

THE COMMUTER

LINN-BENTON
COMMUNITY COLLEGE

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Matter of Perception

Life
Hacks

After the
Storm

COMMUTER

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Marina Brazeal

On the cover:
Silver Falls

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Letters always welcome.

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DAC CELEBRATES MLK

To honor the life and legacy of Martin Luther King Jr., the Diversity Achievement Center held its annual MLK celebration on Friday, Jan. 22, in the Commons Cafeteria.

DAC staff members Raven Womack, Jennifer Marquez Poot, and Klayna Palacios hosted the event.

With all the conversations going on in the Commons, it was difficult to hear the speech and distinguish who showed up for the screening.

After the screening, students were invited to the DAC for a discussion and King's favorite dessert: pecan pie. LBCC's Culinary Art program prepared the pie's.

Very few students attended the discussion, but the DAC staff felt the overall attendance was okay.

Staff members shared their thoughts on MLK's speech and how it has impacted them.

"It's inspiring, it motivates me as a person of color, how someone is able to motivate all these people to come together. His wording is so powerful. The way he speaks with emotions, his tone," said Marquez Poot.

For Womack, MLK's words of inspiration are important in today's time of racial conflict.

"Either we're going to walk with each other or we're going to walk separate," said Womack. "It's easier to walk together than it is separate. We all have the same common goals and interests. But if we continue to go down this dark path of selfishness, then it won't be what the founding fathers envisioned."

Next year, to make this celebration more of a success, the DAC is thinking about bringing in an advisor from another school who teaches African American literature and holding the celebration in a more intimate setting, instead of

the Commons Cafeteria.

They also agreed next time it would probably be a good idea to only order one or two boxes of pecan pie.

In the words of King, "Every man must decide whether he will walk in the light of creative altruism or in the darkness of destructive selfishness."

"His wording is so powerful."



STORY BY
ALYSSA CAMPBELL
@ALYSSAFAYEC

CAMPUS VOICE

Question:
What do you want from your student leadership?



Desiree Magnussen
Pre-Vet Animal Science

"Lower tuition costs."



Ethan Dooley
Engineering Emphasis

"I don't know what they do. This is the first time I have ever heard of them."



Rebecca Lang
General Studies

"I'm the president for the Linn-Benton Students for Life. I'd like them to make more resources for pregnant and parenting students more accessible."



M'Liss Runyon
College Graphic Artist/ College Advancement

"I'd love to hear more about them on a weekly basis."



McCoy Deloy
Engineering

"I don't know, I am new to LBCC so basically I have no idea."

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

STORY AND PHOTOS BY
MORIAH HOSKINS & HANNAH BUFFINGTON



OREGON TRANSFER DAYS

Representatives from 22 colleges answer questions for students

PHOTOS BY: MARWAH ALZABIDI

Many students plan on transferring to a four-year university when their time at LBCC has concluded. The purpose of the Oregon Transfer Days event is to inform students about different schools and to make the decision easier.

Oregon Transfer Days took place on Thursday, Jan. 21 in Takena Hall at the Albany Campus from 10 a.m. to 1 p.m. Tables were set up with representatives from 22 different schools. Students were encouraged to drop by to make connections and help decide what school is the best fit.

Schools present at the event included Oregon State University, University of Oregon, University of Portland, Linfield College, Southern Oregon University, The Art Institute, and Western Oregon University among others.

UO Assistant Director for Transfer Admissions and Residency Officer Brian Stanley said it's important for students to choose a school that fits their career goals and learning outcomes.

"Visit campus if you can. Get a feel for what it's like," said Stanley. "As you're comparing schools, get a good idea of what the program is like to see if it's a good fit."

Representatives had business cards or contact information available so students who are interested in transferring could contact them and begin the transfer process.

LBCC student and business major Mohammad Almoshairs said that transfer day helped him hone in

on which school he wants to go to.

"I want to make sure I stay in Oregon. I'm interested in UO," said Almoshairs.

Larry Wilson, a representative for The Art Institute, said students shouldn't worry too much about costs for school because there are options available to everyone.

"Meet with financial aid at every school to see if you qualify for grants or scholarships," said Wilson.

Jocelyn Allen represented The College of Idaho at Oregon Transfer Days and said students should be active members of the student body at whichever school they choose.

"Wherever you choose to go, get involved," said Allen. "Get involved with student clubs and sport. It will make the transition easier."

Students interested in transferring to a four-year university from LBCC should meet with their advisor to find more information and contact schools you may be thinking about attending.

"As you're comparing schools, get a good idea of what the program is like to see if it's a good fit."



