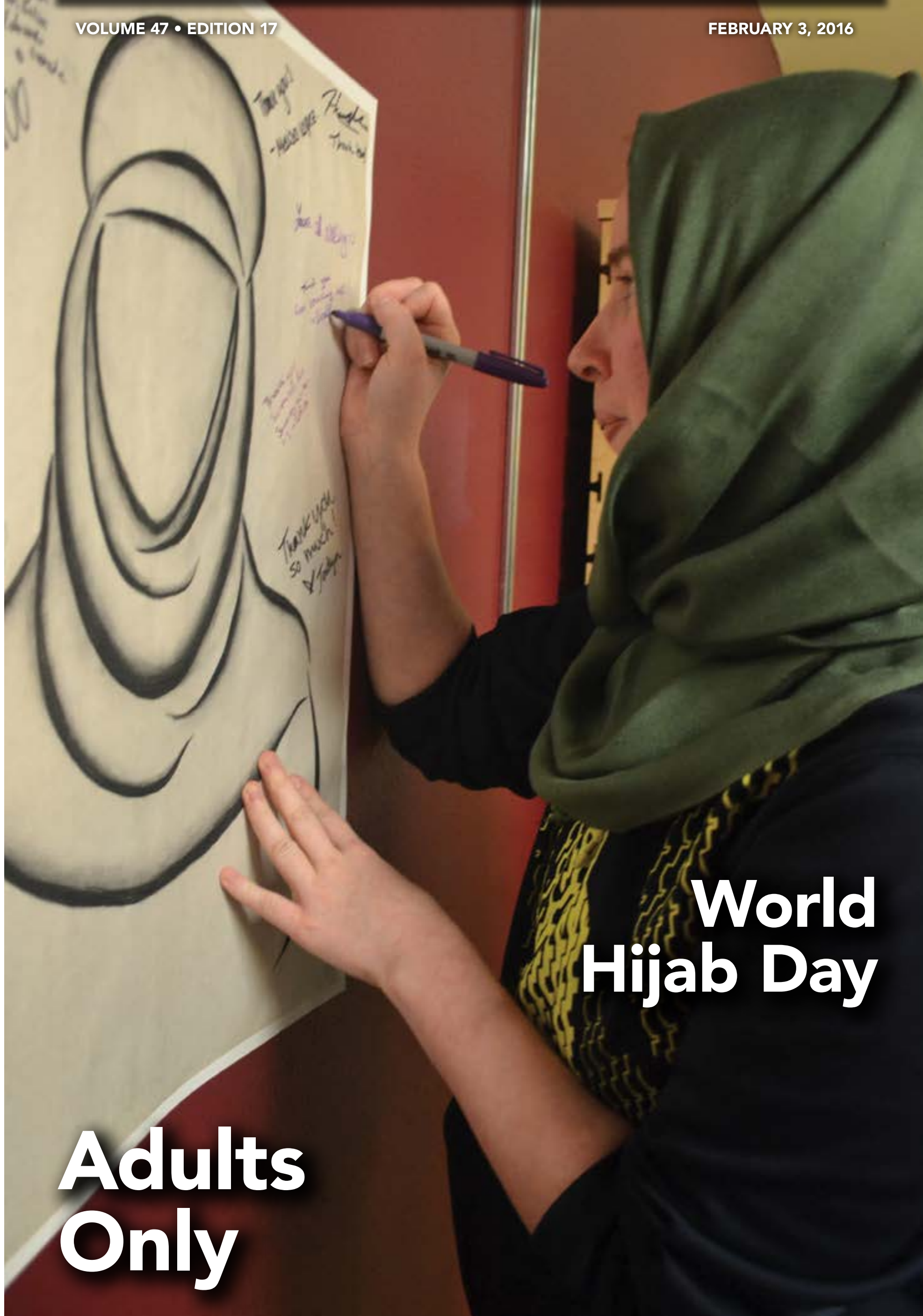


THE COMMUTER

LINN-BENTON
COMMUNITY COLLEGE

VOLUME 47 • EDITION 17

FEBRUARY 3, 2016



**World
Hijab Day**

**Adults
Only**

COMMUTER

Cover Credit:

Marwah Alzabidi

On the cover:

World Hijab Day; Dorothy Staneart

The Commuter is the weekly student-run newspaper for LBCC, financed by student fees and advertising. Opinions expressed in The Commuter do not necessarily reflect those of the LBCC administration, faculty and students of LBCC. Editorials, columns, letters, and cartoons reflect the opinions of the authors.

Letters always welcome.

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SUPER BOWL HITS HOME

Players from Oregon colleges compete in the big game

Seven of the 106 players in the Super Bowl are from Oregon and Oregon State.

Super Bowl 49 came down to the last play of the game when Russell Wilson was intercepted by Malcolm Butler. The players from Oregon and Oregon State on the Carolina Panthers and Denver Broncos rosters could be the star of Super Bowl 50.

Jonathan Stewart graduated from Oregon as one of the most celebrated players in school history. His NFL career didn't go exactly as planned. However, with the departure of D'Angello Williams to Pittsburgh it allowed Stewart to be the focal point of the Panther's running game. He led the Panthers in rushing yards with 989. Newton lead the team in touchdowns with 10 to Stewart's four.

Derek Anderson has been Cam Newton's backup for four years. He was drafted in the sixth round by the Baltimore Ravens. Anderson's best year in the NFL was 2007, he has 29 touchdowns and 19 interceptions for the

Cleveland Browns. He has seen spot duty since 2011 and is riding Newton's coat tails to the Super Bowl.

Ed Dickson was first Team all Pac-10/12 in 2009 and was drafted by the Baltimore Ravens. His five seasons in the NFL have not been what some from Oregon expected. Dickson had 17 receptions and two touchdowns in 2015.

Former Oregon State safety Ryan Murphy, was a three year starter for the Beavers and finished his career at OSU with seven interceptions, two forced fumbles, and two touchdowns. He was drafted in the seventh-round by the Seahawks and is on the Broncos practice squad.

Former walk-on at Oregon T.J. Ward has gone from being honored as the scout team defensive player of the week in 2005 to starting at Safety for the Denver Broncos, and is part of one of the best defenses in the NFL.

Mike Remmers was an undrafted free agent out of Oregon State in 2012.

He attended Jesuit HS in Portland, Ore. and has started all 16 regular season games for the Panthers at right tackle in 2015-16.

Last on the list, Dwan Edwards of Oregon State was a two time Pac-10/12 selection he graduated in 2003. Edwards was drafted by the Baltimore Ravens in the second round. He has appeared in 12 games for the Panthers and has one sack this season.



STORY BY
JASON CASEY
@THEREALJASONCAEY

CAMPUS VOICE

Question:
Who's going to win the Super Bowl?



Jonathan Espindola
Bio-Chemistry

"I know the Panthers are going to win."



Jacqui Kopiasz
Nursing

"The Broncos. I know someone that likes them."



James Lemire
Exercise Science

"The Carolina Panthers, because I think their defense is good enough to beat Peyton Manning in his old age."



Jonathan Hubbard
History

"The Broncos, I've always rooted for the Broncos."



Tammy Stuart
Ultrasound Technician

"I don't follow football."

STORY AND PHOTOS BY
MORIAH HOSKINS, HANNAH BUFFINGTON,
& KYLE BRAUN-SHIRLEY

ACCIDENTAL PRESIDENCY

Trial by fire: a student rises to the occasion

When Candalynn Johnson was hired by the Student Leadership Council in March 2015 to work a second year as an event planner, she couldn't have predicted the unusual twists of events that would follow.

