

THE COMMUTER

LINN-BENTON
COMMUNITY COLLEGE

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Benton Ceramics Studio

Y'all
Qaeda



COMMUTER

Cover Credit:
Emily Goodykoontz

On the cover:
Emma Fajer works on a coil pot.

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

Letters always welcome.

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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COLLEGE NIGHT IS BIGGER THAN EVER

College Night is the biggest recruiting event of the year for Linn-Benton Community College. In the past, College Night has been in the Commons Cafeteria. However, this year's event has expanded.

According to Danny Aynes, the director of enrollment services, the event used to be "...very crowded, making it hard to hear."

College Night is now no longer just held in the cafeteria, but on the whole campus. Not only will there be a showcase in the

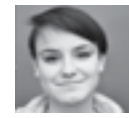
much nicer Russell-Tripp Performance Center, but there will be open access to many other parts of campus, including the library, bookstore, nursing labs, welding shops, and much more.

Claudia Davila, an organizer said, "This year is expected to be very successful because of the full campus involvement."

Students will get hands on experience with the classroom and the teachers they will be seeing in the fall, and gain a better understanding of what to expect.

Trista Ochoa, another organizer said this will "give the community an idea of what really goes on at LBCC."

All prospective students are welcome, and you can register for the event at www.linnbenton.edu/college-night



STORY AND PHOTO BY
MORIAH HOSKINS
@MORIAH_HOSKINS

CAMPUS VOICE

Question:
What would you do with the Powerball Jackpot?



Earnest Huerta
Science of Arts

"I would give 1 million dollars to community colleges, help the homeless and support community outreach, and do my best to help children with needs."



Graciela Navarro
Pre-Nursing

"I would pay for my education! Then I would buy my family of seven new cars and a big house. After that I would send the rest to my family in Mexico."



Karina Bagg
Nursing

"I would invest in real estate. I would buy myself a big house in Bend, and let my parents pick out a house too. The rest would go into a vacation fund."



Lance Merrill
Sustainability Engineering

"That's a lot of money, I would just do it all. Private jet, private island. I'd blow it."



