

THE COMMUTER

LINN-BENTON
COMMUNITY COLLEGE

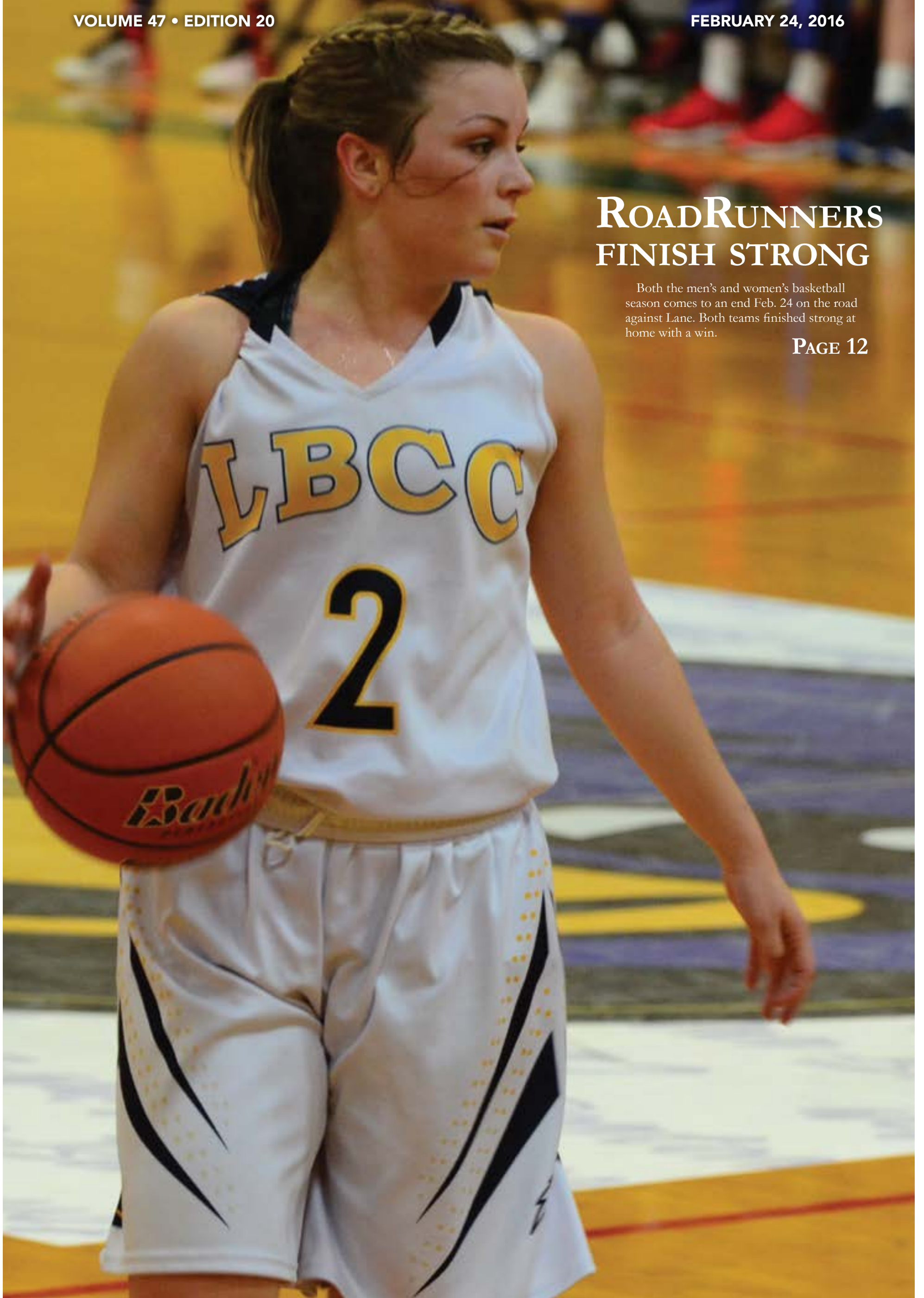
VOLUME 47 • EDITION 20

FEBRUARY 24, 2016

ROADRUNNERS FINISH STRONG

Both the men's and women's basketball season comes to an end Feb. 24 on the road against Lane. Both teams finished strong at home with a win.

PAGE 12



COMMUTER

Cover Credit:
Brian Hausotter

On the cover:
Kyia Duvall

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Letters always welcome.

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FINANCIAL AID URGENCY

Don't Delay: Submit your FAFSA today!

"Watch your deadlines," Financial Advisor Donna Fulton said.

Since Jan. 1, the 2016-17 FAFSA has been open to students around the country. The Free Application for Federal Student Aid helps provide grants, loans, and work-study funds for college or career school. With 22 million applications expected to be submitted, the importance of filing early is crucial.

"Never assume anything is correct," said Fulton, a financial advisor at Linn-Benton Community College.

Fulton encourages anyone with financial aid questions to come to the financial aid office located in Takena Hall. There are specific drop-in hours throughout the week.

According to the FAFSA website, "Your age, race, or field of study won't affect your eligibility for federal student aid." "While your income is taken in consideration, it does not automatically prevent you from getting federal aid."

Certain factors that determine your

eligibility include obtaining a high school diploma or GED, U.S. citizenship, and maintaining a satisfactory academic progress. An entire list of eligibility requirements can be found on their website.

"Filing the wrong year," said Fulton is a common mistake students make. Since the 2015-16 FAFSA does not close until June 30, 2016, two applications remain open.

Another common mistake, Fulton has noticed, includes decimal points. Adding decimal points in the income portion of the FAFSA can change \$100 into \$100,000. Reading the student aid report can help find any mistakes in your FAFSA. The student aid report can be found after you've submitted your FAFSA.

Applying for the FAFSA can be completed on their website fafsa.gov. Financial advisors discourage using a preparer, a person who charges a fee

to fill out your FAFSA, because of the unnecessary cost.

"That's why we have the drop-in hours," said Fulton.

"Filling out the FAFSA can be nerve-racking," said OSU dual-enrolled student Elizabeth Hernandez. "My advice would be to ask a teacher or someone you feel connected to, and ask them to help you fill out the FAFSA."

With a variety of deadlines coming up, it's important to add the FAFSA to your list of to do's.

"It's really important for students to communicate with their teacher or counselors to make sure they have the proper tools to be successful," said Hernandez.

STORY BY
ERIK CHAVEZ

CAMPUS VOICE

Question:
Who do you think is going to win the Presidential nominations?



Daniel Williams
Staff Member

"I've kept aware, but have not formed an opinion."



Colton Church
Mechanical Engineering

"Probably Bernie or Hillary. Trump has that asshole friend in a bar fight attraction."



Vail Headings
Art Major

"Hoping for Bernie Sanders for democratic. I'm scared that Trump will win for Republican."



Cade Freels
Economics

"Trump and Hillary, unfortunately."



Kayla Yarbrough
Graphic Design

"Bernie for Democratic. For republican, probably Trump."

Next Week's Topic: Alcohol.

STORY AND PHOTOS BY
MARINA BRAZEAL &
KYLE BRAUN-SHIRLEY

NEW CULINARY KITCHEN HEATS UP

Grand opening of LBCC demo kitchen

As the flames sparked up, so did the excitement for the new culinary arts class.

LBCC officially opened the doors to its brand new culinary classroom. The ribbon was cut and people were able to tour the facility on Friday Feb. 19.