"I wasn't too happy about it; it wasn't something I really wanted to do again, but I really believed in the team," she said.

A chance to participate in a new way was swift to arrive, and by December she had risen through the ranks to become president of the SLC. Serving in three different roles in 2015, Johnson held the positions of event planner, vice president and president. The team has survived multiple leadership changes, yet Johnson pushes forward towards accomplishing their goals.

"She's very good at thinking ahead," said Ceph Poklemba, SLC communications director. "She's made sure that we stay cohesive as a team."

Johnson's unforeseen presidency has encouraged her path to a future in a community-service oriented politics.

"She's just really blossomed in her professionalism and her communication skills," said Horn.

Rising Through The Ranks

Over the summer months, when the SLC was brewing their goals for the coming school year, the elected vice president "disappeared off the radar," said Johnson.

"I literally became vice president in the middle of fall term with absolutely no training and just kind of took it up."

They later discovered the VP-to-be hadn't enrolled in fall term, leaving a vacant position in the leadership.

Barb Horn, LBCC student activities coordinator and student government advisor, said the SLC team unanimously nominated Johnson for the vacant position.

"She was the most senior event planner, so she had experience in leadership," said Horn.

This experience was limited, however. Johnson, a dual-enrolled OSU student taking 15 credits at the time, suddenly had her plate full and then some. Her transition was difficult, juggling the unexpected full-time position and a full load of schoolwork.

"I literally became vice president in the middle of fall term with absolutely no training and just kind of took it up and chaired my first meeting," said Johnson. "I took everything that I've learned from leadership training and utilized it."

Despite the difficulty, Johnson took immediate action. Using her clout as vice president she began a process with the Judicial Board to revise unclear bylaws of the SLC constitution regarding the VP position and selection process.

Accepting the Unexpected

When former Student President Paola Gonzalez announced her resignation from office Dec. 2, Johnson was faced with another decision. She had just established herself in the role of VP and was next in line for the presidency.

"I didn't want to just say, 'I'll do it,' because I really wanted the team to know that I was going to think about 'Will I be the best person right now to lead this team? Am I mentally healthy enough to be able to do that?'" said Johnson.

Both Johnson and Horn agree that there was support within the SLC for Johnson to take the position.

"She thought it would be an excellent opportunity and I think she's honored to take that upon herself," said Horn. "People encouraged her and have been really supportive of her."

Johnson had some experience with the presidential duties in her role as VP and believed an easier transition would occur if she took the position.

"I thought that I could lead the team and I thought that they respected me enough," said Johnson. "I just felt support."

It wasn't a decision Johnson took lightly.

"When I jumped into the presidency I still had those 15 credits under my belt and that was right at the end of the term. It was pretty rough," she said. "It was my first term at OSU and it was a struggle for me."

But when it comes to a challenge Johnson prefers to rise to the occasion.

"When somebody gives me a challenge, and then someone even for a minute thinks that I can't do it...no, I'm going to do it," said Johnson.

As president, Johnson became the chair of the SLC's executive board and the liaison between administration and the student body. She sits on three different boards that make up the Oregon Student Association, a lobby group representing students across the state.

Johnson also meets monthly with the Board of Education, discussing the budget. Her presidential priority is to educate her team and the student body about where tuition money is going, and how it's affecting them.

Response and Acknowledgement

In response to the resignation of Gonzalez in the Dec. 2 issue of The Commuter, Johnson wrote a letter to the student body. She accepted the position of president and stated her desire to increase transparency and communication with the student body. Johnson intends to increase communication to the student body through regular press releases to The Commuter.

"I'm really hoping that the student body thinks that we're being more transparent because I'm trying," said Johnson.



Johnson expressed her intention to educate students about existing resources in the event of any harassment or bullying they might experience, but has been unable to focus on the issue.

The former president experienced harassment and an unsafe working environment at the SLC.

"I'm never going to say that Paola's experiences aren't valid. I'm never going to say she didn't experience the things that she experienced because she has her own feelings and she's her own person," said Johnson.

Johnson proclaimed her respect for the former president, but hasn't seen any signs of an unwelcoming space at the SLC.

"It's always been a safe, welcoming place," said Horn. Johnson has encouraged her team members to come to her or to Horn if they experience any harassment.

"As far as I know, no one else on the team has expressed feeling this way," said Johnson.

According to Poklemba, clear harassment guidelines for current SLC members are in place.

Johnson intends to educate new members of SLC about proper steps to take in response to unsafe situations.

Moving Forward

Instead of focusing on the harassment issues she had to piece together a fractured team. According to Johnson, the SLC has only seen one week during the year with a full staff.

"I'm positive because I feel the team took a situation that could have turned out to be pretty ugly and just kind of moved on and took it with a grain of salt," said Johnson. "They decided that they needed to focus on the students and student issues."

One of her biggest concerns is a smooth transition between current and new staff. With upcoming elections, it is time to hire next year's SLC team.

"More than half of our team is not going to be on the team next year, including myself," said Johnson. "My goal is to have the entire new team hired by the end of this term and after elections."

Johnson hopes to provide the new team with pertinent information about the student body by surveying student positions on current issues the college is facing.

She will be bringing 25 students to the Northwest Student Leadership Conference, many of whom have never received leadership training.

"It's the biggest number of people we've ever brought to a leadership conference held by OSA and I'm really excited about it," said Johnson. "I feel like that's an accomplishment."

A first generation college student, Johnson takes pride in her job and has an added incentive: both of her parents have enrolled as students at LBCC, as well as her younger sister.

"I have always had a really strong investment in LBCC because it's definitely lifting up my family," said Johnson.



STORY BY
EMILY GOODYKOONTZ
@SHARKASAURUSX

AT A GLANCE

SLC Events

- "Let's Talk Student Money" budget forums will take place Feb. 9 and 10 from 12 p.m to 1 p.m. in Cascade Rooms A and B. Students are encouraged to bring their questions and concerns.
- It's time to get involved with the SLC. Applications for positions on next year's team are due by Feb. 18th. For information and inquiries visit the SLC in the Student Union. Applications are available online.
- Elections for the offices of SLC vice president and president will be held Feb. 17 and 18.
- "Winter Valentine" celebration will be held Feb. 12 from 5 to 8 p.m. in Forum 104. Comedian Alex Elkin will perform as well as LBCC's female a cappella group The Sirens. Performers Marshall Thompson and Akida Ramsey will partake. Food and drink will be provided.

Bridal Show

Feb 21st 12-5
Santiam Place
Event Hall
139 Main,
Lebanon





COFFEE WITH A COP

Officers sit down with citizens

Coffee and conversation filled the air of a bakery in downtown Corvallis.

The Corvallis Police Department's "Coffee with a Cop" event took place Jan. 21. With over 30 people in attendance, officers of the Corvallis Police Department took a break from their daily patrols to enjoy a cup of coffee with the locals of Corvallis.

"I was walking around and saw the sign [for Coffee with a Cop] and thought 'Hey, that's cool!'" said Lennox Archer, a new Corvallis resident.

Citizens got the chance to express concerns about their community. Stephanie Hampton, an animal homelessness advocate, brought in a three-panel poster board on animal homelessness in Corvallis, and animal care resources for local homeless people with pets.

