A photograph of three students performing at a podium. The student in the center is a woman with glasses and a black leather jacket, reading from a script. To her left is a man in a dark suit and bow tie, also looking at a script. To her right is a man in a blue baseball cap and blue t-shirt, looking at a script. A microphone is positioned in front of them. The background shows a whiteboard with a handwritten note that says "Please wipe down White Board when you are finished 2/2/16".

UNITY

Unity, defined as “the state of being united or joined as a whole,” is what can describe events like these, where students and faculty come together to represent unity in a place of higher education.

COMMUTER

Cover Credit:
Hannah Buffington

On the cover:
Left to right:
Alexander Meyer,
Alyssa Campbell
and Gabe Nix

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Letters always welcome.

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ADVICE FROM WEISS

Question: I've been feeling down. I often do toward the end of winter. And now there's all the pressure with finals and all the end of term stuff. I don't think I'm seriously depressed, I just haven't felt good in a while.

Answer: I have a few thoughts. One is, since you said you often feel down around winter, I suggest visiting your family doctor. There is a possibility that you suffer from a mild case of what's called "Seasonal Affective Disorder," which causes mild to severe depression, for some people, during the winter, when there's less light. If you don't have a doctor of your own, then stop by the counseling office for a referral.

But there are things any of us can do to help our mood. Here are twelve steps you can take to help regain positive in your life. The first six are from Dr. James Phelps, and the last few are things that I've found can help.

- 1 At least 8 hours of sleep, and at a regular time.
- 2 Remove refined carbohydrates (sugar and high fructose corn syrup) and artificial sweeteners (Splenda and Aspartame) from your diet.
- 3 Exercise. Any kind, any amount.
- 4 Social contact. Regular and abundant.
- 5 Fish Oil (1 gram, epa).
- 6 Light therapy. Get a Blue Light Machine or a Dawn Simulator.
- 7 At least ten minutes of meditation or prayer a day.
- 8 Do something for anyone less fortunate than yourself.
- 9 When possible, do the most important things first.
- 10 Express yourself: Creatively, personally, meaningfully.
- 11 Keep a journal, of any kind.
- 12 Experience the natural world. Be with it, in it, part of it.



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

CAMPUS VOICE

Question:
Is alcohol a problem on campus?



Julie Thompson
Psychology

"No idea, I suppose it would definitely affect their studies."



Ben Waldorf
Undecided

"No, I don't think so; I haven't seen anyone drink a forty on campus or anything."



Jeff Thompson
Math Help Desk

"Some people can do it responsibly, some can't and I've seen examples of both."



Chareane Wimbley-Gouveia
Learning Center Coordinator

"I think alcohol can be a problem in learning because it destroys brain cells, and there is a lot of alcohol abuse in the ages of 18 to 28."



Ehab Alabsi
Petroleum Engineering

"Yeah, it makes you out of your mind, it's not a good idea."

Next Week's Topic: Spring Break.

STORY AND PHOTOS BY
MARWAH ALZABIDI
& HANNAH BUFFINGTON

CAMPUS ELECTIONS

New SLC President and Vice President elected

Out of the 2,433 full-time students attending LBCC, only 180 chose to cast their votes on Feb. 17 and 18. Students received an electronic ballot in their Linn-Benton email inboxes, prompting them to elect new representatives of the Student Leadership Council.

The SLC needed 3 percent of the full-time student body to vote and received votes from 7.4 percent, resulting in an admissible election.

"Most of the students here don't even know what the SLC is and that's unfortunate," said John Maine, SLC vice president elect.

Maine was elected last week with 104 votes. His opponent, Jason Shirley, conceded the election with 76 votes.

"It was a tough race," said Shirley. "I came in as an outsider. John was established already. All and all I think I did a really good job during the election."

Former SLC Vice President Eric Slyter ran unopposed, and garnered enough votes to take the position of SLC president.

"We could have not received the minimum number of votes, and it would have been a little bit more complicated process, but I probably would have come out as president," said Slyter. "This was the second year we actually got the minimum number of votes, so yes, I think it was successful."

Slyter has worked several positions on the SLC team in the past two years, beginning as a volunteer.

"I'm really excited," said Slyter "I think I have a really pretty good idea of what our potential is and the ultimate direction of the team."

Slyter believes his past experiences have given him an eye for what the SLC is or isn't capable of, and a few

ideas for improvements.

Under the guidance of Associate Dean of Student Engagement Leslie Hammond, Slyter is currently focusing on improving communication within the SLC team. Together they have designed new leadership trainings for the upcoming SLC team members, noting a lack of effective training and goal implementation in the past.

Slyter also raised concerns with the follow-through of the SLC. While the team has been effective in making decisions in the past, the physical effort and implementation often becomes lost between meetings.

"It takes a sort of guided effort, keeping people on track, keeping that goal in mind and making sure that communication is open," said Slyter.

Slyter is also looking for ways to give back to students, whether it be through reducing the price of textbooks or increasing awareness and availability of unused scholarships and talent grants on campus. His ambition for his time as president is "ultimately to create a positive college experience," aligning his goals closely with that of the college administration.

Maine will begin his term as vice president directing his focus towards improving the college experience for students and reevaluating the SLC's current situation, calling on repercussions for individuals in the SLC not performing their jobs.

"We need to have a strong Student Leadership Council that can pick up and fix this, and not have it happen again, or have a plan if something drastic does happen," said Maine, referring to the mid-term resignation of former SLC President Paola Gonzalez.

While aiming for SLC budget reevaluation and transparency with the student body, Maine also intends to evaluate the necessity of the SLC's involvement with student lobby group Oregon Student's Association.

"I really want to focus on diverting our funds back towards the students and trying to run at a bare minimum," said Maine.

He is investigating the possibility of an SLC funded "free" printing plan for students, although student fees directly fund the SLC budget.

"Oohhla," a college-centered social media app will become available under a new name for students and staff which Maine and Slyter hope will bring ease and convenience to campus communication and event connection.

Both Slyter and Maine agree that any changes made over the next year should be for the benefit of the student body and the college.

"It's about providing the structure and opportunities for people to do well, giving students the opportunity to succeed. I know that's really vague and generalized, but ultimately that's what the student leadership is supposed to be here to do," said Slyter.



