there is a constant feeling hanging over Chris' and the viewer's heads that something is very, very wrong.

Despite the general feeling of dread that accompanies the film, Peele has decided to use his famous wit to relieve some of the pressure, which ends up being hilarious instead of cheesy. Juggling humor and horror is quite a feat, and one has to applaud Peele on his ability to do both. Frankly, the whole story is crafted excellently, and by the time you think you've figured out what's going on, a new revelation makes you start thinking all over again.

Fans of "Black Mirror" may recognize Kaluuya from the episode "Fifteen Million Merits," and his performance is just as engaging. The whole cast does a wonderful job of seeming like a well-meaning, if naive, family, but the truth is obviously much more sinister. Saying anything more would spoil the fun.

Picking up on racial sub-plots and themes will be too easy for some in the audience, but all viewers should take note and pay attention just in case. The film has a lot to say about outside attitudes towards African-Americans, with a strong critique both of those who express outright disdain as well as those who express a faux or misguided admiration, and will hopefully start a national dialogue about some outsiders' misunderstanding of what it means to be an African-American. Oh, and playing Childish Gambino's "Redbone" in the opening scene was a nice touch too.

The only drawback some might see is the use of jump scares, meaning sudden images accompanied by a loud sound cue. Now, jump scares in horror can work well, particularly if the sound comes from something happening within the scene, but some films have chosen to milk this trope to the bone by adding sudden violin or piano notes that are simply designed to startle the viewer, and have nothing to do with the actual scene. While "Get Out" does employ these tactics, it doesn't do so ad nauseum like some other films, so whether you love or hate jump scares, you'll still be able to enjoy the movie as a whole.

"Get Out" is a very pleasant surprise from someone new to the genre, and a promising head start that should make horror fans anxious for any new projects. Not to mention, it has a great ending, something a few horror films have been lacking in recent years. Horror and humor are always better with friends, so round a few up and see "Get Out" as soon as you can.

COMMUTER



Get the
word
out!

Advertise with the Commuter
commuterads@linnbenton.edu

WHAT I WAS NEVER TAUGHT

One woman's perspective on growing up female

For as long as I can remember, it was drilled into my head that I did not matter, and that I was the property of a man.

I think the earliest example came from my mother. I came home from school upset because boys on the playground would pick on me. "It's not to be mean," she would say to me, a six or seven year old girl. "They are bullying you because they have a crush on you." As a child, this ideology confused me, but as an adult, it frightens me: to tell a young girl to accept being bullied by boys is to gradually teach these same girls to equate abuse with love.

Not so many years later, I encountered the hypocrisy and sexism at my local middle school. I became "friends" with two boys. Both of these boys would spank me and pull my hair, even after I repeatedly asked them to stop. One day, I had had enough, and after being spanked by both of them I turned around and kicked one in the balls. The hall monitor came over and asked what had happened. We all told our sides. "I know you don't like them spanking you," he told me after letting them go. "But they will grow out of it, and what you just did is never okay." I was never close with those boys again.

My freshman year, I had two different encounters with boys.

My first encounter was in early October. I was hanging out with a boy who was dating a friend of mine. We were walking behind the school during lunch, as it was a nice day, and we had been cooped up in stuffy classrooms for several hours. My friend had a club meeting to go to, so

her boyfriend and I walked alone. We were behind the gym and talking about Disney movies when he pushed me against a chain link fence and tried to put his hand down my pants, groped my breasts, and gave me several soggy, mutt-like kisses.

His girlfriend didn't believe me until a few months later, when he tried to rape her a week after she broke up with him.

I told my mother about what had happened after my senior year, and was told it was my fault, because if I hadn't been friends with him, it would not have happened.

My second encounter that year was with a boy I had met in my woodworking class. It was early spring, and we were walking to the stadium instead of heading home, as it was a pretty day, and both of us wanted to keep talking. It was cold and windy, so there wasn't really anyone around, and we were completely isolated by the time we were in the stadium. We sat down in the rows of seats, and a few minutes into our conversation, he asked if he could feel my breasts. He kept asking why and insisting that I at least show him my breasts. I left, and he followed me most of the way home. He was expelled later in the year for sexual harassment of another girl.