"Great event, made it so easy to connect

with the animal control officer, all three community police officers, and a woman who volunteered to teach pet First Aid and CPR at our next Street Dawgs & Cats Care Fair!" said Hampton.

Owners Tristan and Keara James of the New Morning Bakery in downtown Corvallis were the hosts of the event.

"We have a good relationship with the police force, and when they approached us about the event, we were excited about it," says James.

The event was designed to better the relationships in the community between police officers and citizens. Officers heard patrons voice concerns, ask questions, and get to know the people in the area. Individuals voiced concerns on topics such as homelessness, animal treatment, local violence, hiring process for the department, Community Livability Officers, and Corvallis crime prevention funding.

"Corvallis does not have funding for crime prevention programs. In case someone wanted to start a neighborhood watch," said Varien Tilton, president and secretary of Friends of Corvallis Police, a volunteer based group.

Coffee with a Cop was first started in Hawthorne, Calif. as a result of a brainstorming session with the local sheriff and police of Hawthorne. Since its creation, the event has been hosted in over 2,000 communities, and now in Corvallis.

"We wanted to make a way to meet with the community on a no agenda basis. Just talk, get to know people, just build a good relationship. So, we went to a training seminar a few months back on Coffee with a Cop in Keizer," said Officer Luke Thomas. "I think we had a good turnout, a great turnout."

Some citizens however were not impressed with the choice of day and

time. On the CPD Facebook page, locals expressed that having an event on a Wednesday morning was hard for those who had to work or watch kids.

"This isn't the only [event] we are going to have," said Lt. Cord Wood of the Corvallis Police Department. "We would like to pick a weekend or evening so more people can come."

For more information on events like these, check out the CPD Facebook page, or contact the Corvallis Police Department Business Office at (541) 766-6924.



STORY AND PHOTO BY HANNAH BUFFINGTON @JOURNALISMBUFF

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WORLD HIJAB DAY

PHOTO COURTESY: MARWAH ALZABIDI

Linn-Benton celebrates Muslim women's right to hijab

Embracing different cultures under one roof, Linn-Benton welcomes diversity among students.

Feb. 1 is known as World Hijab Day. It is a day for Muslims and non-Muslims to come together and experience hijab, the traditional Muslim head scarf, for a day.

The Human and Civil Rights Club put together a Hijab Panel on Monday, Feb. 1, to better inform the campus of the wearing the hijab. The event was held at noon in the library.

Three women braved the crowd: Elham Maqsood, Maryam Almasoodi, and Mona Gutub. The panel was mediated by social science instructor, Tim Watson.

"Draw the Hijab over your whole body," said Maqsood. "Cover body from head to toe."

A hijab is a veil that covers the head and chest. It is worn by some Muslim women after the age of puberty in the presence of adult males outside of their immediate family.

Maqsood began the discussion with "alssalam calaykum," which means peace be upon you. She then went on to discuss the religion Islam.

The religion began in Arabia and was revealed to humanity by the Prophet Muhammad. Those who follow Islam are called Muslims. Muslims believe that there is only one God. The Arabic word for God is Allah.

Maqsood explained the Holy Quran, which is a compilation of the verbal revelations given to the Holy Prophet Muhammad over a period of 23 years. The Holy Quran is the Holy Book of the Muslims. It sets forth their law and commandments, codes for their social and moral behavior, and contains comprehensive religious philosophy.

After discussing the religion and the Holy Quran, Maqsood explained the five pillars of Islam. These five pillars put into perspective the framework of Muslim life. The five pillars are: the testimony of faith, prayer, giving Zakat (support of the needy), fasting the month of Ramadan, and the pilgrimage of Makkah.

"Most western people have very negative ideas about Muslim women," said Maqsood. "They think that we're ignorant, segregated, and invisible."

Muslim women are not represented in the media the way that they would like to be portrayed.

"Both genders are equal," said Maqsood.

In Islam, sex is only allowed in matrimony. Men and women are not to engage in any sexual contact before marriage. When Muslim women wear a hijab they're covering up and limiting the temptations. They also practice "lowering the gaze," which also helps avoid any misleading behaviors.

"The face is what tempts men," said Watson.

In America, Muslim women wear hijabs with their faces revealed for the communication factor, as American culture tends to rely on facial expressions for nonverbal communication. However, when traveling to Saudi Arabia they might cover their faces up because

"If you're not from a society you can't judge it."

it's less acceptable in their culture to reveal it.

"When I used to go to Saudi Arabia I would cover my face...over there it is tradition," said Maqsood.

After presenting Maqsood fielded questions from the audience.

Christina Johnson a sociology student asked, "Do you see us objectifying ourselves as women?"

"No," replied Maqsood. Chelsey Mick, SLC clubs and engagement director asked, "Is it ever hot or uncomfortable?"

"It is good, we do it for god. It is not for us," said Almasoodi.

Social science instructor Arfa Aflatooni asked hot button topics.

"Why don't men cover their face? It's a double standard here. It puts men in a difficult position."

No matter the question the panel didn't back down.

Maqsood closed by telling a story about discrimination her daughter has faced as a teenager.

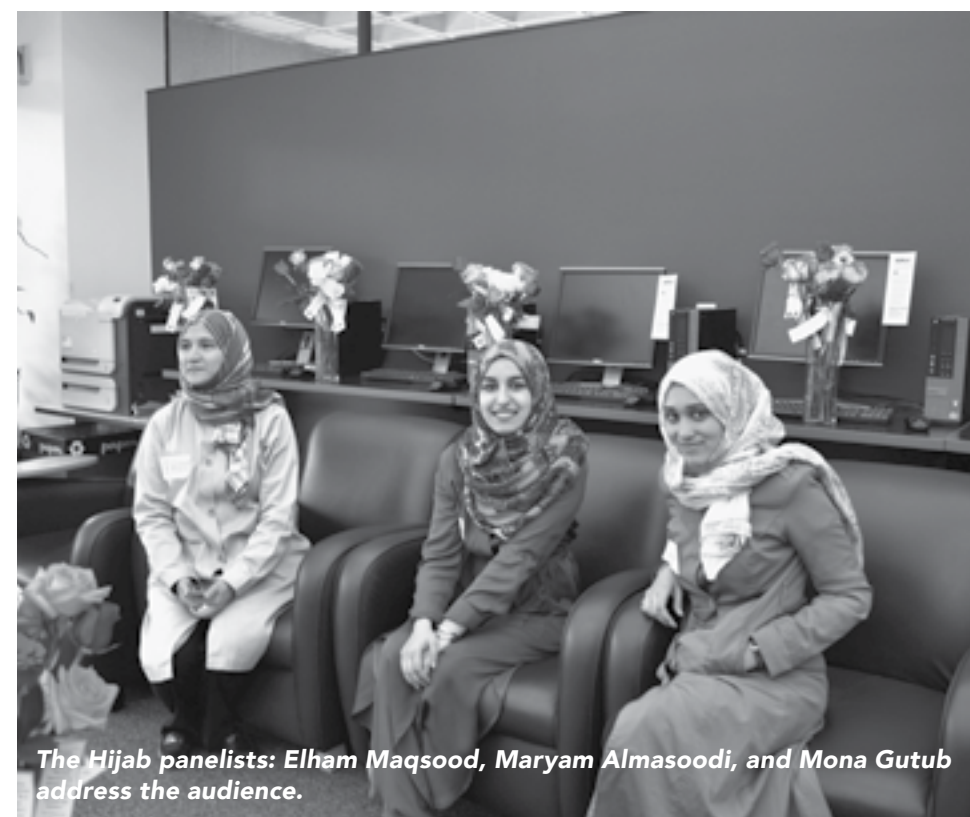
"Don't care about them," said Maqsood.

