

COMMUNITER

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ONE LOST, ONE GAINED

Resignation leaves open vice presidency in the Student Leadership Council

LBCC's Student Leadership Council recently lost elected member John Maine after an early resignation from his vice presidency.

"This was a difficult decision, but, due to reasons out of my control, it was what I had to do," said Maine.

He was elected in February to serve as VP during the 2016-17 school year, following in the footsteps of



JOHN MAINE, FORMER SLC VP.

previous VP Eric Slyter.

"My perspective has not changed on filling obligations that you have committed to, but there are circumstances that change and individual's priorities and you must accept the decision you have to make," said Maine.

His resignation comes swiftly after a tumultuous 2015-16 school year for the SLC, when student leadership faced the resignations of both elected presidential positions early in the year.

Maine did not specify the reasons for his departure from the SLC despite this earlier statement at the Feb. 12 election debate with opponent Jason Shirley.

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

In 2015, the SLC's currently elected president Slyter stepped into the position of vice president as former Vice President Candalynn Johnson took the presidency after the resignation of President Paola Gonzalez.

Johnson had previously taken the vice presidency just one month prior after the resignation of the elected vice president.

"They [student leaders] really stepped in and we ended the year on I think a high note," said Greg Hamann, president of LBCC. "Eric's [Slyter] going to be great as president, he's a bright and dedicated man."

Despite another early resignation, Slyter remains confident in the SLC's effectiveness and ability to lead the student body of LBCC.

"I feel really positive about the leadership team and I don't think we're going to see the same sort of instability this year that we did last year," said Hamann.

After Maine's resignation, Slyter alerted other student leaders to the open VP position. According to the SLC bylaws, a nominated student leader can take the vice presidency by a two-thirds vote.

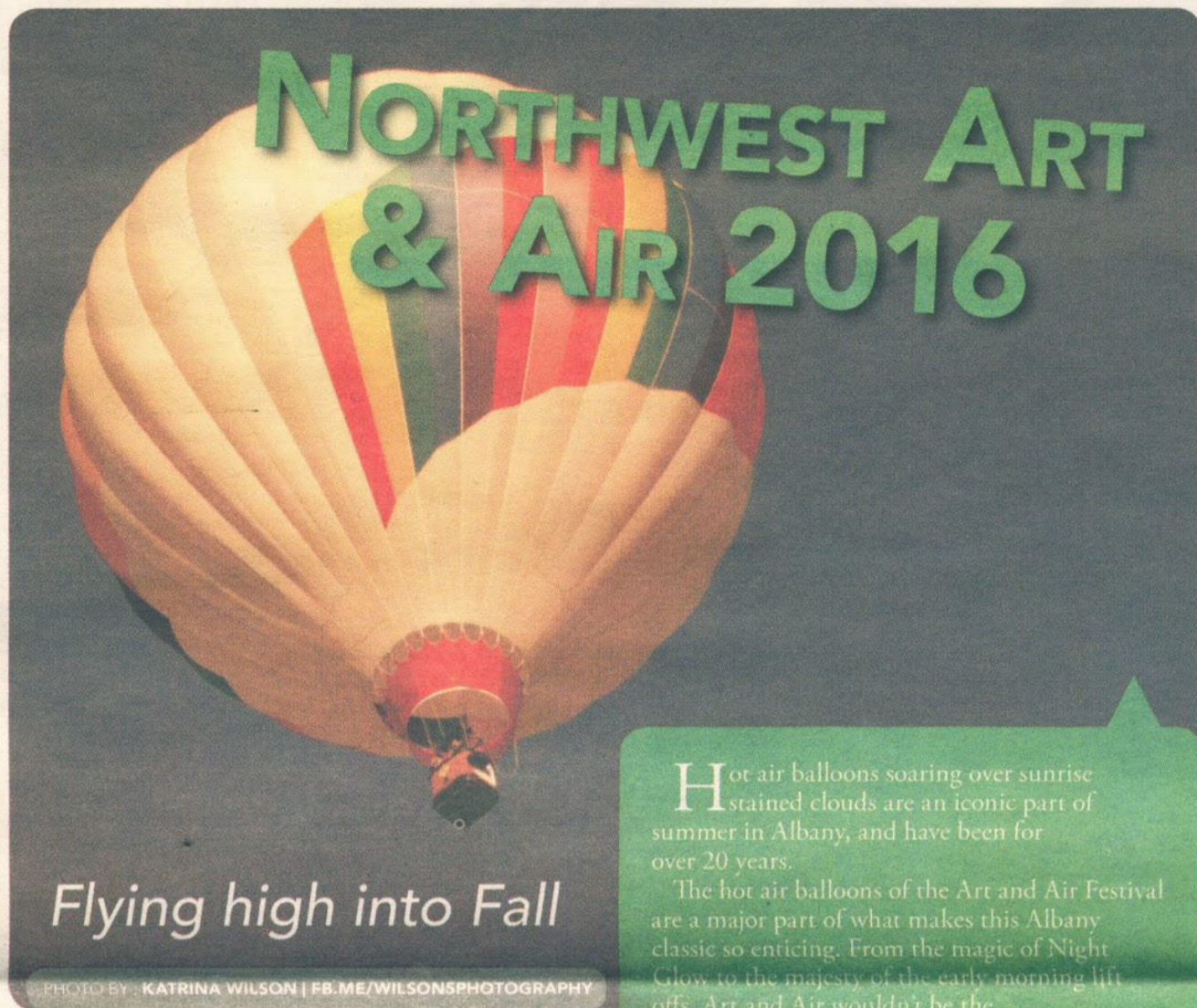
According to Slyter, the most likely nominee is Kevin Yusif Peña Aceves, an international student ambassador



Septemberfest

Question: What little town in the good ol' U.S. of A. throws an 80-kegger, family-friendly beer tasting festival just to benefit their local food bank?

Answer on Page 6



Flying high into Fall

PHOTO BY: KATRINA WILSON | FB.ME/WILSONSPHOTOGRAPHY

from Mexico and an event planner for the SLC. One other student showed interest but is unable to move forward in pursuit of the position.

"I really do believe that Kevin [Aceves] is our best option," said Slyter.

Aceves intends to create more inclusivity for international students within the student leadership and the campus community.

"Just opening the doors for more international students, have them feel like they are a part of the school. Sometimes I feel like the international students get segregated," said Aceves.

Beginning as an undocumented immigrant in the U.S., Aceves journeyed for his own education, seeking opportunity elsewhere. He returned to Mexico, where Aceves says he gained experience working in Jalisco, Mexico as a photographer and second assistant to the governor. He is currently working on an associate degree in business administration at LBCC and intends to continue with his education.