STORY BY
EMILY GOODYKOONTZ
@SHARKASAURUSX

A GROWING INDUSTRY NEEDS RADIOLOGISTS

LB iLearn offers online certificates for Computed Tomography

The Computed Tomography industry, also known as CT or CAT scanning, has some exciting times ahead. This specialized technology has been around for less than 50 years, but in recent years has gained popularity. The good news for radiologists is that this means jobs are opening up for you.

Recent reports from the Bureau of Labor Statistics predicts employment growth for radiologists will grow about 9 percent between 2014 and 2024, faster than the average for all occupations. It also predicts an additional 17,200 new positions will need to be filled during that time. Are you ready to grow with the industry?

Why is Computed Tomography so important?
Computed Tomography uses specialized x-ray equipment to create detailed 3D images of areas inside the body. During scanning, images are constructed by a computer to form cross-sectional images of target areas, allowing physicians to diagnose problems such as cancer, cardiovascular disease, trauma, and musculoskeletal disorders.

What is the industry outlook?
There are several reasons for growth in the industry. A large part is because the global market is seeing an increase in cardiovascular diseases, orthopedic disorders and cancer, all of which can be monitored on CT scans. This increase is in part because the oldest and largest

living generation, the Baby Boomers, born 1945 to 1965, are growing older.

With a large portion of people aging at the same time, the industry expects to utilize CT technology for increased medical conditions that require imaging as a tool for making diagnoses. In addition, with increased popularity in using the equipment, and because of advancements in the technology, the cost of using them has gone down and thus has driven the usage up.

What can LB iLearn Online do for you?
Our self-paced, online certificate program is designed for individuals who have already earned their ARRT certification and work in the diagnostic imaging field. At LB iLearn, we provide knowledge of anatomy and physiology, cross-sectional anatomy, and proper radiation safety. With your earned certificate you will be prepared to assist

physicians in the diagnosis and treatment of patients while ensuring their safety and well-being.

If you need to complete Continuing Education credits, need to get the Oregon CT license to keep doing your job, or if you want to gain additional training to improve your marketability, this program is designed to meet your needs. Courses are also designed to prepare you for the ARRT CT Certification Exam, providing you with the educational portion needed to complete certification.

Want to get started?
Enrollment into the program opens every Wednesday year-round, and courses are "pay as you go." For more information, contact admissions specialist Amber Vore at vorea@linnbenton.edu.

STUDENTS FOR LIFE

Club on campus spreads pro-life message

The members of Students for Life look like the knights of the round table when gathered for their weekly meeting. Named LBCC's "Club of the Year" for 2015, the three year old organization has two main goals; to help women in need any way they can, and to educate students on pro-life issues.

They meet in the library conference room on Tuesdays at 3:30 p.m. They're not religiously affiliated, and anyone can join.

"One of my biggest reasons behind being pro-life stems from Immanuel Kant's philosophy on the Universal Law Theory, which is designed to decide moral and ethical choices," said Kaden Kyllinstad, a new club member. "How this theory is applied is by imagining everyone does what you do and does life continue to function?"

Club president Rebecca Lang is a strong supporter of the same ideals.

"We know that life occurs at conception. That's the grounding principle of where we believe what we believe. If the unborn are human, like us, then no reason can justify abortion," said Lang.

Lang has been the president for two terms, and was the vice president for two terms prior. In that time, she has planned and taken part in the club's diaper drive, weekly meetings, and several trips to rallies in Portland and San Francisco.

"I've always been pro-life, but I didn't really know how to successfully converse about it," said Rachel Hauser, who's been a member for over a year.

Her friend was in a similar club and Hauser noticed how her friend articulated her point. She stopped by the Students for Life table at LBCC Welcome Day and has been going to meetings and been involved ever since.

"It's a really good way to talk to people about who we are," said Lang. We want equality for all human beings, born and unborn."

STORY BY
SARAH NASSHAHN



STORY BY
ALLISON LAMPLUGH
FOR LB iLEARN
@LUCYLAFLOURE

MORE THAN GAMES

Outreach platform benefits the community and school.

Men's and women's basketball has come to an end and baseball season arrives. The Athletics Department has been able to raise roughly \$500, to give back to community organizations.

Events and Production Coordinator Michael Winder has been in contact with local community outreach programs such as Benton Habitat for Humanity, CASA of Linn Co., and Albany Boys and Girls Club.

"Outreach is a major part of the Athletics Department mission of serving the community, connecting student-athletes, especially to kids," said Winder.

Throughout the term, Winder was available at halftime of the basketball games offering anyone in the stands the opportunity to shoot free throws for "Cat in the Hat" and "Improv" tickets. All participants had to do was make the shot.

Part of the ticket sales went to organizations who give back to our community, and this program is set to continue for all sports available at LBCC.

"Community partnerships like this one help us continue to advance our mission of bringing people together to build decent quality homes for everyone in our community," said Jenna Baker. "Our heartfelt thanks to Michael, the LBCC

community and everyone who attended the games. Go RoadRunners!"

As more athletic opportunities arise at LBCC, so do the opportunities to unite our community through programs such as this. If you know of any local organizations that would like to be involved, you can contact the LBCC events coordinator.

Michael Winder
Events and Production Coordinator
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winderm@linnbenton.edu



STORY AND PHOTO BY
BRIAN HAUSOTTER
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MICHAEL WINDER PASSES OUT CAT IN THE HAT TICKETS.

"CAT IN THE HAT" GOES TO BAT

Students nominated by Kennedy Center for Irene Ryan Scholarship

"Cat In The Hat" is getting more attention than originally anticipated. On Feb. 13, Judges of the Kennedy Center American College Theater (KCACT) Festival attended "Cat In The Hat," a play formed from the works of the late Dr. Seuss, and chose to give several students awards. Jacob Lucas-Quick was awarded a Meritorious Achievement Award for Sound Design, as Cat In The Hat had hundreds of well timed sound effects.

Nicolette Pullen, played Conrad; Kristy Speed, played Thing 2; and Alyssa Cannell, the fish. All three were nominated by The KCACT Festival for the Irene Ryan Scholarship Acting Competition.

"I was really surprised," said Speed. "Thing 1 and Thing 2 come together, I thought if we got it, we'd get it together."

These awards will allow them to compete for a full ride scholarship next spring in Denver, Colo.