She went on to tell a story about how her daughter's classmates tried to convince her to take off her hijab because her mother wasn't there. She stood up for her faith.

"If you're not from a society you can't judge it!"



STORY BY MELISSA CHANDLER @MJEFFER8



The Hijab panelists: Elham Maqsood, Maryam Almasoodi, and Mona Gutub address the audience.



Lynne Kern and Chelsey Mick participate in World Hijab Day.

PROOF GOD LOVES US

A seasonal review of libations

Seasons come and seasons go, and as the seasons change so do the ingredients we use in our kitchens. Whether it be fresh fruit or vegetables, cultures across the world embrace and look forward to seasonal subsistence. The same goes for beer and cider drinkers and brewers everywhere.

Just like people look forward to the decadence of a holiday dinner with all the fixings, beer and cider aficionados look forward to what brewers have stirring up during the winter months. Let's all be honest for one moment, we live in Oregon. We may have what we like to refer to as mild winters, but come October, it's rainy and dark out by 6 p.m. Our mild Oregon winters sometimes start in the fall and don't end until April or May. So, as vitamin D deficient Oregonians, what better way to embrace our weather than to stay home and sample some seasonally made libations?

Here are a few seasonal brews to consider or, beware. First up is from a local Corvallis cider maker, 2 Towns Ciderhouse; "Nice & Naughty."

This cider has the holiday spirit wrapped up in a bottle. The label states it is "Crammed full of whole cinnamon, nutmeg and clove, the Nice & Naughty will warm up your winter nights. Which list are you on?" The company's description doesn't fall too far from the Christmas tree. Although the holidays may be over, winter is still upon us and the combination of apple, cinnamon, and nutmeg give this cider a nice spice. The naughty part of this seasonal is its alcohol content which comes in at 10.5 percent. So, if you do decide to partake, enjoy the nice spice, but beware of its naughty side.



PHOTOS BY: NICK LAWRENCE

Based on a six pack rating scale I give this cider four out of six beers.

Next up, on the taster test is an organic beer from Hopworks Urban Brewery (HUB) out of Portland; "Abominable Winter Ale."

The first thing that gets your attention about this seasonal is its label. It features a colorful illustration of a Yeti by Martin Ontiveros. Owner, operator, and HUB brewmaster Christian Ettinger describes Abominable Winter Ale as, "This mythological beer emerges from the depths of our brewery every winter. Made with

organic Cascade, Centennial, Chinook and Simcoe hops and six organic malts. 'A-bomb' has a complex, floral, spicy and citrus hoppiness backed up by just the right amount of malt sweetness. Don't turn your back on the beast." His description hits the Yeti on the head. Weighing in with 7.3 percent alcohol content, this is a perfect beer to enjoy after a long wintery day on the mountain. I give it four and half beers out of six.

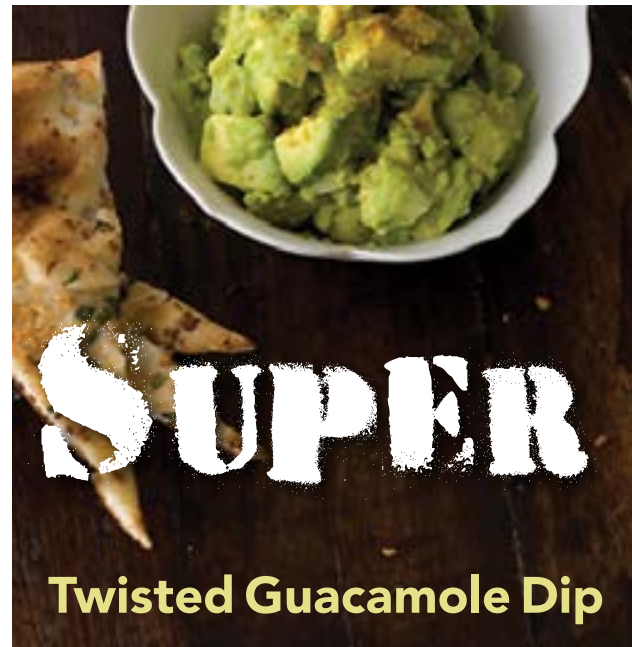
The final beer I sampled hails from across the pond all the way from Tadcaster, England from Samuel Smith's Old Brewery; "Winter Welcome Ale."

The name itself invites you to drink it. The label states, "This seasonal beer is a limited edition brewed for the short days and long nights of winter." This is the most accurate description so far. The ale weighs in with 6 percent alcohol content and could easily be enjoyed day or night. It has a rich smooth taste that must hail from its brewers unique techniques and the combination of whole dried Fuggle and Golding hops. They could easily brew this all year. I give this foreign seasonal five out of six beers.

As the seasons change and new ingredients and traditions pass by throughout the year, we can only sit back and wait for the next batch of seasonal libations.



STORY BY RICHARD STEEVES @RSTEEVES84



Twisted Guacamole Dip

- 1 small white onion
- 1 clove garlic, minced
- 4 avocados
- 1/2 lime
- 1/2 teaspoon salt, or to taste
- a few big pinches of cumin powder
- a few big pinches of Indian curry powder
- Garlic or plain naan bread, cut into wedges (not gluten free)
- Heat oven to 350° and bake the naan wedges for 10 minutes or so - just enough for them to crisp up a bit.

In a small bowl combine the onion, garlic, and avocado flesh. Take the lime and give a generous squeeze or two. Add the salt, cumin and curry powder. Give everything a good stir, but don't overdo it. Taste. Now start adjusting. Do you need a bit more lime? A bit more salt? Want a stronger curry flavor? Go for it.

Serve in a bowl with a big pile of the naan wedges on the side and a sprinkling of curry powder on top (a bit of chopped cilantro would look nice as well).

Makes one party platter.



Toffee Almond Popcorn

- 6 cups freshly popped hot popcorn
- 3/4 cup roasted almonds, coarsely chopped
- 6 tablespoons butter
- 1 cup light brown sugar
- 1/4 cup plus 2 tablespoons light corn syrup

Line large baking sheet with aluminum foil. Place popcorn in very large heat-proof bowl with room for stirring; sprinkle almonds on top.

Melt butter, brown sugar, and corn syrup in medium saucepan over medium heat, stirring to combine. Place candy thermometer in mixture, and let mixture come to a boil. Boil, stirring frequently with heat-proof whisk or spatula to prevent caramel from burning, until caramel darkens and candy thermometer registers 280°F. Remove pan from heat, and season with salt, if desired.

Working quickly, drizzle popcorn and nuts with caramel, tossing rapidly with two heat-proof spatulas to coat popcorn and nuts and prevent clumping. Spread on foil-lined sheet pan, and let cool at least 10 minutes.



Pizza Dippers

- 1 roll (8 count) Pillsbury Grands! Crescent Big & Flaky
- 4 individual servings string cheese (any brand)
- 25 ounce Marinara
- 1 - 6 ounce package Hormel Pepperoni slices

*Prep time: 10 minutes
Total time: 20-25 minutes
Pre-heat oven to 350°.
Unwrap string cheese and cut in half.
Open crescent rolls and assemble.
Place five pepperoni slices on the larger end of the crescent end.