"This has been my dream ever since I graduated high school now that I have an opportunity to actually do what I want to do," said Aceves. "I want to get everything out of it, the full college experience, being part of leadership and giving back to the student body as much as I possibly can."

According to Slyter, Aceves is an avid student leader. "We've really laid the groundwork for him to do well in the VP position," said Slyter.

Check the October editions of The Commuter for Aceves' full story and the results of the final nomination for vice president of the SLC.



STORY BY
EMILY GOODYKOONTZ
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Hot air balloons soaring over sunrise stained clouds are an iconic part of summer in Albany, and have been for over 20 years.

The hot air balloons of the Art and Air Festival are a major part of what makes this Albany classic so enticing. From the magic of Night Glow to the majesty of the early morning lift offs, Art and Air wouldn't be the same without them.

Art and Air occurs every year on the third weekend of August. This year's festivities were Aug. 23 to 28. The festival has everything from live music to art sales, but the balloons are always the main attraction.

Getting up before sunrise is rough, but becomes less rough when you get to see giant hot air balloons getting inflated.

There's good reason behind being an early bird, though. Dawn and dusk are the best times to fly balloons, because the sun hasn't stirred up the winds at that point, and it's much safer to fly.

The owner of the Skydancer Company, Brian Smith, has been flying for over 20 years and has been running Skydancer for three years.

His balloon, "Sundancer" made an appearance among many others on the first day of the festival.

"It's able to hold five average houses worth of air...it's eight stories tall, so to put that into perspective, that's 120,000 basketballs," said Smith.

Balloons from the festival will often head towards Freeway Lakes for a splashdown, or water landing.

On the second day of the festival, no balloons were able to land in the lakes, but they all landed just outside Albany, most of them gathering in one large field.

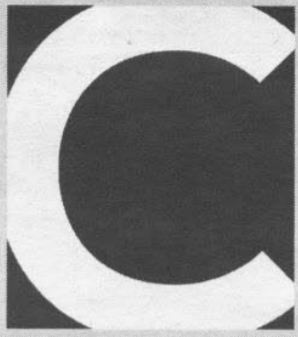
On Aug. 24, balloon launches were cancelled in the morning due to weather concerns, but the people of Albany got one last show of balloons soaring overhead on the final day.

"Ballooning is not a practical form of transportation...it's an adventure,"
said Brian Smith.



STORY BY
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THE LINN-BENTON
COMMUNITY COLLEGE



COMMUTER

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

Letters Welcome

The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues. The Commuter attempts to print all submissions received, but reserves the right to edit for grammar, length, libel, privacy concerns and taste. Opinions expressed by letter submitters do not represent the views of the Commuter staff or the College. Deliver letters to:

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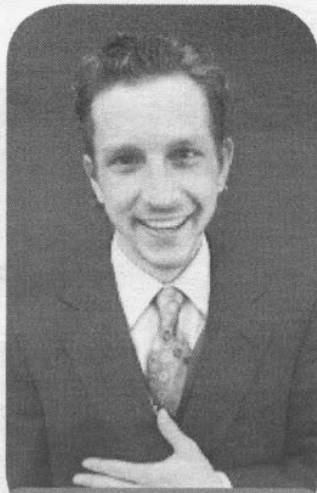
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ERIC SLYTER, SLC PRESIDENT.

STUDENT LEADERS SPEAK

On behalf of the LBCC Student Leadership Council (SLC), we would like to welcome every student to an exciting new fall term at our campus

Who we are and what we do:

The Student Leadership Council is a group of LBCC students who have dedicated themselves to fulfilling the needs of every individual on our campus. We work closely with school staff and administrators, as well as local government officials to ensure that any issue expressed by students on our campus is understood and addressed by the appropriate individuals.

This means that if you ever have a concern, you can come to the SLC office and speak to any member of our team. Whatever issue you may have, you are likely not the only one. Don't be afraid to be the first to speak out. We are your voice on campus and will do our best to help you succeed in whatever way possible. If we can't help you directly, we will do our best to point you in the direction of someone who can.

What we've done:

Advocating for the use of open educational resources (OERs), which are free and low-cost alternatives to traditional college textbooks, sometimes written by our very own LBCC instructors.

Funding and assisting with the development of LBLive, an Android and IOS app designed to help students communicate in order to meet other students, trade and sell textbooks, carpool, and share news about any exciting events happening on campus.

Working with school staff and faculty to plan Study Jam, during which students are encouraged to study together in groups and take advantage of extra tutoring hours, snacks, and the occasional massage or therapeutic puppy petting session in order to prepare for their finals. These typically occur the last two Saturdays of every term.

Working closely with the Oregon Student Association during their Vote OR Vote campaign to encourage as many students as possible to register to vote so they can make a difference in local and national politics.

What you can do:

If any of these things sound interesting to you, or you have a brand new idea to bring to the table, you can consider becoming a volunteer or even applying for an open position on the SLC. In doing so, you will gain valuable professional experience and access to many workshops and training sessions offered by the SLC, the Oregon Student Association, and even LBCC's own faculty.

Potential volunteers and applicants may contact our Volunteer Coordinator, Draegn Bennett, at slcvolunteer@linnbenton.edu. For any other concerns, students may contact the student body President, Eric D. Slyter, at slcpres@linnbenton.edu. Students are also welcome to come to our office, located in the Student Union building F-120, right next to the Hot Shot Cafe. Finally, we are also available via our mobile app, LBLive. Bring us your concerns or just stop in for a chat, and we hope that you have a great Fall term at LBCC.