"This is a call to be working hard on my passion. Hearing that I was nominated helped me remember to keep my eyes on the prize," said Nicolette Pullen. These awards also

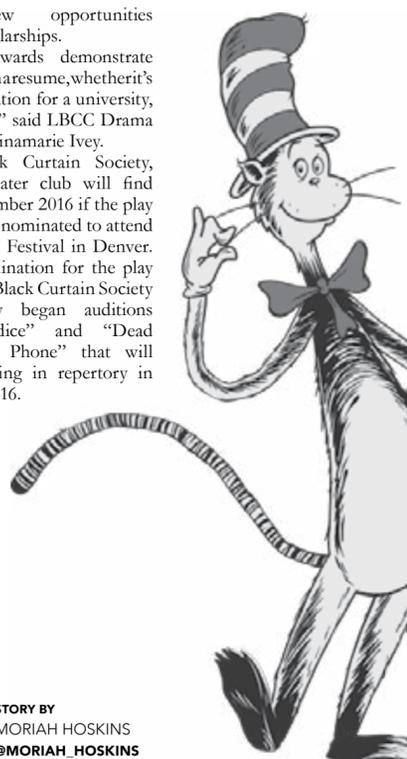
mean new opportunities beyond scholarships.

"These awards demonstrate experience in a resume, whether it's in an application for a university, or for work," said LBCC Drama Instructor Tinamarie Ivey.

The Black Curtain Society, LBCC's theater club will find out in December 2016 if the play itself will be nominated to attend the KCACT Festival in Denver. With a nomination for the play or not, The Black Curtain Society has already begun auditions for "Eurydice" and "Dead Man's Cell Phone" that will begin showing in repertory in mid-May, 2016.



STORY BY
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LIFE HACKS: COCONUT OIL

Jumping on the coconut bandwagon

Dry skin? Coconut oil. Need a campfire? Coconut oil. Relationship trouble? Coconut oil.

All joking aside, since erupting popularity in recent years, there are few situations found in which coconut oil can offer no aid. It may not bring your beloved home again, but hey, you might be surprised by how much coconut oil actually can do. Here are 10 ways to jump on the coconut oil bandwagon this spring.

Cut the Chemicals

Say goodbye to the myriad of questionable chemicals often found in beauty products by making your own shampoos, soaps, lotions, toothpastes, shaving cream, and even deodorant with coconut oil. As is, or combined with ingredients such as baking soda, bath salts, or essential oils, coconut oil is a great natural beauty product.

Catchin' Rays

As spring draws near, hundreds of sunshine-deprived Willamette Valley residents will be flocking to the sun. As well as offering the ability to sooth burns, coconut oil's natural sun protection factor (SPF) makes it a great tanning oil that can provide the extra protection without blocking out the "sunshine glow."

Spring Cleaning

Whether you're shining your shoes or polishing grandma's wooden rocking chair, the fats in coconut oil serve as excellent conditioning agents, adding shine while preventing future deterioration.

Survival Mode

Say you happen to pack your coconut oil on your lake trip to use as tanning lotion and you need a fire-starter. Not to fear, coconut oil, like many other oils, is highly flammable. Added to kindling or newspapers, coconut oil can be an excellent fire starter in a pinch.

Lighten Up

Coconut Oil can be used to remove age spots or even dark under-eye circles to a certain degree. Just massage the oil into your skin and notice the results over time.

Softer Sheets

When added to your washing machine, coconut oil not only adds a fresh smell to laundry, but can also act as an effective fabric softener.

Bite the Bugs

When dealing with lice, simply rinse your hair with apple cider vinegar, letting it dry, then massage coconut oil through your roots. The acidic vinegar loosens eggs and the oil will help smother any living bugs. After the treatment has sat for at least four hours, use a comb to remove as many bugs/eggs as possible before washing the treatment from your hair. The best part? The treatment not only removes lice, but also leaves your hair shiny and healthy.

Smooth skin

When used externally on a consistent basis, coconut oil can be an effective treatment for varicose veins, acne, and cellulite. In fact, coconut oil is even often used on pets for skin treatments.

Energizer Bunny

Need a boost? Mixing one tablespoon of coconut oil with a half-tablespoon of chia seeds makes for a great mid-afternoon pick-me-up or post workout snack. The medium chain triglycerides in coconut oil partnered with chia seeds brings metabolic digestion aid endurance together in a tasty spread for toast, or simply straight off the spoon.

Healthy Fats

Coconut oil can almost always be substituted at equal parts as a more healthful alternative to vegetable shortenings and lards when cooking or baking. Besides showing multiple health benefits, coconut oil can be a wise choice when cooking with high heats due to its ability to remain stable under extremely high temperatures without oxidizing.



STORY BY
KATHERINE MILES
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SAY CHEESE TO SOCIAL MEDIA

A selfie contest awards classic tee at LB's bookstore

Linn-Benton Bookstore orchestrated its first ever "Selfie Contest" on social media via Facebook, Twitter, and Instagram. The contest lasted 24 days.

Selfie participants were to find a spot located in the bookstore and take selfies, tag it #lbccbookstore, and post it to social media.

The first of the promoting events happened during open house at College Night on Feb. 8. Staff and students snapped pictures while in the bookstore and shared them on their personal social media to start the contest.

It wasn't until the week of Feb. 22-26 that Bookstore Manager Tina Leonard sent out a notification to the campus

email and campus-wide monitors about the contest.

"I really wanted to see what the response would be if we only posted to social media," said Leonard.

In the bookstore a sign was posted at a checkout promoting the contest and staff mentioned the contest to customers.

The contest was open to students, staff and faculty. Although it is LB, the store employees however, weren't eligible to win the contest.

Leonard got the idea for the contest from reading an article from the National Association of College Stores that talked about another school running a similar promotion.

Even though there wasn't a huge turnout this time, Leonard is hopeful that with more promoting another contest could be more successful. She looks forward to another contest in the future.

"I'm sure we will try this sort of social media contest again, only with a bigger push at promoting it," said Leonard.

The contest ended on Friday, Feb. 26 and the winner was announced Monday, Feb. 29.

Leonard had four selfies submitted to decide from. She randomly selected Annette Easdale as the winner of the first Selfie Contest.

Easdale received a classic LBCC t-shirt from the bookstore.



Selfie Contest Winner: Annette Easdale
Please submit your selfies to @LBCCBOOKSTORE



STORY BY
MELISSA CHANDLER
@MJEFFERS

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Wanna Be a Billionaire?