On top of the pepperoni place one half of the string cheese.

Wrap up and place on cookie sheet for baking. Bake for 12-15 minutes until golden brown.

While the crescents are in the oven, on the stovetop heat the marinara.

Use only have the jar, so 12.5 ounce.
Once the crescent rolls are done, take out of the oven, dip, and enjoy.

Let's talk Student Money
CC 205
Right off the Commons Cafeteria
Feb. 9th & 10th
12-1

Have a voice in where your money is being spent. Come to the quick engaging discussion on where your money is going, this is an event where you can come engage and ask questions.

Free food, snacks and drinks
Hosted by Student Government

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1 flower for \$3
3 for \$7
6 for \$13
Cash Only

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Mon. 2/8 8 a.m.-1
Wed. 2/3 & 2/10 8-9 a.m. & 12-1 p.m.
Thurs. 2/4 8-9 a.m.
Fri. 2/5 8-9 a.m.



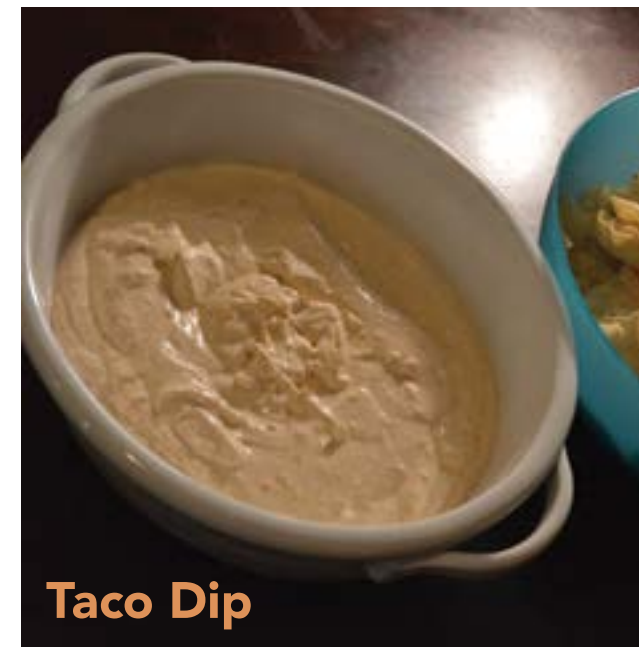
Jalapeño Lime Popcorn

- 1/4 cup olive oil
- 2 tablespoons thinly sliced jalapeño chile
- 8 cups freshly popped hot popcorn
- 2 tablespoons grated lime zest
- 1/3 cup loosely packed cilantro leaves, coarsely chopped

Heat oil and jalapeño in small skillet over medium heat. Cook 1 minute, or until jalapeño sizzles. Season with salt, if desired, and continue cooking 2 minutes more. Remove from heat, and cool slightly.

Drizzle popcorn with oil-jalapeño mixture. Sprinkle with lime zest and cilantro.

For just a hint of heat, strain the jalapeño pieces out of the oil before drizzling it over the popcorn.



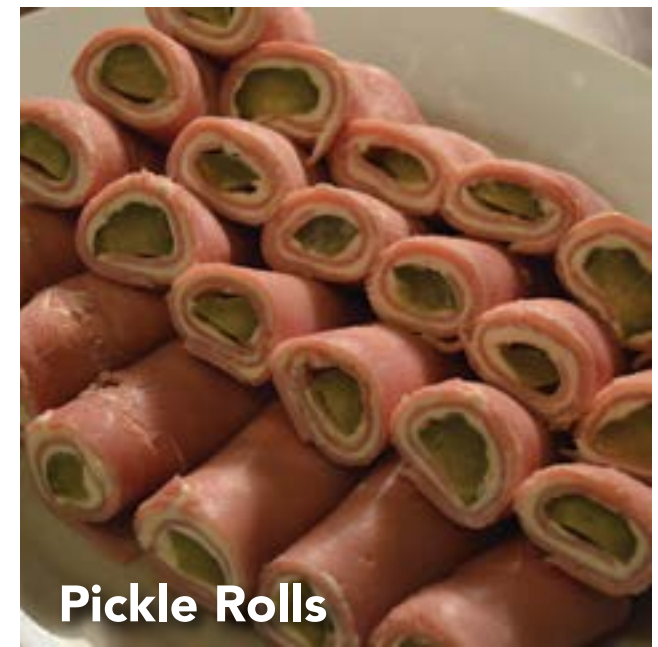
Taco Dip

- 2 - 8 ounce Philadelphia Original Cream Cheese
- 1 package McCormick Taco Seasoning (or any brand your prefer)
- 1 - 16 ounce Daisy Sour Cream

Total time: 10 minutes
*Allow the cream cheese time to reach room temperature before making the drip.

Combine the two 8 ounce Philadelphia Original cream cheese, taco seasoning and 16 ounces. Daisy sour cream in a medium to large mixing bowl. Mixing together on medium speed until ingredients are combined to a creamy consistency.

Once right consistency pour into serving bowl and enjoy with tortilla chips.



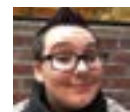
Pickle Rolls

- 1 package (14 ounce) Cooked Ham
- 1 - 8 ounce Philadelphia Original Cream Cheese
- 12-14 Baby Dill pickles

Total time: 25 minutes
*Prep: Slice the pickles in half down the middle prior to assembly of rolls.

Take slice of ham, spread cream cheese, place a two halves of pickles, and wrap. Once wrapped up cut into two.

That's it.



STORY AND PHOTOS BY MELISSA CHANDLER @MJEFFERS

LIFE HACKS

Being sick is a drag, but maybe these tips can help

According to the Centers for Disease Control and Prevention, February is the peak of flu season. The weather is damp, schedules are busy, and the flu takes over. Being sick isn't fun. Everyone knows the basics — rest more, drink more, eat plenty of greens, but sometimes that just doesn't cut it.

Here are six tips to help you cut the cold:



Cinnamon — As a natural antiviral and antibiotic, cinnamon is good for more than just balancing blood sugar. Adding a tablespoon to your hot lemon and honey drink makes an effective tea that can lower fever and relieve cough/congestion.



Pineapple Juice — Research suggests that pineapple juice has five times the power of common cough syrup. Pineapples contain an anti-inflammatory enzyme known as Bromelain that helps ward off infections and kill bacteria.



Vicks Vapor Rub — Vicks works great on your chest and throat, but it turns out that rubbing Vick's on the soles of your feet and covering them with socks can alleviate cough and last for hours.



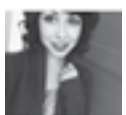
Cut the Sugary Drinks — The levels of pasteurization and sugar content of most store-bought drinks have been proven to weaken your immune system.



Hot Liquids — When your immune system is down, drinking hot liquids is a great way to give yourself a leg-up. Herbal teas or lemon water with honey are great because the herbs and nutrients fight infection and soothe inflammation.



Take a Detox Bath — A simple way to relax muscles, draw out toxins, and ease congestion is to take a detox bath. Pour a cup or two of Epsom salts, a cup of Baking soda, and a few tablespoons of ginger and nutmeg into a hot bath (the hotter the better), and soak for 40 minutes. The heat helps you break a sweat to help detoxify, and the duration allows for the minerals to be absorbed. Be sure to stay hydrated during your soak, and give yourself an hour of rest afterwards to let your body continue healing.



