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COMMUTER

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Letters always welcome.

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PAOLA RESIGNATION

Paola Gonzalez
November 17th, 2015
Student Body President
Student Life and Leadership

Dear Students:

This is my official letter of resignation as your student body president. I ran on the platform of change and community, but I chose to run as president because that was the only way I was going to be a part of SLC. In the time I have served you however, this school has seen: campaigns for a tuition freeze, where we collected over 100 student interest cards in the summer; we have had your student leaders testify in front of the Board of Education for a 0% increase, and succeed; we have had a survey campaign where we were able to collect and catalog 940 of your much appreciated opinions; in addition, to the setup of a new accountability practice within the SLC, involving a grievance procedure; our very first harvest festival, and of course the beginnings of bleachers on campus. Unfortunately, my time as a president is over. Last year I was a volunteer at SLC, who was discriminated against for being bilingual, during a

hiring procedure. I was a volunteer who tried to hold the student government at that time accountable for dereliction of duty. That team had a hand in me developing PTSD. During this time I had felt silenced and oppressed, by many of those who were involved. I fought impeachment for unfounded reasons, underwent harassment, in addition to so much more. I wanted to be president to affect change, but also to make sure what happened to me last year didn't happen to anyone else ever again. This is why I'm resigning, because student government has been an unsafe and unwelcoming environment for me, for far too long. I really tried to be strong and continue, but I have to take care myself. I'm happy to tell you however, that the group you all have now isn't so much like this. So don't misunderstand last year's team's misgiving for this year's team. I'm just no longer able to fight the good fight, and represent you to the best of my abilities. I hope that you all can see the change that was made, with the success we've had. I also hope you all can see the change in the horizon and realize that SLC has a lot a room for growth and improvement, even without me as president. They'll need your help though, don't stop watching



Sincerely,

Paola Gonzalez
Student Body President

Q&A PAOLA

Ex- SLC President explains her sudden departure

This interview clarifies the circumstances that lead to Paola Gonzales leaving her post as LBCC Student Leadership Council president. The views expressed in this interview are Gonzales' alone, and are intended to illuminate her perspective.

Q. If you could change one thing about how the SLC operates, what would that be?

A. SLC needs to start practicing accountability measures, and actually taking action when things aren't working out, and not allowing problematic, aggressive individuals who are not doing their job to shirk their responsibilities as paid student leaders.

Q. What will it take for SLC to get on track?

A. For SLC to get on track, the bylaws and constitution need to be revised. The SLC can no longer be allowed to disregard mandatory, outlined duties as stated in the bylaws and constitution. In addition, the mentality of being a "student first" needs to be eradicated. As long as student leaders can hide behind being a "student first" they will continue to treat these positions as an extra time to do homework, or an extracurricular activity, instead of a job and responsibility to students. Student leaders last year and this year have been able to use this as a perfect shield to hide behind when asked why they are not doing their work or why they have not done their work.

Q. When did you first begin to experience PTSD? Do you attribute your PTSD to experiences while working at SLC?

A. I first began to experience PTSD in the spring term of last year and was diagnosed fall of this term. Yes, SLC had a hand in my PTSD. I was in an unsafe and unwelcoming environment for 10-ish months, and dealing with the fact that I was raped on top of enduring harassment constantly.



PHOTO BY: MITCH KEYS

A. The underlying reason was because they were unhappy about the fact that I told them they weren't doing their job. The reasons they pursued to strip me of office were these: They didn't like how I used the space in their meeting, they felt my tactics that I used for my election campaign were unfair (the use of chalk [to advertise on campus] and people coming to help advocate the benefits of me becoming president being the tactics they felt were unfair)—and then they tried to accuse me of unfounded—and completely untrue—misappropriation of student funds, quoting a non-existent

Q. Would you share your experience at the SLC in recent months?

A. Last year I was discriminated against. The aggressor later became part of SLC. During a meeting I tried to hold the team accountable, however they were allowed to continue to not do their jobs, and then I was harassed. Several individuals induced panic attacks while questioning me about said rape. Others attempted to impeach me multiple times.

All of this happened in the span of months. The new team thought I threw a tantrum last year, which made managing and leading them difficult. Once again when I started to see an individual not do their job, and I tried to do something about it ... (I) experienced harassment from this person continuously. During this year I have been cursed at, cornered by a member of the team—who I did not pick—and was selected because three other people in the hiring committee last year were all about seeing me fail. All the while dealing with my PTSD.

Q. Is this when you began to feel singled out for being bilingual?

A. No, I was singled out for being bilingual during a hiring procedure for the position of event planner, during fall term of 2014. I was made aware after the interview that during this process there was a concern of me not being able to communicate properly, because I was bilingual.

Q. I understand you faced impeachment during your first few weeks as president-elect. What was the underlying reason?

A. The underlying reason was because they were unhappy about the fact that I told them they weren't doing their job. The reasons they pursued to strip me of office were these: They didn't like how I used the space in their meeting, they felt my tactics that I used for my election campaign were unfair (the use of chalk [to advertise on campus] and people coming to help advocate the benefits of me becoming president being the tactics they felt were unfair)—and then they tried to accuse me of unfounded—and completely untrue—misappropriation of student funds, quoting a non-existent

policy in the SLC bylaws/school policy.

Q. Are SLC staff members/volunteers able to voice their concerns about working conditions in a way that is respected?

A. Well, if the current team doesn't remove the grievance procedures that we have voted on during my time as president, volunteers now should be able to file any concerns they might have with an officer—with a clause stating that after five reports have been filed, that officer will be brought to the judiciary board, where they have the ability to remove officers in question.

Q. Would you explain what was unwelcoming about your experience at SLC?

A. A lot of the current team didn't have the full scope of what happened last year. Because of this, I had to deal with snide remarks and cruel judgment from my fellow teammates on a situation which they had no idea about. I don't harbor resentment toward them, because they didn't know the full extent of what I have been through, but that was difficult. With the addition that there's an officer who has continuously cornered me, and made the space unbearable to be in, this created a very unwelcoming environment.

STORY BY
CHRISTOPHER TROTCHIE
@CHRISTOPHER999

CAMPUS VOICE

Students and staff were asked how they spent their Thanksgiving weekend.



Christen Clark
Transferring to OSU for the Fashion Program
"It was good! I stayed in Corvallis and spent it with family."



Jack Doman
Computer Science Major
"I went home to Grants Pass with my mom, my dad, my brother, and my nieces."



Robin Evans
Bookstore Assistant
"We stayed home and had family over. We had an exchange student, who's also a family friend, from Germany come over! It was nice."



Toni Morrison
Center Coordinator
"It was very quiet, my daughter and I got to spend a lot of time together. We also cooked and played games."

Darren Nguyen
Business Major, Dual enrolled with OSU
"I was spending time with my family, typical holiday stuff. I went shopping! It was nice though because, before this year, I was overseas in the Army and so you really miss out on things like Thanksgiving."



STORY AND PHOTOS BY
AMANDA BLEVINS

Look out for next editions topic:
How the campus spent their Winter Break.

SLC RESPONDS TO RESIGNATION

Dear LBCC,

The resignation of our former student body president, Paola Gonzales, took many officers of the student leadership council (SLC) and people of the student body by surprise. We will miss her spirit and her determination to serve students while she helped increase student power at the local and state level. She helped us achieve a zero percent tuition increase at LBCC by being a leader in the statewide freeze tuition campaign, and then organizing a campus wide campaign to testify our Board of Education from increasing tuition by three percent last July. She registered countless students to vote, and continuously advocated for student voices to be heard.

I would like to make known that SLC is not taking the reasons cited by why our former president resigning lightly. Administration is holding a formal investigation to insure that these concerns are being addressed, particularly of the single officer that was accused of harassment. SLC is completely behind this, and is open to any students who want to voice their concerns or questions. Beyond that, it is inappropriate

for me to comment about the details of the investigation at this time.

Lastly I wanted to share with you my goals as the temporary student body president and what that means for LBCC. I will only be a president until the middle of spring term, because we will be holding elections in February for the new 2016-17 student body President and Vice President. With that in mind, it is my personal mission in my short time with you as president to increase transparency and increase the prevalence of spaces that the student body can go to express their concerns or ideas to SLC officers. Communication is paramount in order to avoid the creation of unsafe spaces here on campus, and I will regularly be making sure that the team not only communicates with one another, but also that they are communicating with the student body, staff, and administration. Everyone needs to have the knowledge of where their resources are on campus and what steps should be taken in cases of harassment, bullying, or the creation of an unsafe environment. My plan is that educating students of these resources should be the first thing on our agenda when we come back winter term. Also,

on the first week of winter term, I will be outside in front of the SLC office, actively addressing any concerns or questions on Wednesday, and Friday from 11am - 1pm in order to further my commitment to transparency. I hope to make the relationship with SLC and the student body stronger than ever, and will also continue my advocacy for student rights at the state level as a voting member of the Oregon Student's Association. For any more questions feel free to visit my office hours, which are posted in the office at the beginning of every term, or email me at Slcpres@linnbenton.edu.

Sincerely,
Candalyne Johnson



PHOTO COURTESY: SLC

STUDENTS AGGRAVATED BY CONDUCT AGREEMENTS

Frustrations mount as students cope

Two Linn-Benton Community College students feel that conflicts they brought to the attention of administrators were handled incorrectly.