Fourteen shared traits of super-successful human beings

Many people grew up hearing their parents' solutions to eventual success: make good choices; hang with the right crowd; work hard; follow your dreams; be yourself. Sound familiar?

Dan Schawbel, a New York Times best-selling author and contributing writer at Forbes, sheds light onto the driving force behind society's most successful people. During his time at Forbes, Schawbel has interviewed over 1,200 super-successful people ranging from CEOs to politicians to celebrities. His conversations with them boiled down to 14 common denominators, he says. In his article, "14 Things Every Successful Person Has In Common," Schawbel shares what he has discovered.

As it turns out, mom and dad weren't all that wrong.

#1 They know when to stay and when to leave.

Intuition is key to their decision-making. Even if it's not the most popular or the most liked decision, successful people know when to step on the gas or when to step on the brakes. Knowing when they have failed and need to start over is a decision they grow accustomed to. Hear it from the guy that patented 2,332 inventions in his lifetime:

"I have not failed. I've just found 10,000 ways that won't work." - Thomas Edison

#2 They do more than what's asked of them.

It's the difference between saying "that's not part of my job" or saying "I'll do it because it needs to be done." Successful people do their mandatory tasks, pick up the tasks no one else wants, and make tasks to challenge themselves. Hear it from the guy that won 22 Academy Awards, holding the record for most wins in competitive categories:

"When you're curious, you find lots of interesting things to do." - Walt Disney

#3 They are willing to fail in order to eventually succeed.

Successful people view mistakes as part of the process. Rather than deeming mistakes as failures, they see them as obstacles. They learn from them and use them as motivation to get better. Hear it from the guy who was knighted at Buckingham Palace for "services to entrepreneurship" and who founded the Virgin empire:

"You don't learn to walk by following rules. You learn by doing, and by falling over." - Richard Branson

#4 They know that they make their own luck.

They believe luck has little to do with success. For the most part, success is about repetition, dedication and perseverance. Each day successful people put themselves in a better position than they were the day before. Hear it from the lady that was raised by a maid in rural Mississippi, who is now worth over \$3 billion:

"I feel that luck is preparation meeting opportunity." - Oprah Winfrey

#5 They set real goals that they can accomplish.

The difference lies in waking up with a plan and waking up scrambling to figure out your plan. Successful people have a plan, and know how to use their strengths. They set goals each day and they stick to them. Hear it from the guy who writes 2,000 words a day, seven days a week, 52 weeks a year—and has 49 best-selling books:

"Either get busy living or get busy dying." - Stephen King

#6 They take accountability for themselves and their actions.

Instead of leaning on others to figure out a solution, successful people look inside themselves for answers. They don't wait for someone to pave a path; they blaze the trail that becomes the path. They are humble in taking credit and quick to take the blame. Hear it from the guy that started a little retail store in 1962 that now employs 2.2 million people worldwide—Walmart:

"If everybody is doing it one way, there's a good chance you can find your niche by going exactly in the opposite direction." - Sam Walton

#7 They make change instead of being affected by it.

Those with the most success are trendsetters. They don't open a magazine to look at the newest things, they create the things in the magazines. They think for the future, and they act now. Hear it from the guy who co-founded a computer company in his garage when he was 13 years old:

"You can't just ask customers what they want and then try to give that to them. By the time you get it built, they'll want something new." - Steve Jobs

#8 They are able to adjust to changes in the marketplace.

Successful people are willing to reinvent themselves. They understand that what people want today may not be what they want tomorrow. In order to be continuously successful, they constantly drum up new ideas in search for the next best thing. Hear it from the guy that invented the first bagless vacuum cleaner, and now has a company worth about \$5 billion:

"As an engineer I'm constantly spotting problems and plotting how to solve them." - James Dyson

#9 They can communicate their story effectively.

If you ask a successful person who they are, they will have a precise answer. They know what they are doing today and tomorrow, and all the little details in between. They know what they stand for. They believe in themselves and inspire others to believe in them. Hear it from America's first self-made female billionaire:

"All the things I love is what my business is all about." - Martha Stewart

#10 They ask the right questions to the people who can deliver the right answers.

Knowing they don't have all the answers, successful people understand how to use their network. They aren't afraid to reach out to people they deem best qualified to help. Successful people know to surround themselves with people of the same caliber. Hear it from the guy that started picking out stocks at 11 years old and is now worth \$70 billion:

"It's better to hang out with people better than you. Pick out associates whose behavior is better than yours and you'll drift in that direction." - Warren Buffett

#11 They are lifelong learners who push themselves out of their comfort zones.

Education never stops for the world's most successful people. They push themselves to try something new, see something new, or experience something new on a regular basis. They know growth happens when they explore. Hear it from the guy that started his first business at 12 years old selling trash bags, and is now worth over \$3 billion:

"It's not about money or connections—it's the willingness to outwork and outlearn everyone." - Mark Cuban

#12 They know who they are and their place in the world.

Successful people don't waste time on things that don't interest them. They don't work for someone else's vision; they work towards their own vision. They know their mission, and they don't change course. Hear it from the guy who created his first movie at 16 years old, which grossed \$1, who is now a director worth \$3.6 billion:

"You have many years ahead of you to create the dreams that we can't even imagine dreaming." - Steven Spielberg

#13 They are more excited about the journey than the payout.

Successful people seek meaning in their lives. They take time and care in building their future. They view life as an adventure and use each day to reach a new destination in their journey. Hear it from the richest man on the planet:

"Most people overestimate what they can do in one year and underestimate what they can do in ten years." - Bill Gates

#14 They create instead of just consume.

Instead of searching Amazon for the perfect solution to their consumer needs, successful people think about what consumers are going to need. They stay busy creating and innovating. Hear it from the guy considered one of the world's brightest minds, so much so that the pathologist who did his autopsy stole his brain:

"Logic will get you from A to B. Imagination will take you everywhere." - Albert Einstein

So, what will you do today to change your world?

STORY BY ALLISON LAMPLUGH @LUCYLAFFLOURE

UNITY THROUGH SPOKEN WORD

Seventh Annual Unity Celebration inspires social justice on campus



RAVEN WOMACK

Unity, defined as "the state of being united or joined as a whole," is what can describe events like these, where students and faculty come together to represent unity in a place of higher education.

On Feb. 24, Linn-Benton Community Colleges held its 7th Annual Unity Celebration in the Fireside Room of the Calapooia Center.