This year, my freshman year of college, I had a guy start stalking me. At first, I would just see him on campus around me a little too frequently, or on the bus. Gradually, however, I saw him while I was grocery shopping, or while seeing a movie with my boyfriend,

or even sitting in the park outside of my house. I talked to a campus security officer about him, even showing them pictures of all the places I had seen him. I was told that it was highly coincidental, but to call them if anything escalated. No thank you, I thought to myself, if anything escalates, I'll talk to a real police officer.

In highschool, I, along with every other freshman, was required to take a health class. In this class, we spent several weeks talking about sexual harassment. Girls were taught to yell "fire" instead of "rape," because people are more likely to come help you if you think there's a fire than if someone is being attacked.

We were told how to defend ourselves, but the class never told boys not to rape or assault girls.

When hanging out in public, girls learn to say "I have a boyfriend" rather than "I'm not interested" even if she's single, because a man is more likely to leave her alone if he thinks she belongs to another man.

Among all of these incidents, as well as others that, for the sake of brevity, shall not be listed here, one realization glared out at me: I was not, and am not, as important as a man in American society. I had been told since preschool that I could be anything I wanted to be, but I had been lied to: I could be anything, as long as I didn't want to be equal to a man.



COLUMN BY
KATELYN BORING
@K8DOESTHINGS

WB At LB

LB's new Well-Being Advisor Lisa Hoogesteger talks health and wellness

What is Well-Being? Wellness. Happiness. Much more than just plain old "healthy." My job at LB is to infuse well-being into the fabric of campus. Classes, clubs, programs, the environment. "Infuse" = To introduce, penetrate, instill, imbue or inspire.

This new column focuses on many dimensions of well-being: social, spiritual, community, financial, career, physical, mental and emotional wellness.

I've been at LBCC for 6 months and I've talked to many students to get feedback on what wellness-type things LB is doing well and what things we need to improve. More to share in future columns. Got a topic you want covered? Send your ideas, questions, concerns to Lisa Hoogesteger (hoogesl@linnbenton.edu). So far our list includes: quick snax to pack; stress management tips; resources for emotional well-being; sleep tips; gambling issues; self-care; community/campus resources; how to handle conflict.

Now a bit of Women's Health/Wellness perspective befitting this Commuter issue:

The sports bra was invented in 1977. It was initially called a "jockbra" and was two jockstraps sewn together.

At the first modern Olympic Games in Athens, Greece in 1896, no women competed. It was felt their inclusion would be "impractical, uninteresting, unaesthetic, and incorrect."

Women first competed at the 1900 Paris Games, and swimming events were added in 1912, but none of them were from America, which did not allow its female athletes to compete in events without long skirts.

In 1928, women competed in track and field events for the first time; however, so many collapsed at the end of the 800-meter race that the event was

banned until 1960.

Thus, women didn't get to run the marathon (26.2 miles) until 1984. The Olympic organizers worried women did not have the strength and endurance to compete in the event.

Prior to the 2012 Olympics in London, three Muslim countries had never before sent a female athlete: Qatar, Brunei, and Saudi Arabia.

Over 50 percent of high school girls compete in sports. Research has shown participation in high school athletics increases self-esteem, and female athletes have more positive body images than non-athletes. Only 16 percent of these high school athletes will compete at the college level.

Let's close with a quote:

A woman is like a tea bag: you cannot tell how strong she is until you put her in hot water.

-Nancy Reagan

COLUMN BY
LISA HOOGESTEGER

Lisa Hoogesteger

Linn-Benton Community College
Performing Arts Department presents

CATHEDRAL CLASSICS
A CHORAL CONCERT OF SACRED TREASURES

Thursday, March 16
7:30 p.m.