Prior to the upgrades, this classroom was just that, a classroom. Stadium seating and no proper facilities for demonstrations. Things had to be carted over to the class and it was difficult for students to see what was being demonstrated.

Well fret no more. The classroom now is state of the art, with a full kitchen, stoves, ovens, fridge, butcher's block and a list of high-tech kitchen gadgets. There are cameras set up to project the work being done onto three new digital monitors making it easier to educate aspiring chefs.

Through a bond measure from 2014 that included \$285,000 for culinary arts, and donations from supporters that totaled nearly \$90,000, LBCC was able to make the improvements to its demonstration kitchen.

"I feel honored to be a part of this new facility," said Rachel Moll, a second-year culinary student, "This is really going to mean a lot for future culinary students." Executive Director of Institutional Advancement Dale Stowell addressed the audience before the festivities.

"It seems like just yesterday and we were asking for all of your help, and here we are today, opening this wonderful facility," said Stowell. "What amazing things we can do together as a community."

Wayne and Joann Chambers, who are long-time supporters of LBCC and donate hazelnuts to the program every year, came to see the incredible upgrades that were completed.

"This is beyond anything I ever expected, everything turned out so wonderful," said Joann Chambers. "The staff and the instructors here are simply amazing."

Excitement could be felt as wine was poured and people began to bustle about, while Department Chair Todd Ketterman mingled with the attendees.

"Our goal is to make this culinary institute the best in Oregon, and eventually the Northwest," said Ketterman.



PRESIDENT GREG HAMMON CUTS A RED RIBBON AT THE GRAND OPENING.



STORY AND PHOTO BY
BRIAN HAUSOTTER
@BHAUSOTTER

COMMUTER HEADS TO HOLLYWOOD

Commuter staff goes to LA for journalism conference

The Commuter hits the bright lights of Hollywood for the Associated Collegiate Press.

Joining the upwards of 700 other college students and instructors, improving their journalism skills and making new connections.

There were 125 practical sessions, workshops and interactive opportunities with professionals spread out over four days. Workshops ranged from "The N-Word Project: Interview People on Racially Sensitive Topics" to "Clueless Twerps, Arrogant Weasels, and People Who Think They Matter: The Perils of Opinion Writing."

The key-note speaker, Greg Lee from ABC7, spoke about the changing landscape of journalism. Using social and visual media has become key when

performing journalism in a rapidly changing world. The days of specialization are over; a journalist must be a jack of all trades. In the field a journalist might be required to take pictures, write a story,

"Drink Heavily."

take video, strip that video of its audio for SoundCloud, then do a quick online video for Facebook or Twitter.

The Commuter walked away with two awards for Best of Show, eighth place: Special Edition and fourth place: Publication Website Small School

fourth place. We also received countless words of wisdom from people who are professional journalists.

"Don't use I more than Donald Trump on meth," said Vince Filak while explaining the pitfalls of interjecting yourself into you column and over-using the word "I."

Filak's advice was Jason Casey's favorite.

"Take a crap your pants chance," said Kevin Fullerton of Springboard Creativity. "The second it doesn't scare me anymore, I don't want to do it," said Fullerton.

He believes that the scariest chances are the best ones to take, and that failure is nothing to be afraid of.

"The best piece of advice I got all weekend was if you want to be a good

STUDENTS SIGN LETTERS OF INTENT

LBCC participates in National CTE Signing Day for first time

On Thursday Feb.18, 31 high school students signed letters of intent at LBCC. Unlike traditional letters of intent, these were not for athletics.

LBCC participated in the National Career and Technical Education Letter of Intent Signing Day, where future trade students are broadcasted live along with about a dozen other schools nationwide.

"These programs are all competitive. Last fall, our welding class was filled, with 30 kids not getting in," David Bird, the event organizer said.

Luckily for these high school students, by committing early and signing letters of intent, they are guaranteed a spot in the technical class of their choice come fall term.

The event had multiple speakers, including Snap On Tools representative Bill Overall, and International Technical Training Manager of Fiat, Willie Daniels Jr.

"The careers that you are looking into can't be outsourced I can't ship a car to Rio and get a guy to fix it. I need you," said Daniels Jr.

Albany Mayor Sharon Konopa. The city of Albany is also invested in the event as they have donated \$2.9 million to LBCC's technical programs.

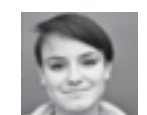
"Spend the funds on a future," said Konopa.

National CTE Signing Day impacted students, offering them the chance of a lifetime. This rang true for one student in particular.

"I've been working with metals since I was 11. It's my passion," said Jonathan Sattler, a future Welding and Fabrication Tech student.

Sattler's family moved from upstate New York eight months prior to the event so that he would have more opportunities to chase his dreams. Thanks to LBCC and the city of Albany, it looks like the Sattler's and many other students and their families have brighter futures ahead of them.

"You don't have to limit yourself the opportunities are endless," said Overall.



STORY AND PHOTOS BY
MORIAH HOSKINS
@MORIAH_HOSKINS

journalist, drink heavily," said Steeves. To create like a pro you need to know the basics: develop a hierarchy, engage the reader, work with designer, don't have too much gray space, unify the elements, remember angles, and be creative with photography.

"It helps to know the rules to know when to break the rules," said Linda Puntney, retired Kansas State University professor.

"Some great things I took away from this conference were: errors ruin credibility and the public is holding us accountable," said Alyssa Campbell.

This job is not just a job, it's a calling.

STORY BY
COMMUTER STAFF
@LBCCOMMUTER

STRIPPING AWAY ISLAMIC PREJUDICE

An American Muslim explains the differences between religion and radicalism

The room was filled with Christian Bible Study students with notebooks and pens in hand, walking around smiling and greeting everyone. It was a welcoming environment for everyone waiting for the next discussion topic: "What is Islam."

Along with discussing Islam, there were several other presentations given throughout the evening. Speakers focused on different religions.

Islam means submission. Submitting yourself to the will of God (Allah), not your desires, and the belief in Muhammad as his messenger.

"I'm not here to tell you Islam is right or wrong," said Kase Allozi, LBCC student.

During the presentation five topics were discussed: The Five Pillars of Islam, The Pillar of Iman [faith], Radical Islam, Who is Jesus in Islam, and Why Do Muslim Women Cover.

For his first topic Allozi introduced The Five Pillars of Islam: The testimony of faith, Prayer, Zakat (tithing), Fasting and Hajj (pilgrimage). According to Allozi all five pillars must be followed in order to practice Islam correctly.

The testimony of faith is holding the belief that "There is no true God (deity), but God (Allah) and Muhammad is the messenger (prophet) of God."

According to Allozi, the first thing every Muslim is judged on is their prayer. In Islam, prayer is the direct link between the worshipper and God, and is practiced five times a day.

In Arabic, Zakat means "that which purifies." All Muslims who are capable and can afford to, must give 2.5 percent of any profit they've made that year to their mosque.

"God doesn't want to make anything necessarily difficult, but he does want us to come in as a community and help those who are in need," said Allozi.

The fourth pillar: Fasting the month of Ramadan, based off of the lunar calendar. During these 30 days, Muslims fast from food, water and worldly

desires from dusk till dawn.

"This is my favorite time of the year," said Allozi. "We gather at the end of the day, we spend all day thinking about where we're going, who we're going to be with that day, what we're going to eat, that awesome glass of water, we dream about those things. The reason God wants us mainly to fast from food and water is because those are the most desired desires that we have."