The event was hosted by Javier Cervantes from the Diversity Achievement Center and Unity Celebration Committee, a subcommittee of the VICE Council. The event drew a crowd of students, faculty, and supporters of LBCC's community.

This year's event showcased Analee Fuentes, keynote speaker on the power of unity. LBCC's Poetry Club performed a spoken word in harmony, a performance from a diverse group of five students. Mark Weiss, counselor at the Benton Center, played blues guitar, and there was a buffet of ethnic food.

Fuentes discussed topics of LBCC's history in which she has worked. She discussed where the college is now in terms of unity, and what the future holds for LBCC. Fuentes started out her discussion with a photo of her fourth grade class, explaining her beginnings in San Diego growing up in a richly cultural environment.

Fuentes touched on topics of individuals coming together; using the example of the 20th century feminist movement, as well as racial equality in the civil rights movement. She described the events as "an important legacy of working together in unity trying to impact positive

change in social justice."

Fuentes ended her keynote speech with news of her retirement this year from LBCC. She presented a gift to the DAC, a charcoal drawing of Fuentes' sister Sylvia Lopez when she was younger. The image has Mexican symbolism including the sacred mountain Popocatepetl and corn which is part of Mayan cosmology. The painting is entitled "Ella Huele Como Maiz." In English the title means "She Smells Like Corn."

"Amazing," Cervantes said in response of the gift, "It is an honor that Analee would gift such a personal and powerful piece. But the best art is always like that, personal."

Poetry Club, LBCC's outlet for poets on campus, performed a Spoken Word in Harmony performance from a group of five student-poets while Weiss played the blues guitar. The six students consisted of Alyssa Campbell, Alexander Meyer, Kase Allozi, Raven Womack, and Gabe Nix. Their performance was a rendition of "Let America be America Again" by the late Langston Hughes.

"The LBCC Poetry Club was off the hook!" said Cervantes. "For those that did not make it, you missed quite a performance."

As the ensemble read in unison of chorus lines, the group would pause, letting a single member of the group read a passage from the poem.

During the event, LBCC caterers provided a selection of world-class food. The ethnic food consisted of many flavors and spices from around the globe. The height of the evening

came when the award ceremony began. Nominated members of the LBCC community were awarded for their individual efforts in diversity, equality, and unity.

The Analee Fuentes Unity Award and the Gary Westford Community Connection awards serve a purpose to create a socially responsible environment for students and staff. This year's Analee Fuentes Unity Award for students went to Chelsey Mick, and Nominees included Andrew McClain, Kamran Ahmed Mirza, Ceph Poklemba, and Reis Taylor.

Analee Fuentes Unity Award for staff honored Chareane Wimbley-Gouveia. Nominees for this award include Tim Black, Mary Borman, Jan Fraser-Hewlin, Robin Havenick, Tinamarie Ivey, Andrew Richards, Jane Sandberg, Dan Stone, Kriste York, and Jaime Zinck.

The Gary Westford Community Connection award went to International Student Advising and Services (ISAS) at OSU. The LBCC Veterans Club was also nominated.

Over the roar of applause from attendees as the Unity Celebration came to an end, the takeaway from the event was the sense of camaraderie within LBCC's walls; how appreciated diversity and unity is on a college campus, and how it benefits the people within.



STORY AND PHOTO BY HANNAH BUFFINGTON @JOURNALISMBUFF

— YOU CAN DO IT ALL —

THIS SUMMER

Here's a crazy idea: Enroll in Oregon State summer classes and complete a year's worth of academic work in a few months. Our flexible schedule allows you to take a full sequence of science or foreign language courses in one fell swoop.

That's not so crazy after all, is it?

Registration opens April 10, classes begin June 13.

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2016 SUMMER CLASSES

STORY BY ALLISON LAMPLUGH @LUCYLAFFLOURE

GETTING PAID TO PLAY

Meet Professional Gamer Teddy "Bladewise" Seybold

Teddy "Bladewise" Seybold is unassuming. Taken at face value, Bladewise is a normal, modest guy. There's that old saying about not judging a book by its cover. Behind the run-of-the-mill exterior awaits a fierce and determined competitor and one of the best "Super Smash Bros. Melee" players in the world.

Bladewise is the second best Melee player in Washington, and a top 100 player in the world. His main character is Peach, and he has been sponsored by 62-bit Gaming since 2014. If you ever encounter him in tournament, good luck. You're gonna need it.

While he's amazing at the game now, Bladewise started at the ground floor and had to work his way up.

"I started going to tournaments just over 10 years ago," said Bladewise. "I had repeatedly watched many videos of top players at the time (Ken, Isai, Captain Jack, etc.) and wanted to play like them. That first tournament was a great experience, and I haven't stopped attending them since."

Bladewise is widely regarded as the third best Peach player in the world, behind Adam "Armada" Lindgren and McCain "MacD" LaVelle. He played all the characters early in his Smash career, but eventually settled on Peach.

"I was very competitive with my friend at school at the time. Beating him was a big motivator for me to improve," said Bladewise. "At our scrubby level, Peach was quite easy to win with. I enjoyed beating my friend, so I ended up playing quite a bit of Peach."

Steven "Fat Goku" Gallopy, who is currently ranked first in Oregon in Melee, admits that he was intimidated by Bladewise.

"I've known who Bladewise was ever since I started playing Smash competitively," said Fat Goku. "It made me a bit nervous to talk to him because he is so good. It probably took me two years of playing to deem myself worthy to talk to him."

It's the way he's able to read his opponents mind that makes Bladewise such a threat in tournament.

"I think his best quality as a player is his ability to read minds," said Fat Goku. "If you're going to do something risky, he knows you're going to do it. If you're going to panic in a situation, he'll punish that option before you even press the button to do it. He makes me feel so stupid when I play him."

Bladewise made \$1,200 at the recent Oregon tournament Fight or Flight 6.

On top of his success in the Pacific Northwest, Bladewise has been ranked as a top 100 player in the world the last three years in a row (34th in 2013, 33rd in 2014, and 39th in 2015). He enjoys



PHOTO COURTESY: TEDDY SEYBOLD | FACEBOOK

the recognition, but it's not a primary source of motivation.

"I do enjoy the recognition it provides me, as well as the semi-celebrity status at tournaments," said Bladewise. "It isn't a main source of inspiration though. The drive to improve was already there before these lists existed, and that won't change regardless of

how I'm ranked."