Featuring LBCC Concert Choir, Chamber Choir, & a cappella groups "Blue Light Special" & "The Sirens"

tickets: \$10 adults, \$7 students/seniors, \$5 Child
buy online: www.linnbenton.edu/tickets
Box office: 541-917-4531

Russell Tripp Performance Center
Takena Hall, LBCC
6500 Pacific Blvd. SW, Albany

Linn-Benton COMMUNITY COLLEGE
MUSIC

Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at Linn-Benton Community College, RCH-105, 6500 Pacific Blvd. SW, Albany, OR 97321. Phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event. LBCC is an equal opportunity employer & educator.

Don't like what WE write?
Have a story for us?

Write a letter to the editor or come talk to us about writing for The Commuter

Contact us at 541-917-4451 ext.4449
commuter@linnbenton.edu



Photo Courtesy: fightnetwork.com

HIT LIKE A GIRL

Ronda Rousey revolutionized MMA and women's sports

There's something about two people in the middle of a ring beating each other up that captivates audiences. The fighting industry in the world used to be ruled by boxing. Legends such as Muhammad Ali, George Foreman and Joe Frazier were absolute icons, and really ramped up the popularity of fighting during their careers. However, in recent years boxing has taken somewhat of a backseat to a newer fight industry: MMA or Mixed Martial Arts.

Now MMA is not necessarily a brand-new sport, but it has risen up in popularity over the past 16 years, since Zuffa LLC purchased the Ultimate Fighting Championship (UFC). The UFC has been the premiere brand for pay-per-view MMA events, which started out in 1993 as a barbaric tournament pitting fighters from different fighting backgrounds, such as Karate, Taekwondo, and Brazilian Jiu-jitsu. In 2001, the UFC did only five events over the whole year; in 2016 that number had jumped all the way up to 42, with an increase every year since 2001.

While the UFC flourished, there seemed to be something missing: there were no women fighters. And although certain companies like Pride in Japan and Strikeforce dabbled in women's MMA, it wasn't taken serious until a woman by the name of Ronda Rousey hit the scene. Rousey's background in fighting started in Judo, where she eventually went on to compete and medal in the 2008 Beijing Olympics, the first American woman to do so. After returning to the states, Rousey had trouble finding work, and even took a job as a waitress and bartender in Los Angeles, Calif. Eventually, Rousey began training in MMA and gained notoriety through amateur fights, where she repeatedly won by first-round armbars. Rousey eventually signed with Strikeforce, which was her first big break into professional MMA. Rousey then defeated Sara D'Alelio, took the championship belt from Meischa Tate, and defended her belt against Sara Kaufman, all of which were won by first-round armbars. As Rousey's popularity began to shatter every glass ceiling imaginable on women's fighting, the UFC was unable to ignore women's MMA any longer, Rousey was signed to the UFC in

November of 2012.

The first ever women's UFC fight took place on Feb. 23, 2013 and featured Ronda Rousey and Liz Carmouche. The fight was part of the UFC 157 event held in Anaheim, Calif. and was in front of a sold-out crowd in the Honda Center. The fight was scheduled as a five-round (five minutes each) championship bout in the Bantamweight division (135 pounds). Rousey was victorious, finishing the fight at 4:49 of the first round via, you guessed it, an armbar. Shortly after the event, UFC President Dana White stated he had signed 10 female fighters to the roster, and that five more were on the way as well.

Rousey continued her dominance for the next year and a half, defeating Miesha Tate again and then Sara McMann at UFC 170 in just over a minute via technical knockout (TKO), Rousey's first win not due to an armbar. Rousey then picked up wins against Alexis Davis, Cat Zingano, and Beth Correia via knockout in just 34 seconds. Rousey was on top of the world, and her success in the octagon led to magazine covers such as Maxim, ESPN The Magazine's Body Issue, and even the Sports Illustrated Swimsuit Edition. Rousey also starred in "The Expendables 3," "Furious 7," and "Entourage."