Joking around, Allozi said, "It is difficult for me, especially working at Safeway. It's the fried chicken that kills me."

These 30 days are not just about fasting from food and water, but about putting in the extra effort to fast from all worldly desires.

"It's about discipline," said Allozi. "At the end of Ramadan we celebrate, we pray together and have a big feast, it's beautiful."

The final pillar is: Pilgrimage, Muslims who can afford to attempt to travel to Mecca for 10 days.

Next was: The Pillar of Iman [faith] The belief in oneness of God, belief in all the prophets of God, belief that Allah (God) revealed the books for guidance of man, belief in the angels (as being one of the creatures of God), belief in life after death and on day of judgement and belief in Taqdeer (in predetermination of things).

Believing in the oneness of God for Muslims is believing there is only one God. The belief in all the prophets is respecting, taking seriously and loving every single prophet from Adam to Muhammad.

What distinguishes a messenger from a prophet is being given a message from God through the angel Gabriel and transcribing it into the written language.

According to Allozi even though it is acknowledged, certain things have been changed throughout time; in different holy texts, the prophet Muhammad is said to respect and honor it. Believe in the words and take from it what you feel is from God, the rest is up to God to judge.

"In order to believe in a religion you must believe in a soul," said Allozi. "In order to believe in a soul, you must believe that soul is going to go somewhere eventually. That your soul is

eternal and doesn't die with your physical body. You must believe that there literally is a complete eternal life after death."

In Islam Muslims believe certain things are destined, when and how you receive it is not known. What's important is holding the belief that God knows the best for humans.

"This is what is taught to us from when we're children growing up. There is nowhere in Islam or these practices that says you must kill innocent people, nowhere in Islam does it say you must fight those who don't believe in you," said Allozi.

This led into the next topic: Radical Islam.

"I don't agree with them on any points," said Allozi. "They look, or maybe they sound like me. They read Qur'an the same way, but they don't have the heart like I do and the millions maybe even billions of Muslims who feel the same way about Islam; we find the peace in it."

Radical Islam is a term used by militia groups in the Indo-Asia, Northern Africa and Middle Eastern Regions to sell propaganda by taking verses from the Qur'an and distorting them to justify hateful acts.

"You must not fear radical Islam," said Allozi "Because radical Islam is not Islam. It's used by militia groups to strike more fear. It's an extreme form of Islam as a total contradictory to the religion."

Allozi then shared peaceful verses from the Qur'an to show how these extremists "aren't even reading from the book they claim to be the true book." "God does not love corruption" was his favorite quote from the Qur'an.

He then explained there are two kinds of forgiveness. God forgives for the act, but if you have harmed another person, in order to move on in the afterlife the person you've harmed must forgive you.

"I am so proud of him because he is a man of passion and he has a message," said English Instructor Robin Havenick. "He has courage and it's not easy to do what he's doing."

Moving on from Radical Islam, Allozi spoke on who Jesus is in Islam.

According to Allozi, Muslims share a lot of the Christian views about Jesus, except they do not believe Jesus is the son of God or

God himself. It would contradict with the first Pillar of Faith: Believing in the oneness of God.

They believe Jesus is another prophet of God and was never crucified. That he was raised to heaven and will return, but since he was chosen, God would not let him suffer or endure pain.

"Kase's presentation was probably the best summarization and explanation of the faith that I have so far experienced," said Alexander Meyer, LBCC student.

Allozi concluded with his thoughts, opinions, and questions from the audience.

"Don't fear when you see a woman covered. Don't be scared when you see a woman who wears a scarf over her head, don't think all Muslims deep down in their heart might go rogue someday. They're nice to fivers, they work and eat, they see their families when they go home. They live their life just like we do," said Allozi.

Turn to page 5 to read a profile on Allozi.



STORY BY ALYSSA CAMPBELL @ALYSSAFAYEC

CHOOSING FAITH AND IDENTITY

Muslim student navigates a life between two cultures

"He has ties to a nation that a lot of people don't understand that he wants to shed the light on, he has a brilliant job of doing that because he's very passionate," said LBCC Staff Raven Womack. "He wants to show everyone his religion is bigger than what the media has portrayed it to be and I'm very happy for him that he gets to do that."

Being American and Muslim, Kase Allozi feels he has an advantage publicly speaking about Islam because he is able to bring the best of both worlds.

"When people don't like me just because I happen to be middle eastern or because I'm Muslim, it hurts. Especially the people I take interest in. But like anything I forgive them and it's water under the bridge," said Allozi. "I'm not gonna let it bring me down. I process that hate and turn that energy into love and peace."

Kase Allozi, 28 year old pre-med student was born into Islam. His father's side is completely Muslim while his mother, an American Muslim, was born into Christianity and found Islam after Allozi was born.

As a young kid seeing his mother make this change, Allozi realized soon he would have to make a decision for himself.

"I had to find myself. When I was here I didn't feel completely like America was my home. I thought going to Jordan would be the answer, but it wasn't. There I was the light skin American. Here I'm the dark skin Arab," said Allozi.

Allozi was born and raised in Texas and lived in Jordan, Saudi Arabia consecutively for six years. Going back and forth for 15 years he returned to Texas at 18 years old.

"That was the point in my life where I really became an individual," said Allozi. "I said to myself I'm me and nothing can change that."

He got accepted into the University of North Texas and lived in Dallas, Texas. As a transfer student, he enrolled at Oregon State University

and is taking classes at LBCC.

"My home is wherever I am and with the people that I love and surround myself with during that time," said Allozi.

Prior to giving his "What is Islam" presentation on Feb. 3, Allozi said 80 percent of him was nervous he would forget something he wanted to talk about, or that he wasn't prepared enough.

"I made sure I was giving a true factual basis of what is Islam, from an American who happens to be Muslim," said Allozi. "I felt they would pay attention and be more accepting of what I had to say, than coming from someone born and raised in the middle east who's only lived in the U.S. for a few years. They would be speaking from an Arab point of view."

The other 20 percent of him was nervous because he happened to be a Muslim speaking in a church.

"But that's the beauty of America," said Allozi "that's what I wanted them to also see, that's why I accepted the invite. I wanted to show yes, I can talk to you in a church as a Muslim, because we're all American."

Allozi is going to be a part of the LBCC Unity Celebration on Wednesday Feb. 24, in the Fireside Room where he will be sharing a piece he wrote.

"I am excited. His speech is very personal to me. It definitely shows the history of Islamic culture and Jordanian culture in a very engaging light. It's something I'm excited for people to hear and experience," said Alexander Meyer LBCC student.

Turn to page 4 to read Allozi's presentation on "What is Islam."



STORY BY ALYSSA CAMPBELL @ALYSSAFAYEC



PHOTO BY: MARWAH ALZABADI KASE ALLOZI

REPORT HARASSMENT

Public Safety Officer on duty
541.926.6855

Linn-Benton Community College Performing Arts Department presents

Luminous Night

Thursday, March 10 • 7:30 p.m.

A choral journey through darkness and light

Concert Choir • Chamber Choir

A Cappella Groups:

Blue Light Special • The Sirens

Raymund Ocampo, Conductor

Craig Hanson, accompanist • Khoa Tran, accompanist

linnbenton.edu/russelltripptheater

Russell Tripp Linn-Benton
Performance Center COMMUNITY COLLEGE

linnbenton.edu/russelltripptheater • 541-917-4531

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DID YOU KNOW?