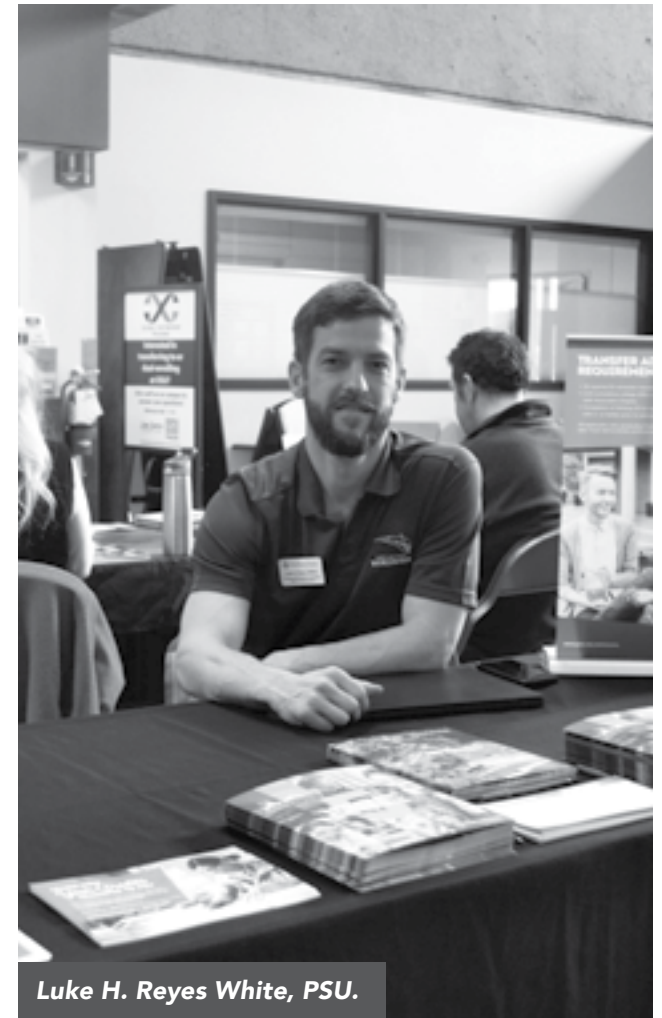
STORY BY
KYLE BRAUN-SHIRLEY
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Victoria Reis, Marylhurst University.



Debbie Hamar speaks with Patrick Wilson.



Luke H. Reyes White, PSU.



OSU Associate Director of Enrollment Management Rick DeBellis speaks with student at Oregon Transfer Days.

PRAY FOR GAVIN

Tragic accident strikes community

Gavin Higgins's tragic accident brought a community together.

On Jan. 7 Gavin Higgins age 15, was driving with his friend, when his friend lost control of the car and struck a tree. The impact crushed the driver's side of the car and both boys had to be extracted from the vehicle. He is now able to breathe on his own and open his eyes for short amounts of time but is still in ICU.

"Gavin has a long road ahead of him," said Tom Williams, Higgins's stepfather. An auction to help fund his recovery took place on Saturday, Jan. 23 at 6 p.m. It was held at the Monroe High School and manned by concerned friends and family. The event included dessert, a silent auction, and a live auction.

Many individuals and companies contributed to the auction. Among them was Dutch Bros., OSU, the Trailblazers, Monroe High School, Wilco, Peterson CAT, and the Corvallis Knights. There were 198 auction items total.

"He and his family are very much loved by everyone in the community," said Kathy Ballard, a volunteer at the event.

The community also showed support by making donations at the door and

pledging to sponsor Gavin's 4-H steer. Members of his sports teams, 4-H, and high-school all came and volunteered or supported.

"I'm so thankful for everyone who's responded," said Jennifer Gamache, coordinator of the fundraiser. They raised over \$33,000 and more than 300 people attended.

"Tonight I'm trying not to cry. They say it takes a village to raise a child and it takes a community to heal it," said Williams. Many people have changed their Facebook profile pictures to one of Higgins with the caption, "Pray for Gavin" across the top.

Block 15 in Corvallis will also be the site of another fundraiser on Feb. 9. 10 percent of all proceeds will be donated to the Gavin Higgins Recover Fund.

STORY BY SARAH NASSHAHN



PHOTO COURTESY: FACEBOOK
Gavin Higgins

AFTER THE STORM

SLC has rough start to new year

2016 is proving to be a difficult year for the Student Leadership Committee. After their former president Paola Gonzalez publicly announced she was stepping down, de-facto Vice President Candalynn Johnson took her place with Eric Slyter assuming the role of vice president.

"Her leave was all too sudden and was sad to hear. I wish I would have known a little bit of what she was going through so I could help her. She's deeply missed here at the SLC," Slyter said.

Soon after Gonzalez's departure, two students switched from paid positions to volunteer rolls. Lina Demorias cited personal reasons for leaving, while Daniel Robinson is still an active participant even though he isn't taking enough classes in order to be a paid member.

In addition to the change in staff, 2016 has also brought a lack of meetings. Because the SLC meets on Mondays, the school closures on Jan. 4 because of the freezing rain and Martin Luther King Jr. Day have meant less meetings for leadership. This hasn't been easy for council members, who rely on Mondays to discuss its plans to help the students.

Another challenge the SLC faces are changes to its

bylaws, specifically how the SLC transfers its team of leaders year by year. "Changing teams is a fairly complicated process that requires training the officers during the first five weeks of fall term. We are currently discussing ways to ease the transition," said Slyter.

Despite the setbacks, LBCC's leadership team has had a lot to celebrate.

Applications for the leadership positions of president and vice president will end this Friday. An open debate with the nominees will be held later on in the month, allowing students to ask the potential leaders questions in regarding what they would do as school leaders.