Stephen Altunov
Engineering

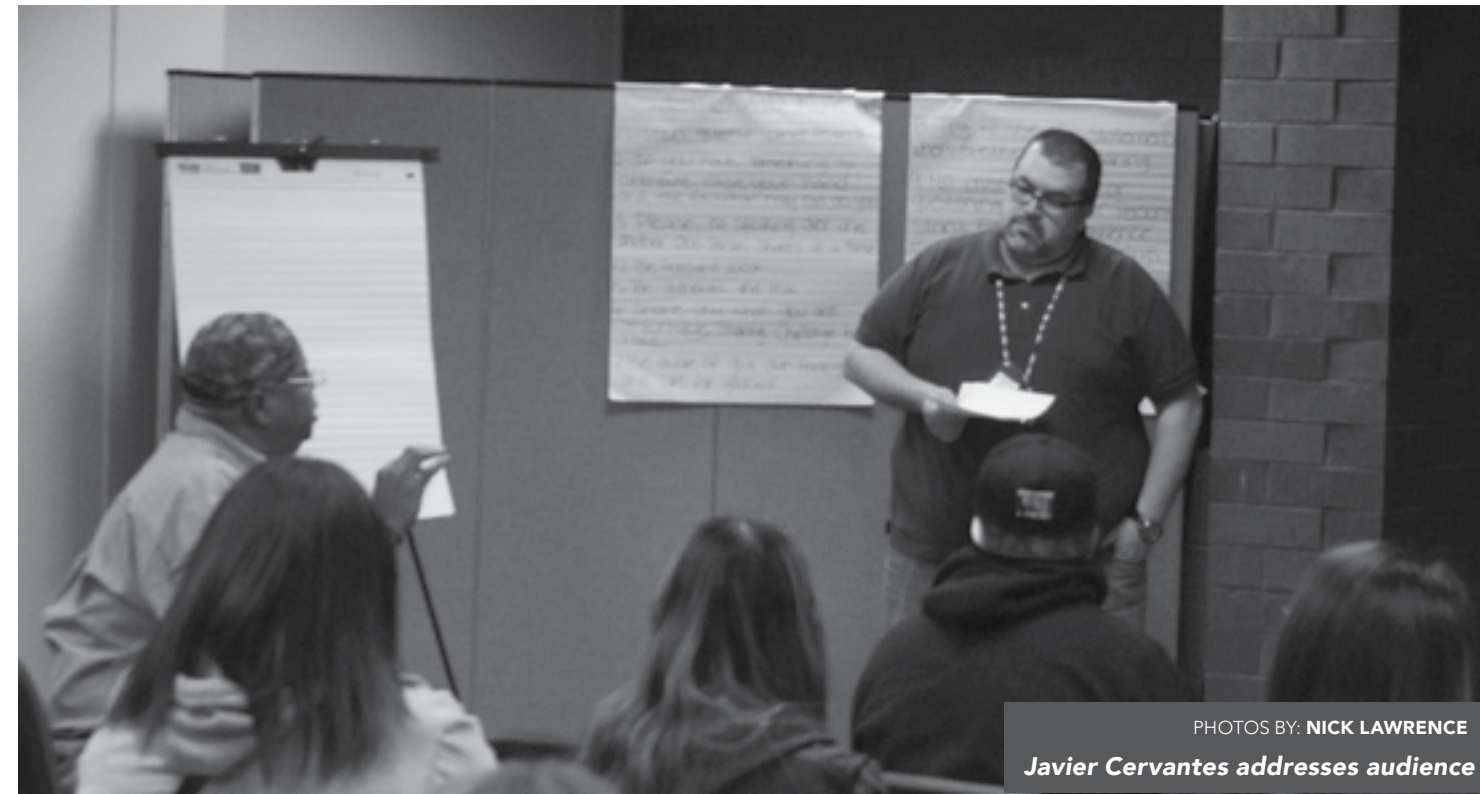
"First I would give 10 percent to my church and get myself through school at Brigham Young University."

Next Week's Question:
What do you want from your student leadership?

STORY AND PHOTOS BY
MORIAH HOSKINS & KATHERINE MILES

UNCOMFORTABLY NUMB

Students of Color Participate in Dialogue with LBCC President Greg Hamann



PHOTOS BY: NICK LAWRENCE
Javier Cervantes addresses audience

I was not mentally prepared for what I walked into at the LBCC Students of Color Dialogue and Reception on Tuesday, Jan. 12.

As a student of color, I felt honored to be chosen to share my story. I was expecting to hear different stories and I wanted to share how great my experience has been at LBCC.

Instantly I was told that I would be sitting in the front row. I felt put on the spot. I expected an intimate discussion with a few students and staff, including LBCC President Greg Hamann. The room was filled with people with notebooks surrounding us, observing, listening.

I felt like I was something to be analyzed.

There was a list of rules to make this a respectable conversation and safe environment for all. We were all told to introduce ourselves and why we were there. A mixture of Latino,

African American and Middle Eastern students attended.

This discussion that was meant to help the college understand "how to make our success and completion a reality" quickly turned into a nightmare.

It was not a welcoming environment; the tension was extremely thick. I instantly felt overcome with anxiety and had to step out for air after 10 minutes. We were asked what we felt the first day walking on campus.

Due to the controversial topics discussed, names were left out of this article to respect attendees' right to privacy.

"Lost, school wasn't inviting. I wanted to feel like I was welcomed, instead I felt like an outsider. Women would see me and grab their purses and look afraid," said an older African American male student.

A Latino male shared his experience.

"People accept me, until I say that I'm

Mexican," he said.

I was surprised to hear some of the things students experienced with teachers and staff.

"I had a teacher ask me if I had more help from teachers in high school. Like brown people aren't articulate," said a Latino female student.

Another Latino student gave examples of racist remarks.