Leonardo DiCaprio is being nominated for an Oscar for the sixth time this Sunday. Maybe this will be the year of the dad bod.

ENTER YOUR ARTWORK IN THE LBCC STUDENT ART SHOW 2016

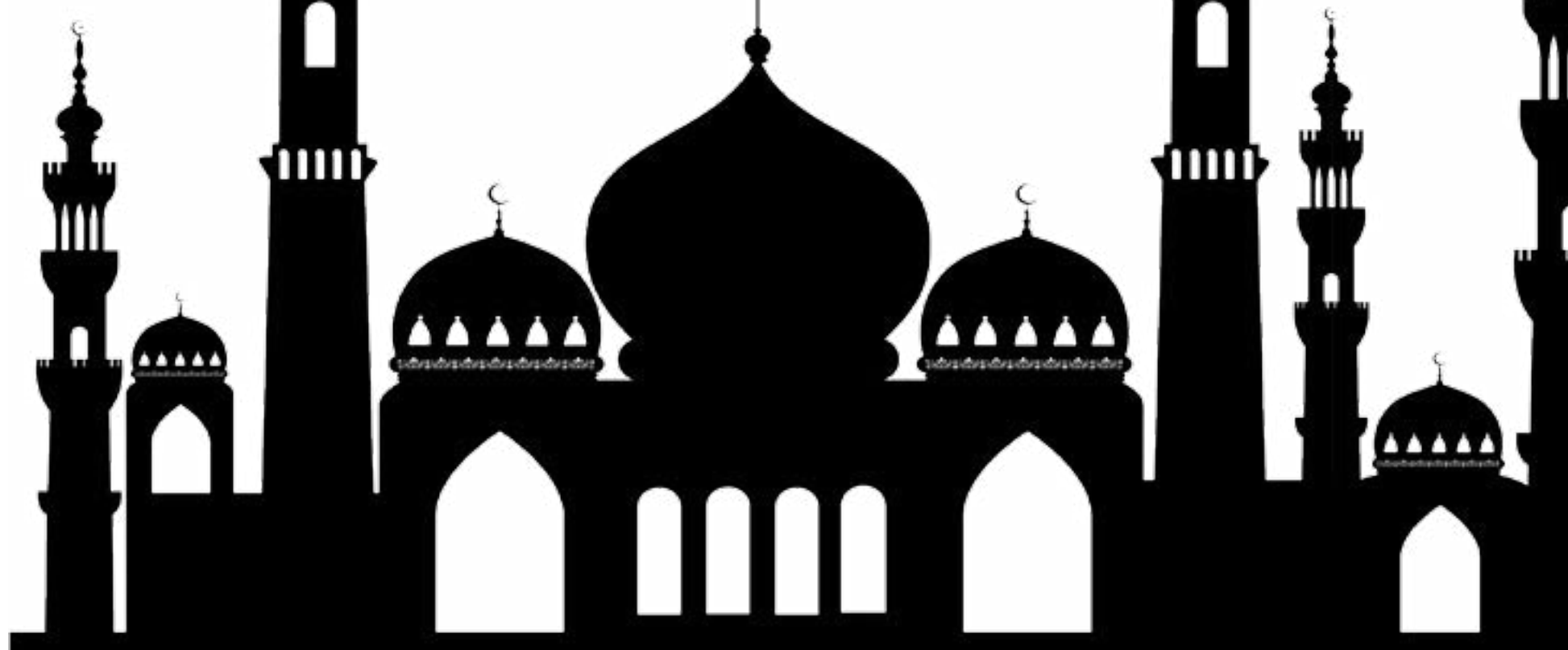


Entry deadline: April 20

Download entry form at linnbenton.edu/artgallery

- Show is April 27th - June 2nd in NSH Galleries
- More than 20 awards and prizes worth over \$2,000
- Open to students who have been in LBCC art classes
- Submit work in any 2d or 3d media

Persons with requests for special needs accommodations should contact the Disability Coordinator at Linn-Benton Community College, 803-105, 6500 Pacific Blvd. SW, Albany, Oregon 97321. Phone: 541-917-4789 or via Oregon Telecommunications Relay TDD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more before the event.



TEENAGE FASHION QUEEN

Sixteen year-old Kate Miles fund-raises for LA Fashion Week

At their home in rural Scio, 16-year-old Katherine Miles and her mom Rebecca Miles scrambled to make sure all the details were taken care of. They made sure each seat adorned a handwritten sign with the guest's name, that each table was decorated with fresh flowers, and that all place settings were complete. Then, the rains stopped and the skies cleared just in time for the tea party to begin.

Held at 1 p.m. on Sunday, Feb. 21, the event was the second of two sold out sessions this past weekend fundraising for Miles' debut at Los Angeles Fashion Week. Designing since she was 12 years old, this will be her fourth Fashion Week appearance, but her first on the star-studded Los Angeles runway.

As their front yard turned into a parking lot, about 60 ladies arrived in style, many wearing dresses and heels. A volunteer pianist played as guests took their seats. The soft green floral walls of their home and an entire wall of windows, lit the venue like spring had come early.

With a \$30 donation per person, the tea party included a five course meal of tea, sorbet, mini sandwiches, scones, and dessert. All food was donated by La Tea Da Tea shop in Tillamook. All flowers were donated by Morning Glories Floral in Albany. A half dozen of Miles' friends volunteered as dishwashers and servers.

As attendees dined and sipped in the hour leading up to the main event, Miles hustled in her basement studio preparing 10 models for the show. She had the help of many, including a professional makeup artist that volunteered her services.

Melinda Sorte of Albany brought her 11-year-old grand-niece, Addy, to see the show. Not knowing Miles beforehand, Sorte wanted to attend after reading about her in the newspaper.

"We just think it's fascinating that she's a young person doing so well," said Sorte. "I called her up and I told her I needed two tickets."

Sabine Clevenger has known Miles, her son's classmate, about four years.

"She made some sleazies for my horses when I first



MIRANDA DOWLER MODELS AND ENSEMBLE FROM MILES 2015 COLLECTION.

met her, and I have a skirt from her," said Clevenger.

Jyssa Yelas graduated from Oregon State University last year with a degree in merchandising management, and now styles women at a boutique in Portland. She drove down for the event and was impressed with the

elegance of the meal, the venue, and by Miles' designs.

"I feel like I'm in some sort of a storybook," Yelas said.

As the diverse crowd ages eight to 80 watched, models graced the red carpet runway and pseudo stage set up in their living room.

The sneak-peak of outfits and gowns Miles will take to Los Angeles revealed a young, fresh, whimsical collection. Since December, she has been busy sewing 12 of her newest looks.

Miles prides her creations as one of a kind. All are handmade and sourced from thrifted garments blended with found fabrics. One of the gowns was even decorated with pieces of broken mirror.

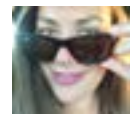
"My brother Daniel was down on the ground hammering mirrors for me," Miles said.

Miles, who still wears braces, worked the crowd like a seasoned hostess and designer. She was humble and grateful as she thanked her mentors, volunteers, and donors. After the show, attendees lined up to shake her hand, asked for her autograph, and took photos with the budding designer.