In hindsight, the students are voicing their concerns that agreements they took part in served the best interests of the school, and not their well-being. Each believe administrators led them away from contacting police in an attempt to keep the school from receiving negative publicity.

"I don't think she gave me good advice at all. I should have gone with my gut instinct and called the police and made a formal report and let the school deal with it through legal means," said Christy Swalley, an LBCC student.

However, according to Lynne Cox, associate dean of Student Affairs, LBCC has procedures in place to help students solve their issues in an equitable fashion. Cox believes students ultimately have the ability to solve problems.

"I have never in my 11 and a half years discouraged any student from having police contact. One of the first things I do is urge the student to report anything that could be criminal to the police. Our written information also talks about using the police as an option," said Cox. One student's story involves threats received through social media from another student who was also employed on campus, and the other story deals with the alleged rape of one student by another student off campus.

The Threat

Christy Swalley is a science major studying biology. She is the mother of two and enjoys her time at LB. She plans to continue her education at Oregon State University next year, and works to maintain good grades to succeed at her goals. Her story begins about a year and a half ago when she found out that a person on campus had taken issue with her, regarding a personal relationship.

Although Swalley knew about the person's ill will towards her, it was of no consequence to her. That was until the situation escalated during a bout of posts on social media that were directed towards her. The aggressor made no attempt to conceal her identity as she disrupted Swalley's day-to-day activities with a variety of hostilities.

"She had an open-ended threat, saying I needed to watch my back and know exactly where she was," said Swalley.

With the escalation of the situation, Swalley took her concerns to a supervisor

who in turn involved administrators. She showed the messages to the administrator initially involved and asked what could be done to handle the issue. Swalley's first thought was to involve the police, but at the advice of the school official, she decided not to.

"She told me she was a lawyer, and that cases like this don't ever go anywhere. It would be a waste of time," said Swalley. Because the aggressor was not only a student, but also an employee of the school, the college's administration had to first decide who would handle the conflict. Ultimately, Human Resources addressed the situation, and within a few weeks a plan was devised to resolve the situation.

"Basically, we were to stay away from each other. I wasn't satisfied. I wasn't able to use the Learning Center for a whole year. I went from September to June without any ability to get help [such as tutoring, math help desk or the math angle]," said Swalley.

The Allegation of Rape

Paola Gonzales, LBCC's former student president, says she was raped in November or early December 2014. She remembers beginning to internalize her emotions about the event around that time.

In mid-January she began taking classes where she enrolled in a sexual health class that she hoped would help her cope with the difficulties she was facing. Upon arriving to class one evening, the person who had allegedly assaulted her was in the class. She approached him about adding himself to the class. He told her that he needed the class in order to graduate. She was at a loss for words and her frustration continued to grow.

In February 2015 she found out she was eight to nine weeks pregnant and faced making the decision to have an abortion procedure at almost the same time she learned of the pregnancy.

She terminated the pregnancy.

The Fear

Back at the Student Leadership Council, tensions continued to grow for Gonzales and she began to feel boxed-in as she was finishing up her run for student president — advocating for SLC volunteer representation, dealing with the assault, making the choice to abort a pregnancy, and working to the point of exhaustion. Gonzales broke down into tears, and with the help of close friends,

she made it to the Career Counseling Center, suffering from a tear-infused emotional breakdown.

It was at this point school officials became aware of the alleged assault and conduct that was taking place, including details surrounding Gonzales' classes and SLC working conditions that involved her alleged attacker. By the time Gonzales, Lynne Cox, her friend and a counselor sat down, she was completely exhausted and didn't want the situation that she felt was controlling every aspect of her life to have any more power over her.

As Cox and the other official began to offer solutions, such as a restraining order, among other options, Gonzales began to open up to the group about her fears.

"I told them about my fears of the situation getting worse. I just became president-elect, and I didn't need to handle any more crap on me, and how this was too much already. Basically I told her how I was really scared, and that I couldn't afford to go to a court."

When Gonzales began to talk about her fears she recalled Cox dissuading her from going to the police. Gonzalez recalls that after she raised concerns to Cox about the agreement, she remembers Cox stated that in order for the agreement to work, both sides needed to agree to it.

"She told me something along the lines of, I wouldn't be able to have a case," Gonzales said. "She also mentioned how it would have to be public, and there would need to be an open investigation. And that really freaked me out. That's when I said, I don't want him in my class, and that I don't want him anywhere near me. Please just don't have him anywhere near me. It is what I wanted."

The agreement crafted at that meeting was designed so Gonzales didn't have to see the other student by means of a restraining order. He was not going to be allowed to be in any space she occupied. If they were to cross paths, whoever was in the space first would retain that space while the other would have to find another area.

"The contract was written with the needs from both of us, and I remember sending [Cox] an email once she gave us a rough draft of the contract. I told her I didn't feel that the contract protected me. I didn't feel this is a contract to help me. I feel like this contract protects him," Gonzales said.

In cases involving assault, dating violence, domestic violence and stalking, students are not directed to

communicate in a face-to-face setting. School officials are equipped to solve those issues through a variety of means, according to Cox.

The Response

It is important to note that students typically govern the course of action the school is able to pursue. Cox bases her beliefs on restorative justice. The idea is: the best way to rehabilitate an offender is through reconciliation with the individuals the offender has harmed while also educating the offender on the impact they have on their community. Cox is applying the idea to the way students solve personal issues with each other on campus.

"The victim's choice supersedes our preferences," Cox said.

Another form of restorative justice that is practiced at LBCC comes in the form of an agreement that students can put into place, instead of formal consequences in a discipline matter.

"If you charge a student with misconduct, investigate, and decide on an outcome, but then let the student settle informally on some agreement between students, then you see you set the charges aside and replace them with the agreement. You can write into the agreement that a breach would mean the student would have the consequence that would have otherwise been given," said Cox.

COMMUNITY GATHERS IN SUPPORT OF STUDENTS

Corvallis hosts scholarship fundraiser for LBCC and OSU

Community members gathered last month in Corvallis to celebrate 75 years of supporting the next generation, and donated over \$100,000 for continued education.

Zonta International is a foundation devoted to empowering women and improving their lives through service and advocacy. They work closely with the United Nations to influence laws impacting women worldwide, and work to advance the political, economic, and educational status of women locally and abroad.

The Corvallis chapter had its 75th anniversary on Friday, Nov. 13. Hundreds in the community came to their celebration featuring a silent and live auction. The evening also included opportunity for straight donations from attendees to a scholarship fund for OSU and LBCC students. This year, donations totaled \$35,000.

Sally Widenmann, LBCC dean of instruction and Zonta member, attended the fundraiser for the third year. She sat with other LBCC faculty including Scott Rolan, director of Human Resources, and Dave Henderson, vice president of finance and operations.

"What I noticed about this particular night was there was an energy level higher than I'd seen before," said Widenmann. "The devotion was obvious with the straight donations."

Widenmann joined Zonta a year ago and sits on a committee that allocates grants to nonprofit organizations in the mid-valley that align with Zonta's mission. Her involvement with the organization was inspired by LBCC's president, Greg Hamann.

"Greg has always encouraged us to make a contribution to our local community, to try and find something you are passionate about," she said. "It feels nice to know you

have a role in making a positive impact in the community."

Widenmann believes the values of LBCC and Zonta align perfectly.

"When a student's education advances, we all benefit from that. It's a mutually rich endeavor," she said. "That's what I love about education."

Pete Bober is this year's Scholarship Committee Chair for Zonta, and is a former director at LBCC. He too became a member after discovering the work Zonta does.

"I liked the values of the organization and what they were doing; increasing the status of women," he said.

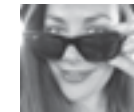
Many of the Zontians have successful careers with the means and ambition to make a difference in their community, apparent by the generosity at the fundraiser.

This school year, 13 scholarships were awarded, three of which went to LBCC

students. Scholarships are typically \$3,000 and are awarded to the most qualified students, with no preference given to which school they attend.

"Good grades help and in some categories the applicant must be in a specific type of program; generally STEM or a career path that will help to advance the status of women," Bober said.

The 2016 scholarship selection will be in the spring. To apply, visit www.zonta.org within the first week of the term to find those you qualify for. Each scholarship will have a contact person listed in the application packet to refer for questions.



STORY BY ALLISON LAMPLUGH @LUCYLAFFLOURE

LB PRESENTS: "HOME IS WHERE HOPE ABIDES"

Linn-Benton Community College's choir will have their first performance led by new choral director Raymond Ocampo Thursday, Dec. 3 from 7:30 to 9:30 p.m.

The Fall Choral Concert will have an array of songs festive to the season. Some featured songs include "I'll be home for Christmas", "We Three Kings", "Unclouded Day", "Festival Sanctus", "My Lord has Come", and "Homeward Bound"

"In chamber choir we spent a little bit of time to think about what each piece of music we sang meant to us and what the essential invisible of each piece is and that is what can we not see or hear in this piece of music but is essential to this piece; what is that for each of us," said Ocampo.

The performance will be taking place at the Russell Tripp Performance Center in Takena Hall, on Linn-Benton Community College's Albany campus.

"Prepare to be amazed! Enjoy an evening listening to LBCC's talented performers," as written on Linn-Benton's website in anticipation for the concert.