"You're smart for being Hispanic," he said. "I can't hear your accent."

We were asked what validation as students meant to us.

"The only time I feel like I'm here doing something is when I get my grades," said an African American male student.

We were then asked if there was a situation where we didn't feel validated.

"People are afraid, intimidated, it's to the point I can feel it. I have to guard myself every day and I shouldn't have to do that. Especially where I am learning. It's a great school, great place, but it needs some changes. People need to grow up," said an older African American male student.

"All the white people stand around and talk about students of color," said another student.

"I was told by a teacher I was not expected to score high on a writing paper. I just internalize it and work harder," said a Latino female student.

"When I spoke with my advisor about a major, the first thing she asked me is how many classes did I fail. I just internalized it," said a student.

We were asked if a racist situation were to happen, how confident were we that LBCC has the resources to change that. Unfortunately, no one felt confident, or even knew where they could go.

"Sometimes as an institution we expect you to accommodate us, so can you speak a little more on that," said Hamann.

"It's a little uncomfortable to constantly be patient. How much more

patient can we be. As a student paying to be here, I don't expect to have to be patient. I expect you to catch up to me. I don't appreciate being told I need to dumb myself down," said an African American male student.

We were then asked what advice we would give to LBCC to make this a more diverse campus.

Some suggestions were: sensitivity studies, make it more welcoming for older students, more available to undocumented students, and requiring an ethnic studies class for staff.

With everything that was being discussed, I felt bad sharing that I had been very grateful for my experience on campus. I just moved to Oregon last year from Long Beach, Calif. So far I have been meeting great people, had amazing teachers and had plenty of help from counselors.

I put myself out there to gain more from my college experience and joined the Poetry Club and have even gotten the opportunity to be the poetry editor for the school paper, The Commuter.

I can honestly say that these two groups of people and all of the help I've received so far has made me feel a lot more accepted and confident about my future.

I didn't want to take away from any of the hurt others had experienced and shared, but I wanted to say that it isn't all bad.

But after I shared what I had to say I didn't feel any better. Knowing that others feel so alienated, I was hurting inside.

I went home traumatized.

I came to campus and walked with my head down, thinking about all the things I heard.

"What stuck to me the most is feeling as dominant, making people feel they need to be patient. We all bring a reality to our experience, I want to believe it's not about right or wrong," said Hamann.

I would advise any future organizers of Students of Color Dialogues to think about the setup.

Make the students feel welcomed, not put on the spot. Keep it an open conversation; everyone there should be listening and engaging. Let students know ahead of time what to expect and stick with that.

I wasn't sure how I was supposed to feel walking away from that discussion, but I knew that it was not a feeling of accomplishment or security. I was reminded that I am an outsider. I was reminded that as much as I want to believe we are all one and in it together, we still have a long way to go.



COLUMN BY
ALYSSA CAMPBELL
@ALYSSAFAYEC



REPORT HARASSMENT

Public Safety Officer on duty
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A LEGACY THRIVES

Benton Ceramics Studio unites community with art



An LBCC ceramics student works with clay.

Under the direction of its new instructor, Renee McKitterick, the Benton Center Ceramics Studio continues to thrive. January 2016 marked the completion of McKitterick's first year as head of ceramics at LBCC. A highly experienced and accomplished artist, she spent three years teaching as an adjunct at the University of New Mexico before taking the position.

"To be honest, UNM is a bigger institution but their ceramics department is not nearly as good," said McKitterick. A dynamic and renowned studio, the Benton Center ceramics program is unique. Comprised of a strong community of dedicated staff, volunteers and students, it has a large, state of the art studio, complete with an outdoor area and four different kinds of kilns. The program is a success among LBCC students and within the Corvallis and Albany communities.

"It's a bright light; I call it our marquee at the Benton Center. We invite the community in," said Jeff Davis, LBCC's regional director for Benton County. The studio is open, welcoming, and dedicated to the success of the students.