STORY BY
ERIC D. SLYTER AND SCOTT T.
HARRINGTON ON BEHALF OF THE SLC

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level:



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

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

SOLUTION TO TUESDAY'S PUZZLE

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

7/20/16

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PRESEASON PERFECTION

Roadrunners look to have a strong season

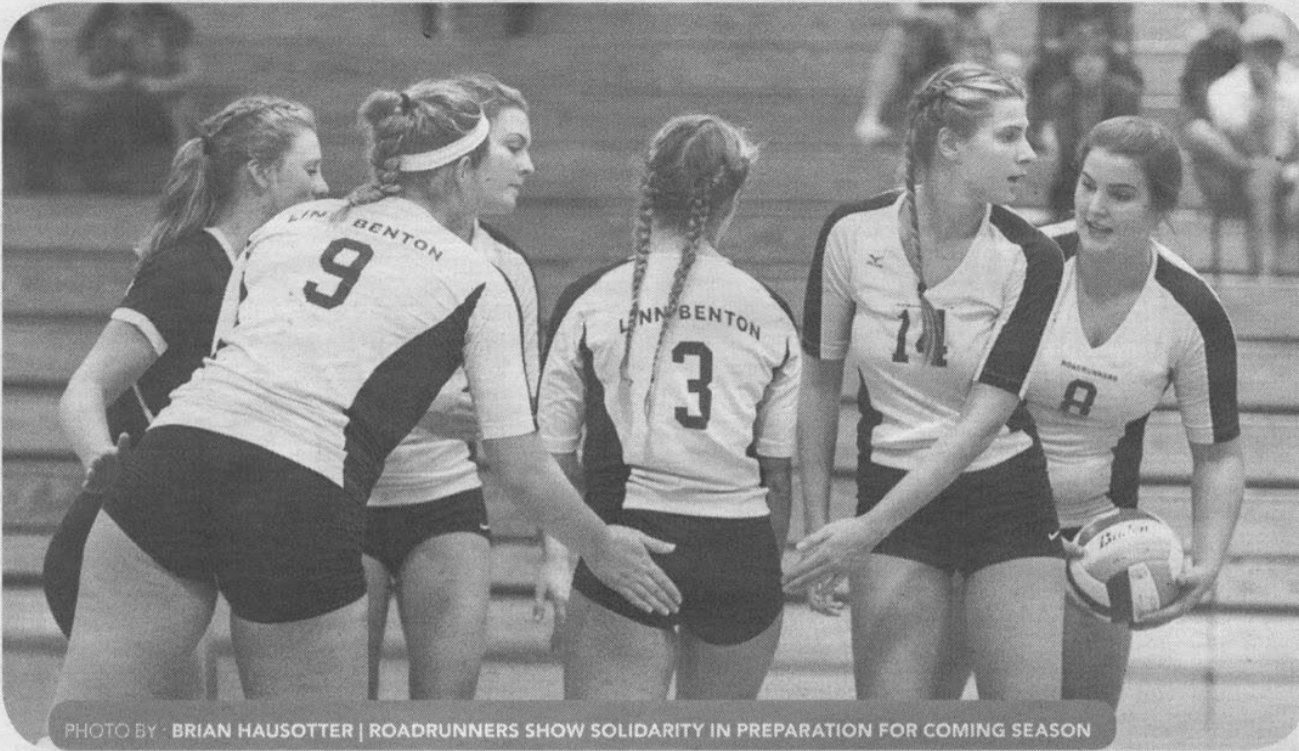


PHOTO BY: BRIAN HAUSOTTER | ROADRUNNERS SHOW SOLIDARITY IN PREPARATION FOR COMING SEASON

As the regular season approaches, LBCC's volleyball team has proven to be ready for the season.

With all but three matches on the road, the women of LBCC are currently 13-0; they have been dominating their opponents.

After several bonding trips and following the grueling results of daily doubles, the team has used this summer to build unity.

Yes, Their skills are on target, but the fun they seem to be having is contagious, and women's Head Coach Jayme Frazier is optimistic about the season to come.

"This team has fun together and they have worked hard for one another in this early season," said Frazier. "That is so important at this two-year level."

The players and coaches are seeing a heightened communication and comfort in each other that usually doesn't occur until later in the season.

"We as a coaching staff tend to speak in terms of success and what it takes to not only continue the tradition of winning that was earned by previous teams, but what it takes to continue and add to that success," said Frazier.

Practicing twice a day with skills training and overall endurance training, the team has definitely been putting in a lot of hard work over the summer

"We have been focusing on minimizing unforced errors, speeding up our attack, and increasing ball control," said Frazier. "We are increasing our aggressiveness, and of course continuing to work on our cardio, endurance, power and agility."

The perfect preseason has brought some confidence, but there is still work to be done.

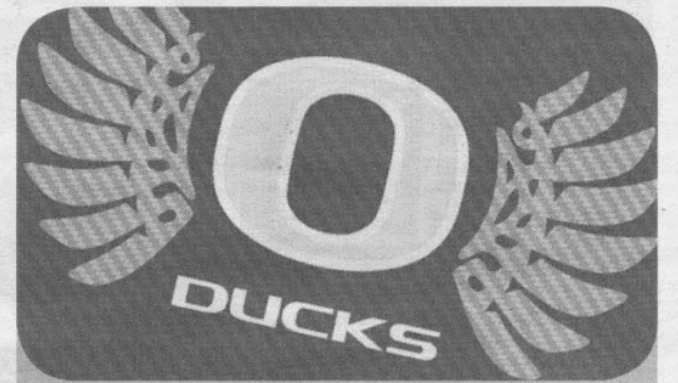
"I like to not focus on the win," said Frazier. "Rather, what are the things that my team can actually control: things like effort, attitude, and teamwork."

League play begins Sept. 23 at 6:30 p.m. here at LBCC against Chemeketa.

Follow the team on Twitter, @LBvolleyball16



STORY AND PHOTO BY
BRIAN HAUSOTTER
@BHAUSOTTER



Ducks

Football: Currently 2-0

Riding the back of running back Royce Freeman with 21 carries, 236 all purpose yards, 207 rushing yards, two touchdowns, and a career high 85 yard touchdown.

Next Up: Nebraska, Sept. 17.

Volleyball: Women are 7-2

Riding a seven-game win streak.

Next Up: Beavers, Sept. 22.



Beavers

Football: Currently 0-1

Close loss to Minnesota 30-23

Next Up: Idaho State, Sept. 17.

Volleyball: Women are 4-4

Next Up: Ducks, Sept. 22.



Photo credit: LBCC student, Elliot Pond

Student athletes featured:

Samantha Rouleau, Volleyball; Tyger Liner, Men's Basketball; Kyia Duvall, Women's Basketball; and Kendrick Abraham, Baseball.

Sports Mural

inspired
ATHLETES

Linn-Benton
COMMUNITY COLLEGE

LBCC is an equal opportunity educator and employer.