The Winter Term Club Expo also introduced the start of three new clubs: the Human Civics Club, Chicanos for Global Justice, and "Students for Bernie."

"We had a huge turnout of about 200 signatures during our Winter Term Club Expo [Jan. 13]," said Chelsea Mick, director of clubs and engagements at the SLC.

"I've been hearing a lot of rave reviews about Chess Club as well," said Slyter.

In addition to the support of what Slyter calls a "diverse range" of the 30 clubs we have on campus, there's also



been a big turnout of staff and students donating blood to the Red Cross at fall and winter blood drives.

"We've worked hard to solve our problems," Slyter said, "but we also want everyone to know that we're celebrating some pretty amazing events as well. We're a student-run organization for students. If you ever have any questions, please feel free to stop by sometime to find out about what's happening and how you can get involved."

"We've worked hard to solve our problems."

STORY BY MORGAN CONNELLY @MADEINOREGON97

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Bridal Show

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

How I feel I snowboard

By Cameron Reed

COMIC BY CAMERON REED

ILLUSTRATION BY NICK LAWRENCE

The Greye

DID YOU KNOW?

Renowned family therapist Virginia Satir asserts that human beings need four hugs a day for survival, eight hugs a day for maintenance, and 12 hugs a day for growth.



PHOTO BY BRIAN HAUSOTTER

THE COMMUTER VISITS PDX

Commuter Staff visit journalism conference.

Students from Linn-Benton's student-run newspaper, The Commuter, attended a journalism conference in Downtown Portland on Jan 23, hosted by the Society of Professional Journalists.

The "Build A Better Journalist" conference featured current issues in the world of journalism and media. The morning of the conference started out with a continental breakfast of fruit and baked goods. Student-journalists and advisors signed in, entered in a door prize drawing, and grabbed their conference name-tags.

Attendees finished their breakfast, and gathered in the main conference room of the first floor of the Agora Journalism Center, a part of University of Oregon's Portland campus. The first presenter was Regina Lawrence of the American Press Institute and George Turnbull of the Agora Journalism Center, she touched on issues of deception in campaign ads. Attendees watched as Lawrence used data to examine political ads of Ted Cruz, Bernie Sanders, and Hillary Clinton; pointing out the fallacies in the ads.

Damian Radcliffe, a journalism professor from the University of Oregon spoke during the second presentation. During the slides, the question was "In an increasingly noisy digital world, how do journalists effectively navigate social media?" Radcliffe gave examples during the presentation of instances where photoshop got people's attention, and falsified Twitter accounts caused panic in the newsroom. The session taught attendees and student-journalists how to spot faux leads and where to look for the real ones.

After a short coffee break, attendees gathered back into the conference room. Speaker Jane Elizabeth of the American Press Institute reported websites such as CIA World FactBook and The Bureau of Labor and Statistics. Edwin Bender, executive director of the National Institute on Money in State Politics gave a presentation on where the country's top fact-checkers go to find the facts to political and government reporting and in addition, gave an in-depth tour of FollowTheMoney.com, a political and government finance reporting website.

The presentation ended around noon. Lunch was ready with salads, wraps, and sandwiches; prepared for the attendees. Once settled, the SPJ honored those who played a role in this conference. SPJ members began to draw out prizes.

Marwah Alzabidi and Melissa Chandler of The Commuter won a prize, as well as many other student-journalists around the SPJ Oregon Territory.

"I was shocked and surprised and I was pretty happy. I didn't expect to win anything. I won a blue water bottle with SPJ on it," said Chandler, managing editor of The Commuter.

After lunch, attendees had a choice: they could stick around the main conference room for the virtual reality reporting seminar, or go to the one-on-one student resume critiques.

The virtual reality reporting seminar

individual advice on journalism resumes from well known figures such as George Rede, a former recruitment director for the Oregonian, Vance Tong, editor for the Portland Tribune, Morgan Holm, senior vice president and content officer with OPB, Craig Brown metro editor of The Columbian, and former Editor-in-Chief of the Corvallis Gazette-Times, current advisor of LBCC's The Commuter, Rob Priewe. According to attendees of the resume workshop, the most common critique was placement of relevant information in resumes.

"As a member of SPJ, it was gratifying

Mercury shared a similar experience when the news hit that UCC had an active shooter. The panelists ended on a bittersweet note, that "It can happen to anyone," said Steele.

Once panelists were done discussing UCC, they received a loud applause and gave thanks to SPJ coordinators and staff. Attendees shook hands, said their goodbyes, and loaded up into their cars and buses. Attendees and student journalists took a whole new education from their experiences at the SPJ "Build a Better Journalist" conference.



PHOTO BY MELISSA CHANDLER

Rob Priewe, Vance Tong, and Morgan Holm give future journalists a pep talk before the resume session.

"The fact that so many people attended demonstrated the commitment that so many journalists have to their profession."

for me to see the interest that journalists at all levels have to building on their skills and better serving readers. The fact that so many people attended demonstrated the commitment that so many journalists have to their profession. I hope this kind of program can become a regular event in our region," said Priewe.