Tickets are \$10 general admission, \$7 for students, seniors and veterans. The tickets can be purchased at the box office or online at www.linnbenton.edu/russelltripptheater



STORY BY HANNAH BUFFINGTON @JOURNALISMBUFF

LBCC REIGNITES FLOAT TRADITION

The Biggest Veterans Day Parade West of the Mississippi had a new entry. LBCC unveiled their return to the parade and the community after a 32 year absence this year.

The Career Technology Education (CTE) programs include several opportunities in the following: Welding and Fabrication, Machine Tool Technology, Mechatronics (Industrial Automation Technology), Heavy Equipment (Diesel Technology), Automotive Technology, CADD (Computer Aided Drafting and Design) and WET (Water Environment and Technology).

Faculty member and department chair of Welding and Fabrication Technology Department Dean Dowless was looking through old photos when he came across one from 1983, the last time LBCC had a float in the Veterans Parade.

"The photo inspired me to see if our departments could get re-involved, not only with the parade, but also with the community and our veterans", according to Dowless.

Jon Bidwell, and Michael Rice, second year students seized the opportunity to showcase their talents. From design to completion, these two students put in all they had to complete LBCC's first float in the parade in 32 years, and they did it all in approximately a month.

This float was designed to be broken down and able to be stored quickly. It can be assembled to a variety of trailer sizes, making it very versatile. Just about every group in the CTE programs is represented one way or another on the float.

"I feel as though I put my signature on this float; it was important to me to build it like it was mine, and I am proud



Michael Rice and Jon Bidwell

of the end result," said Bidwell.

Rice jumped in with, "We worked hard to get the float done in time, but it really felt good to hear that people enjoyed it."

Faculty member Marc Rose explained, "The idea is to have the float rotate between all the classes in this program, giving everyone the opportunity to add their touch, and help keep this tradition alive and build on it each year."

LBCC Veterans Club did most of the decorating, and have been walking in the parade for about 5 years, but without a float.

According to almost everyone involved, Jon Bidwell and Michael Rice really made this happen, and deserve to be recognized for their relentless efforts.

Keep an eye out for additional projects sponsored the Welding and Fabrication Technology Department, including new benches in the quad and new Commuter news stands.

"We worked hard to get the float done in time, but it really felt good to hear that people enjoyed it," said Rice



STORY BY BRIAN HAUSOTTER @BHAUSOTTER

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THE RED CUP FIASCO

Evangelists invent irrelevant controversy

Winter deepens, it's frosty skies threatening snow and storms. The final fall leaves swirl to the ground, November gives way to its close cousin December, and the holiday season arrives. For many, it is time to don their mittens and hats, sip cups of hot cider and devour fresh pumpkin pies. It is a season for a venture to a tree farm, where families across America select the perfect pine or fir to haul home. Strings of twinkling lights adorn houses up and down the blocks and shivering groups of people gather together to sing carols in the cold. Children indulge in far too many candy canes.

The holidays are a time when some celebrate the birth of Christ, some celebrate Hanukkah, and some the winter solstice. Others choose only to partake in the simple holiday traditions of Christmas time, with no religious affiliation. Some choose not to partake in the holidays at all.

Many in America crave Starbucks' steaming, hot, caffeinated beverages to propel them warmly through the holiday chaos into January. America's favorite coffee company kept the diversity of celebrations in mind when designing this year's holiday cup. Missing are the snowflakes and snowmen, stars and christmas trees of years past. This year the cups are a simple, streamlined red color.

For one Christian Evangelist, the holidays are defined by an inclusion of wintery symbols on the commercialized, disposable coffee cups.

In an incendiary online video post, Joshua Feuerstein, self-proclaimed "American Evangelist, internet and social media personality," accused the Starbucks corporation of "hating Jesus". To him, the switch to a plain red cup demonstrated an attempt to "take the Christ out of Christmas."

Though much of America has responded to the accusations with either apathy or disgust, Feuerstein's video post garnered more than 15 million views. Sparking a wave of social media

discussion, supporters of the claim used hashtag #MerryChristmasStarbucks to protest the company's simple, inclusive cup design. Others, incredulous with the thought that a disposable cup could conjure such controversy, responded with the hashtag #ItsJustACup.

A Starbucks financial analyst was astounded when the fiasco ensued, social media networks simmering with the battling hashtags. She wishes to remain anonymous.

"Seriously? With everything that's going on in this world, this is what you choose as your cause as a Christian?" she said in regards to Feuerstein's claims. "It's become something of a joke around the office. It's brought up at every meeting. And I know many people at the office had the same thoughts I did when the wave first hit."

In an official response from the corporation, Jeffrey Fields, Starbucks vice president of design and content explained the company's transition to the simple cups.

"In the past, we have told stories with our holiday cups designs. This year we wanted to usher in the holidays with a purity of design that welcomes all of our stories," said Fields.

According to the Starbucks financial analyst, "They shift designs over the years as things come in and out of style at the creator's studio. The red color is more in line with the rest of the current marketing. We want to make everything flow together more naturally, from the merchandise, to the cups, to the bags of coffee."

She also made note of the difficulty large corporations face when marketing to the masses.

"One of the challenges in working in retail is how to be inclusive and celebrate the diversity of our partners, our communities and customers, without totally going off the deep end," she said. "I've actually found our stuff to be more Christmas-y than I would expect."

Upon entering a Starbucks, shelves brimming with holiday gifts, "Christmas



Blend" coffee, and other seasonal merchandise alive with the traditional holiday symbols attest to her statement.

These holiday symbols are not inherently Christian, as Washington Post columnist Alexandra Petri points out.

"You should thank Starbucks for getting rid of those pagan snowflakes," she said sarcastically in a video response to the controversy.

She further explains the unlikelihood that snowflakes actually fell at the birth of Christ, and are simply a symbol of the winter season.

According to History.com, the traditional Christmas tree is a hijacked pagan tradition, borrowed from celebrators of the winter solstice. In fact, America didn't embrace the Christmas tree as a tradition until 1846, after England's Queen Victoria popularized what many considered to be a pagan, frivolous tradition. Today, however, trees sacrificed to the holiday cause are grown in all 50 states.

Despite America's inconsistent relationship with what are now traditional holiday symbols, the red cup fiasco entered the political playing field. In a statement made at a campaign rally Nov. 9, presidential hopeful Donald Trump showed support to the Starbucks protesters. Trump called for a boycott on the company, suggesting he would force the Starbucks out of Trump Tower.

He further stated, "If I become president we're all going to be saying Merry Christmas again, that I can tell you." He showed little regard for the rights of those Americans who wish to not say "Merry Christmas."

Despite the tumultuous nature of

current events and the many controversies the world faces today, America has found a certain fascination with the claims against its coffee queen.

Meanwhile, across the Atlantic, an entire population of people's lives are at stake.

While the Syrian refugee crisis continues, must our society give its fascination to so-called "first world problems" such as the red cup controversy? Are we, as a society, ready to open our cities, towns and homes to those suffering in the crisis?

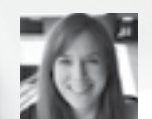
Is it necessary for serious political figures to pander to the attention-seeking accusations of one man?

As terrorists attacks continue around the world, do we need our eyes diverted to the style choices of a coffee company?

While spiking racial tensions evolve into Black Lives Matter protests taking place across the nation, must America create inconsequential controversy over disposable cups?

It seems as though our cups are brimming full with controversy already.

Millions of Americans will be hungry and cold this holiday season. Instead of bickering amongst ourselves over designs decorating expensive coffee drinks, Americans have a responsibility to spread positivity and human kindness. Volunteer at the local food bank, or donate to a clothing drive. Feed a homeless person a hot meal. Buy them a cup of coffee.



COLUMN AND PHOTO BY EMILY GOODYKOONTZ

NOT-SO-HOT WHITE CHOCOLATE MOCHA

A cup of joe to go

Coffee has been a staple in the American kitchen since the 18th century. It is no wonder that a Starbucks or Dutch Bros. can be spotted on nearly every corner of every town.

According to a study done by Google, "More than 50 percent of Americans (or about 150 million people) drink coffee every day." "That amounts to a daily consumption of more than 330 million cups! This makes the United States the most coffee dependent country on Earth."

More and more coffee is making an

appearance in the classrooms. Students rely on the caffeine to keep them going to make it through class.

Linn-Benton has two coffee shops: Hot Shot Café and the Courtyard Café, and in the bookstore they have Boyd's coffee available.

"I go a coffee shop at least three times a week," said Taylor Beecher, a Linn-Benton psychology major.

In the Hot Shot Café they have a variety of coffee concoctions to fulfill any caffeine fanatics craving. The most popular drink they serve is their white

chocolate mocha with raspberry sauce.

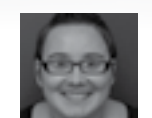
"It is good and sweet," said David Harold, LB student and barista.

Being from the Bay area Beecher didn't grow up around Dutch Bros. She had Starbucks and she preferred an iced caramel macchiato because it has a real coffee flavor.

If a coffee isn't your thing then Karla Ledesma, LB student and barista at Hot Shot Café has a personal favorite: a dirty chai. Ledesma recommends a white chocolate mocha for the coffee lovers out there.