In addition to his proficiency in singles, Bladewise is also a superb doubles player. Zach "FoesJr." Barnett, who is currently ranked third in Oregon, has known Bladewise for 10 years and has teamed with him in the past.

"I've teamed with him a few times. He's pretty good about communication in doubles, which I feel is really important," said FoesJr. "Aside from that, he's just one of the most solid players ever...so yeah that helps."

Even though Bladewise has gained a lot of skill and praise over the last 10 years, there is one person he has yet to overcome: Otto "Silent Wolf" Bisno, the current number one player in Washington.

"I usually lose to Otto," said Bladewise.

"Sometimes I lose so often to him that I start to doubt my ability and potential. It can be quite disheartening because I want to believe I can win, yet the continued losses shake my resolve."

Despite his shortcomings, there have been a few occasions where Bladewise clutches the win over Silent Wolf.

"When I do manage to win, it's an excellent feeling," said Bladewise. "It's incredibly relieving to know that the hard work pays off and that I'm capable of overcoming this challenge."

Regardless of who wins or losses, there's no animosity between the two players.

"We're good friends," said Bladewise. "In a way, we need each other to improve in order to continue improving ourselves. In major tournaments, I root for him over all others."

Bladewise wants people to know that there is no better time than now to get involved in competitive Smash.

"For any person who is interested in playing Melee, now is an excellent time to join the community. There is an absurd abundance of resources available to players right now. Video guides, character tutorials, tournament footage, social media groups, and more are easy to find," said Bladewise. "This community is accessible to all, no matter how secluded you may feel. Whether you live in Peru, Estonia, or Australia, there's a way to join, participate, and compete."



STORY BY
KYLE BRAUN-SHIRLEY
@KYLE_WPHP

MOVIE REVIEW:

The Witch

DIRECTOR: Robert Eggers
STARRING: Anya Taylor-Joy, Ralph Ineson, Kate Dickie, Harvey Scrimshaw
PRODUCTION: Parts and Labor
RT Features
Rooks Nest Entertainment
Code Red Productions
GENRES: Horror, Suspense, Supernatural
RATING: R
OVERALL RATING: ★★☆☆☆

REVIEW BY EMILY GOODYKOONTZ



COURTESY: PARTS AND LABOR

"The Witch" may have charmed the pants off most popular film critics, but my pants stayed on for this one. The debut film by director Robert Eggers tries in vain to weave old-hat plot devices into an intricate, unravelling mystery of a Puritan family plagued by unseen evil and seething paranoia. Unfortunately, Eggers finds little success in the endeavor. Moments of gruesome violence and glimpses of evil supernatural forces punctuate this horror of a film, enough to shock the viewer into sitting through its entirety.

Paying homage to America's historical roots from which the legend of the witch arises, the film takes place in the eerily beautiful woods of New England, 1630. Though excellently executed cinematography, a creepy setting and a wailing often screeching, musical score effectively builds suspense. The film's momentum comes to a careening halt during scenes of drawn-out, biblically-driven dialogue between unrelatable

characters. Eggers paints a brutal and realistic picture of the time period, the dialogue ringing true with historical accuracy. But unless you're a history buff with keen ears, it's difficult to appreciate the occasionally unintelligible character speeches.

Missing plot pieces leave gaping wounds in this already bloody film. "The Witch" suggests subplots and character developments that remain only a suggestion, leaving vastly unexplored territory and bringing little to fruition for the viewer. Plot tropes abound in a nonsensical spiral into chaos towards a carnal, erotic and overplayed climax reminiscent of a drunkenly-faked orgasm on Halloween night.

The film is redeemed mostly through the efforts of budding actress Anya Taylor-Joy, whose doomed coming of age performance as Thomasin, the eldest daughter of the family, is the only well-explored subplot of the film. Her performance is regrettably underscored

by a prevailing theme of the dangerous, corruptible power of female sexuality, leaving the young heroine to succumb to her own inherently evil and sexual nature.

Within the frames of this film the last 100 years of women's equality movements have been vanquished. It recalls to the screen a Puritanical depiction of the evils of womanhood, a historically accurate way of thinking that actually resulted in the death of thousands of women burned at the stake on suspicion of witchcraft.

Fair warning: your pants will stay on for this one, unless the genital mutilation and molestation of children or sibling attraction is your thing.

But let's hope not.

LET'S TALK ABOUT SEX. . .

Obama's 2017 budget bans abstinence-only education

"DON'T HAVE SEX. BECAUSE YOU WILL GET PREGNANT AND DIE."

Remember this iconic "Mean Girls" moment when Coach Carr says this line right before handing everybody condoms? It's a bit far-fetched, but this kind of mentality exists within some public schools' sexual education programs.

I have been fortunate enough to be the recipient of a strong, fact-based course of sexual education. In elementary school, the school counselor gave a very age-appropriate discussion on what was considered to be sexually immoral. By using swimsuited teddy bears, they illustrated where others weren't supposed to touch.

A release form allowed middle school students to learn about the birds and the bees through a very informative video with no awkward chatter from the teacher.

In high school, we learned about the various differing parts of the male and female anatomy. Abstinence-until-marriage was not the rule-of-thumb that my health teachers preached; instead, we learned that practicing abstinence was the best way to avoid an unwanted pregnancy, sexually-transmitted infection, or disease. We also learned about the countless forms of contraceptives available outside the realm of condoms and the pill.

Why do I feel like it's necessary to talk about a subject that's been discussed so many times? Because there has been extensive research and countless statistics that indicate it's absolutely necessary kids receive sexual education. To not favor Obama's plan to denote abstinence-only education would mean many students are missing out on a thorough sexual education.

In response to statistics, President Barack Obama has taken steps to



PHOTO COURTESY: PARAMOUNT PICTURES

cut abstinence-only sexual education programs from the 2017 federal budget. The President's proposal is going to have to go through a Republican congress, which means that although President Obama's plan is celebrated and necessary, it could never become a bill.

Let's get this out of the way: it's a fact that teenagers are having sex. However, the percentage of teens having sex has decreased, while the amount of birth control usage has increased. Consequently, the CDC has also shown that there is a decrease in teenage pregnancy.

The Republican standpoint on sexual education is as follows:

Parents should review the sex education material prior to giving consent.