Wrapping up the conference, panelists discussed the tragedy of the Umpqua Community College shootings. Jeff Wohler, a retired editor of The Oregonian, moderated the panel as Ian Campbell and Mike Henneke of the Roseburg News-Review discussed the rush and the panic that hit their newsroom, and how they were quick to be the first on the scene of the shooting. Tim Steele of KOIN.com, Therese Bottomly of The Oregonian, and Dirk VanderHart of the Portland

STORY BY HANNAH BUFFINGTON @JOURNALISMBUFF



A MATTER OF PERCEPTION

'Invisible Light' casts an otherworldly perspective

Human perception registers a miniscule amount of the electromagnetic spectrum as visible light. Between blue and red, from 400 to 700 nanometers, arise all the hues coloring the world as we see it.

But the electromagnetic spectrum is vast. So what doesn't meet the eye? What are we missing?

The answers lie in the North Santiam Hall Gallery at LBCC.

Just outside the range of human visibility, between 700 and 900 nanometers, infrared light can be captured digitally or with specialized, infrared-sensitive film.

Named after the elusive nature of the light, Invisible Light exhibits the infrared photos of five local photographers. Works by Sandi O'Brien, Paul Barden, Rich Bergeman, Jack Larson and Phil Coleman will be showcased in the gallery until Feb. 24.

At a reception held in the NSH Gallery on Jan. 20, an inquisitive mixture of LBCC staff, students and community members conversed with the photographers about their work. The photographers spoke about their methods and backgrounds, explaining the basics of infrared

photography to the crowd.

According to Coleman, digital cameras have an intrinsic sensitivity to infrared light, but are manufactured with a filter. Converting a camera is as simple as sending it to a company to have the filter removed and replaced with one only passing infrared.

Organic matter such as trees, plants and animals reflect a large amount of the light. Chlorophyll is highly reflective of infrared, causing a glowing effect that can make trees appear crystalline or covered in snow.

"The peculiar tonal shifts fascinated me, especially when photographing the natural landscape," said Barden.

"There's this exquisite, crystalline, magical look to the work," said Julia Lont, gallery coordinator. "It's so recognizable as a literal translation of nature, but it shows us something we don't see."

Bergeman, a retired LBCC journalism and photography instructor, hatched the plan for the exhibit as he noticed the growing amount of infrared photos collecting dust in his closet. Enlisting the help of Lont, Bergeman and the others filled the space with about 60 photographs.



PHOTOS BY MARWAH ALZABIDI

Paul Barden shows off his infrared-altered 1950s Minolta Autocord Camera.

Bergeman recently spent two months at a residency following the path of pioneer James Swan, who explored the Willapa Bay area in the 1850's. Many of these photos are on display.

"I thought it was kind of interesting to photograph in the footsteps of a dead man with a camera that was seeing light that you couldn't see with your own eyes," said Bergeman.

Barden refers to himself as the outlier of the group, having returned to the use of film in 2012.

"I realized I was missing a lot of the hands-on craft that simply isn't part of the digital workflow," said Barden. "For me, I felt there was a major ingredient missing."

Unlike Barden, Larson found his niche within digital photography.

"With digital, the opportunities for play are infinite," said Larson.

Though Larson and Barden's cameras may be very different, the processes they use to finish the photos are similar.

"No matter what we've chosen as our starting point medium, every one of us has also chosen a specific editing suite to finish the work," said Barden.

Larson cites "Silver Efex" as the "granddaddy," of the editing platforms for infrared.

Both Bergeman and O'Brien find fun in learning how to read the landscape through the lens of each particular camera they use. Infrared poses a new and intriguing challenge for them.

"When you look at the back it's all in pink instead of black and white, so it's been very fun to learn how to see like the camera sees," said O'Brien. "I love the mystical quality that you can get out of it. It just looks otherworldly."

O'Brien is fond of trails and stairs for their ability to pull the viewer into the photograph.

Her photo, entitled "In My Dreams," won the photography division at The Mayor's Art Show in Springfield, Ore. It is the only one of her photographs in the current exhibit taken with infrared film. Her others are digital.

"It needs to be evocative," said O'Brien. "People like that magic look."

"I thought it was kind of interesting to photograph in the footsteps of a dead man with a camera that was seeing light that you couldn't see with your own eyes."



Jack Larson poses with his piece "Willamette Farmland."



Rich Bergeman and Phil Coleman discuss infrared techniques.

STORY BY EMILY GOODYKOONTZ

MEN AND WOMEN BOTH LOSE

LB Women drop close game men lose by 17



PHOTO BY: BRIAN HAUSOTTER

Kyia Duvall prepares for pass.

Kyia Duvall, Hannah Creswick, and Baile Tally all had stellar games for the RoadRunners in a NWACC matchup with Southwestern Oregon Community College.

All three scored 17 or more points for the RoadRunners who dropped a tough game to SWOCC 93-89. Creswick led the way with 21 points for the RoadRunners and was 4 for 7 from behind the three point line.

"Very good balance this game for us. SWOCC is a tough trip to make anyway with the length of the drive," said women's basketball coach Debbie Herrold "...We had our chances to win it and once again we are our own worst enemy. At the end we had a couple of crucial turnovers and calls that could have gone either way. Those made the difference in the ball game."

