

LINN-BENTON  
COMMUNITY COLLEGE

# COMMUTER

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# Cost of War 5





# COMMUTER

**Cover Credit:**  
Marwah Alzabidi

**On the Cover:** Robert Sechrest, member of Albany's American Legion Post 10 Color Guard, performs color guard ceremony at Memorial Vigil.

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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:

**Address:**

The Commuter Office  
Forum 222  
6500 SW Pacific Blvd.  
Albany, Oregon 97321

**Web Address:**

commuter.linnbenton.edu

**Phone:**

541-917-4451, 4452 or 4449

**Email:**

commuter@linnbenton.edu

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**Managing Editor**  
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# OREGON STUDENT ASSOCIATION

## Q AND A

*Student leaders respond to critics*

May 14, the Oregon Students Association led students in a demonstration outside of Hearing Room A where an economic forecast hearing was taking place. Students laid on the ground and chanted peaceably until State Police requested them to desist and move from blocking the floor.

Some students complied with officers while others from the group continued demonstrating, which led to 10 arrests. Mike Jones, former student legislative affairs director of LBCC's Student Life and Leadership, was arrested and later released on a non-classified misdemeanor.

Rep. Tobias Read of Beaverton proposed a bill late last week to withhold the excess tax revenue and apply the funds to education and K-12 along with Oregon colleges. Bill 3555 will face an uphill battle as it will have to achieve a two-thirds majority vote in the House of Representatives and the Senate.

At this point, only the varying opinions on the protest's impact are certain.

Emma Kallaway, executive director of the OSA, provides a view from their perspective.

**Question:** Do you feel the goals of the demonstration were realized as a result of the actions taken this past Thursday?

**Answer:** The goals of the demonstration will be decided at the end of the legislative session. Many legislators are asking how we can increase state funding for community colleges and universities, that political pressure was amplified by the action.

**Q:** Did the OSA expect students to lay on the ground until they were directed to disperse, and did the OSA know some students would persist until they were arrested by State Troopers?

**A:** OSA planned to lay on the ground and obstruct the walkway if the economic forecast showed that low income people and students in Oregon would be hurt by the kicker. The kicker will be returned to high income earners at a higher rate than low income people. If the kicker kicks, then students will see tuition increases higher than a possible kicker tax refund. If the state truly cared for low income students, then legislators would stop this from happening. The students who

resisted the warning from police did so because their desperation for more affordable education has reached an all-time high.

**Q:** What kind of reaction has the OSA seen as a response to the demonstration?

**A:** OSA has seen legislators supporting the students and supporting the action as a way to gain attention for the much needed state support to public education.

**Q:** Do you feel the OSA has lost any of its prestige during the course of this recent change of tactics?

**A:** OSA has not lost any prestige as a result of this action. Our role is to draw attention to the need for public investment in education. That is what this action was all about. 📍



STORY BY  
CHRISTOPHER TROTCHIE  
@CHRISTOPER999

# CAMPUS VOICE

Staff and students were asked what the Commuter can do to improve its readership. Here's the campus' response.



STORY AND PHOTOS BY  
RICHARD STEEVES  
@RSTEEVES84



LB student Amir Bonakdar appreciates and regularly reads The Commuter. He said, "I like that it's made by the students."



Social Science instructor Scott McAleer said, "More emphasis on upcoming events, letting people know of events ahead of time. I always see articles about things I would of like to of done."



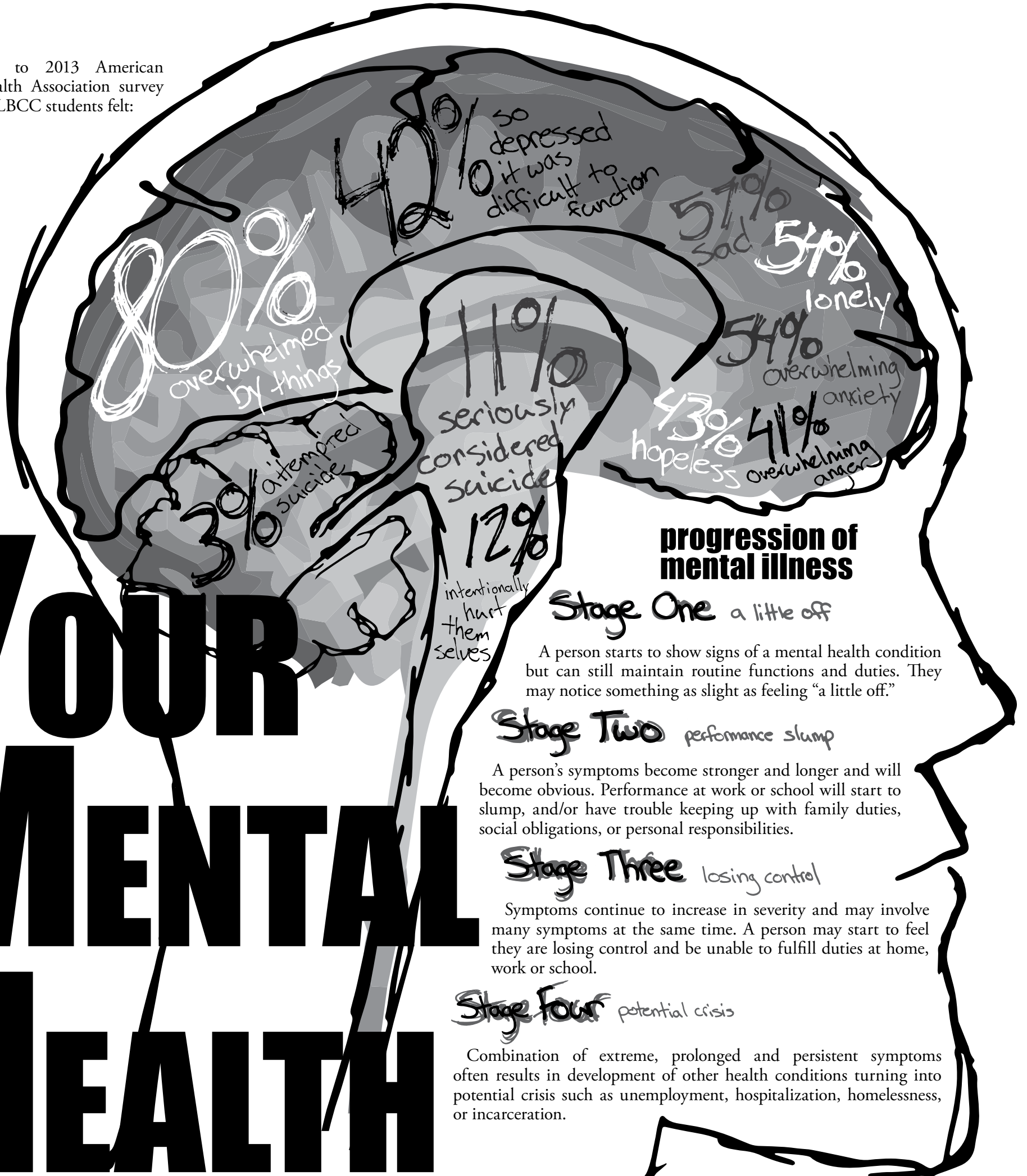
Ben Hood, communication major and LB redshirt baseball pitcher, said, "I don't really read the paper a whole lot." In order to improve our readership, Hood would like to see more coverage of major sports, especially playoff coverage.

Kayla Keka, undeclared major, would like to see more jokes and humorous columns in the paper. "I do love the sudoku in the back."



Communication major, Sidney Duvall said, "I don't really read the paper." And added that to improve our readership we should, "Make it stand out more, to get students to focus on certain topics you want students to be aware of...getting us to realize there is something big in it."

According to 2013 American College Health Association survey of how 235 LBCC students felt:



# YOUR MENTAL HEALTH

Fifty percent of Americans will meet the criteria for a diagnosable mental condition sometime in their life, according to mentalhealthamerica.net.

In 2013, President Obama proclaimed May as National Mental Health Awareness Month, bringing the issue of mental health to the forefront of our communities.

"It's important, I think, to be willing to say in our country that our mental health system isn't broken, it doesn't exist," said Mark Weiss, counselor at Linn-Benton Community College.

It may be easy to brush off mental health as "those with a disease," but the fact is, mental health is a condition we all have - some just are more healthy than others.

For 20 million college students in the United States, mental health comes in the form of a good social life, positive relationships, low stress, and ability to cope. For many, balancing the stress of growing up, moving out, going to school, and getting a job can be too much to handle. And, they don't always know where to find resources to help.

In the same year that Obama declared

mental health an epidemic to be aware of, LBCC conducted a mental health survey of 235 students. The survey asked specific questions pertaining to anxiety, exhaustion, loneliness, depression and suicide.

"Although some of the numbers are quite high, they aren't unusual. They are just about the same as national average," said Weiss. "Some of this is shocking, but none of it is unusual, which is possibly the most shocking of all."