According to National Coffee Association, "Great coffee starts with great beans."

Stay warm with a cup of joe this holiday season while on campus or on the go.



STORY BY MELISSA CHANDLER @MJEFFERS

THE HEALTH BENEFITS OF GRATITUDE

Research finds a gratitude journal can benefit health and wellness

What do the holidays mean to you? For many it means shopping, eating, and trying to keep up with the Joneses.

It's easy to get caught up in the new associations that have been bestowed upon the holiday season by our culture, making it easy to spot what we do not have—a fancy decorated home, enough money to buy the best gifts, or maybe a loved one that has passed away.

It's the time of year when elementary school teachers are assigning "gratitude lists" to thousands of children nationwide, asking them to reflect on the true meaning of the season, asking them to take a look at the things they do have.

According to research, children aren't the only ones who should be encouraged to count their blessings this season—or any season for that matter.

Experts such as Robert Emmons, the world's leading scientific expert on gratitude, professor of psychology, and the founding editor-in-chief of The Journal of Positive Psychology, have compiled research suggesting that gratitude can play a major role in emotional, physical, and spiritual health.

"Grateful people report higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of depression and stress. The disposition toward gratitude appears to enhance pleasant feeling states more than it diminishes unpleasant emotions. Grateful people do not deny or ignore the negative aspects of life," wrote Emmons.

Emmons' research has shown that people who keep a daily gratitude journal attain academic, interpersonal and health-based goals at a higher rate than those who don't.

A 2012 study published in Personality and Individual Differences illustrated that, overall, people practicing gratitude reported fewer health issues and aches and pains. It was also suggested that grateful people were more likely to take

care of themselves, exercise, and visit the doctor regularly.

Another study from Applied Psychology: Health and Well-Being showed people who rated higher in gratitude have reduced levels of stress and more sleep. Participants of the study demonstrated much higher levels of positive alertness, enthusiasm, determination, attentiveness and energy.

MAJOR BENEFITS

- Academic success
- Relationships
- Optimism
- Resilience
- Sleep

The list goes on.

Gratitude can also affect social comparison, boosting self esteem. A 2014 study in the Journal of Applied Sport Psychology found that resentment toward people with more money or better jobs is lower in those who are content with what they have. Materialism wasn't as important to those people, and they were more likely to appreciate others' accomplishments.

Flipping the TV. on to football is an easy thing to do. Remembering to be thankful for the good things in your life? Not so much.

Gratitude-expert Robert Emmons found that those who attend religious services and engage in religious activities are likely to score higher in gratitude.

"Gratitude does not require religious faith, but faith enhances the ability to be

grateful," said Emmons

Emmons' advice for cultivating gratitude is maintaining a gratitude journal. It doesn't have to be a diary or something in which you write paragraph after paragraph. Emmons argues that keeping a gratitude journal can be as simple as a bedside list that can be added to before bed.

He writes that eventually the journal can become a symbol of thankfulness, and just looking at it can be a reminder of all that you have and what is important to you.

"Your gratitude journal doesn't have to be deep. What you are thankful for can be as simple as 'family' or 'the new book or movie I recently enjoyed' or 'this morning's breakfast.'" Huffington Post's Lauren Jesson wrote. "It can help you gain a new perspective of what is important to you and what you truly appreciate in your life."

There are several online tools to help as well.

Gratitude Journal is a free iPhone app that can be used to keep track of what you're thankful for by adding notes and uploading photos. Gratitude - Shared Journal of Thoughts is a positivity-based collective journal where users can post their notes publicly.

"It's great because you can see what other people are thankful for too," one iTunes review wrote. Many reviewers credit apps such as these for improving their attitudes and feeling grateful. "It's great to look back on previous entries," wrote another.

Not the journal type? That's ok. Sometimes just stepping back and looking at life from another perspective can really change your attitude. When things don't go as planned, see what kind of life lessons can be drawn from the setback. According to Andrew Newberg, M.D. and Mark Robert Waldman, words chosen can affect how the brain reacts

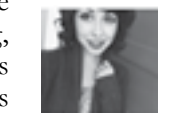
to a situation.

"A single word has the power to influence the expression of genes that regulate physical and emotional stress," their book, Words Can Change Your Brain, reads. According to the author's, words drive the motivational centers of the brain into action and help form resiliency.

However you choose to go about it, taking a few moments each day to be thankful could have outstanding effects on many aspects of your health and wellness.

This time of year is not when we should focus on not having a fancy decorated home, enough money to buy the best gifts, or a loved one that has passed away. It's the time best spent with the people that care about you, or giving back to the community. It's about the memories made in a nation where the holidays can be celebrated freely.

"A single word has the power to influence the expression of genes that regulate physical and emotional stress."



STORY BY KATHERINE MILES @KATEMARIEMILES

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A CULTURE TOO STRONG TO BE BROKEN

Philomath High graduate living in France, talks about her experience after 11/13

Friday, Nov. 13, brought a new meaning to the fear underlying the phrase “Friday the thirteenth.” The date 11/13 will forever be remembered in French history like 9/11 is in American history.

Two weeks have passed since the tragedy in Paris claimed the lives of 130 people. Most had set out on town for a night of food, drink, and music. In a stadium close to the attacks, thousands of fans gathered in celebration of Europe’s most beloved sport, a soccer match between France and Germany.

As events unfolded that evening, the world was reminded that in a course of minutes everything can change.

Mackenzie Schonback is a former Philomath resident (maiden name Daggett), and was 1999’s Frolic and Rodeo Queen. She shares deep roots with both the Northwest and France. She has been living abroad for 15 years, and resides south of Paris in a village called La Guade, just outside of Nice.

She has spent much time in Paris over the last decade, and the events of 11/13 have shaken her, as they have so many others.

“I have never ever experienced this physical fear before—not after 9/11 or 7/7 in Paris last January. Those events were awful and tragic and devastating, but it didn’t make me fear for my personal safety. This time was different,” she said.

She was in London that day. She had just returned to her hotel and turned on the television. It was then that the terror felt by so many Americans a decade ago came to the forefront of her mind as real-time footage of raw Parisian fear plagued the screen.

“We caught it just as the attacks started and were glued to the television until the wee hours of the morning. It was awful. It brought back so many memories of watching the attacks on 9/11 from our living room in

Oregon,” she said. On the eve of her return to France, she was unsure of what to expect when she returned home. The airport in London she was to fly out of was closed due to a suspicious person, ISIS had just claimed the attack on Paris, and their president had just announced the borders closed.

“For the first time in my life, I felt personally in fear of terrorism.”

- Mackenzie Schonback

“For the first time in my life, I felt personally in fear of terrorism,” she said. “I was not comfortable being in the airports or being on the very solemn and quiet plane to France. I was very happy to get home and out of public areas.”

A few days later the Nice airport in which she landed was shut down due to a suspicious car. In her region, people’s houses and apartments were being raided.

“They apprehended a suspect who they think is quite a major ISIS operative just outside an area where we often go to dinner,” she said.

However, upon her return to France, she rejoiced to find the French refusing to live in fear of

extremists that try to break them. Businesses were open, heads were held high and people were coming together stronger than before, much like Americans in the wake of 9/11.

“Life carried on. The energy was somber and definitely a bit quieter, but this is a country of proud, dignified people,” she said. “I definitely got the sense that nobody wanted to give the terrorists the satisfaction of changing their life.”

Although her experience has certainly differed from those eight hours away in Paris, Schonback is convinced that some good will come from this bad situation.

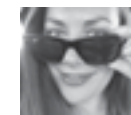
“Even in Paris, even in the vicinity of the attacks, people are going out and showing that you don’t mess with French culture, which is really what those attacks targeted. In that aim, the terrorists absolutely failed,” she said.

On Nov. 18, the strength of the culture was defined when a blindfolded Muslim man stood in a public square in Paris and asked people to hug him. The warmth he received by Parisians that embraced him could be expected from a culture that is known for its embrace of love and romance.

“What is truly valued here is time: time with family, time to enjoy life, time to savour food, wine and love,” Schonback said. “There has been a conscious push by the citizens to live life to the max, and it is a beautiful thing to watch.”

While many in America are questioning continued acceptance of refugees, in France Schonback sees a very different reaction. In Europe, where all of this is actually happening and where people are being actually impacted, you have so many citizens donating to refugee aid organizations, taking refugee families into their homes as they transition, giving away food and clothing and hugs,” she said.

As France sits on the world stage, the world watches America’s oldest ally rebuild a culture too strong to be broken.



STORY BY ALLISON LAMPLUGH @LUCYLAFFLOURE



Poetry Club
Let's celebrate your poetry and your favorite poems

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Mark Nepo



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Diversity Achievement Center in Forum 220

FRANCE, FROM THE INSIDE OUT

A conversation about values, acceptance and humanity

“Accepting that I am scared feels a little like being the one crying the most hysterically at a funeral when I am the one that was the least close to the person who has passed.”

Mackenzie Schonback, a former Frolic and Rodeo Queen, has resided in La Guade, a village fifteen minutes from Nice, France for the past eight years. She is receiving her bachelor’s from Goddard College in a mix of disciplines including sociology and international development, with an emphasis in conflict resolution. She will continue to achieve her master’s in peace building and psychology.