LB outshot the Lakers 53 percent to 47 and made eight more three pointers It's hard to win when your opponent shoots 20 more free throws than you, which was the case Jan. 20 in Coos Bay for the RoadRunners. The Lakers were 26 for 35 compared to the RoadRunners 8 of 15 for.

"They were probably a little more aggressive in attacking the basket than us," said Herrold. "That could be why there was a little bit of disparity [in free throws]. Sometimes you just don't get the calls. It was definitely one of those nights for us. There was a lot of different ways we could have won that ball game."

The LB men had a rough night losing 91-74 to SWOCC.

Brett Blackstock continues to play well and adds a second scoring threat to the teams arsenal. After not scoring in double figures the first nine games he has scored 10 or more 5 of the last 6 games, and is averaging 16.2 points over the last five games.

"We have seen a lot of growth from him [Blackstock] both as a team leader on the floor and with his teammates," said head men's basketball coach Rand Falk. "Really like his offensive production. We need to work on some defensive things, but overall we have seen some significant growth. I think he is feeling more confident about his game and the more confident he becomes the stronger player he seems to be."

The Lakers had 22 assists and just 12 turnovers compared to 13 assists to 15 turnovers for the RoadRunners. It's hard to win a game when a team has a plus 10 compared to minus two for LB.

"I think overall in the SWOCC game it didn't seem like we came ready to play," said Falk. "We saw two different teams in two different games. We saw a very

competitive team versus Clark and then a team that wasn't ready to play versus SWOCC."

Erik Johnson led SWOCC in scoring with 19 points in 13 minutes.

"Players have to understand that they have to bring their focus everyday. That's one of the areas we have to work on," said Falk. "I don't think that we understand that you have to bring effort everyday in practice, which correlates to bring effort everyday in a game. I think that is part of maturing as an athlete and learning how to play consistently is certainly a characteristic of winning teams."

The RoadRunners will look to improve Jan. 27 against Lane Community College. The women play at 5:30 p.m. and men at 7:30 p.m.

"There was a lot of different ways we could have won that ball game."



STORY BY
JASON CASEY
@REALJASONCAEY

MEET NICOLE MAGNUSON

Injury doesn't diminish team captain's role



PHOTO BY: BRIAN HAUSOTTER

With the return of Women's Basketball to LBCC, Nicole Magnuson storms the court.

Magnuson hails from Santiam Christian, where she played basketball, soccer, and softball. She wears number 13, plays post, stands 5-foot-9 inches tall, and is 20 years old. A third-year college student, she is a first-year starter at LBCC.

She has aspirations of being a nurse, and would like to finish her education at OHSU. Her favorite color is yellow, and she has a white cat with blue eyes named, "Smudge."

"Basketball was not available my first two years here, but I feel those two years really helped prepare me for the time management skills necessary to balance school and sports," said Magnuson.

Magnuson was selected the team's captain and takes her role seriously. Her pre-game ritual consist of motivating her teammates, and making sure they are ready. And she doesn't see her role changing, even though a recent foot injury will keep her sidelined for the remainder of the season.

Her best game this season was against Pierce where she pulled down 13 rebounds and scored 23 points. She was averaging 12 points a game, and 6 rebounds.

"We will definitely miss Nicole's rebounding and scoring, but she will be a motivator," said Head Women's Coach Debbie Harrold.

Magnuson's teammate Kyia Duvall agreed. "Nicole is definitely our leader, and now that

she is out we are going to need other players to step up," said Duvall.

There is no doubt Magnuson will continue doing her best to motivate her teammates, and is working hard to get back in the game.

"Basketball has taught me teamwork, and has helped instill hard work and determination in me," said Magnuson.

"Basketball was not available my first two years here, but I feel those two years really helped prepare me for the time management skills necessary to balance school and sports."



STORY AND PHOTO BY
BRIAN HAUSOTTER
@BHAUSOTTER

Fire Up Your System

For many of us the New Year makes us reflect on our health and our goals to make this year healthier and stronger than the last. This can be a challenge during the winter months when the weather can be less than comforting and the common cold makes its rounds. The keys to stay healthy during this season are to remain active (even if it's indoors), get enough sleep (at least 8 hours) and keep hydrated. Here is an immune boosting warm drink that can help ward off the cold and keep you cozy through the winter months.

Ingredients:

1 Lemon (sliced wedges)
1 Ginger (1 inch piece peeled and cut into pieces)
1/8 tbs. Turmeric powder
Boil 2 1/2 cups of water and pour over the above ingredients. Let sit for 30 min.
Strain and enjoy tart, or add sweetener of choice.

Health benefits include:

Lemons contain Vitamin C and other antioxidants, which help boost your immune system.