In the survey—a National College Health Assessment conducted by American College Health Association—54 percent of students reported feeling overwhelming anxiety that, at times, prevented them from coming to school. Forty-three percent said they, at one point, felt that things were hopeless, and 11 percent had seriously contemplated suicide.

"The typical college student is someone that has very high anxiety and depression that leads to some behavioral problems," said Weiss.

The issue surrounding mental health is that if it goes unattended, it often escalates into a disorder that will affect many facets of one's life. For many, a

typical response heard growing up is "you'll get over it in time." According to Weiss, this is a dangerous remedy for dealing with your problems.

"Without some help people don't typically 'just get over it.'"

LBCC has six counselors that try to inform students that stress can cause a snowball effect, melting down their mental well-being. In a series of workshops held on the Albany campus this month, guest speakers were asked to present solutions to life's stressors and how to spin them into a positive experience.

"College in itself is stressful, and can be related to the number of changes in a person's life," said Weiss. "For many people they've never had a job as stressful as being a student."

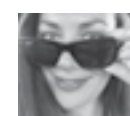
In the first workshop, on May 15, Stan Mazur-Hart, Ph.D., a psychology instructor, presented subjective well-being and what makes people happy. The second workshop, on May 18, featured former LBCC counselor Lynn Bain, who spoke about her experience as a survivor of suicide. She lost her son to suicide and has channeled her pain into a national

tour called "When Life Hurts."

The final discussion will be with Greg Jones, Ph.D., a retired psychology instructor from LBCC and founder of the Active Minds club on campus. On May 29, at noon in the Fireside Room, Jones will discuss the three pillars of positive psychology: confession, forgiveness and affirmation.

For most college students, they will encounter a variety of issues that will affect their happiness. Lack of money, car problems, dating struggles, pressures from family, and social stigmas to name a few. Weiss encourages students to reach out to someone when they feel the weight of the world closing in on their shoulders.

"There are plenty of people at LB that don't know where the Counseling Center is, even though it's at the end of Takena Hall. If they need someone to talk to they can stop in and within a few minutes have someone qualified to help them." ♡



STORY BY  
ALLISON LAMPLUGH  
@LUCYLAFOURE

GRAPHIC: NICOLE PETROCCIONE



# MIND YOUR MIND

May is Mental Health Awareness Month

In light of Mental Health Awareness Month, LBCC organized three sessions for experts to talk with students about different aspects of mental health. Three of the speakers, Stan Mazur-Hart Ph.D., Esther Bain, addiction counselor, and Greg Jones Ph.D. commented on what they spoke about, or are going to speak about this month.

Stan Mazur-Hart: Well-being and Happiness

**Question:** Why did Active Minds choose the speakers invited to Mental Health talks?

**Answer:** The key messages were: a) Mental health is an important part of living well for everyone; b) Mental health is not only about dealing with problems but it is also about living a positive, creative life where one understands and pursues those activities that lead to happiness and wellbeing; and, c) That at times an individual and one's friend's can suffer down times and perhaps even

depression that can lead to thoughts of suicide.

**Question:** What would you suggest fellow students do to keep their body/mind healthy?

**Answer:** Read, talk, listen, discuss, be open to experience, learn ways to be healthy and deal with problems as they arise. Social support is crucial. Being aware of resources to help is also crucial. LBCC has an excellent counseling center for students to use and rely upon when life is difficult. Do not hesitate to ask for help or to help others.

With Ester Bain: When Life Hurts

**Question:** What was the premise of your Suicide Awareness talk on campus this month?

**Answer:** Let's normalize the topic of suicide, which can help take some of the power away for the suicidal individual. There is still stigma around the topic of suicide. We can begin the healing process by starting a dialogue about suicide. Look

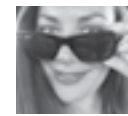
for the warning signs of someone being suicidal. Talk to the person, ask them about it. Tell them there is hope and with proper treatment and professional help that the individual can heal and no longer suffer. Carry with you the national suicide hotline number and other local resources. Give the person this phone number. If the person is in imminent danger DO NOT LEAVE them - call 911 or drive them to the ER. You can also help with their recovery process. Offer to drive them to appointments. Schedule appointments for them. Go to support groups or counseling with them. Continue an open and honest dialogue with them.

With Greg Jones: Three Pillars of Psychology

**Question:** On May 29, what will your Positive Psychology talk on campus be about?

**Answer:** As with all science, there is not a single, absolute answer but rather,

an unfolding of knowledge. My talk will focus on three skills that current research is suggesting as critical to weathering the slings and arrows of outrageous fortune: confession, forgiveness, and gratitude. Forgiveness is a particularly challenging skill, that is too easily dispensed through superficial platitudes. To avoid this I will be referencing a core text, "Sunflower," the true story in which Simon Wiesenthal, as a concentration camp prisoner, was asked to hear the confession of atrocities by a Nazi soldier and to forgive the soldier. Understand, he is being asked to forgive a soldier as he is awaiting execution by the Nazi regime. Wiesenthal has given us a powerful story on which to measure and understand both the moral and psychological challenges of true forgiveness. ♡



STORY BY ALLISON LAMPLUGH @LUCYLAFFLOURE

## CAMPUS BULLETIN

### Commons Theme Day

Wednesday, May 27, 11:15 a.m. to 1:15 p.m.

Culinary students have been hard at work for eight weeks researching and planning the menu. This term the menu will feature traditional brunch items: house brined and smoked ham, poached salmon with berries and beurre blanc, savory stuffed French toast, quiche lorraine, asparagus with hollandaise and stuffed tomatoes, cheesy grits and potato hash. Soups will be a purple potato vichyssoise and a broccoli cheddar. Eggs benedict will be cooked to order, as well as an array of lemonades and pastries.

### Mental Health Awareness

Friday, May 29, noon to 1 p.m.

In conjunction with Mental Health Awareness Month, the three pillars of positive psychology: confession, forgiveness and affirmation will be discussed by Greg Jones Ph.D. In addition to being a much beloved teacher, Greg created our Active Minds Club, which is dedicated to student-to-student mental health awareness. Refreshments will be served.

### HIV Testing

Friday, May 29, noon to 2 p.m.

LBCC's Gender & Sexuality Alliance (GSA) and Diversity Achievement Center (DAC) are happy to announce free and confidential HIV testing. The provider will be doing blood-draws in the Activities Center Room 112A. Results will be ready in about ten minutes.

### "Expressions"

Friday, May 29 and 30

LBCC Dance Club will present two showings of their spring dance performance "Expressions" on May 29 at 7 p.m. and May 30 at 2 p.m. in the Russell Tripp Performance Center. Dance club students will perform a variety of choreographed dances with special guests Corvallis East Dream Chinese Dance Group, Albany Legacy Ballet Studio, and Ramya Raman performing India dance. Tickets are \$8 general admission, \$6 for students and seniors. Kids four and under are free.

# TWO-INGREDIENT COOK-OFF

Culinary student's compete with two ingredients: hazelnuts and chocolate

The Hazelnut Recipe Competition began in 2001 when eight LBCC culinary students competed against each other. They used an original recipe using hazelnuts and chocolate for the best appetizers, main dishes, and desserts.

April 26 marked the Fourteenth Annual Hazelnut Competition hosted by instructor, Chef Kathy Body. Body has been an instructor at LBCC for 27 years, and has hosted the event since it began.

The Oregon Hazelnut Marketing Board donated the cash prizes. Local hazelnut growers and long-time supporters of the college culinary program, Wayne and Joanne Chambers, supplied the hazelnuts for the competition.

"I want to thank the Chambers for all of their support they give to the culinary program," said Body.

Judges this year were local community members and program supports: JoAnne McQweary, personal chef, LBCC culinary instructor Adrienne Ewanchyna, Margi Dusek with LBCC Business Office, and Lori Fluge-Brunker with LBCC

college advancement.

Kara Carsner is a second year culinary arts student that took the first place prize of \$250 for her chocolate hazelnut mousse cake with hazelnut milk.

Carsner wanted to use hazelnuts to the best of her ability; that's how she came up with the cake. But she also had to use chocolate, so she used a chocolate cage. Carsner's friend showed her some cool garnishments, and that's how she came up with the garnishment she used.

When asked how she felt about taking first place, Carsner was freaked out and so happy. She didn't think she would even place.

"It was really fun, and I'm so glad I did it. It was good experience."

Winning \$150 in second place for her French hazelnut chocolate moon cake was Nan Dong. She came up with her recipe using inspiration from her homeland of China.

A festival held in China every year has moon cake for a special dessert; Dong just had to add hazelnuts and chocolate

to their recipe to make a winning cake.

When Dong was asked how she felt about taking second, she said,

"I was surprised, because it was last minute, and I didn't think I had quite finished it when I had to leave to return to OSU. I was feeling depressed before I found out, then I was happy."

The first thing Dong did was call her mom to let her know the news. Her mom cried.

"When I leave here to go back to OSU, I will miss all the chefs. I didn't know anything about cooking or baking; they have helped me a lot. I want to thank them. I'll miss them when I go back to my country."