Dedication Party

Wednesday, Sept. 28, 2016
11:30 a.m.-1 p.m.
Activities Center building (east side, outside)

THE LB SURVIVALIST GUIDE

Lifeticks every student should know

GET YOUR SHIT TOGETHER

1. Read your syllabus. Really.
2. Arrive on campus 15 minutes early to find your parking spot, especially when the lots fill up quickly near the beginning of the term.
3. Lines at the LBCC Bookstore can take awhile to wait in, so get there earlier rather than later to account for wait times.
4. Don't forget to submit your updated FAFSA. The new open date is October 1 rather than the old one, January 1.
5. Buy a gift card to the bookstore early in the term so when your wallet runs dry, you can still grab coffee and school supplies.
6. Your student ID is an essential tool because it has your ID number on it. You can check out books and even score discounts at Regal Cinemas and other places around town. One can also get a sticker for the back at the registration counter for free bus rides all term.
7. Need housing or a roommate? Looking to buy a used textbook? Check out the bulletin board by the Hot Shot, or download the new LBlive app.
8. Need to add or drop a class? Just pop by the registration counter in Takena Hall, and fill it out and return it.

STUDENT RESOURCES

1. The Learning Center can help with writing, math, and much more. Free tutoring is available, sign up at tutortrac.linnbenton.edu.
2. Want to get away and relax? Hang out upstairs in North Santiam Hall, or in the DAC.
3. Work study opportunities are available all over LBCC. Stop by the Financial Aid office to see if you qualify, and find out who's hiring.
4. Lockers are available for some program departments, like athletics or art.
5. Need to break a sweat? The campus gym is open from 4 p.m. to 6 p.m. Monday through Friday.
6. Tired of commuting? Check out the satellite campuses, as many classes may be offered closer to home.
7. Visit the Advising Center in Takena 101 for career, personal, and academic counseling. Counseling services are available at the satellite campuses as well.

STORY BY
COMMUTER STAFF
@LBCOMMUTER.COM

FOOD & FUN

1. Check the Commuter for a weekly menu of what the Commons Cafeteria will be serving.
2. On that note, the Commons Cafeteria is arguably the best place for lunch, with nothing over \$10 with tons of different foods. (The pizza and sandwiches are both really good quick lunches for about \$5, FYI.)
3. The best coffee is arguably the Courtyard Cafe, but if you like the flavor of Allann Brothers coffee, the Hot Shot's where it's at, especially on Wednesdays when they have dollar coffee.
4. Tired of the ramen diet? LB Lunch Box provides any registered students with food and personal hygiene supplies twice per term. Head to the Student Life and Leadership office in F120 to find out more.
5. If you need grab and go type food, the Courtyard Cafe has you covered.
6. Want to volunteer? Head to the SLC, they always have volunteer opportunities.
7. You need to breathe. Take the time to read a magazine in the library between class, or join a club. There are 32 active clubs on campus. Homework is important, but so is the sanity of socialization!
8. Don't see a club you are interested in? It's totally possible to start your own! Check with Heather Morjiah in F120 for information on starting your own club.

MORGAN'S MUSINGS: 'I'M AN ADULT AND I'M ACTING LIKE A KID'

The mindset of being a 19-year-old child

At this time, most normal high-school-to-college students usually face their second year of college, have a slightly better idea as to what they're going to do with their life, and have successfully moved out of their childhood homes.

Me, not so much. But then again, I am a special circumstance.

Many an article (like Alyssa Campbell's "Am I Adulthood Yet?") has been popular across Facebook with themes about not having your shit together. As Jamie Varon wrote for the Huffington Post in an article titled, "To Anyone who Thinks They're Falling Behind In Life,"

"If it's not the time, it's just not the fucking time. You need to give yourself permission to be a human being."

But the thing is, I fear that I am falling desperately behind. I find it impossible to wake up before 6:00 to catch an early morning bus. I don't even know how to curl my own hair. And the only reason why you see me dressed up is because it's the greatest illusion to tricking people at first glance that you have your shit together.

(Really, try it sometime. Dress like you came from the webpages of The Man Repeller and see how much better you feel. I'm not wearing four-inch booties for nothing, people!)

But look, the side effects of not being an adult yet are the same side effects that come with Autism: a plateful of anxiety that has many shady faces. I know I should be thankful for what I have. But that would be so much easier if there wasn't something...missing. A clear, acne-less face? The driver's license? The confidence of knowing how exactly to deal with a clogged toilet? (Don't ask.) Trying not to let others' opinions on life get mingled up with your own? Getting into a penniless industry that's dying by the number of newspapers unsold on the stands?

But let's talk about the anxiety part real quick: The #1 side effect that comes with this girl's autism is killer. To avoid looking at life through not-so-rosy glasses, everyday living has become a balancing act. Burying my head in the sand from all my adult responsibilities is the polar opposite of successfully achieving said balancing act. Not getting off my lazy ass and not doing something is accomplishing absolutely nothing. Not acknowledging the fact that I am a nineteen-year-old citizen of humanity has obviously resulted in me "not acting my age, but my shoe size," as my dear mother once put it. I do not feel prepared whatsoever to live on my own in the real world. In fact, I can't even imagine a real world. The Autism-Anxiety takes that away, and sometimes - oftentimes - it feels like a good thing.

But yet, to use Einstein's definition of insanity - doing the same thing repeatedly and expecting different results - I'm the single-most insane person on the planet for thinking that something I haven't even tried yet would



never work. This actually explains a lot, if not all of why I have an infinite amount of problems.

I have lately compared my crash courses in the genesis of adulthood to being a eight-year-old pushed into the deep end with little experience as to how to stay afloat. Sure, I'm staying above the surface, but I'm also choking down a lot of water.

Okay, so maybe I should've started with this: I don't know how exactly I got to a point in my life where I have felt like the biggest baby. Dad, you can sugarcoat it all you want, but I'm acting childish. I'm not immature. (Okay, he's right on that one. Whatever.)

But aren't they essentially the same thing? Childish behavior and immaturity both include not owning up for your responsibilities and relying on your parents. It's arguing with your dad over the fact that you just want ten more minutes on the computer so you can read this super important article on the Man Repeller team's thoughts on Yeezy Season 4. It's also pretending like you know everything, while simultaneously you also know that's far from the truth; you are an imbecile. An imbecile that is able to walk in four-inch booties.

But I have a semi-decent reason as to why that's so: My anxiety is no longer homework, grades, the preppy students of Sprague High, and trying not to let my Autism-Anxiety combination get the better of me.

Oh wait, that last one doesn't just end in high school. That's a recurring thing that's going to follow me to the grave. Shit.

So maybe I need to come to some conclusions about this whole adult-kid thing. Maybe I'm still a kid because my basic development is taking a bit longer to conclude than what is the societal norm. Maybe I do need to get

something out of conflicts with Mom regarding my actual age and weaknesses other than viewing them as constant complaints and ignored suggestions that are actually quite helpful.