"A wide range of students find ways to contribute to the program. It's really a community learning at its best," said Jay Widmer, recently retired head of ceramics at LBCC. "There is a sense of community, a spirit of helping others learn. It's unusual."

Over his 36 year tenure Widmer

sculpted the ceramics department into the thriving studio it is today. Ceramics began at the Albany campus in 1977, after which a small branch of the ceramics department opened at the Benton Center. According to Widmer, the first classroom in the center was small and crowded. Widmer built the first of many kilns on the Benton campus and continued to improve the studio, working with architects to design a new studio at the Benton Center during the renovations in 2003. Ceramics in Albany closed in the late 80's and became a primary focus of the Benton Center.

"It's been the greatest job imaginable for me as a clay artist and teacher," said Widmer. "I am proud of it." Both McKitterick and Davis attribute the success of the department to the dedication of their predecessors and the strong foundation created by its 36-year lifespan. "I owe a debt of gratitude just coming into a situation where people had created a tradition and culture of a really positive environment," said Davis. "Though it was intimidating to take over such a well established program, it proved to be an easy transition for McKitterick.

"Everyone was very welcoming, and because of that I hit the ground running," she said. McKitterick discovered a studio stocked with dedicated, helpful volunteers, some who had been involved for 10 to 15 years.

"It's been the greatest job imaginable for me as a clay artist and teacher."

"People give themselves to the studio and that's how it can function at such a high level," said McKitterick. At the studio LBCC students have the opportunity to take several classes, including Ceramics I, Ceramics II, and 3-D Design. Students learn hands on critical thinking, deductive reasoning and problem-solving skills through their work with clay.

"It's challenging but rewarding work," said Emma Fajer, LBCC student.

New students learn the entire clay process, from hand-building and throwing to glazing and firing. This term students have the opportunity to learn kiln building, constructing a soda kiln and adding a new firing process to the studio's repertoire.

Classes are available to the public and are open to diverse skill levels and ages. According to Davis, a student 96 years of age recently attended.

"I think we all benefit from a sense of play, whether it's music or poetry, or something creative," said Davis.

Jesse Rose, an LBCC student who took both Ceramics I and II, found applications in other classes for the terms, concepts, and ways of thinking he gained in-studio.

"Ceramics compliments other classes really well. It gives a really good break from the monotony of quizzes and tests. You get to exercise a different part of your brain," said Rose.

The creative expansion is not limited to students. When McKitterick applied for a residency in Jingdezhen, China, the "Porcelain Capital," she found the support of the Benton Center behind her.

"Her work is breathtaking. It's exceptional," said Davis.

The talented teacher believes each student has a story to tell. Putting tools and clay into the hands of the students, she encourages them to mold these stories into life.

Many students taking her classes are not art majors and the students have a rare chance to explore their creativity. To her, this makes their time in the studio even more vital.

"For this quarter, you are an artist. We are going to treat you like an artist," said McKitterick.

She wants everyone to have this experience.



STORY AND PHOTO BY EMILY GOODYKOONTZ

NEW YEAR, NEW VETERANS LOUNGE

After years of mulling the idea over LBCC has a new veterans lounge. Originally referred to as the "Day Room," LBCC Vice President Bruce Clementsen, and Veterans Club advisor Lewis Franklin began working on the idea in 2007. Due to the economy and a lack of space on campus the idea has been on the back burner.

"I could claim the original idea but there have been many through the years who also wanted such a facility," said Franklin.

Veterans Club President Steven Olson was a catalyst, and Clementsen and Franklin were essential in seeing the lounge come to fruition.

Clementsen was supportive of the idea and once Olson and Franklin located a room that would work, Olson spoke with LBCC Dean of Instruction Sally Widenmann. Franklin then e-mailed a formal request, and it was determined that F-109 would be an ideal space.

"We want to completely rehabilitate the space. The finished product will have a fridge, microwave, art on the walls, flags, lockers, reading lights. The point is to make that place "safe" and as comfortable as possible for Veterans," said Franklin.