Joseph Page received third place for his smoked hazelnut crusted chicken with hazelnut mole sauce. His dish won him \$100.

His wife Brandy's family is Mexican, so Page wanted to impress her grandma with something she would recognize. He did his research and found out the first mole sauce was made from hazelnuts. That's

where he came up with his recipe, taking out some of the pepper and chocolate to not insult anyone's palate.

Page also knew everyone was making something sweet, so he went the other direction with his chicken.

"I think that flavor won people over; getting a little break from the sweet with the savory dish I prepared helped me a bit."

Page was excited and overwhelmed after receiving the news he had won.

"This is like a second career for me. I'm a veteran, and I'm attempting to have some fulfillment to my life. It's something I can teach my kids to help them be independent, when it's time for them to be."

Page is from North Carolina and his roots were represented in his dish.

"I'm a Southern gentleman. Everything I do is in spirit of that." ♡



STORY BY CAROL COLE @CAROLCOLE59



# MEMORIAL DAY VIGIL

**LB Veterans Club remember the cost of war**

For members of the armed services and their extended families, especially those who have felt the sting of, or live with, the scars of war, Memorial Day isn't just another day for hot dogs, hamburgers, and cold beer. It's a day to pay homage to the brave men and women that fought and died, so the rest of us could bare the freedoms safeguarded by their sacrifices.

In a Memorial Day Vigil held in the Albany campus courtyard Thursday, May 20, from noon to 12:30 p.m., the student body and surrounding community was given the privilege to hear from LBCC's Veterans Club, as they shared what Memorial Day means to them.

The atmosphere was somber, with 50 plus in attendance. The crowd varied in age and demographic. Sandwich boards were spread throughout the courtyard displaying death rates from various wars the U.S. has been involved in. All branches of the military were represented with flags hanging from the second story balcony. Current and past service members, some in uniform, were among the spectators.

Many students could be seen listening in awe from the second floor balcony as Instructor Lewis Franklin, retired first sergeant Iraq War Veteran and club advisor, began to speak. Pulling two coins out of his pocket, each representing a tour-of-duty he served in Iraq.

On his second tour, his unit was lucky enough not to sustain any casualties. His inaugural tour wasn't as fortunate. Attached to a unit out of Corvallis, Franklin lost four fellow soldiers, three of which he knew personally. Two died in the same IED attack. With tears in his eyes and a lump in his throat, Franklin had to pause for a moment. As he mustered the courage to continue speaking, numerous members of the audience were crying and sharing his pain.

Continuing his story, the crowd's anguish and empathy was only amplified as Franklin revealed that one of the young men that died in the IED attack was two weeks away from going home to his fiance.

Franklin's brother, a retired Major and veteran of the Gulf War and Hungary, James Franklin, also donned the podium.

"What does Memorial Day mean to me? Washington, Chamberlain... these are names that inspired us to fight for our country."

James continued to express why soldiers/heroes do what they do.

"Country, honor, God...they do it in hopes that younger generations don't have to face the terror of the world, or current battlefield."

Veterans Club President Steven Olson, an Afghanistan combat war veteran, addressed the Battlefield Cross displayed in the courtyard. An American flag standing to the left and a POW flag to the right, the cross is made up of a soldier's rifle inserted bayonet first into combat boots with a helmet on top. Three dog tags hung around the rifle, each representing fallen comrades.

"They're not here with me anymore, they're in my heart." Olson later added, "If my brothers were here with me, we'd be celebrating, having a barbecue."

After each speaker commenced, the audience was given a chance to say what Memorial Day means to them. With his wife and two kids present, former club President Mica Smith jumped at the chance to say that, to him, the day is a chance for "family and freedom to assemble, to honor those who served."

Before Smith concluded he asked that while spectators are barbecuing, camping, or enjoying a cold one over the holiday weekend to "raise a glass to the ones who never came home."

Following Smith, Chris Wenger, took to the microphone with passion. Her son is LBCC artist Shane Kohfield. Kohfield served two-tours of duty in Iraq and is on disability from the VA for a Traumatic Brain Injury (TBI) and PTSD. Wenger and Kohfield just so happened to be on campus, and had no idea the vigil was being held. She spoke about veterans still suffering at home.

"The cost of war is great. The war never ends for some of them. They come home, but it doesn't stop."

Wenger ended by thanking all veterans.

The ceremony came to a close with the Albany American Legion Post 10 Color Guard taking down the American flag as taps played in the background.

Following the vigil, Wenger had one more thing to say.

"I about cried when I saw the boots and the gun and the dog tags. My god...I had no idea I was going to get up and speak, but I don't want people to forget. I don't want them to ever forget." ♡



STORY AND PHOTOS BY  
RICHARD STEEVES  
@RSTEEVES84



Memorial Vigil attendee pays his respects.





# DEBBIE SPARKS

## Linn-Benton faculty Debbie Sparks retires



PHOTO: CHRISTOPHER TROTCHIE

For almost 18 years Debbie Sparks has spent her days helping students and staff. These years will be cherished by many, come Wednesday, June 17. Sparks will say farewell to Linn-Benton as she begins the next chapter of her life, retirement.

“Debbie was the first teacher my daughter had when she started preschool here at PCDC at age 18 months. We only had her as a teacher for a year before they stopped the early age class, but she was a great teacher to me as a parent trying to navigate the life of a toddler,” said Kristi Murphey, a previous student.

After high school, Sparks attended Carroll College in Helena, Mont. for two years. Then she attended Northern Montana College for two years earning a degree in Elementary Education. Early childhood education was never Sparks interest, however that all changed. After witnessing a child’s fascination with dew on a leaf she was drawn to early childhood education.

Sparks originally found her way to Linn-Benton after seeing an ad in the Democrat-Herald for a position at Linn-Benton. In January of 1998 she took a position with the Family Literacy Program which was located just off-campus in the Childhood Development building. She held that position for seven and a half years.

In 2005, Sparks was offered a new position at the Albany campus as an early childhood teacher. During that time she had the opportunity to teach children ranging in ages from 18 months to two and half years old.

In 2009, Sparks became unemployed for six months, however it wasn’t all bad news. The following fall she enrolled in four class: accounting, intro to business, computer, and international business. While attending classes, she was offered her current position as instructional support assistant.

Sparks started as instructional support assistant in January 2010. She works in Willamette Hall Room 227. She assists instructors teaching Math 20 and Math 98 with class projects and preparing materials.

“It feels like I’m grieving a loss,”

said Sparks.

In mid April, Sparks made the emotional decision to retire. A large part of Sparks identity is intertwined with her work at Linn-Benton, so the decision kept coming back to a few simple questions: who will I be and what will I do?

Sparks looks forward to being able to travel overseas to Yangon to see her then newborn grandchild in the fall, and spending time with her family.

When asked about her experience at Linn-Benton, Sparks expressed a great appreciation for all the wonderful people she had the opportunity to work with.

“It is a good place to work.”

She hopes to keep connected with friends she made along the way.

“I’m very sad to see Debbie leave Linn-Benton; she’s such a kind and positive person. She’s a great conversationalist and a great listener as well. She’s nonjudgmental and upbeat. Like I told her, I’m happy for her, but sad for me. I’m going to miss her so much,” said Lorrie Peterson, information support specialist.

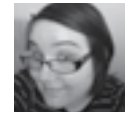
Mathematics instructor Russ Buchard expressed distress about Sparks retirement too.

“The list of names of people who are going to miss her would take up an entire page of The Commuter.”

On Friday, June 5, her farewell reception will be held in the Fireside Lounge from 2 to 3:30 p.m.

“Debbie has been such a valuable member of our community,” said Jenny Strooband, animal science instructor and former student.

Sparks was born May 26, 1953, just celebrating her 62nd birthday. She has been married for almost 40 years to Jack Sparks and has two children, Corrine and Anthony. ♡



STORY BY  
MELISSA CHANDLER  
@MJEFFERS

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# NICK LEONARD

## Student conductor runs the show

This spring 21-year-old Nick Leonard was selected as the LBCC Concert Choir student conductor, making his conducting debut Thursday, June 4.

Leonard’s passion for music began at age 10 when his music teacher taught him that there’s more beauty in making music than he originally thought.

“She showed me that I could do bigger and better things,” he said.

That little spark sent Leonard into a musical explosion.

Throughout middle and high school years, Leonard played the clarinet, bass clarinet, alto saxophone, baritone saxophone, as well as percussion instruments. It wasn’t until two years ago, when he started his rehearsal and performance special studies at LBCC, that he got into the technical

side of music.

According to James Reddan, professor of music and director of choral activities, becoming a student conductor is no easy feat. It’s competitive, and only a few are chosen once a year.

“They write a proposal to be a student conductor and they are selected based on their technical skill and their proposal,” said Reddan.

The real challenge comes upon acceptance.

“Being a student conductor is like on-the-job training. You learn the skills first and then you are put to the test,” said Reddan.

According to Reddan, it’s all about trial and error.

“Nick is handling everything and growing as a musician, leader, and

teacher through this process. It is a wonderful experience for me helping the conductors grow.”