Any sex education other than the biology of reproduction and abstinence until marriage is opposed.

We should prohibit entities and their affiliates that have a conflict of interest with our beliefs from conducting sexuality education in public schools and from conducting teacher training.

Social aspects of sexuality should be

left to the family.

Growing up, my parents didn't exactly read the fine print before signing the sex ed permission slip. They trusted that my teachers would give me an educational, unbiased crash-course on sex. To "prohibit entities and their affiliates... from conducting sexuality education in public schools" that go against Republican values seems like an ironic standpoint. This is the same party who believes all children deserve an education. This is also the party that believes in renewing its focus on the Constitution and the writings of the Founding Fathers.

The republican view also doesn't take into consideration how prevalent sex is within the nation's culture. Sex is the punchline of countless jokes on TV. It's used by countless brands to sell things like clothes, burgers, magazines, and perfume. Fellow Millennials know just how frequent it is used in our conversations. So, naturally, kids have a lot of questions about sex and need a safe, educational source to go to for answers.

"Today there is pressure for losing one's virginity, said LBCC student Adriana

Schaaf. "People really should be open to the idea that it happens, and we need to accept that. People are so picky about what age sex ed should be available."

Sex is a part of everyone's life, even though our viewpoints vary. We need to teach students to be familiar with their own bodies. We also need to teach students how to be respectful towards each other's values despite their personal opposition.

As a woman, I have felt the full extent of the pressure to have sex. I know what it feels like to be put in compromising situations. I've also heard of cases where men are the ones who are raped and molested.

People are called "prude" for wanting to wait until marriage to have sex; women get called "sluts" for wanting to have sex. There has been sexual education program material that has bashed individuals for having sex out of wedlock, comparing them to "used gum" and "worn-out sneakers." This is not just rude and inconsiderate, but bullying.

We need to encourage a public school sexual education program that does not discriminate against anyone's opinions or beliefs. We need to thank health teachers for doing the awkward work for us. In the long run, a proper sexual education course not only means less pregnancies, but less discrimination and more support for teenagers learning to get adjusted to their new bodies.



STORY BY
MORGAN CONNELLY
@MADEINOREGON97

LBCC Art Galleries
Ceramics Show & Sale
February 29 - March 31

In North Santiam Hall
& South Santiam Hall
Display Cases & Pedestals

SSH & NSH Galleries are open
Monday-Friday, 8 a.m. to 5 p.m.

Enjoy perusing a selection of
beautiful and diverse ceramic
artwork made by local artisans

Linn-Benton
COMMUNITY COLLEGE

Persons with requests for special needs accommodations should contact the Disability Coordinator at Linn-Benton Community College, RCH-105, 6500 Pacific Blvd. SW, Albany, Oregon 97521. Phone 541-917-4759 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more before the event.

?

DID YOU KNOW?

When ladybugs are upset they excrete yellow fluid from their knees.

Linn-Benton Community College Performing Arts Department presents

Luminous Night

Thursday, March 10 • 7:30 p.m.

A choral journey through darkness and light
Concert Choir • Chamber Choir
A Cappella Groups:
Blue Light Special • The Sirens

Raymund Ocampo, Conductor
Craig Hanson, accompanist • Khoa Tran, accompanist

linnbenton.edu/russelltripptheater

Russell Tripp Linn-Benton
Performance Center COMMUNITY COLLEGE

linnbenton.edu/russelltripptheater • 541-917-4531

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CHANGING PHASES

by Breanna Rae

She was
three ice cubes, melting,
against the pale palm of his hand,
frozen-- but reducing
her edges, softer, softer,
dripping at
the meeting of his skin.
She was
three ice cubes, melted,
liquid resting
in the pale palm of his hand.

HOPELESS WANDERER

by m.c.

A heavy heart
suppressed by opinion
eyes slammed shut
encouragement turned condemnation,
"do what is right."

forgiveness is here,
needing acceptance.
reject the truth
identity lost, reality found
life has changed

is there truth,
a reason to believe?
contradictions turn into lies
lost in transgression,
strayed from the path.

walk in the shadows,
away from the light.
embrace the dusk,
run into the night

VOLTA

by Shane Stanhope

A black halo, descending on great wings,
Above the fall'n hare, his sun softened flesh
Does not protest the indifferent ply of her beak,
She devours him helpless living on death.

How can we, in the shadow of such gore,
Not shudder in the desecration of life?
And how can we not but see in coarse
Consumption of fragility, our strife?

The silent rending of tender flesh heralds
A renewing spring, the dawning of life,
A new beginning.
We are so wrapped up

By the bald, black reflection, seeing peril
And pain, a pitiless end, forgetting our self
Of reason.
She plants the seeds of new seasons.

PHOTO COURTESY: JAR [O] | FLICKR

FOR RELEASE MARCH 2, 2016

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- Gin and tonic, e.g.
- Outback birds
- "Pardon the Interruption" channel
- Photographer Leibovitz
- Island hoppers
- 1985 film featuring Doc Brown and Marty McFly
- Sesame
- Julio to julio
- Potter's practice
- Possible place for a train ticket
- AFL partner
- Bator
- Dude
- How storybooks are often read
- Bibliography abbr.
- "Nessun dorma," e.g.
- Concept that small changes can have large consequences, as in theoretical time travel
- Cheese with an edible rind
- Shakes a leg
- White House staffers
- "You got it!"
- Bombard
- Michael Caine title
- Improvisational music genre
- Pastoral tribe of Kenya
- Hip about
- Sch. with a Phoenix campus
- "you nuts?"
- Olympic medley found in order at the starts of this puzzle's four other longest answers
- Heredity sources
- Gala or ball
- Got off the ground
- Brogan or brogue
- Fizzy beverages

DOWN

- Big wheel
- Broadcast sign
- Claudius, to Caligula
- Suffix with peace
- Shelve
- Legally prohibit
- "Whatevs"
- Oil-rich fed.
- 50+, e.g., on a L'Oréal tube: Abbr.
- Erode
- Forn-fitting
- Meter starter?
- Fraction of a min.
- Light bulb unit
- Hip about
- Under 90 degrees
- Factory stores
- Potter's supplies
- Mustard family member
- Born partner
- Stuffed pepper filling
- Wild things to sow
- First name in advice
- It may be found at the end of the line
- Big name in elevators
- Taxpayer's option
- Burning
- South Korea's first president
- Learning opportunities for many
- Do the do just so
- Betting aid: Abbr.
- Renowned
- Café cup
- Did a fall chore
- Venue that often sells its naming rights
- Kid brothers or sisters, at times
- High-ranking NCO
- bit: slightly
- Trig ratio
- Apple mobile platform
- Japanese drama
- Shine, in brand names
- Ab __: from day one

By Pawel Fludzinski

3/2/16

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

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NETFLIX RECOMMENDATION

"Inglourious Basterds"

The last line of this movie sums it up perfectly: "I think this just might be my masterpiece." "Inglourious Basterds" is definitely Quentin Tarantino's magnum opus.