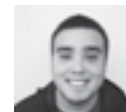
Although Rousey looked unstoppable, the rise of women's MMA led to a new breed of women fighters who were only getting better. At UFC 193 in November 2015, Rousey was set to defend her title against Holly Holm, a decorated kickboxer and striker. Holm's striking advantage was evident as she bullied Rousey on the feet, eventually finishing Rousey with a couple punches after knocking her down with a kick to the head. Holm ended Rousey's three year reign as champion and finally made Rousey seem human.

Rousey seemingly disappeared for a year, and eventually returned to fight current champion Amanda Nunes at UFC 207 on Dec. 30, 2016. The fight was the main event and led to over one million pay-per-view buys. Unfortunately, Rousey was defeated again. Nunes pushed the pace on the feet, and finished Rousey via TKO just 48 seconds into the fight.

Although Rousey has fallen off the UFC mountaintop,

her impact is immeasurable. Before Rousey's first fight in the UFC, President Dana White was quoted as saying that women would never fight in the UFC. However, during a radio show promoting UFC 205 White stated that Rousey was, "By far the biggest star ever." White even reflected on the backlash he received before that first-ever women's fight, stating it opened his eyes not only to how women were perceived in sports but also how they were valued in society. Rousey busted open doors for women in sports and society, and gave women an icon to lean on as Rousey became the biggest star in a male-dominated industry.

Overall Rousey's pay-per-view buys currently sit at over six million, at around \$50 a pay-per-view (\$60 for HD); I'll let you do the math. There is now over 60 women UFC fighters, according to their website, and they just recently launched a brand new weight class for women, Featherweight (145 pounds). Her impact to both women's sports and women in general will be felt for generations; hopefully she has inspired many more women to break through whatever barriers lie ahead.



COLUMN BY
NICK FIELDS
@NICKYY_ROZAYY

LBCC Chess Club

Gathers weekly in the Commons
Cafeteria

Mondays: Noon - 3 p.m.

Tuesdays: 10 a.m. - 1 p.m.



**Beginners
Welcome!**





UPCOMING EVENTS

March 1

Unity Celebration

4:30 p.m. Fireside Room (CC-211)

Silent Auction Fundraiser

South Santiam Gallery at LBCC,
noon to 1 p.m.

March 4

Women's basketball game (HOME)

4 p.m. Albany LBCC campus

Men's basketball game (HOME)

4 p.m. Albany LBCC campus

Linn County Flea Market

7:30 a.m. Linn County Fairgrounds

March 8

Women's Celebration Event

Noon to 1:30 p.m, DAC (F-220)

March. 17

Baseball Game (HOME)

Noon at the Baseball Field

March. 18

Baseball Game (HOME)