Reddan added that being a student conductor is a great opportunity for students to expand their knowledge of music and of people.

Choir students such as music major McKayla Ricks, 20, mentioned that watching Leonard’s confidence and poise in front of the class, she’d never know that it’s his first time in a teaching position.

“Most people think that standing in front of a crowd is something stressful, but for me it’s almost like a comfortable place...as long as I know what I’m doing,” said Leonard. “You’ve just got to put on your director’s face and know that you actually have a lot more control than you think.”

The choir students have enjoyed having Leonard in front of the class this term.

“Having a student conductor is pretty cool because it’s a change from what we usually do,” said music major Leland Holden.

Ricks and Holden agreed that the students like Leonard’s song choice, “Deep River,” composed by Matthew Culloton. Ricks likes the African-American spiritual so much she is going to try to learn it on her violin.

“Nick is learning a lot and growing a lot through this process. He is sure to give a stellar job at the spring concert,” said Reddan. ♡



STORY BY  
KATHERINE MILES  
@KATEMARIEMILES



# RICHENDA HAWKINS

## Meet Library Department Chair Richenda Hawkins

Students have a plethora of resources at their disposal if they need information or help with their classes. Richenda Hawkins works hard to make those resources easy to access, and she's available to help students with whatever problems or questions they might have.

While assisting students is Hawkins' primary job, her duties go beyond the book shelves of the library and involve improving the LBCC community as a whole.

Hawkins has been the library department chair for four years at LBCC. Her responsibilities as the department chair mean overseeing the budget, the supervision of the classified staff, the facilities, and everything that has to do with promoting the library. Despite her responsibilities as department chair, Hawkins makes time for each student that stops by the help desk.

Hawkins' career as a librarian stems from an early love of public libraries and books.

"I'd just hop on the bus and go to the public library and check out books. I thought it was such a big adventure," she said. "I've always been a big reader. I remember in about fourth or fifth grade really liking 'The Chronicles of Narnia.' It sort of sparked a love of the fantasy genre, so I'm still a fan of anything that takes me outside of our reality."

While her youthful journeys to the

library and fantasy worlds lit a fire under Hawkins' feet, the path that led where she is now was a long one.

"It was a process. I started becoming interested in becoming a librarian when I had my first job in a library," she said. "I was a senior in college, so I basically got a work studies type job working at the UC Davis main library. My job there was to help the department that was called gifts and exchanges, so my job was to sort through all the books that were given to us and make some decisions on them a little bit and put them in the catalog."

She eventually got her master's degree in library science.

Fellow librarian Bryan Miyagishima works with Hawkins on a daily basis.

"She's an excellent colleague. She's always upbeat, always energetic, so she's very delightful to work with," he said.

Current LBCC students might not know this, but there used to be signs all over the library that said, "Please be quiet."

"Richenda eliminated all of those," Miyagishima said. "We kind of count on students to police themselves. Students don't need to be treated like little kids."

Ultimately, Hawkins wants to help people become the best they can be.

"My job is to share things with people," she said. "What I get to give you is something that has the potential to make you a better human being. To



COURTESY: RICHENDA HAWKINS

increase your understanding. To increase your knowledge. To maybe improve your job prospects. I get to help you find it, I get to help you understand it, and I get to give it to you for free. I think that's a really awesome thing to be able to do every day in your life." ♡



STORY BY  
KYLE BRAUN-SHIRLEY  
@KYLE\_WPHP

## New LBCC Sustainability Club

Ocean Blue Project is sponsoring the new LBCC Sustainability Club.

We are ready to move forward with announcing the club. The Adviser will be Nate Miller, a Biology teacher at LBCC.

Our goal this term is to simply announce the club and the importance to volunteer on campus. We will meet at noon every Wednesday outside the Courtyard Cafe on the Albany campus.

Our goals are to make plans for the summer projects: recycling, butterfly garden, pollinator garden, rain garden, biowales, vegetable garden, examine local environmental issues and develop activities to promote awareness, plant flower beds, weed pulling, events, promote school recycling, conservation, energy efficiency, and hands on ecology restoration projects.

I'm open to speak of interest in the green roof and other garden plans for feeding the homeless etc. Contact Karisa Boyce at [Livebymassage@gmail.com](mailto:Livebymassage@gmail.com) or [Richard@OceanBlueProject.org](mailto:Richard@OceanBlueProject.org). ♡

LBCC  
PRESS RELEASE

# Cruising ON CAMPUS

## Wheels in campus corridors

Getting hit by a longboarder on the way to class would suck. Luckily, I have never had that experience.

Fear of unawareness defeats timeliness and cost efficiency. This may be from interpreting the anti-skateboard policy at LBCC, or from student awareness.

LBCC policy dictates that students may not ride any "wheeled conveyances," according to Safety and Loss Prevention Manager Marcene Olson. This includes longboards, skateboards, bicycles, unicycles and scooters. The policy states that students may not ride them on campus - minus the road.

LBCC may not be thinking of the benefits longboarding provides to students, and the negative effects the policy creates.

Student Hunter Burge rides his longboard at least once a week and commutes to the Albany campus from Sweet Home.

"I think it's fun. It's a nice way to get some exercise in while commuting short distances, and even long distances," says Burge.

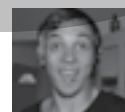
Burge admits to have been close to running into someone before, but had complete

control of the situation.

Olson, on the other hand, believes students should not ride wheeled conveyances on campus. According to her, LBCC has asked a few people to not ride on campus, but no one has been hurt this year.

Anthony Bedoy, writer for The Beacon at the University of Portland, said in his opinion column "Longboarding: The best way to get around campus," the average longboard costs \$75 to \$150, but the average bike costs \$100 to \$300 or more. With that in mind, longboards may be better fiscally.

LBCC should reconsider their anti-longboarding policy. With the unhealthy smoke shacks next to where everyone parks, the slippery stairs located outside, and the flooded entrance to the Learning Center, longboarding sounds tame. I'd rather wreck on my board than be exposed to cancerous toxins. ♡



COLUMN BY  
JOE HEFTY  
@THISWASMYHW

Linn-Benton Community College Performing Arts Department presents

Attend James Reddan's last concert at LBCC!

# Singing from the Heart

First 25 LBCC students FREE with ID

June 4, 2015 • 7:30 p.m.

A Spring Choral Extravaganza Featuring

- Re-Choired Element Chamber Choir
- Concert Choir
- Blue Light Special
- The Sirens

James M. Reddan, conductor  
Penny Bazanele, accompanist

\$10 Adults • \$7 Students & Seniors  
\$5 under 18 (with adult)

BOX OFFICE HOURS: MON-FRI, 1-4 PM. (concert week only)

Russell Tripp Performance Center

Linn-Benton COMMUNITY COLLEGE PERFORMING ARTS DEPARTMENT

[www.linnbenton.edu/russelltripptheater](http://www.linnbenton.edu/russelltripptheater) • 541-917-4531

Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at Linn-Benton Community College, RCH-105, 6500 Pacific Blvd. SW, Albany, OR 97321. Phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event. LBCC is an equal opportunity employer & educator.





## BEST DRINKS

**Runners up: Sky High, Calapooia, 101 and 2 Towns**

The votes are in, and every ballot's been counted, so raise your drink of choice, and CHEERS, to Block 15 for winning Best Drinks in the Willamette Valley.

On the corner of Third and Jefferson in the heart of downtown Corvallis, Block 15 resides in a charming historical building built in 1926 for the Gazette-Times. The character of the building combined with

the friendly staff enhances your dining, or in this case, your drinking experience.

Featuring a seven barrel brew house that includes 27 tanks and 160 oak barrels, they strive to put a new beer behind the tap every one to two weeks. Their website brags about their brew..

"Something unique is brewing! Founded in 2008, Block 15 is the Mid-Willamette Valley's premier Brewpub

specializing in locally sourced pub food and premium, from the source, craft brews. Enjoy sixteen taps, a real ale cask, monthly specials, and great times."

Swing in and enjoy their "hoppy hour" daily from 2 to 5 p.m. They may have won for best drinks, but their food is just as good. They offer a late-night menu starting at 10 p.m.

If you would like to experience the

award-winning libations, Block 15 is open daily at 11 a.m., closing Sunday through Thursday at 11 p.m. and 1 a.m. on Friday and Saturday. For current food and beverage choices, check out their menu online at [Block15.com](http://Block15.com).



STORY BY  
RICHARD STEEVES  
@RSTEEVES84

## BEST COFFEE

**Runners up: The Beanery, Interzone, The Human Bean, The Hot Shot**

Anyone searching for a delicious cup of joe, look no further than the nearest Coffee Culture.

A locally owned and operated coffee shop, Coffee Culture has called Corvallis home for 22 years. They offer a variety of coffees and pastries.

"Our focus is on roasting and presenting the coffee correctly," said owner Paul Tostberg.

Coffee Culture's success over the last 22 years is a shining example of what small businesses can accomplish when

they interact and get involved with the local community. Plus, they make a killer cup of coffee.