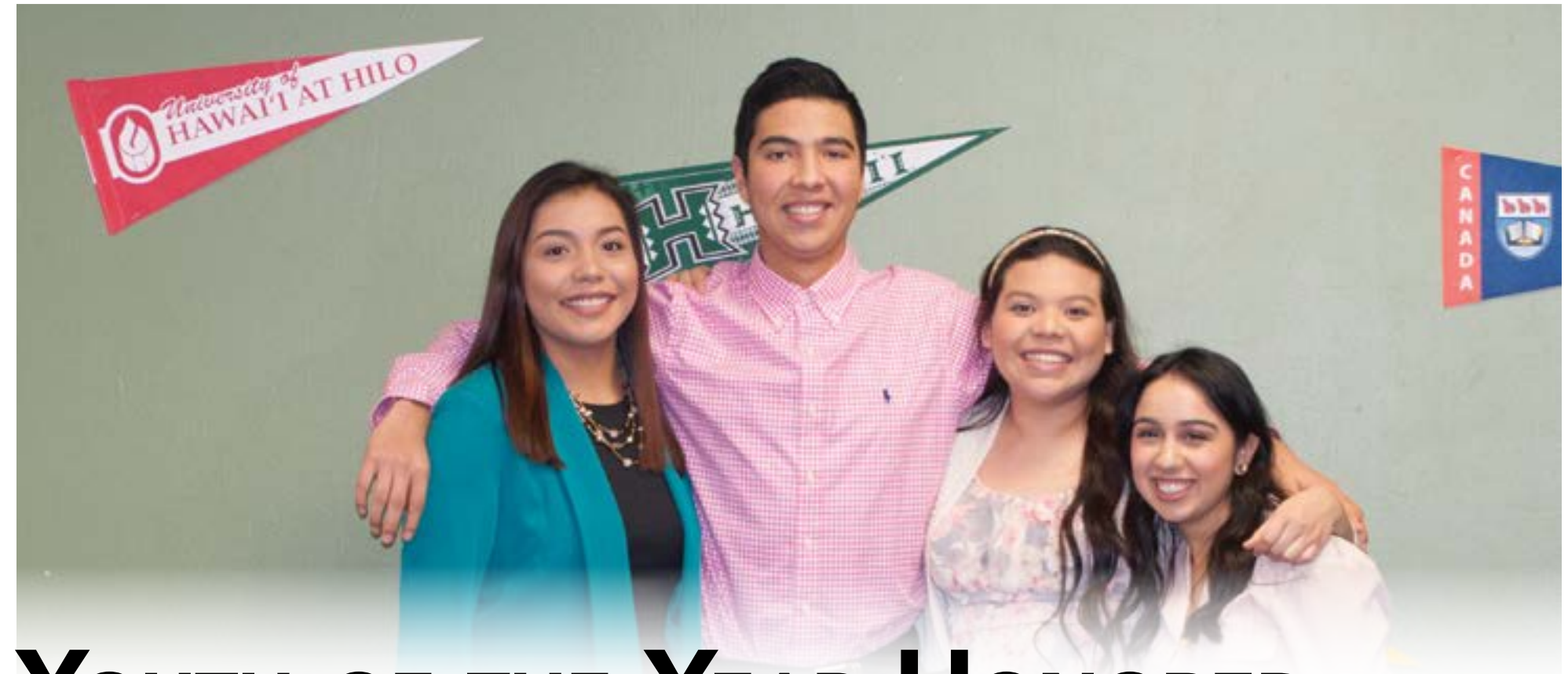
With the help of the community, the success of the weekend's fundraiser has solidified Miles' attendance to LA Fashion Week March 13-17. Both Miles and her mom were overwhelmed with the generosity that made it possible.

"We got checks in the mail from people that didn't know me," Miles said. "I feel blessed we've had so much support."

"We aren't contacting anyone, they've all been contacting us. It just amazing," her mom added.



STORY AND PHOTO BY ALLISON LAMPLUGH @LUCYLAFLOURE



YOUTH OF THE YEAR HONORED

Corvallis Boys and Girls Club announces scholarship winners

Feb. 19, The Boys and Girls Club of Corvallis awarded its 2016 Youth of the Year scholarship award at their All Service Luncheon.

Linn-Benton Community College president and Boys and Girls Club of Corvallis' board president Greg Hamann began the festivities at noon. Hamann introduced individuals who helped make the event happen, then introduced the LBCC choir.

The LBCC concert choir acted as the invocation for the event. Raymund Ocampo, LBCC's choir instructor started the choir off with the traditionally spiritual tune "Shine On Me" by Rollo Dilworth, The National Anthem, and "Requiem" by Joan Baez.

After the LBCC choir was dismissed, Todd Stansbury, OSU director of athletics, took to the podium. Stansbury gave a speech, detailing his dreams and what set him back in certain moments, and eventually accomplishing his dreams of becoming a football player, and now an athletic director.

What made this year's Youth of the Year Award different from previous years was that the BGCC staff could not decide between four candidates, so they chose all four for the event.

"All four of our candidates were just amazing," said Rose Bricker high school program manager. "They were involved in club, they were doing well academically, they filled the requirements that we had for our candidates. We just honestly could not choose between three, so we had to bring on four."

Susy Ibarra, a Crescent Valley High School senior, was named the winner of the Bob and Billie Holcomb



YOUTH OF THE YEAR WINNER: SUSY IBARRA.

Family Fund scholarship, which gives her \$5,000 towards the college of her choice.

Ibarra has been a member of the Boys and Girls Club of Corvallis for three years and has been an active member of BGCC's Keystone Leadership program, a

program that specializes in academic success, career preparation and community service. Ibarra plans to attend LBCC, then Oregon State University, studying business and dance.

"I honestly can't believe it because all my companions did a really good job and we all deserve the first place," said Ibarra "Everybody did such a wonderful job!"

Crescent Valley High School senior Anna Blancas won the runner-up scholarship for \$2,500 from the Mario and Alma Pastega Family Foundation. Blancas has served as the secretary and social media officer for the Keystone Leadership program. Blancas plans to obtain a masters from the University of Oregon, majoring in either business or criminal justice.

"Being in this position gave me the opportunity to share my story," said Blancas.

The \$1,250 Corvallis Elks Club Scholarship third place winner was Obed Aguirre. Aguirre is a Corvallis High School senior who serves as a member of the National Honor Society, and is the Keystone Leadership program's president. Aguirre moved to Corvallis from Puebla, Mexico in 2013; although his parents and brother still live in Mexico, Aguirre lives with his aunt, and excels in school so he can accomplish his dreams of becoming a Neurosurgeon.

"When I come to the club, I feel confident to be with other people from other cultures," said Aguirre. "They taught me how to interact with others in order to contribute to the greater good, and be more confident in who I am."

In a turn of events, the \$500 Edward Jones scholarship that was to be awarded to Yulissa Gonzales, doubled. The \$500 scholarship was doubled to \$1,000 by an anonymous donor.

"Winning the \$1,000 scholarship which as originally \$500 made me really proud," said Gonzales. "When they were saying the first one somebody got up and said somebody wants to donate \$500 more and when they said my name I said 'Thank you Jesus because it's all because of you and you saw my necessity,' and I was so grateful for the scholarship and this laptop."

Gonzales is a senior at Crescent Valley High School, and is a business editor for Crescent Valley's yearbook, as well as the Keystone Leadership program's vice president. Her future plans are becoming a nurse and joining the Peace Corps.