Noon at the Baseball Field

March. 23

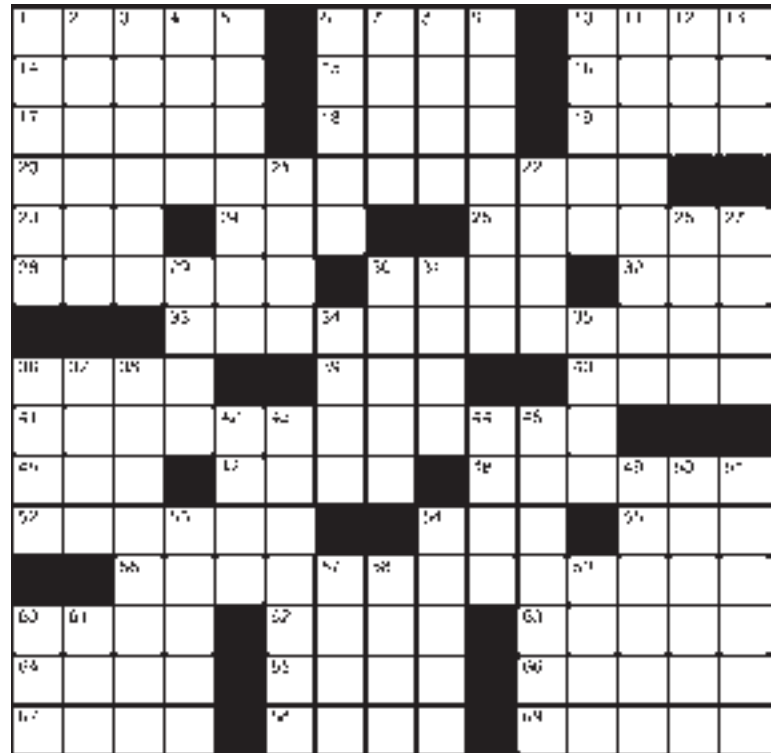
LBCC scholarship workshop

5:30 p.m. in the Fireside Room, CC
211, Albany Campus

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 33-Across topper
 - 6 Points (at)
 - 10 Trucker on a radio
 - 14 Former "Idol" judge Abdul
 - 15 Tie in chess
 - 16 Cosmo competitor
 - 17 Marx Brothers shenanigan
 - 18 Topnotch
 - 19 Sugar bowl block
 - 20 Long-eyed stitching tool
 - 23 Student's Web address ending
 - 24 One on the other side
 - 25 Right on time
 - 28 Finally registered, mentally
 - 30 ___ cheese dressing
 - 32 Dinghy mover
 - 33 Dairy Queen order
 - 36 "The ___ Baltimore": Lanford Wilson play
 - 39 "___ Wiedersehen"
 - 40 Picnic spoilers
 - 41 Proverbial backbreaker
 - 46 Main element in pewter
 - 47 Dance in a pit
 - 48 Soak up
 - 52 Promotional theater display item
 - 54 Martini order
 - 55 Theology subj.
 - 56 Maine's nickname, and a hint to the ends of 20-, 33- and 41-Across
 - 60 Army vehicle
 - 62 "I figured it out!" cries
 - 63 Craze
 - 64 Gets older
 - 65 Army status
 - 66 Rags-to-riches author Horatio
 - 67 Murder mystery staple
 - 68 Russian fighters



By Matt McKinley

3/1/17

69 British city on the River Aire

DOWN

- 1 Black suit
- 2 Ottawa's country
- 3 Beat in a race
- 4 "thirtysomething" actor Ken
- 5 World's largest ocean
- 6 "Time is money," e.g.
- 7 Golfer's selection
- 8 Lion's tresses
- 9 Popeye's kid
- 10 Violin cousin
- 11 Song title words before "You saw me standing alone"
- 12 Horror film street
- 13 Workout unit
- 21 Nada
- 22 Beaten instrument
- 26 Breathe after sprinting
- 27 Yves's "very"
- 29 Pass idly, as time
- 30 Hair neatener
- 31 Exited
- 34 Sylvester and Garfield

The Commuter has Solutions



(c)2013 Tribune Content Agency, LLC

8/19/13

- 35 Cornfield cries
- 36 Internet address opening
- 37 Cincinnati's home
- 38 State-of-the-art 1970s bike
- 42 Church agreement
- 43 Pitcher's problem
- 44 Hard to find
- 45 Totally dreadful
- 49 Autumn color
- 50 Tightened, as shoelaces
- 51 Dims with tears, as one's vision
- 53 A bit too happy at happy hour?
- 54 Office workplaces
- 57 Spicy cuisine
- 58 Jingled
- 59 "A ___ of Two Cities"
- 60 Fighter's punch
- 61 Self-regard

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level:

- 1
- 2
- 3
- 4

SOLUTION TO LAST EDITION'S PUZZLE

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

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

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

THE COMMONS Cafeteria

... MENU ...

3/1 - 3/6

Wednesday: 3/1 Cioppino with Garlic Toast, Grilled Steak with Mushroom Scallion Compound Butter, Vegetable Quiche, Soups: Tortilla Chicken and Creamy Tomato.