STORY BY
KATHERINE MILES
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ADULTS ONLY

Coloring isn't just for kids

If you loved coloring as a child, chances are, you'll love coloring as an adult even more.

On Tuesday, Jan. 19, the Corvallis Public Library held their new event, Coloring For Adults, encouraging those over the age of 18 to put down the stress and pick up a crayon.

Organized by librarian Ruth Rose, this free event was created to encourage people to relax and have some fun. The event began at 6:30 p.m. in the main meeting room.

The doors opened to the view of colored pencils and exotic coloring sheets.

As people began walking through the door, tables were set up together, rather than separate, forming a community.

Snacks were set to the side. As more people arrived, finding open tables and chairs soon became the top priority.

"You don't realize how many people color," said Taylor Formby. "I've always used coloring as a stress release." Formby, a former art student in high school originally came to the event thinking it was a coloring contest.

"When you do something like this, you have no idea how many people will turnout," said Rose.

Coloring at the public library has always been a success with children, and Rose found, adding a station for adults on the second floor also had a positive impact.

"Everybody can color," said Rose. Volunteer Olivia Heath decided to help out after attending a mandala workshop. The event brought in over 48 people.

"It's definitely a craze," Heath said.



Volunteer Olivia Heath poses with her current coloring creation.

The event lasted until 8 p.m., and was filled with personal stories, laughter and newfound friendships. Some people brought in their own crayons and pens, while others used what was provided. The majority of people who came, credited relaxation as their main purpose.

Over the years, the Corvallis Public Library has provided a range of workshops that have become popular. A photography workshop was among the most popular.

"We had to turn away over 30

people," said Rose.

Coloring For Adults is a monthly event, and will be held on the third Tuesday of every month. Other events pertaining to the library can be found on their webpage.

The next Coloring For Adults will be held on Tuesday, Feb. 16, at the Corvallis Public Library at 6:30 p.m.

STORY AND PHOTOS BY
ERIK CHAVEZ

ROADRUNNERS OUTPACE PANTHERS

RoadRunners pounce on panthers for seventh win of season, and look to continue improved play.

Kaj Bansen scored early for the RoadRunners (3-6, 7-13). Brett Blackstock and Andrew Reardon finished strong in the second half as the RoadRunners mauled the Panthers (3-6, 10-8) 70-64.

The Panthers took a quick two point lead going up 48-46 early in the second half, but the RoadRunners outscored the Panthers 21-16 the final 9:37 of the game. Reardon and Blackstock went to work during those final nine minutes coming up with clutch steals and baskets, helping the RoadRunners hold on for the win.

"My teammates were clearing out the lanes and doing a really good job of getting shooters open, making it really easy," said Blackstock.

LB's defense made the Panthers look like house cats, holding them to 23 points in the first half and only allowing three players to score. The Panthers were led by Derain Nelson who had 14 of the team's 23 first half points and finished the game with 16.

"We played really good defense-hands up all around," said Blackstock. "Everyone was flying around on defense, it made it really hard for them to get shots."

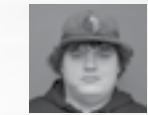
Bansen made three quick three-pointers to start off the scoring for the RoadRunners who took an early 19-8 lead and were ahead at the end of the first half 35-23.

The emergence of Blackstock and Bansen has opened up the offense for the RoadRunners. On good nights the offense looks fluid with cutters streaking through the lane-getting to the basket with players waiting on the wing for a kick out three.

"He has been killing it all year with his three's," said Blackstock of Bansen. "He has been huge for us, hopefully we keep it going for the rest of the season."

Three days earlier, the Lane Titans and Usama Zaid (24.6 ppg), the third-leading scorer in the NWAC, visited

the LBCC campus. Zaid ended below his season average with 17 points, but the Titans ended up leaving with a 81-68 victory. Bansen led the RoadRunners in scoring with 20 points. It didn't help that the RoadRunners had an off night from the three-point line (24 percent) and free-throw line (31 percent).



STORY AND PHOTOS BY
JASON CASEY
@THEREALJASONCASEY



Brett Blackstock goes hard to the hoop.



Andrew Evans splits two defenders for an LB Bucket.

ROADRUNNERS DOWN P-TOWN

After a tough loss earlier in the week to the undefeated Lane Titans, the LBCC Women's Basketball Team rebounded with a strong performance Saturday versus Portland, winning convincingly.

After being plagued with a team-wide illness that left the women unable to practice the week prior, the RoadRunners took the court with their heads up and a determined look in their eyes.

"We wanted to win, and we played like we knew we could," said forward Breanna Bronson. "We are a young team and working hard to improve."

Bronson dominated the boards in the game with nine offensive rebounds and seven defensive, adding 16 points, as the women seemed to find their groove.

The women took the lead from the tip-off and never looked back. They outscored the Panthers in every quarter, came up with 63 rebounds, and limited the NWAC's leading scorer, Angeliqe Williams, to 22 points.

The women held off a push from Portland as they tied it up at 24 each with six minutes to go before halftime. Great action by both teams followed as they approached the last minutes, where the Roadrunners got another rebound and pushed it out to Rianne Tupper who buried a three-pointer to give the women the lead at half, 48-44.

The RoadRunners went on a 5-0 run to start the fourth quarter when Tupper got fouled and made both shots, increasing their lead to 55-44.

"We are starting to mesh together as a team more as the season progresses," said guard Kaylee Buhrkuhl.

It really showed as the women continued to work the post, making crisp passes,

rebounding on both sides of the ball and talking to each other on the court. With just over four minutes left in the fourth quarter, Madison Baum stood her ground and took a charge from the Panthers.

"I am pleased with the fourth quarter effort by all our women," said Head Coach Debbie Herrold. "They played to win rather than trying to protect a lead or hang-on."

Another strong rebound by Bronson, as she is fouled on the put back in the last two minutes to help the RoadRunners secure the win 76-61.

On Jan. 27 the Lane Titans (9-0, 22-0) came to town and showed their dominance.

Lane is a powerful team in the NWAC, proven by their undefeated record. They outscore opponents 91-61 on average, and continued to show their dominance as the game continued. While LBCC's women's shots were coming up just short and being blocked, the Titans could not miss. Jordan Rodriguez received a kick out pass and delivered another three-pointer ending the first period 24-8.

The physical size of Lane proved to be too much for the LBCC women. They were unable to get anything into the post and when they did they were either fouled or blocked. They did not give up though, opening up the outside shot, but unable to capitalize. At the half the women were down, 38-14.

The team seemed fatigued and the ball looked heavy, but they kept trying to come back. Lane stepped up their game in the second half, creating turnover after turnover, only increasing their lead. The women managed to finish strong before the final buzzer even though the score didn't show 100-41.

"These women were sick all week and we did not even get to practice," said Herrold. "Then we have to face the toughest team in the league, enough said."