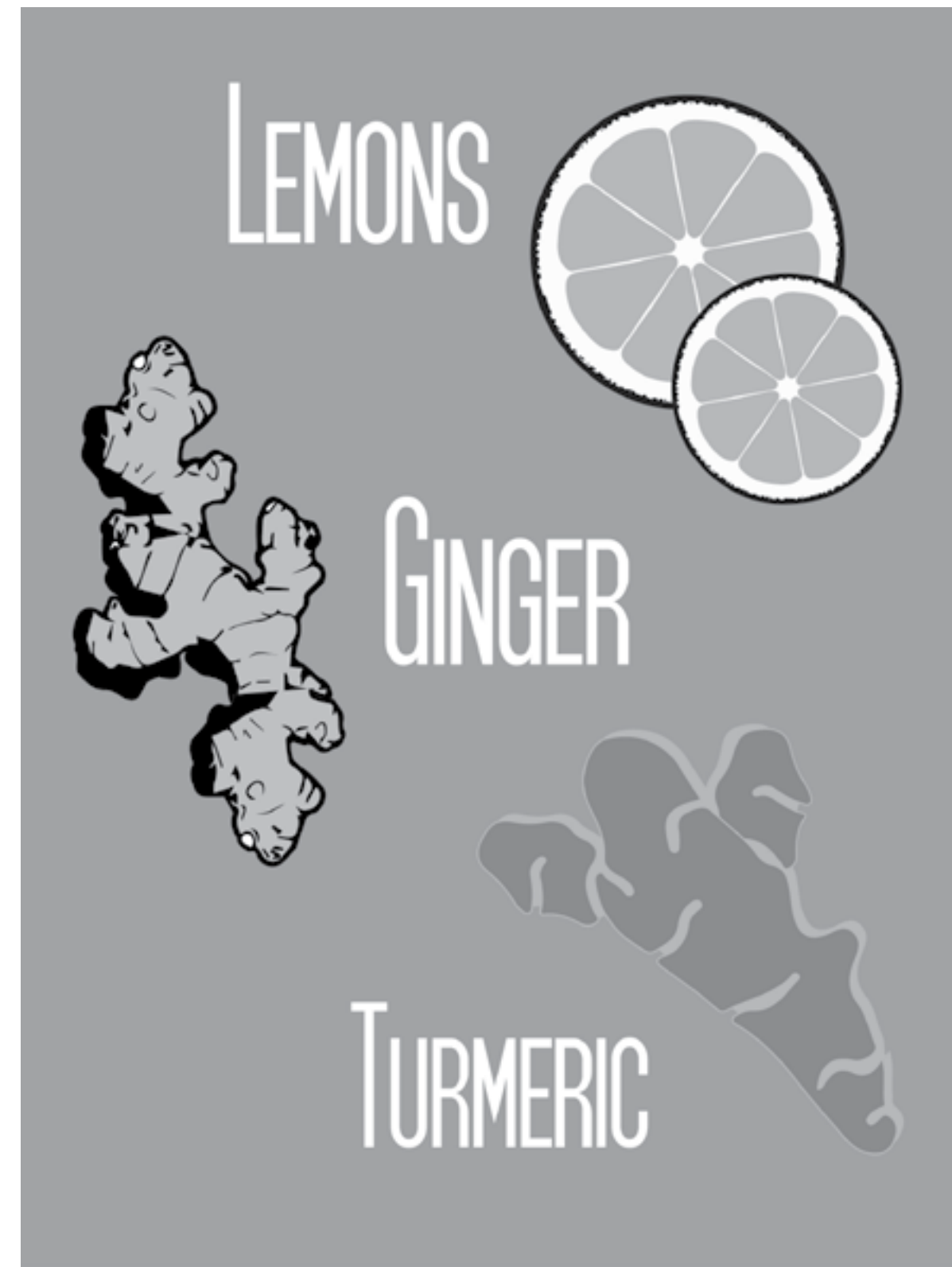
Ginger contains a compound called gingerol. It is also an immune booster.

Additionally; it helps with digestive issues, nausea, pain and inflammation.

Turmeric's main active ingredient is curcumin. It has powerful anti-inflammatory effects and it is a very strong antioxidant.

Sources: USDA National nutrient database, Huffington Post, Medical News Today

COLUMN AND GRAPHIC BY
NATALIA BUENO



LIFE HACKS!

These sites have been designed to get you through college.

Winter term's half-way mark is nearing, and midterms are starting to peek over the horizon. The beginning-of-the-term "I'm going to look cute today" attitude is starting to fizzle out and more and more pairs of sweats are being sported around campus as many students begin to realize how much they have on their plates.

College is tough, but there are some kind-hearted geniuses out there who have sought to make things a little easier. Maybe not "ditch-the-sweatpants-easier," but these websites have been especially designed to help give you a leg up this term.

MyFitnessPal

If you want a way to accurately track your fitness goals based on personal needs,

MyFitnessPal is one of the best web and mobile applications out there. The service has a massive database of meals and exercises to make it easy to accurately track your fitness journey.

BugMeNot

It seems that more and more websites require you to create an account before viewing content, but not everyone wants to keep sharing their email address. Instead of creating new logins, BugMeNot has shared logins across thousands of websites which can be used without making you hand over your own private information.

Get Notify

Stressful and important emails sent in college are innumerable. It takes a good deal of time to craft the

perfect response, but even then you can't be sure that your email won't end up in a junk file or be overlooked as SPAM. Get Notify tracks if and when sent emails are opened and read by the receiver.

Duolingo

Need a little boost for your Spanish classes here at school? Duolingo is a free version of Rosetta-Stone that is great for all ages and can have you speaking and writing in a new language in a matter of months if you really put the time in.