Youth of the Year award, prizes, and scholarships are presented to students based on personal interviews, essays, service, participation in school, and grades. For more information on events associated with the BGCC, please call the BGCC business office at (541)-757-1909, or email them at info@bgccorvallis.org.



STORY AND PHOTOS BY HANNAH BUFFINGTON @JOURNALISMBUFF

YOU CAN DO IT ALL

THIS SUMMER

Here's a crazy idea: Enroll in Oregon State summer classes and complete a year's worth of academic work in a few months. Our flexible schedule allows you to take a full sequence of science or foreign language courses in one fell swoop.

That's not so crazy after all, is it?

Registration opens April 10, classes begin June 13.

summer.oregonstate.edu

Can't make it to OSU's Corvallis campus? Take classes online: ecampus.oregonstate.edu

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LBCC'S DIVERSITY & CIVIC ENGAGEMENT COUNCIL PRESENT

UNITY CELEBRATION

Wednesday,
February 24, 2016

4 p.m.

LBCC Albany campus

Fireside Room, Calapooia Center (CC 211)

Help us acknowledge individuals and organizations who work to establish unity, inclusivity, promote diversity, and social justice at LBCC and in the community!

Department of Equity, Diversity & Inclusion

DIVERSITY ACHIEVEMENT CENTER



STUDENT DISCOUNTS FOR 2016

Twenty-one discounts your wallet can be happy about

College is expensive. With high tuition costs, living costs, and lower-than-average employment rates, students are on a tight budget. Here are some local and online verified places that offer student discounts that are sure to make your wallet a little thicker this year.

ELECTRONICS

Apple: Students save 5 percent off most purchases and save up to \$200 on a new Mac or a new iPad with Apple's Education pricing.

Microsoft: Save up to \$194 on a Surface Pro 3, save 10 percent on accessories, get special pricing on software, and get free video group calls on Skype.

Radio Shack: 10 percent off your entire purchase with a valid student ID.

TRAVEL

Greyhound: The Student Advantage Discount Card (apply online) will save you 20 percent on Greyhound unrestricted walk-up fares or online tickets to thousands of destinations.

Amtrak: If you have the Student Advantage Discount card (apply online), you can save 10 percent off tickets plus bonus points on travel.

FOOD

Kentucky Fried Chicken: KFC offers 10 percent off your purchase just show your current student ID. Lebanon, Ore. location only.

NEWS SUBSCRIPTIONS

The New York Times: If you provide your college email, you can receive a student discount rate \$1 a week. You'll also get unlimited access to NYTimes.com, NYTimes apps, and NYT Now with your subscription.

The Wall Street Journal: Pay only \$1 per week for 15 weeks for a subscription to the Wall Street Journal.

INSURANCE

Allstate: Full-time students (ages 16 to 25) can save up to 20 percent on certain coverage if you have a "B" average.

GEICO: Full-time students (ages 16 to 25) can save up to 15 percent on certain coverage if you have a "B" average.

State Farm: Full-time students (ages 16 to 25) can save up to 25 percent on certain coverage if you have a "B" average.

Farmers: College students with a 3.0 GPA, on the Dean's List, on the Honor Roll, or ranked in the top 20 percent of their class can get a discount. You'll need to submit proof of eligibility, including a report card, when applying for the discount.

Travelers: Full-time students (ages 16 to 25) can save up to 8 percent on certain coverage if you have a "B" average.

Nationwide Insurance: Full-time students (ages 16 to 25) can save on certain coverages if you have a "B" average.

SHOPPING

Jo-Ann Fabric: Offers 10 percent off on every purchase, plus coupons for any student 14 or older. Students can join the Student Discount Program.

Pottery Barn Teen: Offers 10 percent off with a college email or a valid student ID.

MISCELLANEOUS

Amazon Student: Students receive 50 percent off Amazon's Prime service, which includes streaming video and unlimited two-day shipping, for a six-month free trial. They also get exclusive offers and discounts including eligibility for sweepstakes and contests.

FedEx: When you're shipping a package, you can earn 20 to 30 percent off by showing your student ID.

Penske: Penske offers 10 percent off all truck rentals for students, plus an additional 10 percent if you book your one-way rental online.

Supercuts: Receive 20 percent off a haircut with a valid student ID. Corvallis location only.



STORY BY HANNAH BUFFINGTON @JOURNALISMBUFF

LIFE HACKS: SEASONAL DEPRESSION

Seven tips to get you through the last few weeks of winter

Oregon winters are not exactly cheerful. With a lack of sunlight and seemingly endless rain, seasonal depression is all but uncommon in the Willamette Valley. Seasonal Affective Disorder (SAD) is most often experienced by people in their twenties and thirties, making SAD a real problem for college students.

SAD can show up in abnormal weight gain, daytime fatigue, social withdrawal, and/or increased irritability and anxiety. Other symptoms/results of the disorder are feeling sad, loss of interest in normal pleasures, lack of initiative, and possible other symptoms of biological dysregulation like difficulty of, or excessive sleeping.

Fortunately, March 21 is right around the corner, the days are getting longer, and winter is coming to a close. Kick the winter blues to the curb with these seven tips to start feeling better as spring gets closer.

1. VITAMIN D

For many people in Oregon, lack of sunlight is a major contributor to depression. Taking vitamin D supplements is the first step to beating the blues in Oregon, winter or not.

2. LOOK NICE

Allotting enough time in the mornings to put a little effort into your appearance has been proven to boost self confidence, therefore boosting one's mood. With spring right around the corner, it's easy to find great sales. Picking up a new pair of boots or buying a new scarf to help you get through the rest of the season can be helpful too.

3. GET OUT

Sitting inside for six-eight months of the year isn't exactly the best way to lift one's spirits.

A few minutes of fresh air each day have shown to work wonders for winter-blues. Grab a friend and go for a walk or meet some friends at the park to get some fresh air and feed your social side all in one.

4. BREAK A SWEAT

When you're combating winter blues finding the motivation to get moving can be, well, a battle all of itself. However,

walking for as little as 15-30 minutes a day can have a powerful effect on your mood. Physical exertion releases dopamine from the brain, resulting in feelings of well-being and calmness.

5. WARM UP IN THE KITCHEN

Blas the winter blues with some heat by turning on the oven, bake your neighbors some cookies or make your roommate's dinner. Spending a little time in the kitchen gets you moving, and can be a great escape from studying.

6. YOU ARE WHAT YOU EAT

When the weather is nasty, there's often nothing that sounds better than a big bowl of fettuccine alfredo or a hearty helping (or six) of grandma's pot pie, but studies have shown that what you eat can dramatically affect your mood. Too busy to fit cooking time into your week? Maybe try taking a few hours each month to stalk up on freezer meals. Pinterest is packed with inexpensive, healthy, make-ahead meals that can help keep you and your family feeling better this season.

7. JUST A HAPPY LITTLE THOUGHT

The last few weeks of the winter season is a great time to start thinking about what you are grateful for. Taking a thoughtful moment each day to jot a few things down in a gratitude journal has been proven to make a remarkable difference in how happy or content people feel. Listening to upbeat music or planning for the future are other great ways to combat depression and distract your mind from the negative thoughts that can easily come through on a rainy day. Something like planning a garden and gathering seeds and supplies, or gearing up for a vacation can help the sunny days feel like they are coming faster.