Q. Prior to this event, what has your experience in France been like (the people, the culture, the vibe)?

A. It is a place that absolutely defies stereotypes and lives up to them at the same time. The ‘work to live’ mentality that the French are known for is very accurate. If you have a steady job where you earn enough to just not struggle and can pay for that month long vacation everyone takes in August, that is enough here. New vehicles are not really considered a status symbol and large houses and fancy interiors are not a priority. Ostentation and intense ambition are considered crude and uncouth. Four hour Sunday lunches in the garden with all the extended family and friends are the norm, with way too many bottles of local wine, homegrown veggies, mushrooms from the forest, and cheese from the neighbor’s goats.

Q. What is your biggest concern about life in France after this tragedy?

A. France is going to be fine. French culture is so resilient and the response here has been, not surprisingly, incredible. They are fighting terrorism with love, champagne, macarons, and truffles. War and loss are nothing new to France and they are a strong people. WWII happened right here and it is still very much in the public consciousness. My biggest fear is this leading to a full-blown war. My next biggest fear is that the far right will gain ground and senseless bigotry will take the place of acceptance and unity. There is a very large Arabic and Muslim population in France and the vast majority are kind and wonderful people who are loudly denouncing these atrocious acts. Luckily, this attack has brought out the best in a lot of people, and while there will always be a fearful minority of hateful people, I think there is a chance this will bring all the various cultures and backgrounds of people in France together even more.

Q. What are your concerns regarding the reaction of some Americans with the anti-refugee stance stemming from these events?

A. This has been really, really hard to watch from abroad. In Europe, where all of this is actually happening and where people are being actually impacted, you have so many citizens donating to refugee aid organizations, taking refugee families into their homes as they transition, giving away food and clothing and hugs. In America, where this isn’t happening, I am seeing painful

xenophobia spreading like fire. America is a beautifully diverse country, but that diversity tends to exist mostly in urban areas. This means that by no fault of their own, residents of many towns and smaller cities in America have much less contact with people of differing backgrounds, colors and faiths. Fear is what happens in the darkness of the unknown. This isn’t a judgment; we fear what we don’t understand as a survival instinct. But it is important not to lose your heart in fear, which I am seeing a lot of good people doing right now.

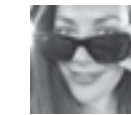
Q. From American news that you have seen there, are we talking about the climate in the country as it really is, or do you see misrepresentation or sensationalism?

A. Don’t get me started. It is always surreal to watch the American news report on something going on around me abroad. It is usually grossly sensationalized and often just factually incorrect. After the tragic events last January at Charlie Hebdo in Paris, the French government actually tried to sue Fox News after they got it so wrong. It makes me very sad that the good people back home are subjected to the kind of low quality tabloid style infotainment that passes for the news on television these days, and it makes me understand better the fear people have of refugees as they are so misinformed. I urge people to really dig deeper and not to get sucked into fear-mongering that seems to be the raison d’être of the American news. Just because they say it on the news does not make it true.

Q. As someone born in America and living abroad, does an event like this change your perception of the world?

A. If it did anything, it made me a lot more aware of how awful it must be for the people who live in warzones. I found myself feeling selfish and embarrassed. It felt embarrassing because this didn’t actually affect me or anyone I personally know. But it was so close to home. It happened in a place I wasn’t, but in a place I have been many times, a place I love. But I am not personally suffering. Many other people are suffering (or no longer able to suffer, considering the lives taken). Accepting that I am scared feels a little like being the one crying the most hysterically at a funeral when I am the one that was the least close to the person who has passed. This isn’t about me. But mostly, it feels selfish because countless innocent, amazing, wonderful people live every day of their life in places where this sort of terror is a very real threat, like Beirut and

Syria, and get very little Western consideration. They go to the store, they take their children to school, they work, they play, they love. Dads who throw themselves on suicide bombers, saving hundreds, barely make the news. So many good people live with the continuous fear of very possible terrorist attacks—attacks that are never shown the same kind of press or support that Paris has so deservedly received. So, yeah, it has changed my perspective. I feel like my version of ‘caring for those around me’ has grown a lot larger. My thoughts are with the brave civilians and courageous soldiers caught up in this madness. I hope for peace through understanding and education every single day.



STORY BY ALLISON LAMPLUGH @LUCYLAFFLOURE

Linn-Benton Community College Presents:

HOME IS WHERE HOPE ABIDES

Thursday, December 3
7:30 p.m.

A Choral Celebration featuring LBCC
Concert Choir
Chamber Choir
A Cappella Groups:
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Raymund Ocampo, Conductor
Penny Bazanele, Accompanist

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NWAC Tournament



RoadRunners finish third in NWAC tournament

LBC volleyball team made a deep run in the NWAC championship tournament, finishing third for the first time and best place since finishing third in 2000. The 43 wins are the most in the 35 year history of LBC volleyball.

"The season as a whole was a record breaker in many ways but it did not come easy," said head coach Jayme Frazier. "Each player made her own sacrifices to be part of the bigger picture. We had to practice at odd hours to fit into schedules. Some players played different positions from the start of the season in order for the team to accomplish their goals. There were many examples of these types of selfless acts that really just made it such a memorable and exemplary year."

Freshman Chase Bohman was one of the stand out players on offense for the RoadRunners and she reflected on the tournament run.

"The tournament was an amazing experience for my first year as a collegiate athlete, said Bohman. "We played amazing, really connected as a team and it showed on the court. I love

my team and am so happy of our accomplishments. The unfortunate event of the Clark game were Sammy got taken out along with me in the third set was saddening because no one wants to remember their last game as getting hurt by the same player but third is nothing to be ashamed of and along with beating LB record."

RoadRunners were within three points of making it to the championship match, but Samantha Roulea and Chase Bohman both went down with ankle injuries on questionable plays by Clark under the net in the second and third game respectively.

"As far as the last match of the tournament, well it is not what we had envisioned," said Frazier "When you step on the court, you want to know that you laid it all on the line and the results are pure. When a team has season ending injuries [Rouleau, Bohman] like we did in that last match, you always wonder what if, but injury is part of the game and we move on but there will always be that question."

Chase Bohman was named the

All NWAC "Offensive player of the Week" twice, Samantha Rouleau was named the "Setter of the Week" twice, and Alyvia Sams was named the defensive player of the league once. Winning the player of the week means that you are chosen as the most outstanding player of the week out of the 29 NWAC teams in the entire Northwest Athletic Conference. Bohman and Rouleau were both selected to the South Region first team and Sams was named to the second team.

"As far as leadership, I would really have to give it to my entire sophomore group," said Frazier "Yes we had key leadership on the court in Sam Rouleau, but the group in it entirety really stepped up to lead by example on and off the court. That is so important in creating and maintaining strong culture in a constantly changing two year setting."

<http://lbcommuter.com/category/sports/lbcc-roadrunners/> link to photo galleries and stories

STORY BY
JASON CASEY
@REALJASONCAEY



PHOTOS BY ANDREW GILLETTE

DUCKS OUTLAST BEAVERS

Oregon join record 10 Pac-12 bowling teams and with a win will add another 10-win season



Rivalry week always brings the best out of Oregon State. Even in bad years the Beavers have a knack for tight games against Oregon. The Ducks held off the Beavers second half push to win the Civil War 52-42, the eighth straight for Oregon. Oregon is now tied with the 1975-82 Ducks and the 1962-71 Beavers for longest win streak in their 119th meeting.

The Beavers received the opening kickoff and looked strong as they drove 75 yards in 10 plays to go up 7-0 on the Ducks. The rest of the half was brutal for the Beavers; Oregon held them to just 11 yards on 6 drives while the Ducks ran up the scoreboard to close the half 31-7.

In the second half Oregon State came out with a fire under them, forcing an Oregon turnover on the first drive

of the second half and firing off four touchdowns in four possessions to pull the game within three points early in the fourth quarter. The Ducks and Beavers traded a couple more touchdowns to end the half before Oregon came away with their ninth win of the season.

The win caps off an impressive finish of the season for the Ducks. After starting the season 3-3, there was plenty of doubt about whether Oregon had finally hit their plateau. Oregon finished the season with six straight—including wins over both Stanford and USC—the eventual Pac-12 North and South leaders that will play in the Pac-12 Championship for a guaranteed spot at the Rose Bowl.

Beavers expectations to end the season were the exact opposite; with a new coach and a young team, Oregon State

was not expected to give Oregon much of a challenge given the 35 point spread. The Beavers took their pseudo bowl game against the Ducks seriously, and it showed in the second half. Young players got a taste of a big game, and were close to pulling off the upset, something that would have boded well for their future. Alas, Beaver Nation will have to wait another year to get back on track.

The Pac-12 backed its preseason claim of being a deep conference over the weekend. While there will most likely not be a Pac-12 representative in the Playoffs this year, with Washington beating Washington State last weekend, the Pac-12 has a record 10 bowl teams eligible this year. If the conference is able to win a majority of their bowl games it will help the their perceived strength

heading into next year. The Ducks will have to wait until Sunday to see how Selection Day treats them. With a little magic, there is still a possibility of a New Year's 6 bowl appearance, but most experts put the Ducks in the Alamo Bowl, which pits the second best Pac-12 team against the second best Big-12 team. Number 11 TCU looks like they will join Oregon in the bowl. This would be the first meeting of the two teams since they had a home and home in the 1977-1978 seasons.