DID YOU KNOW?

There is a surfing goat that lives in Pismo Beach, Calif.

THE COMMONS Cafeteria

... MENU ...

3/2 - 3/8

Wednesday: Braised Pork Belly, Grilled Salmon, Toasted Cheese Sandwich with Tomato Soup. Soups: Beef and Vegetable*, and African Sweet Potato*

Thursday: Thai-Style Braised Chicken*, Coulibiac, Potato Gnocchi with Arugula Pesto, Goat Cheese and Hazelnuts. Soups: Potato Sausage Kale*, and Creamy Tomato.

Friday: Chef's Choice

Monday: Tomato and Fennel Poached Salmon*, Swedish Meatballs, Vegetarian Crepes. Soups: Chicken and Matzoball, and Vegetable Rice*.

Tuesday: Beef Goulash with Spaetzle, Chefs Choice Chicken Breast, Sweet Potato Pancakes. Soups: Mulligatawny, and Potato Leek*.

Items denoted with a * are gluten-free

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

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: **1 2 3 4**

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

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

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

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SPORTS ARE IN HER GENES

Bailee Tally seized sports early on

The intensity of the game, and the feeling of going on a run with her teammates is how Bailee Tally got her passion for sports.

The speed of the game is what motivates Tally. It constantly has her thinking and keeps her on her toes. When the game gets exciting or the team goes on a run that really gets her fired up.

Tally started playing basketball when she was 5 years old. Since then she hasn't looked back.

She began shooting hoops at the YMCA with her brother and sisters. It has always been something that her family has done together. All of her siblings, her mother and father played sports; everything

from basketball, softball, gymnastics, and track to motocross. Tally has been surrounded by sports her entire life.

"The YMCA is where my family has always played sports, so I started playing basketball there too," said Tally.

Tally had a couple of influences along the way: her sisters Chandler McElmurry, Delanie Tally and her cousin Britney Knotts. Her sister Delanie plays volleyball and softball at the College of the Siskiyous; her sister Chandler played sports in high school. Tally's cousin Britney played college basketball for the Chemeketa Storm and the Mt. Hood Saints.

Tally has played softball since she was 5 years old and volleyball since she was 7. She continued to play basketball, softball, and volleyball until her senior year of high school; where she played all three sports that year.

"I played softball because my family played softball," said Tally. "My parents put me on a T-ball team when I was five-years-old and I continued to play."

Tally played all three sports congruently because they were in different seasons.

"I had enough time and it was something that I enjoyed and loved to do," said Tally.

Being a team player defines Tally, because she loves being around people. It also demonstrates her devotion to building relationships with her teammates.

To her, a basketball team is more than a bunch of people on a court. They have



to work cohesively. To do that they have to form a relationship, and a friendship. Tally explained her team is more than teammates, they are family.

"I have a very close relationship with my team," said Tally. "We get along really well and there is no drama on the team. It is like I have nine more sisters now."

The team practiced every day for two hours. It looked like grueling work, but it was necessary to become a better team. Tally didn't make a fuss, she took all the advice with a grain of salt and trucked on.

"Our coach makes sure that every practice is like a game and that we learn from our mistakes in practice as we would in a game," said Tally.

While on the court, Tally takes her position as guard seriously. Basketball is more important than just the game itself.

"Basketball to me is like my job," said Tally. "But a job that I love to do and would do it every day."

It isn't just about shooting hoops, scoring the big points, or winning the game for Tally. For her, it's a way of life.

"I enjoy that in basketball [we] learn about the game, but [we] also learn

life lessons while playing the game; how to be a team, what it takes to be a team, a leader, and to trust one another," said Tally.

"Basketball to me is like my job, but a job that I love to do and would do it every day."



STORY AND PHOTOS BY MELISSA CHANDLER @MJEFFERS



PROFESSOR, COACH, MENTOR

Assistant Men's basketball coach Everett Hartman creates his own local legacy



PHOTO BY: BRIAN HAUSOTTER

Thirty-three and twenty-nine; those numbers reflect both years taught and seasons coached by Everett Hartman. Currently, he is an assistant coach on Linn-Benton's men's basketball team, but this is certainly not his first rodeo in college coaching or at LBCC.

"He brings a spark of energy that we've been missing," said Tanner Tibbett, LB guard.

Hartman graduated from Western Oregon in 1983, earning a degree in high school social sciences. His first two years were spent teaching at Philomath High School. The 31 years after were at West Albany High School.

He teaches everything from AP U.S. History to psychology and is known at West Albany for being extremely passionate about anything he teaches. In addition to being a long-time teacher, Hartman has also coached basketball for a large portion of his life.

After he left LBCC he became lead assistant at Western Oregon from 2005-2008 and then retired from coaching for two years. Hartman returned to coach West Albany's freshman team to a 22-1 record, and was an assistant on the varsity team the following year, leading them to the Eugene State Tournament—the school's first entry since 1991.

Hartman sat for two years and was hired this year at LBCC for a second time.

"Coach Hartman is an unbelievable person, he has been the piece in the puzzle that has been missing for so long here at LB," said Austin

"Coach Hartman is an unbelievable person."

Peters, LB men's basketball player.

Hartman puts his players first.

"I have always maintained a teacher first, coach second structure," said Hartman "One of the harder things is getting young athletes to focus on their student first, athlete second balance."

This year marks the last year of Hartman's teaching career and when asked about what he will miss most, he states that he will miss the time he gets to spend getting to know and help grow his students and players.

"The most rewarding aspect of coaching is the bond and the relationship you get to develop with players. Teaching them basketball is fun, but also to teach them how to become a man, a grown up, a college student athlete is especially rewarding," said Hartman.

STORY BY NICK FIELDS