Khan Academy

This platform provides resources for learning subjects such as, math, science, history and more. It is a great study tool to get you through a class you are already struggling with, because it monitors your progress as well as distributing the information.

Spreeder

Students are often surprised how much reading is actually assigned in college. Spreeder is a free website designed to help boost your reading speed and comprehension, so when your English teacher assigns 50 pages of homework, you can buzz through it in time to read the other 75 pages from your communications class.

Quizlet

Need to make flashcards for your upcoming test? Set the markers aside — the same flashcards probably already exist on Quizlet. Simply go to the

website, type in the topic you are studying, and enjoy not having to spend precious study-time coloring flashcards for Biology.

Amazon Prime

If you have a ".edu" email address, like any Linn-Benton Community College student does, you automatically qualify for a free Amazon Prime account where you can watch unlimited TV. and movies for no cost.

SponsorChange

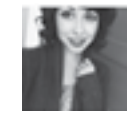
Worried about student loans? SponsorChange is a site that helps pay off student loans in exchange for volunteer work.

Cornel1801

Legally watch all the classic Disney movies ever made. For Free. You're welcome.

Supercook

The average college student's pantry is not typically the easiest to work with when it comes to making dinner. Especially if you want it to taste good. Supercook is a website where you simply enter the ingredients you do have, and it tells you which meals you can make and how to make them.



STORY BY
KATHERINE MILES
@KATEMARIEMILES

TSUNAMI

Candis Wells

Earth shatters. The sea
Retreats into itself. Fear
Ebbing inwards toward
The heavy water wall.

A small silver chest
Hidden in the sand.
As a girl seeks to destroy
Its stowed self-hatred,

The blue-eyed ocean crashes, taking
With it the girl who housed
Their hope – their lives;
The girl whom the
Ocean loved
Deeply.

ANCIENT, WEATHERED, WORN

Ron Bilyeu

Like a beaten worn out binding of a book,
Skin cracked like leather ancient, weathered, worn
Eyes muted like an old photograph
Body fractured, creaking, cracking like an old wooden floor
An old musty, moldy smell, permeates his presence
Nearly a century old, just a page in time
Interlaced memories, stitched upon his soul
Romance, war and horror, his sonnet
Ten syllables per line, fourteen lines, in rhyme
Brilliant white pieces of parchment, his smile
The grace of his presence, fact not fiction
My grandfather, my poet, my first chapter

HESITATION

Shane Stanhope

The cherry blossom hesitates
on the soundless drone of the wind,
looking back, remembering
those gladden fields
of white capped cosmos,
now covering, waving in the wind.
Would that he could have rooted,
and with simple joys
grew to tree and shelter
those gladden fields from harsh wind.
But blossoms do not seed,
and wind does not cease to drone,
and blossoms must float
to warring skies of grey and white.