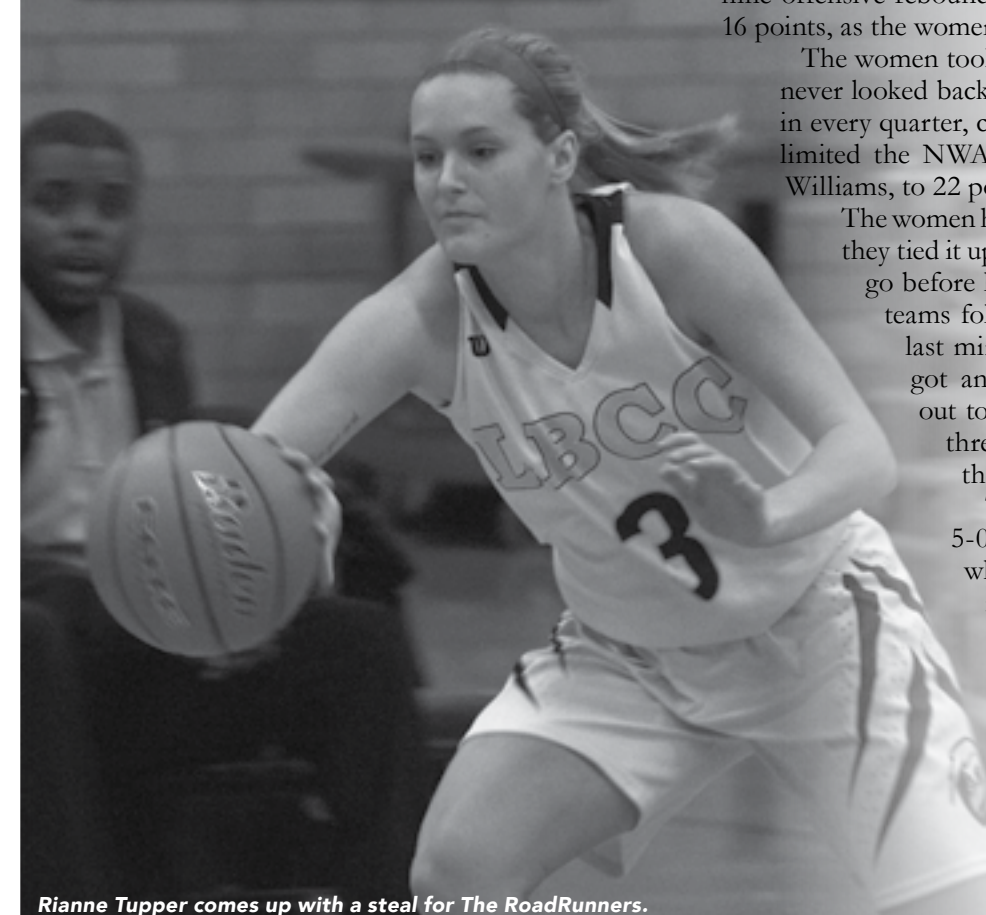
Next home game is Feb. 10 at 5:30 p.m. against Umpqua.



STORY BY
BRIAN HAUSOTTER
@BHAUSOTTER



Freshman Hannah Creswick drives to the lane.



Rianne Tupper comes up with a steal for The RoadRunners.

REPORT HARASSMENT

Public Safety Officer on duty
541.926.6855

RESTING, AWAITING, SEEKING

Alyssa Campbell

If I were to say I am free,
curse me for telling lies.
It is a lovely reverie,
for those whom I despise.
A troubled varmint in me grows
and feasts upon my doubts.
It is there at my lowest lows,
where I can feel it sprout.
It rests when I am at joy's peak –
awaiting for my crash.
Then off to find that bliss I seek;
refreshed from its lash.
I dream to reach those Pearly Gates –
with hopes that I will not be late.

A LADY'S SAD REPLY

H.S.M.

Blame not my heart, that cannot choose,
For wanton fancy or desire,
But surfeit love, and quaff abuse,
In passion's ice and folly's fire.
It were not wrong that be not sought –
What oath unspoken hath begot.
Blame not my heart.

My heart, alas, doth little know
That whither course its honey-blood
Should quick with lief and longing grow,
Then follow faint for want of food.
It hath no joy in wooing thrum,
In bounty deaf, in famine dumb.
Blame not my heart.

This flesh, this soul, this heart of gall
Were never mistress of thy meed,
But slave in their own beauty's thrall,
Disconsolate withoughten need.
If thou protest, thou dost decry
What maketh thine own self to sigh.
Blame not my heart.

For wanting freedom, would my heart
Want eke the vigour to adore
Thy manners, mind, and all thou art,
Though it repayeth thee so sore.
If thou this fancy would forstall,
Thou wilt not hold my heart withal.
Blame not my heart.

For dearth of stead, may love be chid,
That constancy doth ill-requite.
The tree that beareth fruit forbid
Will ever be my appetite.
If this be not the whim of love,
We neither knoweth aught thereof.
Blame not my heart.

Farewell, once known, that thou thus spake
And sought to grieve me with thy pain;
Yet have I found, for mine own sake,
The courage for to love again.
And if, perchance, this talk of blame
Do make thee play and sing the same.
Blame not my heart.

Composed on a hyper-space bypass, with a rather intelligent shade of Blue or:

DON'T PANIC

Shane Stanhope

Great griddle grum puggly on a sea shore
How beauty rolled warmly waxingly by.
Delightfully dancing dolphins skyward soar
Forsaking us to slaughter, shive, and sigh.
Oh, tiniest wedge of wellowing sun
Did symboly smish-smash our grey matter.
Dashing, darkedley dapper, oozoled by,
Goldeningly gargled spray batter
Were not you a bluer shade than true,
prettily potted petunia.
More intelligent than a mouse or two,
"Oh, not again" did you bazooka.
Blathering babbled bollocks in my ear,
"One should always keep their towel near."

PHOTO COURTESY: MARWAH ALZABIDI



NETFLIX RECOMMENDATION

"Butch Cassidy and the Sundance Kid"

Starring Paul Newman and Robert Redford as the titular Butch Cassidy and the Sundance Kid, this Western follows two iconic outlaws as they flee to Bolivia. Giddy-up!



DID YOU KNOW?

When you lose weight, most of the fat is breathed out as carbon dioxide while the rest is excreted as water.

THE COMMONS Cafeteria

... MENU ...
2/3 - 2/9

Wednesday: Paella*, Grilled Steak with Mushroom and Garlic Compound Butter*, Chile Rellenos*. Soups: Chicken Maztoball, and Tomato Garlic and Herb*.

Thursday: Hawaiian Eggs Benedict, Browned Butter Shrimp Scampi, Saag Paneer*. Soups: Billy Bi, and Coconut Curried Carrot*.

Friday: Chef's Choice

Monday: Creamy Garlic Braised Chicken, Pan Fried Pork Cutlet with Shallot and Rosemary Demi-glace, Butternut Squash Curry with Brown Rice*. Soups: Potato Sausage and Kale*, and Beer Cheese.