STORY BY KATHERINE MILES @KATEMARIEMILES



Selfie of the Week: The Commuter Goes to LA

Please submit your selfies to @LBCOMMUTER

A SPOONFUL OF SUGAR

Corvallis High School performs Mary Poppins



welcomed in song by Bert, played by Daniel Abbes. Abbes was a part of the "Jolly" cast; one of two casts chosen for the production. For each performance,

The crowd made their way to their seats, the lights dimmed, and the magic began. Over the weekend, Corvallis High School put on the production of "Mary Poppins." Showings began Thursday Feb. 18, and ended Sunday afternoon, Feb. 21.

certain members of the cast, as well as the ensemble group, were replaced by understudies to give them rest between their other performances.

When Mary Poppins flew in with her magical, black umbrella, gasps of excited children filled the room. Amazed by the power the young nanny possessed, they watched with their eyes wide with curiosity. Mary Poppins was played by Brenna McCulloch, senior at Corvallis High School.

McCulloch and Abbes, as well as the ensemble groups have been rehearsing for this production since early September. The rest of the cast joined rehearsal in November to start putting the show together.

The musical was accompanied by live music directed by Jim Martinez. The orchestra consisted of piano, keyboard, guitar, percussion, flute, English horn, clarinet, trumpet, and trombone.

The crowd clapped and sang along with the orchestra and ensemble as they sang well-known

songs such as "A Spoonful of Sugar," "Practically Perfect," "Let's Go Fly a Kite," "Step in Time," and "Supercalifragilisticexpialidocious."

The director of the show, Laura Beck-Ard, graduated from the University of Louisville with a Master of Fine Arts in theatre. She has been a professional actress since 1998, but has been directing plays on her own since 1991.

"I'm very proud of every actor," said Beck-Ard. In the words of Mary Poppins, Beck-Ard summed up the overall performance as, "Practically perfect."



STORY BY MARINA BRAZEAL @MARINABRAZEAL

GAMING CLUB FINDS SUCCESS ON CAMPUS

LB Legends draws over 50 members

Many would argue "League of Legends" is the most popular video game on the planet right now. Its deftness at blending the addictive qualities of "World of Warcraft" with the tactical decision making of a real-time strategy game, has resulted in a loyal following of 67 million devoted players monthly.

So, it's no wonder LBCC's very own club dedicated to the game, Linn-Benton Legends, has achieved a member base of over 50 players.

Started winter term of 2015, Linn-Benton Legends has provided an excellent platform for fans of Multiplayer Online Battle Arenas (MOBAs) to connect in the most meaningful way possible, by repeatedly destroying one another in a virtual environment. The current presidents of the club are Noah Schuetze and Nicholas Pugliese, who both have gaming roots stretching

back to the late 90s.

"My earliest gaming memories are of playing 'Pokémon Yellow' on my Gameboy Color," said Schuetze. "I even managed to get myself stuck on the second gym leader and had to ask my dad to beat her for me."

Together, Schuetze and Pugliese have over six years' experience with "League of Legends," with Schuetze picking up the game in November 2011. Since then, "League of Legends" has only grown in popularity, to the point it was officially recognized as a legitimate sport by the U.S. Government in July 2013. This classification allowed foreign professionals of the game to obtain work Visas easier.

"I think the reason for 'League of Legends' popularity is its hidden diversity and sheer complexity," said Schuetze. "It appeals to so many different gamers at

once without really sacrificing the quality of the game itself."

Although "League of Legends" is known for its addicting gameplay and incredible depth, it also has the less desirable reputation of having one of the most unwelcoming and brutal player communities in all of gaming. Linn-Benton Legends does not condone any trash talk, but for new players trying the game for the first time, Schuetze recommends that you, "Turn off all chat in the setting menu. It will make life easier," while Pugliese warns, "League is a competitive game at heart. Don't let losing go to your head."

Linn-Benton Legends has taken on an online-centric approach to its membership this term, completely abandoning the scheduled meeting time of 3 to 5 p.m. in McKenzie Hall.

"We have so many members, but

only 2-5 people actually show up to the on campus things," said Schuetze. "People may be on and playing from 3-5 p.m., but we aren't on campus anymore, this term anyway."

Both presidents are still very enthusiastic about attracting new members to Linn-Benton Legends, and recommend that anyone interested in joining sign up on the club's Facebook page.

"People should join our club because talking to other people with a common interest can lead to interesting conversations, and even friendships," said Pugliese. "I talk to friends I've made in the club all the time, even about things other than 'League.'"

STORY BY NOLAN GOLD

Calling All Actors!
 Open auditions:
February 29 – March 1 • 6 p.m.
WILLAMETTE THEATER FESTIVAL
 Two plays by Sarah Ruhl
 "Eurydice" & "Dead Man's Cell Phone"
 Directed by: David Gallagher & Laura Blackwell
 Auditions:
Russell Tripp Performance Center
 Takena Hall, LBCC
 6500 Pacific Blvd. SW, Albany
 Contact Dan Stone
 dan.stone@linnbenton.edu • 541-917-4566
 Linn-Benton Community College
 Russell Tripp Performance Center
 PERSONS HAVING QUESTIONS ABOUT OR REQUESTS FOR SPECIAL NEEDS AND ACCOMMODATIONS SHOULD CONTACT THE DISABILITY COORDINATOR AT LINN-BENTON COMMUNITY COLLEGE, 801 185, 6500 PACIFIC BLVD. SW, ALBANY, OR 97321. PHONE 541-917-4090 OR VIA OREGON TELECOMMUNICATIONS RELAY TDD AT 1-800-735-2900 OR 1-800-735-4132. CONTACT SHOULD BE MADE 72 HOURS OR MORE IN ADVANCE OF THE EVENT. LBCC IS AN EQUAL OPPORTUNITY EMPLOYER & EDUCATOR.

?
DID YOU KNOW?
 Black History Month was created in 1926, and was originally celebrated the second week of February and "Negro History Week."

First Alternative
 NATURAL FOODS CO-OP
C2O Pure Coconut Water SALE!
2/\$3
 until March 1st • reg. \$2.99/ea
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 BIT
 COCONUT
Drop the drill and run to the Co-op
 North Corvallis: 29th & Grant
 South Corvallis: 1007 SE 3rd St.
 www.firstalt.coop • open daily 7-10

WITH LOVE, ANNABEL LEE

Alyssa Campbell

Before we rise we'll meet again, this is where we'll meet:
submerged in the depth of our essence, the pits of misery at our feet.
Safe from starting over, ever floating in the void of our Self—
Fatal whispers turn to silence as we perish in this hell—
Hidden from the rays of life, between reality and a dream town;
Skies of water and She's quiet now, until our thoughts come crumbling
down.
There's a place for you and me, somewhere to never be spoken of.
Even angels fill with envy in sight of two souls rooted in love.

TO THE BEACH

Sara Overman

If I stepped
over these shadowy thoughts
If I put on my ruby heels
and touched the wall
and stepped,
would you welcome me?

I think you would.
Your lone wooden posts
add a touch of rustic charm;
they do not deter.
Your wisps of fingertips would push me along
and the wind would explode in song
and my eyes would trust the rushing and roaring below.

Now, I know
no place, nor picture, nor person
is perfect.
I know the bright sky is tinged with shadow.
I know it looms, just off to one side
I know it injects itself into
even the most spritely of sprites.
No hard-won path is free from dark dirt.