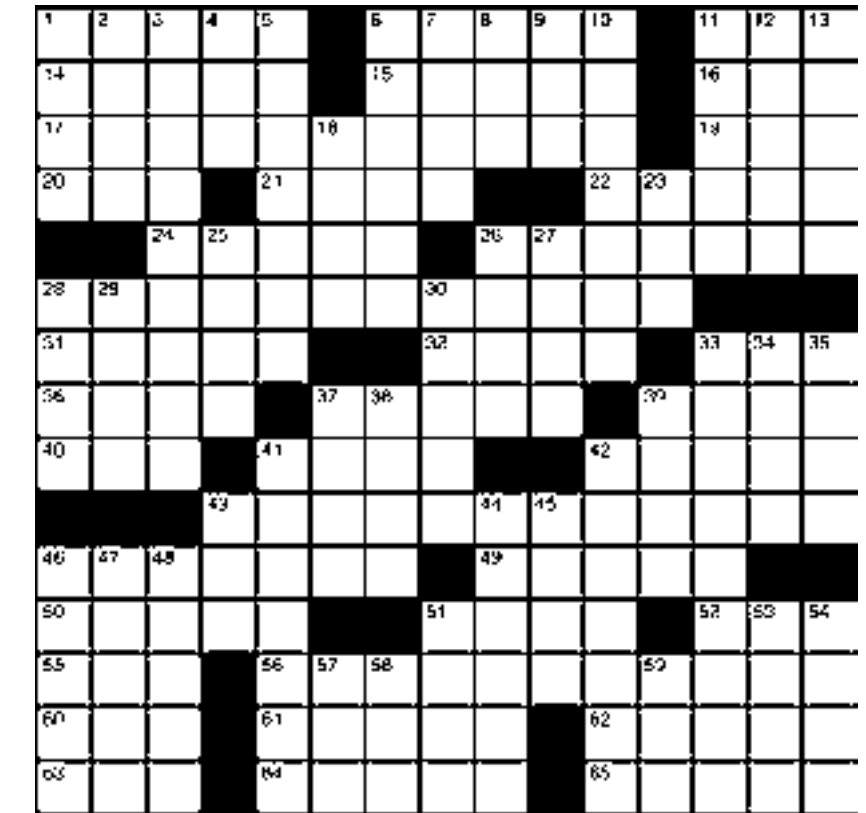
PHOTO COURTESY: ROB HURSON | FLICKR

FOR RELEASE JANUARY 27, 2016

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- Musical with the song "Another Suitcase in Another Hall"
 - Petty distinctions, metaphorically
 - Midriff punch reaction
 - Noble gas
 - Former Illinois senator
 - "Wait Wait...Don't Tell Me!" network
 - Tidy sum, to a coin collector?
 - Golf prop
 - "Most Excellent" U.K. award
 - Emcee
 - Goody treat
 - Muralist Rivera
 - Places for rejuvenation
 - Tidy sum, to a chairmaker?
 - Clobbers
 - Regrets
 - Rain-__: gum brand
 - Financial pros
 - Tries
 - Many millennia
 - Fall mo.
 - Only person to win both an Academy Award and a Nobel Prize
 - Clock button
 - Tidy sum, to a soothsayer?
 - Alleviate
 - Baggage carousel aid
 - Color in une cave à vin
 - Angers
 - Kin of org
 - Japanese capital
 - Tidy sum, to a chess player?
 - Ready, or ready follower
 - Theme park with a geodesic sphere
 - Slacken
 - Calypto cousin
 - They may be Dutch
 - Potters' pitchers
- DOWN**
- Big show
 - Beg, borrow or steal
 - "My bed is calling me"
 - Kid
 - Country music?
 - Climbs aboard
 - Distract the security guards for, say
 - Actor
 - Somerhalder of "The Vampire Diaries"
 - LBJ successor
 - Agrees
 - Winning
 - Art form with buffa and seria styles
 - Emancipates
 - Meditative practice
 - Flavor intensifier
 - Bugs a lot
 - Smear
 - Some Full Sail brews
 - Basics
 - "Forget it"
 - Country inflection
 - Noble act, in Nantes
 - Forsaken
 - "My treat"
 - Thick carpet
 - Grimm story
 - Ski resort near Salt Lake City
 - Kissed noisily
 - Gallery event
 - Day light
 - They haven't been done before
 - Frankfurt's river
 - Hardly a miniature gulf
 - Smooth and stylish
 - Blitzen's boss
 - "Young Frankenstein" role
 - Ill-humored
 - World Series field sextet
 - Wall St. debut
 - Sgt. or cpl.
 - Fresh



By Bruce Haight

1/27/16



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1/27/16



DID YOU KNOW?

Each cigarette takes seven minutes off of your life.

THE COMMONS Cafeteria

*** MENU ***

1/27 - 2/2

Wednesday: Braised Lamb*, Roasted Turkey* with Stuffing and Pan Gravy, Spinach Lasagna, Soups: Saffron Chicken and Orzo, and Vegetarian Vegetable*.

Thursday: French Dip, Grilled Pork with Mustard Beurre Blanc*, Tortilla Espagnole*. Soups: Italian Sausage, and Creamy Pumpkin*.

Friday: Chef's Choice

Monday: Beef Stew, Pan Fried Chicken Cutlet with Herbed Bechamel, Tofu and Broccoli Stir Fry with Steamed Rice*. Soups: Turkey Chowder, and Split Pea*.

Tuesday: Chicken Pot Pie, Roasted Pork Loin with Balsamic Cream Sauce*, Pasta Putanesca. Soups: Beef and Wild Rice*, and Cream of Cauliflower.

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:



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

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

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

1/27/16

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LBCC ANIME CLUB

Club members meet weekly to share their passion for the genre



PHOTO COURTESY: TENAGA | DEVIANTART

LBCC has an assortment of different clubs on campus that cater towards different interests. From Chess Club to Dance Club, there's plenty of choices for everyone. For the anime enthusiasts at LBCC, there's Anime Club.

Anime Club meets every Wednesday at the Albany campus at 4 p.m. At the meetings, club members watch different anime and discuss and share their passion for anime with people who feel the same.

For the uninitiated, anime is Japanese animation. It's basically the Japanese equivalent of American cartoons, only in Japan anime is made for people of all

ages, not just children.

Anime Club President Nova Engelhart created the club a year and a half ago.

"The main purpose of the club is to show people that anime is no longer taboo," said Engelhart.

In the past, Anime Club has watched anime from different genres, from magical girl animes to slice of life. However, this term the club is experimenting by just focusing on a specific genre. For Winter term, the club is focusing on horror anime.

Psychology major and Anime Club member Cody Froman joined the club

because of his passion for anime.

"I've always been a huge anime addict, ever since I was little," said Froman. "Here's 40-plus other people that enjoy the same thing I do, so that's how I got into it...Come together, meet new people, and enjoy time with people who enjoy the same thing you do."

In terms of event, Anime Club hosted a Studio Ghibli night last term where they watched the movie "Kiki's Delivery Service." Anime Club is doing another Studio Ghibli night this term, but this time they'll be watching "Howl's Moving Castle."

Engelhart wants to stress that anime and the Anime Club at LBCC is for everyone.

"A long time ago, if you said you watched 'Pokemon' or played 'Pokemon' or anything like that you were instantly considered a nerd or a geek," she said. "Anime is becoming such a big, mainstream thing that I want to show people that it's okay to watch anime."



STORY BY
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