COLUMN BY ANDREW GILLETTE @ANDREWJGILLETTE

CAMPUS BULLETIN BOARD

Study Jam Albany Campus Dec. 5, 10 a.m. to 4 p.m. and Dec. 6, 10 a.m. to 6 p.m. Learning Center and Library. Free food and drinks in the Hot Shot Cafe. Benton Center Dec. 5 10 a.m. to 4 p.m. Lebanon Center Dec. 5 10 a.m. to 3 p.m. Come and get your study on!

Active Minds Dec. 5 - 6 from noon to 2 p.m. Active Minds, the psych club on campus, is hosting a classic Warner Brothers cartoon showing and giving away free popcorn in NSH 209 on Thursday and NSH 109 on Friday for a stress break from finals.

"Sing for Joy" Dec. 5 at 7:30 p.m. Linn-Benton Community College will presents its fall choral concert "Sing for Joy" in the LBCC Russell Tripp Performance Center, Takena Hall, 6500 Pacific Blvd. SW, Albany. Tickets are \$10 general admission, \$7 for students, seniors, and veterans, and \$5 for under 18. Purchase for no fee online at www.linnbenton.edu/go/tickets, at the Russell Tripp Performance Center Box Office

PCPA Holiday Connections Dec. 5, 6, 7 at 8 p.m. Newmark Theatre, PCPA Holiday Connections presented by PGMC Tickets are available at www.tickets.pdxgmc.org and prices start at \$15. Student, Senior and Group discounts can arranged by calling the box office at 503-226-2588

Earl Thomas and the Blues Ambassadors Dec. 13 at 7:30 p.m. The Majestic Theatre presents Earl Thomas and the Blues Ambassadors. The Majestic is located at 115 SW 2nd Street, Corvallis, OR 97333. Reserved seating is available for \$18-\$25. For tickets, call 541-738-7469 or purchase online at www.majestic.org.

Job Fair Dec. 17, LBCC is hosting the 2013 Youth Job Fair. In need of volunteers to give students mock feedbacks. To volunteer for this event register at www.albanychamber.com or contact Kimberly Montgomery at 541-926-1517

SECURITY BRIEF

Public Safety Events Reported:

Weeks of Nov. 6-22

- Event: Campus: Number of Cases
- Student Conduct/Rule Breaking Investigated Albany Campus (8)
- Traffic and Parking Citations Albany Campus (15)
- Traffic and Parking Citations Benton Center (5)
- Pedestrian Struck Benton Center (1)
- Medical Response Albany Campus (3)
- Disruptive Guest on Campus Albany Campus (2)
- Missing Person Investigation Albany Campus (1)
- Informational Follow-up Conducted Albany Campus (24)

Week of Nov. 23-29

- Event: Campus: Number of Cases
- Local Law Enforcement Inquiry Albany Campus (1)
- Drug Paraphernalia Found Albany Campus (1)
- Informational Follow-up Conducted Albany Campus (8)
- Policy Compliance Follow-up Albany Campus (3)
- Theft: College Property ATTC Campus (1)
- Traffic and Parking Citations Albany Campus (3)
- Traffic and Parking Citations Benton Center (0)

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Secretary: Cameron Reed
Treasurer: Rebecca Fewless
Advisor: Frossene King

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ARTS & ENTERTAINMENT



COURTESY: COLUMBIA PICTURES

MOVIE REVIEW:

The Night Before

DIRECTOR: Jonathan Levine
STARRING: Joseph Gordon-Levitt, Seth Rogen, and Anthony Mackie
PRODUCTION: Columbia Pictures, Good Universe, LStar Capital, Point Grey Pictures
GENRE: Comedy
RATED: R
OVERALL RATING: ★★★★★

REVIEW BY **KYLE BRAUN-SHIRLEY**

When most people hear the words “classic Christmas movies,” they think of “It’s a Wonderful Life,” “White Christmas,” and “A Christmas Story.” They don’t usually think of “Super Bad,” “Pineapple Express,” or “This is the End.” Director Jonathan Levine thought it would be a good idea to combine Christmas movies with stoner comedies, and the result is “The Night Before.”

“The Night Before” is a Christmas comedy film released on Nov. 20, 2015. Written by Levine, Evan Goldberg, Kyle Hunter, and Ariel Shaffir, the film follows three friends on Christmas Eve in New York City. It stars Joseph Gordon-Levitt, Seth Rogen, and Anthony Mackie.

The film is about Ethan (Gordon-Levitt), Isaac (Rogen), and Chris (Mackie). Ethan’s parents died on Christmas Eve 14 years ago, and Isaac and Chris made it a tradition to spend every Christmas Eve with their friend. Now the three men are getting older and moving on with their lives, so they have decided to make this the last year of their tradition. What ensues is a hilarious,

and surprisingly heartwarming, night of crazy antics.

The rest of the supporting cast is good too. Lizzy Caplan, Jillian Bell, and Mindy Kaling all give solid performances, but the real highlight here is Michael Shannon. It seemed like he was just going to play this generic drug dealer character that’s in every Seth Rogen movie, but over the course of the film he elevates the character to something far more entertaining.

One of the nice things about “The Night Before” is the way it balances the story between all three of the main characters. While it’s clear early on that Ethan is the lead, equal time is given throughout the movie to develop the storylines of Isaac and Chris. Not enough movies give adequate time to character development, so it’s nice to see a film respect the characters and the story.

The most surprising aspect of the movie is how touching it can be at times. At its core, “The Night Before” is about growing up without forgetting about friends and family along the way. People will watch this movie for the laughs, but they’ll keep revisiting it for the

joyous feeling it instills in the audience.

Speaking of laughs, “The Night Before” is hilarious. It’s one of the funniest movies of the year, bar none. Granted, the humor isn’t for everyone. It’s foul and uses an excessive amount of curse words, but people will be laughing so hard they won’t have time to think about that. The only issue in terms of the comedy is that it’s a little slow to start. It didn’t seem like anyone in the theatre was really laughing for the first 20 minutes of the movie, but once the laughs hit they hit hard.

It’s likely “The Night Before” will be remembered as the best Christmas movie of 2015. It’s a little slow to start, but once it gets the ball rolling it doesn’t let up. Despite not being fit for the whole family, “The Night Before” is a holiday romp that will warm the cockles of the heart.



COURTESY: LIONS GATE FILMS

MOVIE REVIEW:

The Hunger Games Mockingjay Pt. 2

STARRING: Jennifer Lawrence, Josh Hutcherson, Julianne Moore, and Donald Sutherland
PRODUCTION: Lions Gate Films
DIRECTED: Francis Lawrence
GENRE: Action, Adventure, Thriller
RATED: PG-13
OVERALL RATING: ★★★★★

REVIEW BY **STEVEN PRYOR**

Three years have passed since “The Hunger Games” first graced theaters, cementing itself as a key part of the young adult film craze giving female moviegoers the ideal role model in Katniss Everdeen (Lawrence). While that film and its sequel, “Catching Fire” relied on the familiar concept of gladiatorial fights to the death amid a dystopian setting, the first portion of “Mockingjay” felt akin to a political thriller in tone and genre. Now, the fourth and final installment has arrived, with director Francis Lawrence likening the final product to a war film.

For all intents and purposes, “The Hunger Games: Mockingjay Part 2” delivers, pulling no punches in its 136-minute run in terms of drama and intensity. Combined with the already great “Mockingjay Part 1,” the film looks very much like its massive \$250 million budget. With all the explosive action and stellar production values, you’d expect from a final entry in a successful series; it’s hard to believe that this was distributed by the same studio that once produced the

low-budget “Saw” films a decade ago.

Picking up where the last film left off, Peeta Mellark (Hutcherson) has been physically and emotionally damaged by his capture and torture at the hands of President Snow (Sutherland). Outraged, Katniss vows to unite the districts and lead them in an all-out assault against the Capitol. Its purpose: to assassinate Snow and restore freedom to the districts by toppling their oppressive totalitarian regime.

Snow, however, has no intention of giving up his power so easily. He has the gamemakers of previous competitions of the Hunger Games transform the city into one massive death trap full of flaming corridors of buildings, oceans of biologically-enhanced oil, and genetically-engineered killer “mutts” to stop Katniss from accomplishing her goals.

While there are some key differences from the novel, Sutherland’s performance as Snow

easily steals the film. The decision to give the character a greater role was a highly effective one, as

he is easily one of the most vile, yet charismatic villains ever committed to film. Lawrence’s performance bears the weight of the story on her shoulders, and her role as Katniss reaches its peak here.

This is also the last major film to feature the late Philip Seymour Hoffman as Plutarch Heavensbee, and is dedicated to his memory as a result. The film had to be re-edited and reshot after

Hoffman died of a drug overdose in 2014, which makes his role in the film retroactively symbolic of not only the end of the series, but the end of an era.

Filled with intense action and the characters reaching their emotional climax, “The Hunger Games: Mockingjay Part 2” is a bittersweet yet ultimately strong finale to “The Hunger Games” saga. Its impact and influence on dystopian fiction and adapting young adult novels will be felt for years to come.

ARTS & ENTERTAINMENT



On November 12, 2015 the first Nintendo Direct presentation since the passing of Satoru Iwata at age 55 was simultaneously put on YouTube and Nintendo’s website with many big announcements coming from the livestream of the event.