Tuesday: Chile Verde*, Hazelnut Crusted Salmon with Frangelico Beurre Blanc*, Grilled Vegetable Sandwich with Pesto. Soups: French Onion*, and Cream of Broccoli. Items denoted with a * are gluten-free

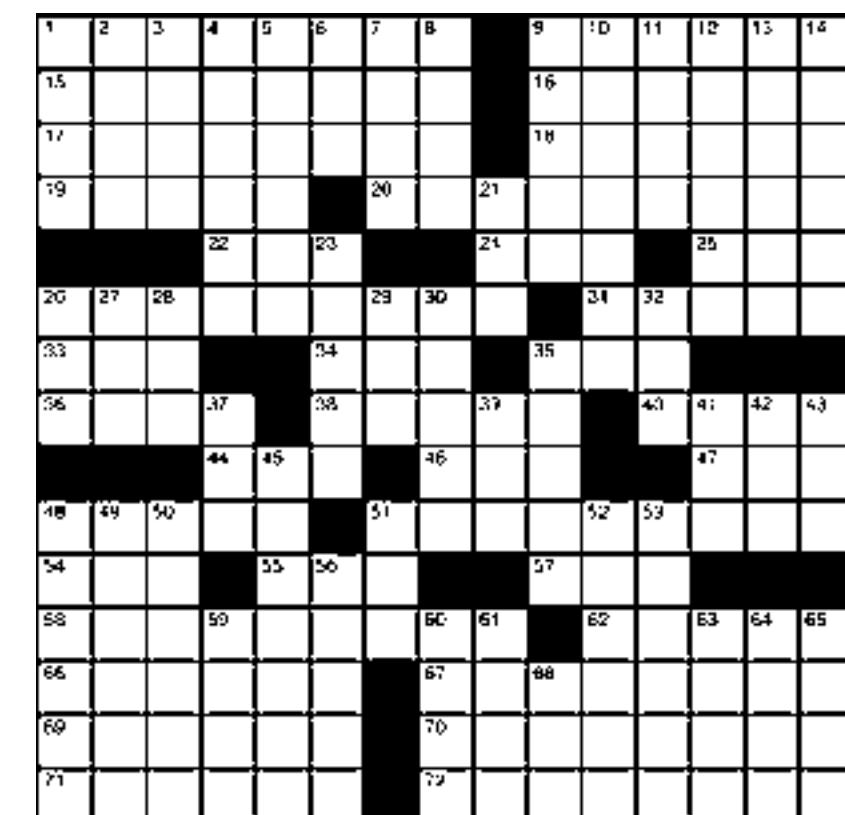
Monday-Friday 10 a.m.-1:15 p.m.

FOR RELEASE FEBRUARY 3, 2016

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 *Where deliveries may be left
 - 9 Adorn in relief
 - 15 First three of ten digits
 - 16 Bad guy
 - 17 *Airport pickup
 - 18 State with conviction
 - 19 "It's ___ cause"
 - 20 *Modest garment
 - 22 Extra-play qtrs.
 - 24 Influenced by, in recipes
 - 25 July baby, maybe
 - 26 *Hiker's pouch
 - 31 Storm winds
 - 33 Have yet to pay
 - 34 NFC South team
 - 35 Part of rpm
 - 36 Whipped cream amount
 - 38 Musical sequence found at the starts of the answers to the starred clues
 - 40 Authoritarian figure
 - 44 Chair part
 - 46 Balderdash
 - 47 Poetic tribute
 - 48 Volunteer's offer
 - 51 *Infant's dietary prohibition
 - 54 Buck's mate
 - 55 Sun Devils of the Pac-12
 - 57 Afternoon social
 - 58 *Breaking point
 - 62 Giant
 - 66 Where it originally was
 - 67 *History book chart
 - 69 Had to have
 - 70 Cordial with a licorice-like flavor
 - 71 Prone to avarice
 - 72 *Words of admonishment



By C.W. Stewart

2/3/16

- 5 Absent-minded, to a Brit
- 6 Front-of-bk. list
- 7 Red-coated cheese
- 8 Prefix with scope
- 9 Text alternative
- 10 Many a text
- 11 Get some rays
- 12 "The Hairy Ape" playwright
- 13 Yes or no follower
- 14 Brief arguments
- 21 Divided terr.
- 23 Cramp, say
- 26 Weather condition in the final scene of "Casablanca"
- 27 Belt maker's tool
- 28 Opposite of paleo-
- 29 Flight coordinators: Abbr.
- 30 Light cigar wrapper
- 32 Part of a ring
- 35 ___ point: embroidery stitch
- 37 Groceries quantity
- 39 "u r a riot!"

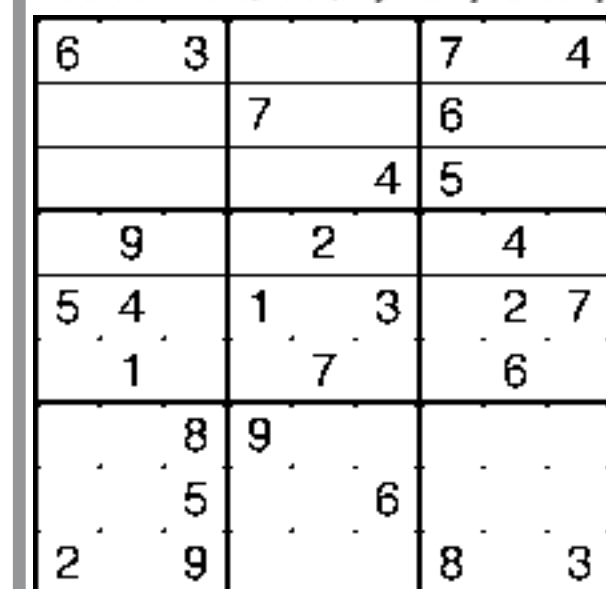


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SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 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

3	4	2	1	6	3	8	9	7
9	3	8	2	7	4	6	1	5
6	1	7	8	9	5	2	4	3
8	0	5	7	4	6	1	3	2
4	7	6	3	1	2	9	5	8
3	2	9	5	8	7	6	4	1
2	5	9	6	3	7	4	8	1
1	8	3	4	2	9	5	7	6
7	6	4	5	8	1	3	2	9

2/3/16

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ICCA COMPETITION

LB's men and women's a capella groups compete in ICCA's



It was like "Pitch Perfect" in real life. The flashing lights, the rhythmic jams, and enough hip gyration to last a lifetime. It was the International Championship of Collegiate A Capella (ICCA).

On Jan. 30 at 7 p.m., LBCC's Blue Light Special and Sirens competed in Tualatin, Ore. at Rolling Hills Community Church. There were 10 other ensembles from the Northwest for the chance to advance onto the semi-finals for the a capella championship.

Varsity Vocals has been hosting college a capella competitions since 1995. They strive to give students the opportunity to learn from one another and get feedback from professionals.

LB sang against groups from the University of Oregon, Oregon State University, Southern Oregon University, Central Washington University, George Fox, and Portland State University. The first and second place groups, who got to advance to the semi-finals, were Divisi from UO and Outspoken from OSU.

Each group had a 12-minute maximum time to impress the judges. Blue Light Special used their 12 minutes singing arrangements of "Uptown Funk,"

"Hide and Seek," and "It's Raining Men." The Sirens sang arrangements of "Elastic Heart," "My Heart With You," and "Nobody Love."

Blue Light's member Sam Irvine, gave a jaw-dropping solo in "Hide and Seek" that had audience

The Blue Siren's Brenden Murray achieved an award for "Best Arrangement" for their song "Hide and Seek."

"I feel pretty good about it. I'm just really proud of us all. We gave it all we had," said Murray.

Group members auditioned in October of last year. They have been rehearsing and preparing for this competition for months in hopes of making a lasting impression on the judges. Even though they do not get to advance the group members were proud.

"It was the best performance we have ever given. Our hard work and dedication paid off," said Christie Gangewer.



Sam Irvine sings "It's Raining Men."

members to their feet. Onlookers were shocked with his falsetto and range of vocal ability.

"I knew he was capable of a ton, but I was blown away. I cried when I heard him because he did so amazing," said Siren's Hannah Chilton.

While both LB groups won't advance they both performed their sets with unbelievable talent.



STORY BY
MARINA BRAZEAL
@MARINABRAZEAL



Jessie Easdale takes center-stage singing "Nobody Love."



The Blue Light Specials.



The Sirens strike a final pose.