The Veterans Day Club applied for federal funds to renovate the space but missed the deadline. The Club plans on fundraising to raise money for the project.

"The atmosphere will be welcoming and inclusive to any member. We want Veterans to relax and be able

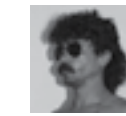
to concentrate on homework thus continuing to be successful," said Olson. The space isn't officially open, but Franklin unlocks the room when he gets on campus, and locks it when he leaves.

"The space is clearly defined by the college as Veteran, Veteran Dependent or Veteran activity exclusive space," said Franklin.

The Veterans Club plans on holding a grand opening in conjunction with Memorial Day services Monday, May 30. If you would like to help you can donate through the Linn-Benton Foundation, to do so contact the Veterans Club at veteransclub@linnbenton.edu.

"This is a huge milestone for the Veterans Club, it shows how important veteran needs are in LBCC," said Olson.

"This is a huge milestone for the Veterans Club."



STORY BY RICHARD STEEVES @RSTEEVES84

CHAMBER DANGER

LB's Chamber Choir pitch slapping Seattle and Eugene

Chamber choir director Raymond Ocampo is hoping to hit a high note with their upcoming tour. The ensemble is working hard to have their voices heard.

March 17-19 Chamber is traveling to Seattle, Wash. and Eugene, Ore. The tour is going to be an opportunity for the group to share their hard work with an audience who can provide a different perspective to the students.

"We are performing for an audience with critical ears who will appreciate the student's work," said Ocampo.

The majority of the funding for this event is being brought in by the students. The other half of the funds are coming from the department, previous concert ticket sales, and donors.

"We need the four weeks that are left before the tour to work, but we have a really good start," said Ocampo. "We have to be perfect. We are on schedule for nailing this tour."

Ocampo earned a masters in Choral from Tampa Bay, and this is his second term at LBCC. He conducts two vocal ensembles and teaches courses in music appreciation, theory and music fundamentals.

Ocampo builds each performance set around the theme of the pieces. The main aspect for the tour's set is to find light in the darkness. The three songs that will be sung were carefully chosen to fit that mold.

The pieces handpicked for March's tour are "Richte mich, Gott", "O Nata Lux", and "Luminous Night."

Ocampo said, "Richte mich, Gott" is a plea to God to provide support and

guidance and light. "O Nata Lux" means old born light of light, which is normally a Christmas song, but it worked in this set. Then there is "Luminous Night" which brings light into the darkness."

The overall expectation of these three pieces is for Chamber Choir to be able to leave a lasting impression throughout their travels. They don't want to just sing a song, they want to be a part of the music and tell a story.

The students are working hard to achieve this outcome. Nicky Gangewer is one of the 26 students in Chamber. This is her third year in the ensemble, and this will be the second tour that she will be going on.

"I get to spend time with people and choir and make new friends," said Gangewer. "It also benefits me because it lets me understand different parts of our country and world and improve as a musician."

Each member of the group not only spends an hour and 20 minutes, two days a week, but they're also expected to rehearse outside of class on their own time to solidify their parts.

If Ocampo could give his students in Chamber Choir one piece of advice in preparation for this tour it would be, "Put all of your head and heart into this."



STORY BY MARINA BRAZEAL @MARINABRAZEAL

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Representative Dan Rayfield and History Instructor Scott McAleer.

REPRESENTATIVE RAYFIELD VISITS LBCC

History instructor Scott McAleer and his History of Western Civilization classes welcomed the sixteenth House of Representatives, Dan Rayfield on Tuesday, Jan. 19 to discuss several important topics.

Rayfield discussed refinancing loans, state budgets, expenditures, fasa issues, lobbyists, ballot measures, and internships. There are Legislative Internship Opportunity and a Political Campaign Internship Opportunity during winter, spring and summer 2016.

Positions available are field intern, fundraising intern, and legislative intern.

Application deadline for internships will be reviewed on a rolling basis.

Anyone interested should send a resume and cover letter discussing their interest in the position, qualifications for the position, and availability to Zach Baker at zach.baker@state.or.us.