First was the reveal that Cloud Strife from “Final Fantasy VII” would be coming as DLC for the 3DS and Wii U versions of the “Super Smash Bros.” series of fighting games. With a unique play style involving the familiar Buster Sword and the setting of Midgar as an arena, this looks to be a welcome addition to the growing roster of characters as well as a great way to get ready for the upcoming 20th anniversary of “Final Fantasy VII” in 2017.

There were also a myriad of announcements involving the long-running “Legend of Zelda” series, which

will be celebrating its 30th anniversary in 2016. In addition to “Zelda U” on track to launch that year, there are also plans to re-release 2006’s “The Legend of Zelda: Twilight Princess” in HD for the game’s 10th anniversary. There will even be an Amiibo figurine of Wolf Link and Midna to mark the occasion.

There was also the news that the surprise hit spinoff title “Hyrule Warriors” would be granted a 3DS companion in “Hyrule Warriors Legends,” containing a host of new content as well as the introduction of new heroine Linkle. Despite many fans being dismayed over the delay of the game to fine-tune it, Nintendo will definitely be able to make the release of “Zelda U” in 2016 work to their advantage.

Fans of the “Mega Man” series also have high hopes for the 30th anniversary of the Blue

Bomber as well. In addition to “Mega Man Legacy Collection” containing the first 8 games in the series; series creator Keiji Inafune will be launching a spiritual successor in the form of “Mighty No. 9.” Born out of a highly successful Kickstarter campaign, the game will be getting a wide release under the banner of publisher Deep Silver (“Dead Island”) in 2016.

The most monumental announcement, however, had to be the plans to finally re-release “Pokémon Red, Blue, and Yellow” on Virtual Console for the series’ 20th anniversary in 2016. While

the games have largely been preserved in their original forms, one notable enhancement is that all

the trading and battling will be done wirelessly in lieu of the link cable of the past. Without a doubt, this will not only allow fans of the series and children of the

’90s to relive their favorite adventures, but appeal to today’s gamers and kids as well. The games are scheduled to go live on Virtual Console on the 20th anniversary of their initial release in Japan on February 27, 2016.

These are just a handful of the many announcements to come out of this Nintendo Direct. There are plans for one last presentation in December involving “Super Smash Bros.” before the stream is to be retired. For now, these announcements will definitely make the remainder of 2015 and the entirety of 2016 one of the biggest years in gaming ever. Now you’re playing with power: direct power!

REVIEW BY
STEVEN PRYOR



MOVIE vs BOOK:

Wild
“WILD”- BOOK: 2012, Movie: 2014
ACTRESS: Reese Witherspoon
WRITER: Cheryl Strayed
RATING: Book 5 Stars, Movie 5 Stars
OVERALL RATING: ★★★★★

COMPARISON BY: **MARINA BRAZEAL**

To live wild and true is a task that not many succeed.

Cheryl Strayed was a troubled and lost soul. She had lost her mother to cancer, struggled with drug addiction, divorced, and completely lost herself.

Then, in the check-out aisle of a store, a book grabbed her attention. A book about the Pacific Crest Trail, a trail that spans from Mexico to Canada. This book spiked her interest enough to invest in the hiking essentials, sell her belongings, and hitchhike to the edge of the PCT to take on the adventure of a lifetime.

The book “Wild” by Cheryl Strayed was life altering. This woman is an inspiration to human beings worldwide.

Strayed wrote the book in a tiny abandoned cabin in Lake County’s Paisley, Oregon; just a few miles from the town of Lakeview. Last spring, Strayed made a trip back to Lakeview to do a reading of her book at the Lake County Library.

This woman set out on a journey all on her own. A journey in which she had zero experience in, but packed up and went anyway, having faith in herself and her strength.

Her trek did not come without a few bumps and bruises. She questioned her ability and her sanity at many different points, but her determination is what kept her pushing on.

In 2014, Strayed’s book was made into a film. Her role played by Reese Witherspoon. New York Times said, “Wild may be full of natural beauty but it is also a celebration of the power of “art.”

This movie was a work of art. Strayed worked alongside Jean Mark Vallee to help sculpt the film. There were several changes to the timeline of her journey, but never once did they shine away from her story. In the book, she told her upbringing before we followed her onto the trail, with bits and pieces of her memory showing up as we hiked. In the movie, we started on the trail, and we were shown her past through her memories.

To some, this might come as annoying due to the fact that it’s not “by the book”, but producers do this type of alterations to keep us drawn into the story.

This movie was not a poor reflection of Strayed’s miraculous tale. Of course there were portions from the book that they should have put in, but producers can’t please everyone.

The book provided a more clear representation of Strayed’s previous life endeavors. For example, her relationship with her mother, her college education, her marriage, her addiction. The importance of her background was somewhat lost in the movie.

Witherspoon played Strayed to a tee. She was scared, heartbroken, and hopeful. She was nominated for

an Academy Award for best actress in “Wild.” She deserved the recognition.

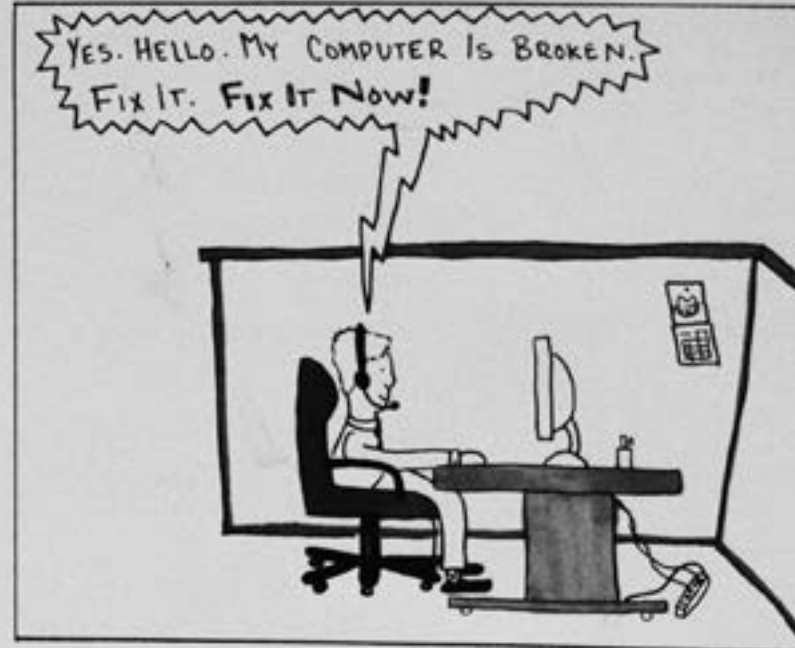
With the movie twisting the story line up a bit, it altered the target audience. The book was slow, and raw. Readers marched with her every heaving breath. The film didn’t necessarily take that away, but it was displayed in another way. The viewers watched her memories of her prior life as she hiked, while the book told her background before, as well as during her trek.

The movie was directed to grasp a younger audience. To inspire us to be like Strayed. If they would have made this movie as slow paced as the book, then it wouldn’t have gotten the same reaction.

“It was my life- like all lives, mysterious and irrevocable and sacred. So very close, so very present, so very belonging to me. How wild it was, to let it be.”

Movie character Strayed walked and reflected on all of her life choices that guided her to that moment, and college students can relate to that very closely. Like Strayed, college students are just trying to figure out what path to take. Walking along their own trail, burying mistakes in the dust they leave behind.

WHAT I IMAGINE A STEREOTYPICAL DAY AT WORK IS LIKE FOR MY TECH SUPPORT BOYFRIEND



BY SARAH MELCHER

DON'T FORGET TO RETURN YOUR RENTALS!

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Monday, Tuesday, Thursday, Friday
9:00am - 4:00pm
Wednesday
9:00am - 6:00pm

Benton Center
Monday - Friday 9:00am - 4:00pm

Bring all CDs, DVDs & supplemental materials purchased with your textbooks. Check buyback prices online at our website.

IT'S THE SILENCE

Carolyn Sparling

We fall into silence with our broken hearts our wounded hearts our hearts so full of love for our sisters, our brothers, in Paris.

Our tears fall between our words, words so difficult to say. What can we say? To whom?

We have almost lost our faith in the face of these one hundred twenty nine dead, in Paris.

Paris, the heart of France, the heart of the world today, the heart that breaks for these innocents who have lost their lives this 13th of November, in Paris.

LISTENERS

Michelle Soutar

Strings being strum in sweet cadence. Vibrations lifting the tune from me. Out to all the unknowing listeners. Do they know it's for them? This tune.

Played from a place within. A secret place in my heart, Few have seen let alone heard. These strings give my feelings flight.

When I play with others. We are like one being. Playing our hearts desires in unison.

The body of this old instrument. Echos my words. Off the walls.

Off of others. Each taking what they want, From this song.

To me it's dreams untold & unrealized. To them it's a past, It's a future, It's a lover left, It's a friend gained.

These echoes of sound. Sounds from my soul. So, unknowing listener... Listen.

Inspired by guitar players in the courtyard of LBCC

POTTY MOUTH

Joseph Quiner

The first time I swore at my I instantly knew I had royal *insert word I just used* up. Big time This resulted in a mouthful of soap, I was not old enough for those words.