But the dirt is under my feet.
The fairies outnumber the rogues
and the light will turn the shadows
to shade, benign, complacent to sit.
And if I remember to listen --
always --
the wind and the whispers and the waves
will be waiting below, just out of sight
until the day
I become the sea.

WHAT THE MOUNTAIN SAYS

Shane Stanhope

You know, Mother always told us to follow the rules.
Yet, defiant you stand, an utter fool.

You know, It isn't too late, you could leave.
Besides, No one would blame you, I believe.
In desolation, out here, is life so congealed.
Would you not like a nice forest, or better yet a field?
A someplace where in comfort you may lay,
To fiddle and frolic and to stay.

Leave the desolation for me.
And I will stand tall, and brave, a sentry.
For that is the natural way,
A way that things may always stay.

You know, you really shouldn't be here.
The sea smiles black, in her sinister plans.
I mean, I don't mind, but I do fear
For she always keeps a storm at hand

And the sky, he too speaks to me.
In voice high, does he speak so low
Of a hideous, heinous brute, such as thee.
His words not mine, I want you to know.

You who are so small,
Who dare defy the sea,
Who dare defy the sky.

You who are so small,
Who prick and prod,
Who cut and carve,
Who build and blast,
And cast your shadow upon me!

Me, who has always sheltered you
From whoosh of wind,
From storm of sea.

And do I say anything to you?
No! I am a mountain huge and proud!
You who should grovel at my root,
Be thankful I calm and unbowed.
Lest I rain my rancor abound.

You know, that is what the mountain says to me.
What do you think? Wouldn't you agree?

PHOTO COURTESY: PEXELS.COM

NETFLIX RECOMMENDATION

"Dope"

This story follows Malcolm and his friends; nerds who like 90's hip hop culture more than any one. The shenanigans they get into is the most entertaining thing on Netflix.

DID YOU KNOW?

Bernie Sanders was arrested in the 60s for supporting civil rights.

THE COMMONS Cafeteria

... MENU ...

2/24 - 3/1

Wednesday: Coconut Curry Beef Stew*, Beer Brined Chicken with Pan Gravy, Carey Pocket. Soups: Pozole Rojo*, and Dilled Potato Chowder.

Thursday: Poached Chicken with Roasted Red Bell Pepper Coulis*, Grilled Steak with Sauce Robert, Vegetable Quiche. Soups: Spanish Chorizo and Chickpea*, and Loaded Potato Chowder.

Friday: Chef's Choice

Monday: Salisbury Steak, Pan Seared Chicken Breast with Cream Sauce*, Lost Toast with Tomato and Poached Egg. Soups: Egg Flower* and Beer Cheese.

Tuesday: *THEME DAY- THE SAVORY SIDE OF CHOCOLATE*

Items denoted with a * are gluten-free

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

FOR RELEASE FEBRUARY 24, 2016

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- Lobsters' sense organs
- Celebs
- Flight from the law
- Poker declaration
- "... my guard down"
- Famille patriarch
- Form by combining elements
- One-piece garments, slangily
- Rome-based carrier
- Toll road timesaver
- "Girls Just Want to Have Fun" singer
- Performer's supporters
- Guacamole, e.g.
- Twisty letter
- Diva delivery
- Snoozed
- Fictional voyager
- Retired New York senator Al D'...
- Rational
- DDE rival
- Esteemed league member
- N, in Morse code
- Sparkle
- Currencies
- Irrationality
- Bravo preceder
- Host of the 2015 MLB All-Star Game
- Not masc. or fem.
- Prod
- Gold brick
- Fashion monogram
- Jury member
- Fluff, as hair

DOWN

- Italian capital of its own province
- Kind of nitrite
- Actress Anderson
- Golf stroke that can be practiced in a hallway
- Cornell University city
- Chap
- Lennon partner
- On Soc. Sec.
- The same number
- Places where élèves study
- Wicked ... and, homophonically, like five long
- One of the reindeer
- "The Bell of ...": Longfellow
- "Don't need to watch that movie again"
- Fencing attack
- Celebrity chef Burrell
- Lengthy story
- Nebraska natives
- Evening, in ads
- Anger

By Kenneth J. Berniker 2/24/16

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SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4

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

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

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

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HIGH-SCORER BRETT BLACKSTOCK PUTS UP 2 OF HIS 24 POINTS.

ROADRUNNERS FINISH STRONG AT HOME

Men and women both win final home game

Both the men's and women's basketball season comes to an end Feb. 24 on the road against Lane, both teams finished strong at home with a win.

The women opened the evening by beating the Southern Oregon Lakers 86-80. Bailee Tally led the LBCC women in scoring with 21, while Rianne Tupper cleaned up the boards with 11. The women held the lead through the first three quarters with sharp passes and good shooting. In the fourth quarter the Lakers made a push and were able to tie it up as the final buzzer rang sending it to overtime. LBCC held off the Lakers leading scorer Jade Chavez who finished with 21 points, and ended the first overtime tied at 70. With minutes left in the second overtime period, Tally buried a three to give LBCC the lead 79-73. After being fouled in the final seconds, Tally made both free throws going 6/6 on the night, helping seal the victory.

The men's team followed up with a victory of their own in their final home game. Kaj Bansen was unleashing three pointers going 6/12 on the night and helping give LBCC the lead at the half 50-43. Laker Ivan Harper tried to keep the opposition in the game in the second half with 22 points, but it wasn't enough. Brett Blackstock was determined to finish with a win putting up 24 points, and making 9/10 from the line. Lakers were in foul trouble late in the second half, and the RoadRunners Tanner Tibbett shot 10/12 from the line, and Brodie Marchant went 4/5, and Connor Lane did his part going 6/9 to finish their season at home winning 106-98.

As the season comes to an end, the sophomore class took time out before the game to thank friends and family.

This is the last season that several of the men's LBCC basketball team will be able to play here, so with that in mind, the team was handing out flowers to their biggest supporters, followed by hugs and smiles.

It only took about 15 minutes to complete, but the joy

on the faces of those involved made it worthwhile. You could sense how proud the parents and friends were as they received their flowers.

All the lady RoadRunners are eligible to return next season.

THE FOLLOWING PLAYERS WILL BE MOVING ON FROM LBCC

- TANNER TIBBETT
- ANDREW EVANS
- ANDREW REARDON
- BRETT BLACKSTOCK
- DEVIN BAUER
- AUSTIN PETERS
- CONNOR LANE

THE ROADRUNNER FANBASE WISHES YOU ALL CONTINUED SUCCESS IN YOUR ENDEAVORS.



STORY AND PHOTOS BY BRIAN HAUSOTTER @BHAUSOTTER

CORVALLIS-OSU SYMPHONY presents

THE FINAL FRONTIER

SUNDAY, FEBRUARY 28, 3:00 PM
LaSells Stewart Center
Marlan Carlson, Music Director

Space Exploration Themed Pieces from Select Films
with Shelley Moon, poem reader
with Marc Callahan, vocalist
Rob Birdwell, conductor

Tomasi: Concerto for Saxophone and Orchestra
with Nathan Boal, saxophone

Richard Strauss: Thus Spake Zarathustra

RESERVED TICKETS: \$22, \$27, \$32
www.cosusymphony.org

Students free with valid student ID
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For accommodations for disabilities,
please call 541-286-5580,
preferably at least one week in advance.



BAILEE TALLY (CENTER) AND RIANNE TUPPER FIGHT FOR A LOOSE BALL.