Michelle Mikolajczyk, a barista at the Southwest Jefferson Avenue location, thinks that one of the most interesting things about Coffee Culture is the way they experiment with different flavors and types of coffees. Some of the different coffees they have featured include Ethiopian Sidamo and Kenya Peaberry.

"We try to bring in new and different

coffees that people might not get to try anywhere else," said Mikolajczyk.

They also make their own pastries.

"Every month, we do a different flavored scone," said Mikolajczyk.

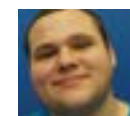
One such flavor they had in the past was the white chocolate macadamia nut scone.

Tostberg hopes customers will buy some coffee beans to make for themselves.

"We encourage people to take our coffee home," he said.

Adam Kennedy gave Coffee Culture a five star review on Facebook and said it is the "best espresso in Corvallis."

Mikolajczyk isn't surprised at winning best coffee saying, "We get a lot of compliments."



STORY BY  
KYLE BRAUN-SHIRLEY  
@KYLE\_WPHP



## BEST GYM

**Runners up: Anytime Fitness, Albany Athletic Club, Fitness Experience, Dixon Recreation Center**

Timberhill Athletic Club has helped Benton County stay slim and trim for 35 years.

Randy Huber, general manager and owner, has managed the Corvallis club since it opened in 1980. He has modeled the business with a motto he feels is important to any community.

"Why try for friendliness and cleanliness?"

The club offers a range of packages to fit the needs of a single person, family or couple. They pride themselves on

comprehensive fitness and strive to keep up with trending workouts and modern equipment.

They offer a plethora of activities for both the young and old. Facilities include: indoor/outdoor pools, basketball courts, racquetball courts, cardio floors, free weights, group exercise, yoga and spin classes. They even offer on-site nutrition, day care and massage therapy.

With summer around the corner, Timberhill is getting ready to open their outdoor pool. With the unveiling

of the pool comes the opening of their concession stand, complete with cold treats like smoothies and snow cones or hot dogs and hamburgers to indulge in.

"It's a great place to hang out on hot summer evenings," said Huber.

For his older customers, Huber sees a growing interest in pickleball, a game native to Seattle. It's similar to miniature tennis and played with a wiffle-like ball on a court a third the size of a basketball court.

"You still have to run around a bit,

but it doesn't beat you up like tennis and racquetball."

Many employees of Timberhill Athletic Club have worked there for over two decades providing personalized attention to its members.

"We work hard to do what we do. There's a lot of hometown culture built into us."



STORY BY  
ALLISON LAMPLUGH  
@LUCYLAFLOURE





## AMERICAN DREAM PIZZA

# BEST PIZZA

**Runners up: Woodstock's Pizza, Cirellos, Abby's Famous Pizza, Papa's Pizza**

Grab a slice of Corvegas, Marilyn Monroe, Rat Pack, Zorba or Edward Abbey, and enjoy 25 years of hand-crafted pizza that American Dream has been baking up.

Voted the Best of the Willamette, American Dream is the best place to grab a slice of pizza. Modeled after the original downtown Portland location, the locally owned and operated Corvallis shops are a hit for people in search of a good slice and Portland-like aesthetics.

With two locations, downtown and

campus, American Dream is packed daily with customers enjoying their in-house made dream dough, pizza sauces and fresh sliced veggies. Catering to a broad crowd, Dream serves up not only a variety of topping combinations but also gluten free options Sunday through Wednesday.

Centered around the appreciation of culture, American Dream's atmosphere is always grooving with tasteful music and featuring the finest artwork. During the summertime, the downtown location

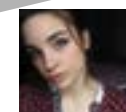
offers rooftop dining and patio seating.

The downtown location's Crowbar and campus' HandleBar can't go without mention. The drink selections and fantastic flavors have become a Corvallis hot spot for college bar hoppers, locals, and tourists alike.

When a stroll down Monroe sounds like too much of a trek, the campus location offers free delivery to locals.

American Dream invites pizza, art, music and beer enthusiasts to celebrate two and a half decades of business on

Thursday, June 4 at the campus location from 4 to 11 p.m. Catch three live bands performing in the alley, dirt cheap pints, and the new Freewheelin' cocktail bar, a plate art contest, and a chance to win some free swag. 📍



STORY BY  
PAIGE HARKLESS  
@PAGIEHARKLESS

# BEST BURGERS

**Runners up: First Burger, Nearly Normal's, King Kone, Impulse Bar & Grill**



Burgerville has continued to make fresh and tasty burgers since 1961.

If you have ever had the opportunity to taste a burger from Burgerville, then the announcement that they are this year's winners of the "Best of Burgers" in the Willamette Valley, should come as no surprise.

"We're very grateful and very proud," said Nikkolus Page, assistant manager of Albany's Burgerville.

Whether you are having the original,

the pepper bacon or the infamous colossal cheeseburger, you will know instantly why they won. Fresh veggies and Burgerville's famous secret sauce on top of one or two quarter-pound patties, will make you salivate just thinking about it.

Page believes that Burgerville won best burger in the valley because customers enjoy buying locally and supporting the community.

Burgers may be the best food on their

menu, but it isn't just the burgers that are satisfying -- it's the atmosphere that brings people back to a original burger joint -- with the jukebox and all.

A successful business that has gone unchanged for over 50 years is proof enough. When you add that to their widespread involvement in 40 communities all over Oregon and Washington, you will begin to realize what makes this restaurant a great place for everyone.

Page feels Burgerville has both a winning burger and winning service because they strive to give the customer an experience.

"We feel it is our job to make the memorable moments for all guests who enter," said Page. 📍

STORY BY  
COOPER PAWSON AND  
MELLISA CHANDLERS



# BEST SOCIAL MEDIA

**Runners up: Twitter, Instagram, Snapchat, Tumblr**

With a click of the mouse connecting with just about anyone is possible; that might be why Facebook has reached so many people's lives.

Paige Harkless, the social media editor for The Commuter, watches the Commuter's stats each week and has insight on just how powerful social media can be.

"The bulk of our readers access our news stories from our posts on Facebook. It's one of the easiest ways for us to reach our readers and it's quite amazing just how many people check ours in just one week."

According to a 2014 analysis by

Pewinternet.org, FB is the backbone of all social media. With 71 percent of adults online using FB. It appears the once fledgling startup is now transcending age groups at the speed of DSL.

In 2004, Mark Zuckerberg and a group of friends launched FB from a Harvard dorm room. Initially the system was created for college students to interact socially. Soon after FB's inception, the company spread operations to other colleges such as Stanford, Yale and Columbia.

On May 18, 2012 FB went public offering shares to be publicly traded between \$35-38. The company raised

\$16 billion during opening trading. Even though FB's debut was met with much criticism, due in part to a drop in stock value, the company adapted and is stronger now than ever.

First quarter numbers for 2015 indicate, FB now is up to 1.44 billion monthly users who are burning up their keyboards with personal messages and public posts. The first quarter numbers also boast 728 million daily users. With numbers like these it's a wonder why FB doesn't run for president in 2016 presidential election...

Facebook is moving into the future with a full head of steam. With a recent acquisition Whatsapp, a free cellular

texting app, Facebook appears to have its eyes set on the messaging service industry. Adding 700 million users from Whatsapp, to its 600 million existent messenger users, secures FB as the boss.

Look to see more incorporation of apps and cross application usability as FB continues to blaze its trail through the jungle of ones and zeros. 📍



STORY BY  
CHRISTOPHER TROTCHIE  
@CHRISTOPHER999





# PROOF GOD LOVES US

## Seasonal beers hit the fridge

As the sun begins to shine and the weather gets warmer, we see a change in seasons—and in our fridge.

As each new season approaches, breweries everywhere release seasonal brews. So I asked myself, what makes a seasonal and why? If it's good enough to drink during one of the four seasons, then why isn't it good enough for the rest of the year?

With some help from the manager at University Market, better known as the Orange Store in Corvallis, I selected three seasonal beers one from California, Washington, and, of course, Oregon.

The first beer I cracked into was Summer Solstice Ale brewed by Anderson Valley Brewing Company located in Boonville, Calif. Once this brew hits your lips it's so good. The brewery describes it as, "Rich copper color floating a lacy, white head. Rich aroma of malt and caramel. Creamy, satin-smooth body envelops a pleasantly sweet

caramel flavor with a subtle spicy hint."

If this was my beer of choice, I'd be pissed-off that they don't brew it year-round. I give it five out of six beers. As much as I like caramel, it's a little rich. If the brewers came out with a slightly lighter version, it would complete the six-pack.



The second beer I previewed hails from Deschutes Brewery in Bend, Ore. Another summer seasonal, Twilight Seasonal Ale's label states, "Down goes another brewing dogma selected malts and a hearty dose of bold Amarillo hops deliver full-on flavor and crafted nuance in

a spry summer style. Enjoy chilled as the days linger."

This is a very drinkable beer that can easily be enjoyed on a hot summer day. I give it a four out of six beers. It's flavorful, but not flavorful enough.