But then arises a question that Santi Tafarella titled a post on her blog, santitafarella.wordpress.com, "What is a Human, Really?" Her definition evolves throughout the article, going from Aristotle's definition to a classification definition in which she compares our species to that of gods and angels:

"Humans belong to the group of conscious beings that are carbon-based, solar system dependent, limited in knowledge, prone to error, and mortal."

But what really sticks out is her conclusion:

"So all this chasing after what a human is really reminds us that [this] definition is a way of arguing with yourself about what's important."

So there you have it: remind yourself of what the definition of a human truly is. Encourage yourself to argue about what's important and what's the supreme Truth. I guess I've been doing this humaning all along, and I just haven't realized that being a kid is a side effect of growing up. That's my conclusion, and I'm sticking with it.

"Humans belong to the group of conscious beings that are carbon-based, solar system dependent, limited in knowledge, prone to error, and mortal."



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SLOSH 'N SWIG: SEPTEMBERFEST 2016



PHOTO BY: EMILY GOODYKOONTZ | FAMILIES GATHER FOR SEPTEMBERFEST 2016 IN CORVALLIS.

Ninth annual family-friendly beer drinking bash draws nearly 3,000 to Avery Park

Joel Rea is wearing a chicken hat. His hat isn't just any plain old chicken; it's dressed up in lederhosen and clutching a frothy beer mug in its wing.

Rea swills homemade root beer poured from a tap in the side of his baby-blue Corvallis Brewing Supply truck. He's owned the local brew store since 1997.

A little girl steps towards him, shy. She's holding an empty plastic cup, and Rea fills it with thick, creamy root beer.

The girl leaves, turning towards a large crowd with her father. Rea looks around and laughs.

"This weekend I threw an 80-kegger," he says.

Children run and play underfoot; parents, families and friends wander the grassy-green lawn, pints of beer sloshing in their hands. Tents and trucks encircle the crowd, each with rows of silver spouts pouring out the good stuff.

The 80-kegger is in full swing.

Rea is a leading member of a team of 150 volunteers who gathered in Avery Park Saturday, Sept. 10, to throw Corvallis' ninth annual Septemberfest.

Organized by Heart of the Valley Homebrewers (HOTV), a local non-profit American Homebrewers Association, Septemberfest donates its proceeds to several charities, including Linn-Benton Food Share (LBFS) and the Heart of the Valley Homebrewers Endowment at Oregon State University for scholarships in fermentation science. In 2015 the event donated \$20,000 to charities with 3,500 people in attendance.

This year's attendance was more moderate than last's, but a similar amount is expected to be raised. Final numbers have not been calculated.

"We're a 501c4 non-profit raising monies to give to other nonprofits and we try to keep it local," said Armand Schoppy, a Septemberfest coordinator.

Schoppy has worked with nonprofits for 11 years and currently works with Community Services Consortium, the parent organization to LBFS.

"There's less and less money for nonprofits," said Schoppy. "It's pretty cool what we're able to give to the Linn-Benton Food Share."

Well over 2,000 beer-drinkers lined up in four different tents and at four different trailers to indulge in an abundance of microbrews. From a pumpkin porter to a prickly-pear cactus and grapefruit gose, sweet peach mead to spicy chilli beer; beer taps poured variety for every palate.

Thirty-four breweries hauled in kegs of 80 different beers for brew lovers to try. It's the biggest Septemberfest lineup so far.

"We are looking for breweries to bring beers that are really unique, nothing pedestrian," said Rea.

Rea is an active HOTV member and acting draft manager for the 2016 event. He wears many hats, not just the swilling chicken kind; he is a business owner, event organizer and LBCC adjunct for the Benton



WINTHER POURS CHERRY-AND-PLUM VINTER ALE AT THE OREGON TRAIL BREWERY TRAILER.

Center's Community Education Program. He's also the man who realized what the HOTV could bring to the community.

Thirty-four years ago, the HOTV organized the longest-running homebrewing competition in the Pacific Northwest, the Oregon Homebrewers Festival. Realizing the competition belonged only to a select set of homebrewers and excluded a community full of beer-lovers, Rea suggested it was time for a change. In 2006 the HOTV expanded the competition to include a microbrew festival.

Septemberfest was born.

"Ten years ago the amount of commercial breweries in Oregon was around 30. Now it's over 200," said Rea. "The craft beer scene has really taken off."

But this beer festival isn't just for commercial microbreweries.

The festival was separated from the competition nine years ago, but the HOTV still served-up six different special homebrews at the event.

According to Bill Bartman, brewer for fledgling Portland, Ore., company Barsideous Brewing, Septemberfest provides unique opportunity for new or unlicensed breweries to sample their wares to the population.

"We put it out there and see what the feedback and the buzz will be," said Bartman.

This beer festival isn't just for drinking-aged adults, either.

"I'm always amazed at how family friendly it is, and that's just so Oregon," said Ron Eder, Corvallis local and beer enthusiast.

The festival manages to balance adult-only beer drinking with family-friendly fun, including a music stage and three local bands.

"I love the fact that they have kids here," said Jessica Propeck, first-timer at the festival. "I feel like it's a great opportunity for families to enjoy together."

It is widely unusual for such an alcohol-centric event to allow underage youth, but the organizers were well aware the dangers an all-ages beer festival presented.

"It's challenging because as a beer festival we have legal obligations," said Rea. "Somebody who is 19 or 20 years old can easily look drinking age."

Hired security was on scene and beer servers wore bright yellow stickers stating "No band, no beer." Guests were I.D. checked at the door, and designated drivers encouraged with free root beer. A bike valet and continuous shuttle through downtown Corvallis encouraged alternate transportation. For those needing a full belly to sober up, several local food vendors served their specialties.

Families weren't the only ones enjoying the festivities. Brewers had a rare a chance to talk with the public and explain the nuances of what they do.

"The best thing is interacting with people," said Winther, brewer for Corvallis' Oregon Trail Brewing. "I was a beer drinker long before I was a beer brewer."

Attendees, volunteers and brewers agreed that the fun an event like this brings to the community is what makes it so worthwhile.

"It's just beer culture," said Rea.

"I was a beer drinker long before I was a beer brewer."