STORY AND PHOTO BY MELISSA CHANDLER @MJEFFER8

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At a Glance

Friday, Jan. 29 from 7 to 8 p.m. in the Benton Center, room 244 ceramics instructor Renee McKitterick will present a slideshow of her fellowship in China and her work with porcelain.

Saturday, Jan. 30 from 10 a.m. to 3 p.m. at the Benton Center Ceramics Studio instructor Renee McKitterick will hold a workshop to demonstrate techniques she learned in China.

PENGUINS SKATE AWAY WITH WIN



Brett Blackstock shoots a free throw.



PHOTOS: BRIAN HAUSOTTER
Head coach Randy Falk talks with team during time-out.

Linn-Benton's (2-4,6-11) Kaj Banswn was on fire from three point range Jan. 18, going off for 27 points, hitting seven three-pointers against the Clark Community College.

LB has shown marked improvement the last two weeks; their defense and shooting look light-years ahead of where they were just weeks ago. The evidence is in the results. They went head to head with the top team in the South Region and nearly came away with a victory falling short 86-81.

The RoadRunners had the Penguins skating like Brian Boitano on the court to start the second half, Andrew Evans found Banswn for three to give the RoadRunners a 48-44 lead.

The Penguins' Head Coach Alex Kirk could be heard yelling at his team, "I can't coach you if you won't wake up."

LB pushed the lead to 52-44 on a layup by Andrew Reardon. That's when Clark started to lockdown on defense. The improved defense helped the Penguins get higher percentage shots, and not turning the ball over stopped the RoadRunners from getting out on fast breaks.

With Clark up 69-67, Evans made his third three of the game giving the

RoadRunners a 70-69 lead. With 2:20 to go in the game, Andrew Rearden drove into the lane making a quick turnaround to close the gap to 81-79.

Bryan Berg hit what looked to be the dagger-three with 1:26 left in the game giving the Penguins an 84-79 lead.

Evans stole the ball from Clark and got it to Banswn who was fouled. He calmly hit two free throws making the score 84-81. Darrius Mathis missed a one-and-one for Clark giving the RoadRunners a chance to tie the game with 13.4.

Andrew Evans got an open look at a three, but missed it long, allowing the Penguins to escape with the victory.

During the week of Jan. 10-17, they split their two games, beating Mt. hood 83-71. Brett Blackstock led the team with 22 points. On Jan. 13 Umpqua blew out Linn-Benton 96-65.

The RoadRunners are off and running again Jan. 20 at 7:30 p.m. against SW Oregon.

For additional pictures go to <https://flic.kr/s/aHsksgyKAu>



STORY BY
JASON CASEY
@REALJASONCASEY



The bench watches in frustration.

ROADRUNNERS GET RUN OVER



Natalie Walters, Jordan Miller, Shantel Aleki, and Bailee Tally get ready for an in-bound play.

Losing hasn't affected the lady RoadRunners effort. LB went 1-2 in their last three games and are (2-4, 8-10) overall.

Linn-Benton had a lead in the first quarter against the Clark Penguins Jan. 18. However, the Penguins outscored LB 25-9 in the second quarter. The two point lead at the end of the first quarter was as far ahead as the RoadRunners would get.

Hannah Creswick hit a deep three. On the next trip down the floor she found Kyia Duvall for three to cut the lead to nine at the end of the third quarter, 58-49.

"They definitely went on a run in the third quarter but we ended up winning the quarter," said Creswick. "I don't think that was our biggest deficit. Coming into the half down 14 we knew we were going to have to work really hard."

With 4:25 to go in the game, Clark's Kaylee Newsom hit a three after the RoadRunners played tough defense for 28 seconds of the 30 second shot clock, but Newsome got free and hit the three extending Clark's lead to 13.

"We played tough and started creeping in within 10 but could pull it out," said Creswick.

The RoadRunners were without their captain Nichole Magnuson.