The final beer I tasted was Elysian Brewing Company's SuperFuzz Blood Orange Pale, hailing from Seattle, Wash. Many folks like a fresh squeezed orange, lime, or lemon in a beer. Elysian's attempt at fusing orange flavors into beer failed. A fresh squeezed orange is better than this horse-piss.

if I want an orange in my beer, I'll put it there myself. In the words of my former employer Dave Hufford, "Tell em to go get f\*\*\*ed," because this beer sucks. I wouldn't drink SuperFuzz to piss out a burning building. Elysian needs to go back to the drawing board with this one. I give it one beer out of six.

Nice try Elysian, but no thanks;



Seasonal beers do have a place in the fridge and that is when the freshest ingredients are available for that seasonal taste. My only advice to brewers everywhere is if it's good enough to drink in winter, spring, summer, or fall, then it's good enough to drink year-round. So whichever season it may be, brew on. ♡



COLUMN BY  
RICHARD STEEVES  
@RSTEEVES84

PHOTOS: MATHEW BROCK

# Join the team. Be the news.

The Commuter has open positions this Fall

Sports Editor  
Social Media Editor  
Columnists  
Copy Editors  
Reporters  
Photographers



# WHAT TOBY TAUGHT ME

*The benefits of a fur-baby*

Our eyes met. The heavens opened. In that moment a friendship was forged. It's amazing how many people have this experience when they meet their dog for the very first time.

Occasionally we go shopping for a pet. It seems that more often than not, due to almost mystical circumstances, they find and choose us.

They stood outside the convenience store smoking their cigarettes. Dang tweekers always asking for change. Walking past would have been easy to ignore the nuisance, until noticing the tiny movement under the pocket of his filthy jacket. There he was in all his pathetic glory. Covered in fleas, and dripping with worms—a tiny apricot-colored puppy with a white afro peeked his face out and looked at me.

Maternal instinct pulled me like a magnet to this poor little guy, and soon he was in my arms. For \$80 the puppy could be taken home by anyone with cash. Though it was obvious that the money would be put towards unsavory uses, I could not let this baby go back home with those people.

A crisp Benjamin laid in wait within my purse, with the intention to be spent on eyeshadow at Sephora. Plans change. I went to the store that warm October evening to buy smokes...and left with a sick puppy and a smile as big as Texas.

Toby grabbed my heart two years ago, and will never give it back. How do these little critters make their way into our lives

so easily? It seems there may be some science behind the human-dog bond.

Everyone who has a dog, has experienced that loving gaze exchange. They stare at you, and you stare at them...your heart swells...\*sigh\*. As much fun as it would be to think this is

is released, and their emotional bond is enhanced. This is the same mechanism which occurs when a mother and child make eye contact.

This chemical bond between human and creature is not unique to man's best friend. Years of domestication it

world which we invest in and do not expect anything in return. Friendships, marriages, and even careers which cease to benefit us are dropped like hot potatoes and chalked up to learning experiences. In this culture, almost everything that isn't useful is disposable. Our pets are different.

These furry little creatures, that make their way into our hearts, are completely dependent on us. We open our homes to them and choose to invest everything we have into a being we know is going to die before we do. The act of giving the best quality life to a creature, knowing that the inevitable loss of its company is going to break our hearts, is one of the most selfless things a person can do.

Our pets are a mirror in which we see our most beautiful selves reflected. They show us the most generous and loving sides of ourselves, while loving us fully in return. This is why our pets are more than just animals. They are family.

We all need to be reminded of the goodness which we are capable of. That loving glance from my dog, Toby, first thing in the morning reminds me of my own capacity for love. Going through my day becomes easier after that. Everyone who comes into contact with me becomes the beneficiary of that interaction. ♡



PHOTO: MARWAH ALZABIDI

purely a love thing, Oxytocin appears to be largely responsible.

Oxytocin is a feel good chemical released by the brain. According to livescience.com, when a person and their dog gaze at each other oxytocin

seems, has produced a beautiful and unexpected side effect.

It's true that the love of our fur babies may be chemically enhanced. The bond is forged by a much deeper truth.

There are very few things in this



COLUMN BY  
CHRISTINA JOHNSON

# THE SMOKING STIGMA

*A monkey on my back*

In the interest of transparency, it is only fair to admit that yes...I am indeed a smoker. Cigarettes are a smelly monkey which have clung to my back for years.

Although I have successfully managed to rid myself of this pesky beast of burden for clumps of time here and there, we always seem to end up back together. There is a love hate relationship with cigarettes. On one hand, they are my security blanket. They are always there, I always know how they will make me feel, and they are a guaranteed break from the demands of life.

## I'm addicted.

For me, the most addictive thing about cigarettes is the social aspect. A smoker is never lonely. In between my classes at Linn-Benton Community College, I can go to one of the designated smoking areas, and am guaranteed to find a friendly person to smoke and chat with.

Often groups of students congregate and simply talk as they pollute their

lungs. Conversations range from religion, to politics, to global issues. Down at the smoke pad, we keep it real. There is no place on the entire LBCC campus that I have found where it is possible to plop down next to a total stranger, and have a meaningful chat.

## And now the consequences.

On the other hand, smoking is bad for you...duh. Smoking is also ridiculously expensive. I smoke American Spirit menthol lights, and pay almost seven dollars a pack. Paying to die is definitely counter-intuitive, but hey, that's addiction for you.

This brings me to leprosy. Yes. I'm going there. There are students within the LBCC campus who should receive Oscars for their performances as they walk past the designated smoking area.

You would think they were in the final throes of death by the way they gasp and hack as they walk by. In random conversation with people, I may mention

a need to smoke. Inevitably one of two responses come my way.

"Oh you should quit. Smoking is bad for you." Or my personal favorite, the wrinkled nose, sniff and "gross" response.

## RUDE!

I even had a teacher who told students, "During this break don't put on perfume, or smoke, or do anything odoriferous. It could distract the other students." What about how distracted the smokers are, trying to tackle the hardest class ever taken while jonesing for a smoke?

## Here's my beef.

What ever happened to courtesy? Just because something is distasteful, does that automatically mean we have the right to judge and ostracize? Smoking is as addictive as heroin, yet when someone is addicted to heroin people say they are sick and need help. When someone is addicted to cigarettes, they are berated to quit and sent outside to be a minimum

of ten feet from the door. There is a discrepancy, and it isn't right.

I'm not saying let your smoker pal light up in your house, and I'm not saying secondhand smoke isn't an issue. All I'm saying is a little kindness goes a long way. That monkey on my back can get pretty heavy sometimes.

Kindness and support are much more helpful than being told I smell bad, and that I need to quit. So what's the moral of the story kids? Being ostracized and judged hurts, and a little compassion goes a long way.

Next time you're on the street and someone with a cigarette passes you, resist the urge to give that disapproving glance and exaggerated cough. We know that we stink, thank you. ♡



COLUMN BY  
CHRISTINA JOHNSON

Help us keep campus safe for everyone.

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# ARTS & ENTERTAINMENT



## BELIEVE IT, THE PITCH IS PERFECT

**"Pitch Perfect 2" hits a high note at the box office**

A group of awkward nerds take on the challenges of college while "pitch-slapping" the world with their vocal glory.

"Pitch Perfect 2" hit theaters Friday, May 15. Typically sequels are a disappointment, but this one was impressive to say the least. It was no shock that the film came out as the No.1 movie premiere last weekend.

The Bellas are a group of talented young women who form an A capella singing group for Barden University. This movie is based around the Barden Bellas trying to gain back the respect of their viewers, while finding their original sound as a group.

The movie starts with quite the opening—of Fat Amy's legs that is. During a performance for President Obama and the first lady, a wardrobe malfunction of a lifetime costs the Barden Bellas a spot in the world tour of A capella music.

Throughout the film, the girls face many challenges as individuals and as a group that many college students can relate to. For example, the dreaded mystery of finding a job after college, seeing your friends, and just finding out who you want to be once graduation is over.

This relatable comedy rocked the box office during its

three-day opening. Nearly every seat was filled at every showing around the globe. The film raised the most money within a three-day opening in musical history with a total of \$69.2 million.

Even Rebel Wilson, aka Fat Amy, was raving about the success of the film on her Instagram page. Her post read, "We CRUSHED IT!! highest 3-day opening EVER for a musical. Thanks Pitches for showing up and supporting us."

The only critique would be that some of the singing scenes sounded more auto tuned than the first movie. It took away from the realistic vibe. The less edited and more pure singing was more enjoyable to hear.

The way the movie ended made it seem as if they are hinting at a third round of this A capella

phenomenon. The fans will have to wait and see if the next one is as impressive. ♡



REVIEW BY  
MARINA BRAZEAL  
@MARINABRAZEAL

## CRAFTY SUMMER COOKING *Fill your freezer with 15-minute meals*

My calendar is filling up almost as fast as this term is wrapping up. We're all looking forward to beach trips, backyard softball games, and hikes in the mountains, but all of these adventures leave little time for much else—especially cooking.