But the public education system prepared me, I was not a child a left behind, they did their job.

I became semi fluent in English and fluent in profanity.

In the classroom

Locker room

Playground

Myspace

I became a wordsmith specializing in 4 letters because a little cursing made me feel better, older, more mature.

I had each word on lock.

D-word

S-word

B-word

C-word

F-word

Flip flopping them into phrases, sentences and filthy limericks

Did you know curse words can be

Nouns

Verbs

AND adjectives.

I thought I was old enough, ready for the real world I had mastered all the big boy bad words that anyone had ever.

Until my Mom said Cancer, See that is the real C word

It can't change a movie rating but it can change a lot.

Other C words I had never heard like consent.

You're a fan of alliteration?

How about Killer Cop

Words I had never heard:

Laid off

School debt

Hate Crime.

The real bad words, making people nervous like

Suicide

Genocide

Being scared at school for my own safety

You can call me a potty mouth

But these words are the reality of life, they're real life

You can't wash hate speech out of their mouths

You can't wash poverty out of the towns.

4 letter words maybe carved into desks but these words need to be

carved into our chests.

Waiting until they're older doesn't make them hurt any less

Doesn't make them easier

Hiding them doesn't mean they won't be said

Doesn't mean they won't happen

Doesn't mean they're not happening

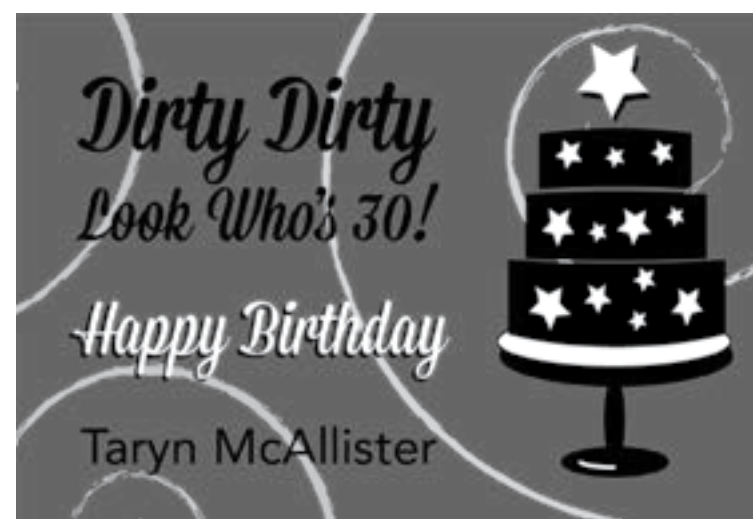
Sticks and stones may only break your bones but words, words will kill you.



NETFLIX RECOMMENDATION

"Snowpiercer"

It's not a typical Christmas movie, but it's one of the best films on Netflix. Plus, it has snow. Be a little different this holiday season, and watch "Snowpiercer."



THE COMMONS Cafeteria

12/2 - 12/11

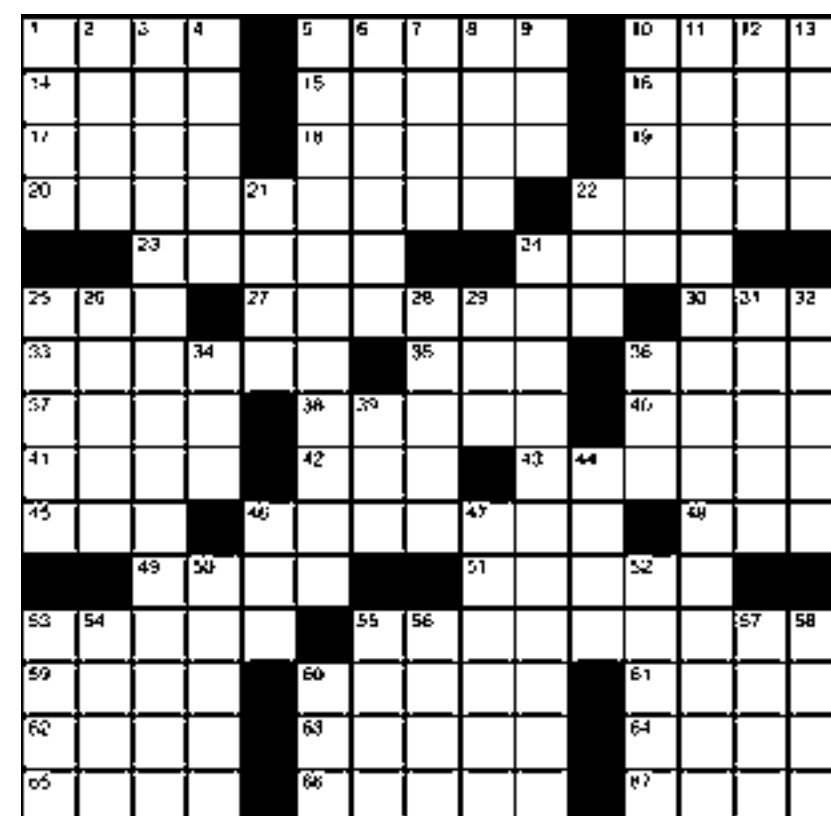
Wednesday: BLACK BOX - Mystery Menu
Thursday: Chicken Enchiladas*, Prime Rib* with Demi-glace and Horseradish, Macaroni and Cheese. Soups: Albondigas*, and Coconut Curried Carrot*.
Friday: Chef's Choice
Monday: Chef's Choice
Tuesday: Chef's Choice
Wednesday: Chef's Choice
Thursday 12/10 and Friday 12/11 closed for cleaning
 Menu is subject to change without notice.
 Items denoted with a * are gluten-free

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

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- "Mamma Mia!" group
 - Tunes
 - Fundamentals
 - Talking iPhone feature
 - Destroyer
 - Messy stuff
 - smasher
 - "I'm innocent!"
 - Hindu deity
 - High-speed war plane maneuver
 - Hunter's device
 - Gets close to
 - Cheat, in a way
 - Seasonal malady
 - Find work
 - Shakespearean fairy queen
 - Large-leafed tree
 - Batman portrayer
 - Kilmer
 - Skating commentator
 - Lipinski
 - Passionate
 - Dishes for company
 - Eagerly excited
 - Golfer Ballesteros
 - Furrow maker
 - Ruling period
 - Charlemagne's realm: Abbr.
 - Avant-garde
 - Low or no follower
 - Insert for a 6-Down
 - Shoot well under par, in golf lingo
 - Syria's Bashar al-
 - Focuses even harder ... and a hint to the starts of the answers to starred clues
 - Letters after phis
 - "The Planets" composer
 - Texter's "if you ask me"
 - Adorable
 - Wipe off
 - Dismissed, with "off"
 - "Until next time," in texts
 - Oscar's roommate
- DOWN**
- PDQ
 - Honey
 - *Rhode Island school
 - Pop singer Mann
 - *Like Southern California beaches
 - Duck player in "Peter and the Wolf"
 - Punishment with a grounding
 - Risk, e.g.
 - Canonized Mlle.
 - Feel the same way
 - *Title female "trying to make a devil out of me," in a Santana hit
 - "¿... está?"
 - Fix, as a pet
 - Blow one's top
 - Cotillion honoree
 - *One of two cold atmospheric cyclones
 - Jiffy
 - Iron-rich meat
 - Miller's "___ From the Bridge"
 - First calendar pg.
 - Food court attraction
 - Something to pick lox for
 - '50s political monogram
 - Label
 - "___ so?"
 - Fish caught in pots
 - Author Buntline
 - Tennis great Andre
 - Studio piece
 - "Swan Lake" swan
 - Customer holding: Abbr.
 - Closed
 - Produced, as fruit
 - Tel Aviv airline
 - Smidgen
 - Quiet yeses
 - Celeb with a mansion



By Alan Derkazarian

12/2/15

67 Tolkien's Treebeard et al.



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SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4

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

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

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

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PHOTO: BENJAMIN SCHEELE

Jacob Donner overlooks the city of Corvallis, on the top of Bald Hill.



PHOTO: CHEYNE WILLEMS

Ben Scheele swings a sledgehammer into the Duck-side door of the "Civil War" car at LBCC.



PHOTO: KYLE BRAUN-SHIRLEY

Devin Bauer shows off his defensive skills against Trevor Herrod, at the LBCC men's basketball practice in the gym.



PHOTO: ROMINA RODRIGUEZTARRILLO

Katy Alexander, the director of sales and marketing at the Forks Corks Catering, sets up her booth at the Taste of Albany fundraiser.



PHOTO: MORIAH HOSKINS

Nicolette Pullen passes a paper ball to Justin Hammond during a team building exercise for the play *Cat in the Hat*, which will be showing in February 2016.

CORVALLIS-OSU
SYMPHONY ORCHESTRA
110th Season

Holiday Concert

SUNDAY, DECEMBER 6, 3:00 PM
LaSells Stewart Center

Vivaldi: Beatus Vir for Chorus and Orchestra
with OSU Choruses
Steven M. Zielke, conductor

Holiday Favorites
Marlan Carlson, conductor

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www.cosymphony.org

Students free with valid student ID
CAFA discounts apply

GENERAL ADMISSION TICKETS: \$20
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please call 541-286-5580,
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