STORY AND PHOTOS BY
EMILY GOODYKOONTZ
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ANTIQUES IN THE STREETS

From knickknacks to antique stores, Albany is selling everything

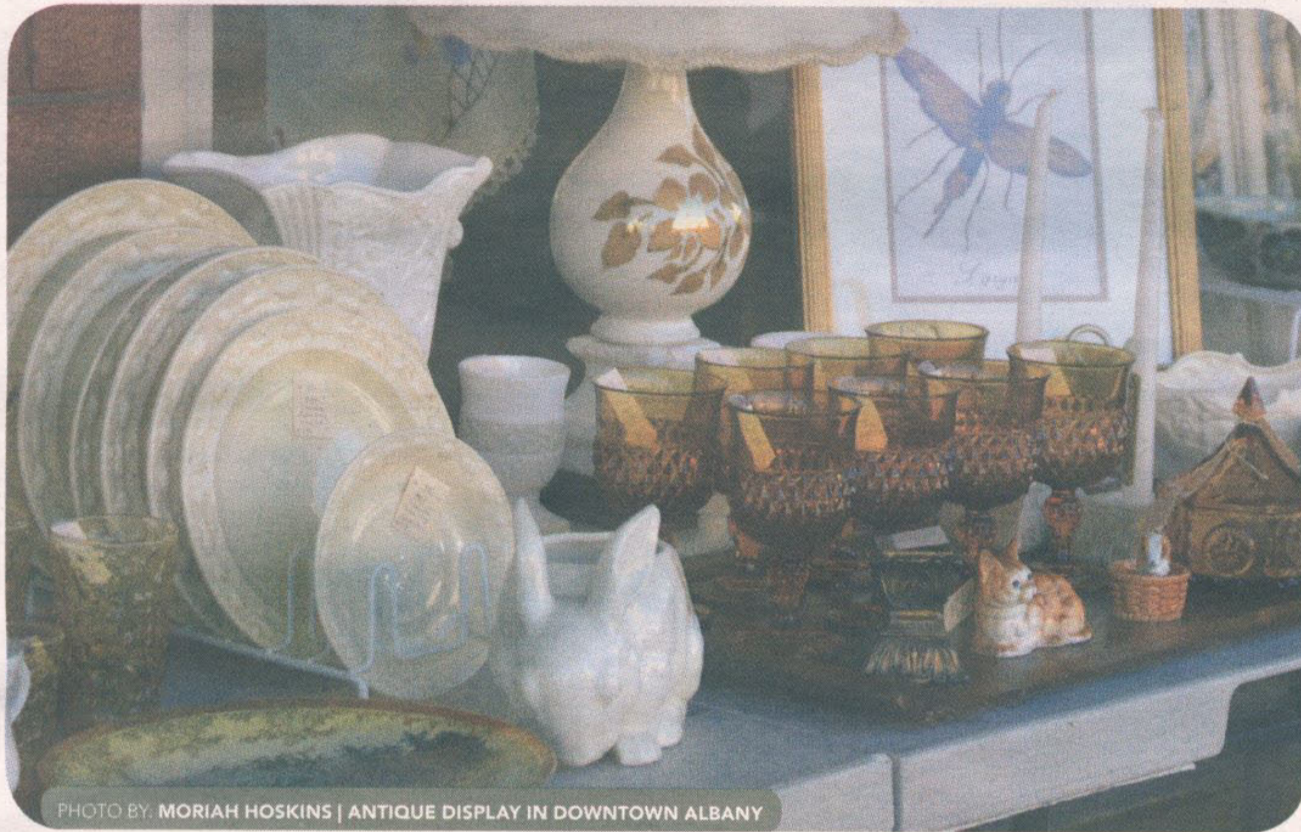


PHOTO BY MORIAH HOSKINS | ANTIQUE DISPLAY IN DOWNTOWN ALBANY

Antiques in the Streets: An annual Albany event that encapsulates everything “downtown” into one big garage-sale-like mish-mash of music, food, and antiques.

The band Blue Honey played at the Albany Farmer’s Market, with members Melinda Pride, Glory Butler, and Bill Lewey playing Americana and Blues as shoppers swarmed the Farmer’s Market.

Further down the street, at the intersection of Broadalbin St. and 2nd, the heart of the event was marked by Glenn Anderson’s Mystery Machine blaring music.

Over 50 vendors lined the streets, one of which was Micki Korff. Korff and her husband drive from Coraline, Idaho for Oregon’s antique events and sell from year to year.

“You see a lot of the same people,” said Korff.

They not only travel with their antiques and clothing for sale, but with their three Cocker Spaniels, Zoey, Molly, and Patches.

Jewelry flew off the shelves in downtown Albany. Lisa Russel, owner of Two Dollar Vintage in Valley River Center was there with boards full of pins and bins overflowing with necklaces, broaches, and various silver pieces.

Not only were various bits and pieces for sale, but also a full store.

“We’ve sold over 400,000 pieces in four years,” said Russel.

Not only were various bits and pieces for sale, but also a full store.

Linda Swanson, owner of Whispering Willows is selling her business.

“Due to health issues, I’m selling the shop,” said Swanson.

Antiques in the Streets isn’t just antiques; there was also a car show with over 100 vehicles on display, competing for the various awards given out by businesses.

A few of Pixie’s pinup girls from Pixie’s Pinups in downtown Albany were also out in full pinup regalia at the car show. Kass, Grace, Jay, and of course Pixie herself were out to represent.

All the proceeds from the event, including tickets sold for a raffle went to Habitat for Humanity.

If you’re interested in attending next year, mark your calendar for the Saturday after Labor Day.

“We’ve sold over 400,000 pieces in four years.”



OLD TEDDY BEAR ON DISPLAY AT ALBANY ANTIQUE MALL.



ZOEY THE DOG HELPS SELL ANTIQUES WITH HER OWNER.



UPCOMING EVENTS

Sept. 14:

Ugly Art Room Bottle Cap Call for Artists

* Corvallis Brewing Supply 119 SW 4. St.

Corvallis, OR 97333

Sept. 15:

Farmers Markets (Lebanon and Browns-

ville) * Lebanon: Corner of Main and Grant

St. 2 p.m. to 6 p.m.; Brownsville: Park Ave. 3

p.m. to 7 p.m.

Mario Kart Showdown! @LBCC 12 p.m. to 1

p.m. * F113 @LBCC Campus

Sept 16:

Craft Brew Smackdown

* Albany Historic Carousel & Museum, 503

First Ave. W. 3 p.m. to 8 p.m.

Sept. 17:

Farmers Market (Albany)

* 425 S.W. Ellsworth. St, Albany,

9 a.m. to 1 p.m.

Sept. 21:

Welcome Day @LBCC

* 6500 Pacific Blvd S.W., Albany,

9:30 a.m. to 1 p.m.

Sept. 22:

Blackberry Junction: Vintage Fair

* 3700 Knox Butte Road E Albany

4 p.m. to 8 p.m.