With recent studies linking obesity with fast-food consumption, many people are more mindful of what they are eating. Some have even tried cooking meals from scratch when possible. That's a nice thought, right? Well, I'm pretty sure Betty Crocker isn't trying to keep up with a college student's schedule.

Balancing nutrition, a paycheck, and a crazy schedule is nearly impossible, but it can be done.

A few summers ago, while working as the cook on a farm in Central Oregon, I discovered the Holy Grail of meal planning for a busy lifestyle on a budget. After many frustrating nights of spending too much time in the kitchen, I soon developed a simple formula that has saved me hours of cooking-time.

I can make 15 casseroles in a morning, stick them in the freezer, and simply bake them as needed. The formula includes protein + carb + veggies + cheese + sauce. The variations are endless!

It's just like math! Take your equation and plug in your variables like so: ground beef + pasta + onions + bell peppers + mozzarella + tomato sauce = simple beef casserole! Examples of good sources of protein are ground beef, ground poultry, sausage, chopped chicken or turkey, or vegetarian options such as tofu or mushrooms.

A few carb variables that I like are pasta, rice, tortillas, or potatoes. I like

to use whole grain pastas and brown rice to keep the nutritional value high, but this can be omitted. Next, you have a multitude of vegetables, cheeses, and sauces.

It's important to pay attention to sauces. They dictate the flavor of the dish, and can make all the difference. I use tomato sauce, alfredo sauce and barbecue sauce, or you can get away with none for a lighter dish. I make my sauce from scratch. It's cheaper than buying it at the store, and healthier for you. Making your own sauce doesn't take much time, so I highly recommend it.

Once you know which ingredients you want to cook with, you can start your assembly line.

Start by chopping your veggies, and preparing your "carb component" (i.e. boiling your pasta). If your meat is uncooked, you want to sauté it with your most-flavorful vegetables, until it's almost cooked through before adding anything else. If your meat has already been cooked, you can add it to your veggies after they have been sautéed for a few minutes.

Next add any spices, herbs, or seasonings that tickle your fancy. When the meat and veggies are cooked through, you can stir in your prepared carb and



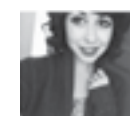
COURTESY: KATHERINE MILES

sauce choices and let it all simmer for a few minutes. Next stir in your cheese, or sprinkle it on top once you've transferred your meal into a baking dish.

If I'm only cooking for myself, I freeze individual portions in Tupperware containers that can be microwaved in a pinch. If I am feeding my work crew on the farm, I use a 9 x 13 inch pan and bake the casserole for 25 to 30 minutes at 350 degrees.

This process takes about 15 minutes. This may seem like a lot of time, but the secret here is that you can be making multiple casseroles at once within those 15 minutes.

You can start your very own Subway-sandwich-assembly-line, and before you know it, you can have a whole stack of different casseroles in your freezer. One Sunday morning, or one free Thursday afternoon, can guarantee you a week or two of easy, affordable, and nutritious meals that you can won't take away from your summer adventuring. ♡



COLUMN BY  
KATHERINE MILES  
@KATEMARIEMILES



# CREATIVE CORNER

## "Untitled"

A face,  
So unlike mine,  
Is reflected back at  
Me, and I know that we are the  
Nation.

By Paige Kosa

## "Pedigree"

My kin, they were tall.  
So very tall were they all.  
Picking fruit in the Fall.  
Yet rarely playing basketball.

By Nathan Tav Knight



### DID YOU KNOW?

Knowledge is power and knowing is half the battle.

## "Talk It Out"

Talk about love.  
Talk about you and me.  
Talk about who we could be.  
Let's just talk it out baby it's you and me.  
Through and through you and me going  
down in history.  
Baby let's talk it out it's you and me together.  
It's who we're meant to be.

By Michelle Soutar

**HEY.  
HEY YOU.  
YOU LIKE THIS PAGE?  
GO AHEAD,  
LOOK AROUND.  
I'LL WAIT.**

.....

**YOU KNOW WHAT WOULD MAKE IT BETTER?**



**SUBMIT YOUR  
ART**  
COMMUTERAE  
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## "A Metaphor For..."

Tell us again the tale of Chinese Frankenstein  
playing the modern painted egg game on Neptune  
where there are no rules against taut muscles  
in clouds where parallel lines can't exist  
Your vivid lover is two works of art glued together  
Planetoid of twin elliptic geometries  
Lover's flesh and Frankenstein's egg  
A Chinese game of modern art  
Clouds on which are painted no rules  
This story's all about you

By Nathan Tav Knight

### SUBMIT YOUR WORK

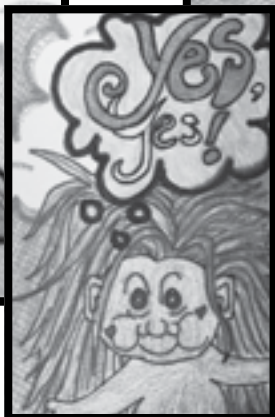
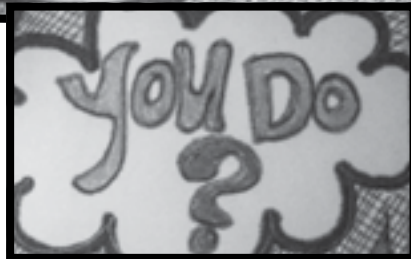
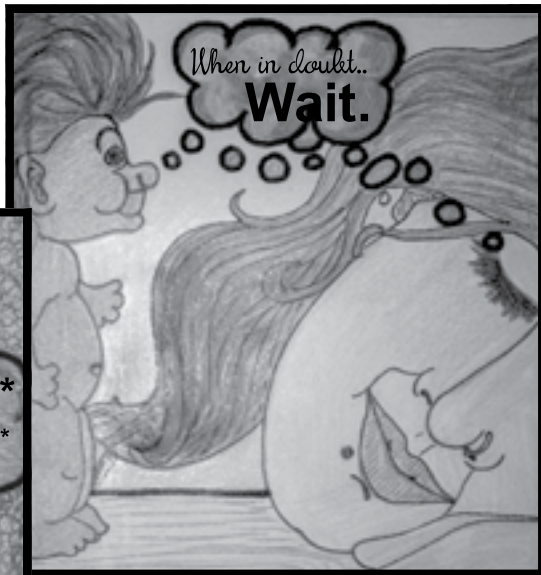
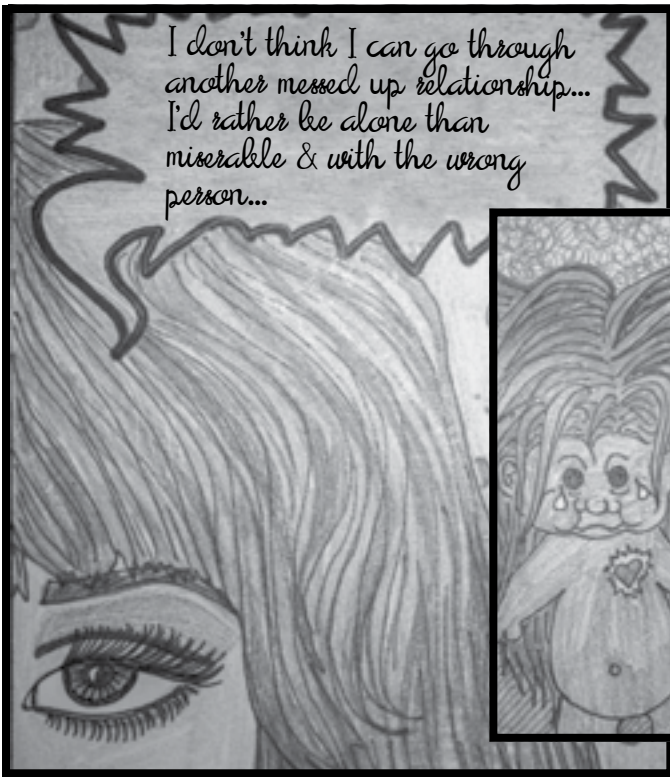
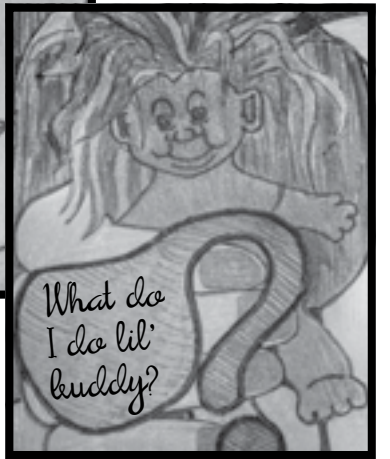
Submit your poetry to The Commuter by email at [commuter@linnbenton.edu](mailto:commuter@linnbenton.edu) or drop by the office in Forum 222.  
Join the Poetry Club Tuesdays in the DAC, 3-4pm.




So do ya love me or what?

This comic was created by social science/psychology student Cynthia Brenner.