Thursday: 3/2 BBQ Pork Sandwich with Coleslaw and Potato Chips, Pan Fried Chicken Cutlet with Lemon Herb Bechamel, Spinach and Goat Cheese Risotto, Soups: Billy Bi and African Sweet Potato

Monday: 3/6 Corned Beef Hash with Poached Eggs and Hollandaise, Cumin crusted Grilled Chicken with Chimichurri, Asparagus Crepes, Soups: French Onion and Cream of Broccoli

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



#22 Jade Bevandich splitting Mt. Hood defenders for a layup.

TAKING CONTROL

LB Women's basketball handles Saints at home



#23 Molly Aranda going up for a layup against Mt. Hood defenders.

The Roadrunners pushed for the playoffs with a big win against the Mt. Hood Saints which has them currently in fourth place with two games left in seasonal play. If they win one they are in the playoffs either against Lane on the road or Clark at home. If they win both, the team can move up to third in the conference with a Clackamas loss. The site for this game was the Linn-Benton Activities Center on Saturday, Feb. 25.

Linn-Benton's Roadrunners (7-6) played the Mt. Hood Saints (1-12) in a game that was out of control early, leading to a victory 68-43 for the Roadrunners and taking them one step closer to the playoffs. The score heavily favored Linn-Benton at the end of the first quarter, leading 26-3, but in the second quarter they got outscored 19-17 by the Saints, resulting in a 43-22 lead at halftime.

Starting the third quarter, the game slowed way down with both teams turning the ball over multiple times with both teams trying to execute their offense and only scoring 15 points for Linn-Benton, and 13 for Mt. Hood ending the third quarter with a score of 58-35 well in favor of Linn-Benton. LBCC got all-around great production from freshman Molly Aranda, which lead the team in scoring with 16 points, while also tallying 12 rebounds which is a double-double.

"As we push for the playoffs we have to execute our offense, and put good pressure with our defense," said Aranda.

They also got a healthy amount of point-production from sophomore Hannah Creswick, who had 12 points, as well as sophomore Kyia Duvall who tallied up 9 points and six rebounds, and Freshman Courteney Landis who tallied up eight points and six assists.

As they entered the fourth quarter, the Roadrunners continued to play aggressively, while running their set offense. Even though they only scored ten points in the fourth quarter they were able to handily beat the Mt. Hood Saints through the blistering start of the first quarter, and through the impressive shooting of eight three pointers on 18 attempts.

With three minutes left in the game, LBCC was up 25, in the midst of a three game winning streak, and letting some of their starters rest. Due to the tough game coming up against Lane who is second in the conference sitting at (11-2). After a timeout, the Saints realized that this game couldn't be won so they started to sit their starters and both teams were playing with the players that don't get much playing time.

"Tonight we made this our preparation game for Lane and executing our offense," said Baum.

The team is trending upward towards the playoff on a three game winning streak at (8-6) fourth place in the conference heading into a hard, but winnable game on the road against Lane on March 1, and wrapping up seasonal play against Clark at home on March 4.



STORY AND PHOTOS BY
JOSHUA KNIGHT
@JBKNIGHTS



Baseball is Here!	
Date & Location	Time
Wednesday, March 1 vs. Lane	3 p.m.
Friday, March 3 @ Lower Columbia	3 p.m.
Sunday, March 5 @ Lower Columbia	1 p.m.
Sunday, March 5 @ Olympic College	4 p.m.

GO BEAVS!

Oregon State's Women's basketball team clinched the Pac-12 regular season title with a victory over California on Feb. 26 with a score of 71-56. The victory follows a stellar season so far from the team as they finished 27-3 overall (16-2 in the Pac-12). The Beavers will head to Seattle for the Pac-12 tournament on Friday, March 3, and will play the winner of California vs. University of Southern California (USC). The Beavers were able to sweep Cal in the two games they played this season and split a pair of games against USC as well. The women's team also is currently tied for sixth in the Associated Press' poll, tied with Mississippi State.