Sept. 23:

Classic Car Cruise-in BBQ

* Brookdale Geary Street, 2445 Geary St SE

5 p.m. to 7:30 p.m.

Home Volleyball Game @LBCC

* 6500 Pacific Blvd S.W., Albany, Starts at

6:30 p.m.

Sept. 24:

Albany Rifle & Pistol Club Gun Show

* 3700 Knox Butte Road E, Albany,

9 a.m. to 5 p.m.

Sept. 25:

Festival Latino

* N.W. Water Ave, Albany, 12 p.m. to 4 p.m.

Sept. 26:

Fall Term Starts @LBCC

* 6500 Pacific Blvd S.W., Albany

International Folk Dance in Albany

* 1180 25th Avenue Southwest Albany, 7

p.m. to 9 p.m.

Sept. 27:

Celtic Jam

* 5460 S.W. Philomath. Blvd, Corvallis, 7

p.m. to 9 p.m.



STORY AND PHOTOS BY
MORIAH HOSKINS
@MORIAH_HOSKINS



WELCOME DAY 2016

beepbeep

Linn-Benton
COMMUNITY COLLEGE

WEDNESDAY, SEPT. 21 • 9:30 A.M. – 1 P.M.

Student & Community Fair in the Courtyard

Free Pizza in the Commons!

Head on up to The Commons on the second floor of Calapooia Center between 11:30 a.m. and noon for some free pizza!



Enter to Win \$100 Bookstore Gift Card!

You have five chances to enter to win a \$100 LBCC Bookstore Gift Card!

- Activities Center
- Phi Theta Kappa table in courtyard
- LBLive App table in the courtyard
- After completing a Campus Tour
- At Commons during the pizza sampling

You can only enter once at each location, and you can only win one gift certificate.

100 Free Milkshakes!

There are 100 small plastic cow figures hidden around campus - find one, bring it to the Bookstore and get a free milkshake!

One per student, LBCC students only. LBCC staff not eligible.



Scavenger Hunt!

Get "stamped" at locations around campus and redeem 20 stamps for a chance to win Tuition Credits & Bookstore Gift Certificates! **Note that there are 5 required locations in color on the stamp grid.** Turn in your completed Scavenger Hunt forms at the Welcome Day Information Table next to the Russell Tripp Performance Center in Takena Hall.



First 100 Students at the
9:30 a.m. Kick-Off get
FREE T-Shirts!

BREAKING THE SILENCE

Addressing stigma around mental illness



PHOTO BY: JENNIE LINN | ALYSSA CAMPBELL AT BALD HILL IN CORVALLIS, ORE.

Instead of encouraging individuals experiencing distress to seek help, the pervasive societal stigma clouding mental health issues encourages fear and anxiety.

For students the end of summer means returning to time management, deprivation of sleep, anxiety over grades, and constant stress. For those balancing work and school, it can be a struggle finding any leisure time, including time for mental health.

“An increasing number of college students are seeking help for mental health issues, at a rate outpacing the growth in enrollment by five-fold,” wrote senior editor and reporter for The Huffington Post Tyler Kingkade, in his article “The Number Of College Students Seeking Mental Health Treatment Is Growing Rapidly.”

Growing up I was always told I was just too sensitive and emotional, but I always knew it was more than that. Two years ago I began looking into the symptoms I had been experiencing, and things started to make sense. I never considered that these episodes were actually anxiety attacks, and many people were describing the exact same scenarios.

Internally I always knew I suffered from depression, but I was convinced it was all in my head. It wasn't until the beginning of the 2015 school year that I took the initiative to seek professional help.

I had just gotten out of a relationship, and was experiencing post breakup sadness. But months passed and I felt like I was falling deeper into a dark hole I just couldn't pull myself out of. That's when I knew I had to do something.

After going to the emergency room I was diagnosed as clinically depressed. A doctor told me I was extremely low on vitamin-D, something that is apparently very common for people living in the northwest. I was then prescribed a multivitamin and antidepressants, and the doctor told me not to worry, it was “very common.”

When I started taking the pills I woke up to my brain feeling numb. I'd drive to school and couldn't get out of my car because the anxiety attacks were still happening. It still felt like something was holding me down and I couldn't breathe. I was always tired, my days were a blur, and before I knew it I was falling behind in my classes.

At the time my English literature professor told me, “When you're down, just ride those lows because eventually you have to come back up.”

This is something that continues to stick with me. Not just because when you experience mental illness you deal with constant ups and downs, but because it continues to give me hope that there will always be brighter days, even if they are only for a short period of time.

“Many people with serious mental illness are challenged doubly. On one hand, they struggle with the symptoms and disabilities that result from the disease. On the other, they are challenged by the stereotypes and prejudice that result from misconceptions about mental illness,” wrote Patrick W. Corrigan and Amy C. Watson in “Understanding the impact of stigma on people with mental illness” for The National Center for

Biotechnology Information.

After a few counseling sessions, and long talks on the phone with family members I decided I wanted to stop taking the antidepressant pills and try a more natural approach. Initially I was told to give the pills a few weeks to really set in, but I didn't like how the pills were making me feel already, and to be honest I started to feel ashamed I needed the extra help. But it's becoming apparent to me how dangerous it was to take matters into my own hands without communicating with a doctor.

“Staying healthy is the most important thing. Being proactive — recognizing when things are bad and taking steps to fix them — is one way to do that,” wrote Loyola Phoenix Contributing columnist Dominic Lynch, in “Support Systems Key to Combatting Mental Illness.”

One of the most critical things to realize when you're struggling with mental illness is that you cannot do this alone. It can be extremely painful trying to explain how you feel to loved ones who have never experienced these symptoms, but it's crucial not to stay silent about the difficulties you're facing.

Mental illness is serious and isn't something that should be looked down upon or ignored. In order for people to receive the help they need, this discussion needs to take place.

When someone tells you there is something wrong with them, please believe them.



COLUMN BY
ALYSSA CAMPBELL
@ALYSSAFAYEC

At a Glance:

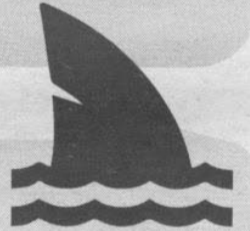
- One in four students have a diagnosable illness
- 40 percent do not seek help
- 80 percent feel overwhelmed by their responsibilities
- 50 percent have been so anxious they struggled in school

Linn-Benton Community College counseling locations:

Albany Campus
6500 Pacific Blvd. SW
Albany, OR 97321
541-917-4780
Takena Hall, Room 101

Benton Center
757 NW Polk Ave.
Corvallis, OR 97330
541-757-8944 (Ext. 5101)
Room 222

Lebanon Center
44 Industrial Way
Lebanon, OR 97335
541-259-5801
Room 211



DID YOU KNOW?