The Commuter loves to see student art! Submit your own awesome artwork to commuterae@gmail.com



COMMUTER



WE WOULD LOVE TO MEET YOUR HAMSTER



The Commuter Asks, Please Recycle



# HELP WANTED

## MEDICAL CODER & BILLING SPEC.

Job ID: 1330 Corvallis, OR Closes: May 30  
Pay: DOE

## AUTO MECHANIC

Job ID: 1166 Albany, OR Closes: May 31  
Pay: DOE

## CATERING COORDINATOR

Job ID: 1323 Corvallis, OR Closes: May 31  
Pay: DOE

## DIRECT SUPPORT PROFESSIONAL

Job ID: 427 Corvallis, OR Closes: June 01  
Pay: \$9.75-\$10.50/hr

## TREATMENT AIDE

Job ID: 1145 Corvallis, OR Closes: June 01  
Pay: \$10.10/hr

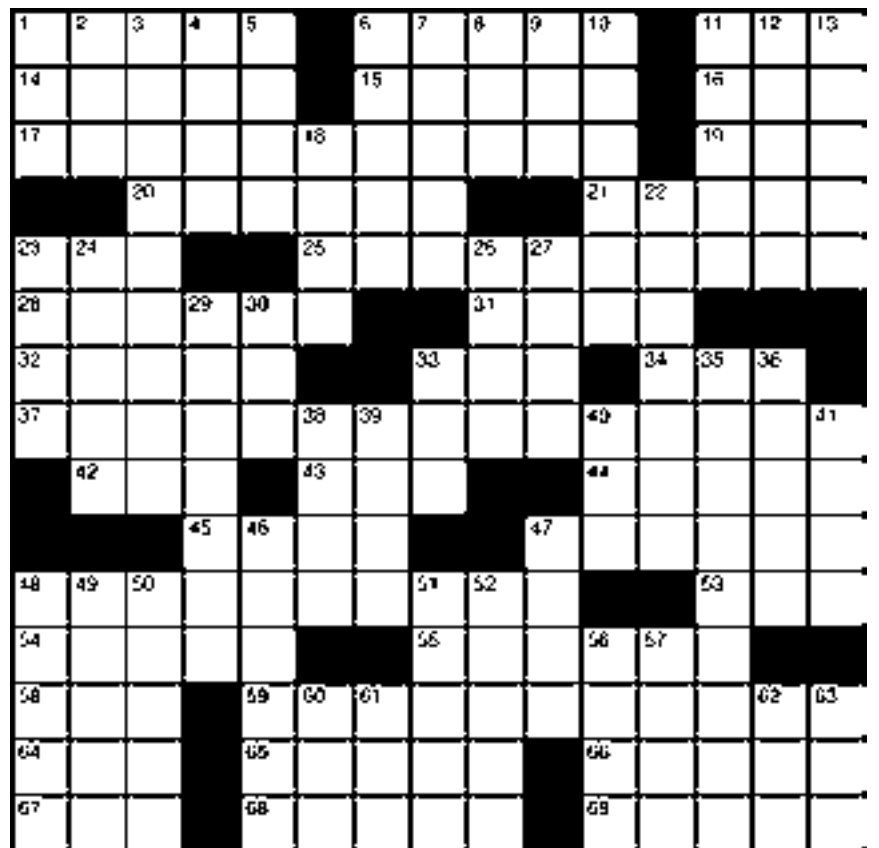
For more information, visit Career Services in Takana Hall or [www.linnbenton.edu/career-connections](http://www.linnbenton.edu/career-connections)

## Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Monarchy
  - 6 Many a class reunion tune
  - 11 "Captain Phillips" actor Hanks
  - 14 \_\_\_ ink
  - 15 Fishing spots
  - 16 Title heartbreaker in a Three Dog Night song
  - 17 \*Tyke's dinnertime perch
  - 19 "I'm not a crook" monogram
  - 20 Rogue
  - 21 Plowing measure
  - 23 Ad Council ad, briefly
  - 25 \*Unfair deception
  - 28 Energetic
  - 31 Obvious joy
  - 32 "Spider-Man" trilogy director Sam
  - 33 Feel sorry about
  - 34 Quipster
  - 37 \*Insignificant amount
  - 42 Weekend TV fare for nearly 40 yrs.
  - 43 Reading after resetting
  - 44 "Roots" hero \_\_\_ Kinte
  - 45 Scandinavian port
  - 47 Comeback
  - 48 \*Numero uno
  - 53 Used to be
  - 54 Lover of Euridice, in a Monteverdi work
  - 55 Decide not to ride
  - 58 Cambridge sch.
  - 59 Try, or a hint to the first words of the answers to starred clues
  - 64 Rocks found in bars
  - 65 Software buyers
  - 66 Kevin of "Cry Freedom"
  - 67 Audio receiver
  - 68 Tag cry
  - 69 Loosened

- DOWN**
- 1 Cage component
  - 2 Ambient music innovator
  - 3 Worship
  - 4 Brainy Simpson

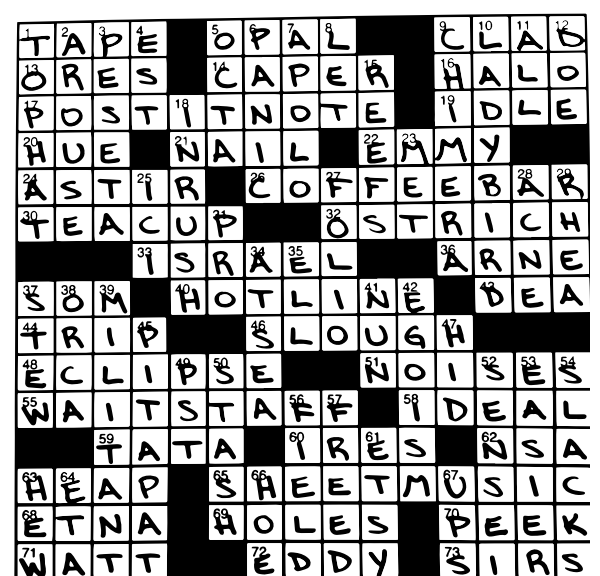


By Gareth Bain

5/27/15

### The Commuter has solutions

- 5 Yoga class supply
- 6 Onetime rival of Sally Jessy
- 7 Stocking thread
- 8 Mark of concern
- 9 Roth \_\_\_
- 10 Collection of heir pieces?
- 11 Country singer Gibbs
- 12 Ancient Mexican tribe known for carved stone heads
- 13 Capital WSW of Moscow
- 18 "\_\_\_ homo"
- 22 Style reportedly named for Ivy League oarsmen
- 23 Western chum
- 24 Lasting marks
- 26 Hot-and-cold fits
- 27 Working class Roman
- 29 Collapse inward
- 30 Sundial hour
- 33 Greek consonant
- 35 "Don't tell me, don't tell me!"
- 36 Neon swimmer
- 38 Court plea, briefly
- 39 Multi-cell creature?



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4/16/14

- 40 Commonly four-stringed instrument
- 41 Bits of ankle art, say
- 46 Former Japanese military ruler
- 47 Horseradish, e.g.
- 48 Pal, slangily
- 49 Novelist Jong
- 50 "... happily ever \_\_\_"
- 51 Oteri of 42-Across
- 52 Lift
- 56 Knockoff
- 57 Land surrounded by agua
- 60 Prefix with metric
- 61 Doc who administers a PET scan?
- 62 United
- 63 English poet Hughes



### DID YOU KNOW?

Sharks have been on earth for over 400 million years

# THE COMMONS Cafeteria

... MENU ...  
5/27-6/2

**Wednesday:** Culinary Arts Theme Day "Brunch:" Poached Salmon with Berries and Beurre Blanc\*, House Smoked Ham\*, Savory Stuffed French Toast, Quiche Lorraine. Soups: Purple Potato Vichyssoise, and Broccoli Cheddar.

**Thursday:** Kalua Pork with Steamed Rice\* and Mac Salad, Chicken Cutlet, Vegetable Pot Pie. Soups: Chicken Matzo Ball, and Potato Leek\*.

**Friday:** Chef's Choice

**Monday:** Poached Salmon, Grilled Pork Chop, Potato and Cauliflower Curry with Steamed Rice\*. Soups: Chicken Noodle, and Split Pea\*.

**Tuesday:** Poached Chicken over Mushroom Rice Pilaf with Bearnaise\*, Meatloaf, Macaroni and Cheese. Soups: Chili Mac, and Curried Carrot\*

Items denoted with a \* are gluten-free

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

# SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

### Level:

- 1 2
- 3 4

SOLUTION TO LAST EDITION'S PUZZLE


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

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](http://www.sudoku.org.uk)


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



**WANTED**




**OSAA Soccer & Volleyball**




**REFS**

**All Refs PAID**



**Orientation Meetings: Mondays**  
06.01.15 & 08.10.15; 5-6:30 p.m. at  
Woodstocks Pizza in Corvallis.

If you can't attend the meetings;  
Soc: marcuseng.meson@gmail.com;  
VB: darcigarwood@gmail.com




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