I like to rate my anxiety on a scale of Jack Johnson to Skrillex.

SELFIE OF THE WEEK



“Oh, The Agony”

Come be like Moriah Hoskins and join The Commuter production team.

WEEKLY
RECOMMENDATIONS

NETFLIX

Stranger Things

Currently one of the most talked about Netflix originals, with a killer soundtrack. Be prepared to binge-watch this eight episode sci-fi, supernatural thriller.

MOVIE
REVIEW

Yves Saint Laurent

After his time designing for Christian Dior, Yves Saint Laurent develops his own fashion house all while trying to balance work with his crazy life. For those who think this is strictly a fashion documentary, think again: the beautifully-made film boldly takes on depression and domestic partnerships during an era when such topics were considered taboo.

PODCAST
REVIEW

Millennial by Megan Tan & Radiotopia

Megan Tan shares her journey of transitioning from photojournalist to radio producer, all while navigating her life as a millennial.



PHOTO COURTESY: GHOST HOUSE PICTURES

REVIEW:
"DON'T BREATHE"

Home invasion with a twist that feels unique, fresh, and most importantly, scary

"Don't Breathe" is a new home invasion thriller written and directed by Fede Alvarez, whom some may recognize as the writer and director of 2013's *Evil Dead* remake. Critics were a bit iffy about *Evil Dead* because of a heavy reliance on over-the-top violence and brief "shocker" moments rather than building genuine tension and fear. It's safe to say that Alvarez has taken these criticisms to heart, learned from his mistakes, and has delivered something pretty special here.

"Don't Breathe" follows three career thieves from Detroit, known as Rocky (Jane Levy), Alex (Dylan Minnette), and Money (Daniel Zovatto). Could've given that last character a different name, but at this point that's just splitting hairs. This film has the right idea when it comes to exposition, but only one of the characters gets really fleshed out. This makes things a bit ineffective when the movie tries to convince the audience to care about multiple characters rather than just the one.

Anyway, the group is disappointed with the lack of money being made from their recent jobs, and elects to try something new: stealing \$300,000 from a blind war veteran (Stephen Lang) who lives alone in a house in a derelict, abandoned neighborhood. What could possibly go wrong?

Needless to say, the "what-the-fuck" factor is ratcheted up nicely in a way you're not going to expect. The ending isn't anything special, but in horror movies, there's a high chance that an attempt at a "special" ending will fall flat on its face, and Alvarez made a smart move in not taking that risk.

One aspect of the film that must be praised is the use of light and sound. Viewers are purposefully left in the dark, literally, in many scenes, as a way of making them feel like participants rather than observers. Sound cues are also a bit louder and clearer than average, giving the viewer the same sense of heightened hearing experienced by the antagonist.

While the film did deliver strongly on many points, there are a few moments that will leave you scratching your head or rolling your eyes. When our purloining protagonists attempt to break into the house, they take their sweet time about it and make quite a

Director: Fede Alvarez
Starring: Stephen Lang, Jane Levy, Dylan Minnette, Daniel Zovatto
Production: Ghost House Pictures, Good Universe, Screen Gems
Genre: Horror, Thriller
Rating: R
Overall: ★★★★★

racket while doing so. One could try to pass this off as "maybe the old man is just a heavy sleeper," but this just doesn't stick, especially when you take into account that his sense of hearing is better than average. It literally takes a gunshot to wake him up.

There are other inconsistencies. The old man manages to "smell out" the protagonists, while in a previous scene he comes within an inch of touching one and doesn't even notice. One particular scene will catch anyone's attention and stand out as a "wow, someone should have fixed that" moment. A character gets shot, blood sprays on the wall, and we cut to an extreme close-up of the aftermath. Except, there's no wound. I wish I was kidding.

I understand this film was done with a low budget, so they might not have had the money for realistic makeup, but there are still plenty of camera tricks that could have given off a "character just got shot" effect without close-ups or even having the wound in the shot. There's also some cheesy dialogue, but scenes like this are the exception and not the rule.

It's still a very wild ride that leaves you on the edge of your seat and doesn't let up. Alvarez has delivered something definitely worth seeing, and is a director horror aficionados should keep their eye on for promising future projects.



REVIEW BY
TRUMAN TEMPLETON

MIDNIGHT MANTRA

By Matt Hoffman

sometimes
in the nighttime
I stand under the stars
and bask
in my insignificance.

because if I traveled
farther than I ever have,
faster than I've ever gone,
for longer than I'll ever live,
I still couldn't touch those
stars.

and that
is truly
mystifying

Death Touched Me Too

By Roderick Nazario

I woke up one morning to a grizzly surprise,
Death visited my friend and left darkness in his eyes.
Shaking and crying Tarl it can't be true,
Death left its mark it was pale, icy and blue.

Empty and shattered Death snaked into my heart,
Consuming my soul, it began to tear me apart.
Drowning in suffering my pain was never felt,
Its grip held me hostage please somebody help.

With hollow eyes and empty smiles it
unleashed its attack,
Numb to all emotion my world was fading to black.
Dry heaving every morning for the course of a year,
I wanted it out, could nobody hear?

The anniversary of his passing brought my savior.
He reminded me of promises and granted me peace.

For what is light without darkness?
Hand in hand they walk with me every day,
Death, Tarl and I...everything will be ok.

OPEN HOUSES • CLUB & INFO TABLES • FREE FOOD • FUN ACTIVITIES & PRIZES!

WELCOME DAY 2016

WEDNESDAY, SEPT. 21 • 9:30 A.M. – 1 P.M.

Student & Community Fair in the Courtyard

See full details on inside: Free Pizza in the Commons
 Enter to Win \$100 Bookstore Gift Card • 100 Free Milkshakes • Scavenger Hunt

Self-Guided Tour SCAVENGER HUNT • Your Chance to Win Tuition Credits or Bookstore Gift Certificates!

Get "stamped" at locations around campus and redeem 20 stamps for a chance to **WIN** Tuition Credits or Bookstore Gift Certificates! **Note the 5 required stamp locations.** Turn in your completed Scavenger Hunt forms at the Welcome Day Information Table next to the Russell Tripp Performance Center in Takena Hall.



NAME: _____

PHONE: _____

EMAIL: _____

For more details,
look inside...

SCAVENGER HUNT • Albany Campus, 6500 Pacific Blvd. SW