"We just found out we lost Nicole for the remainder of the season with her foot injury," said Head Women's Coach Debbie Herrold. "Those things are always an adjustment for a team when they lose their team captain and a big role player."

The loss of their capitan wasn't lost on Creswick. "She [Magnuson] puts up a lot of shots, rebounds so

well, and she is talkative on defense. We lost a big component," said Creswick. "That's key for us right now; working on communication."

Linn-Benton had another rough night on Jan. 13. The Umpqua Riverhawks showed up ready to play, and blew out the RoadRunners 106-62. The Riverhawks are second in scoring in the NWAC, and they flexed their offensive muscles with six players scoring 10 or more. Sawyer Kluge led the way with 24 points.

"We played well in the first quarter even though our shots were not necessarily falling, the second quarter Umpqua got out in transition and we just couldn't stay with them, said Herrold. "They got a big lead, and it seemed like we just shut down."

The game was broken wide open in the second and third quarter when Umpqua outscored the RoadRunners 63-31.

The Women's basketball team plays Jan. 20 at 5:30 p.m. against SW Oregon.

For additional pictures go to <https://flic.kr/s/aHskWCtmt>



STORY BY
JASON CASEY
@REALJASONCASEY



Hannah Creswick and Assitant Coach Stephani Charves.



Jordan Miller directs teammates.



Hannah Creswick prepares to shoot a free throw.



Rianne Tupper gets back on defense.

LIFE HACKS: VASELINE

Beauty on a budget



PHOTO COURTESY: ISHIKAWA KEN | FLICKR

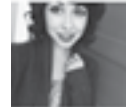
“Look nice, feel nice.” Statistics show that feeling good about your appearance can boost self esteem, confidence, and even your mood.

That’s a good thought, but in many cases college students need to devote effort (and extra pennies) to other areas. Looking “nice” isn’t always as simple as rolling out of bed in the morning. It does take a little effort sometimes, but it does not have to break the bank.

Let’s delve into the glorious myriad

of beautifying properties of a \$3.59 tub of Vaseline.

Since it was first used to heal cuts and wounds of oil-field workers in the mid 1800s, Petroleum Jelly has been used for everything from curing toe-fungus to promoting eyelash growth.



STORY BY KATHERINE MILES @KATEMARIEMILES

Here are seven life-hack worthy uses of Vaseline to keep your beauty-budget in check, because to the sleep-deprived college student, caffeine may be a better use of those hard-earned pennies than a trip to Sephora.

1. Forget the \$60 bottle of lash-growth serum. Use an old mascara wand to apply Vaseline to your lashes before bed, and after a couple months you’ll notice longer, thicker eyelashes.
2. Tame flyaway hairs and split ends with a light dab of Vaseline for a healthy, polished look.
3. Make your perfume last longer by applying a thin layer of Vaseline over pulse points before spritzing.
4. Winter in the Willamette Valley often causes dry and irritable skin. Using Vaseline as an overnight face mask, post-shave conditioner, or cuticle cream will leave your skin soft and shiny without spending the extra cash. Treat Eczema or dry knuckles by coating with Vaseline and covering with cotton gloves overnight.
5. Add Vaseline to your makeup kit. Apply to cheekbones or above brows for a fresh and dewy look, and over your eyelids as a shiny primer for your eyeshadow. Going for a no-makeup look? Use Vaseline instead of mascara for thicker, fresher lashes.
6. Make the last of your favorite lipstick go further by mixing it with Vaseline, and add it to your lips or even cheeks for a natural flush.
7. Use Vaseline as makeup-remover. Correct makeup (such as uneven eyeliner) with a dab of Vaseline on a Q-tip, or remove stubborn eye makeup by smearing it on a cotton ball or tissue.

COFFEE WITH A COP

Breaking down social barriers

Officers of the Corvallis Police Department will be taking a break from their daily patrols to enjoy a cup of coffee with the locals of Corvallis.

The owners of the New Morning Bakery in downtown Corvallis are very excited to be hosting Coffee with a Cop, this coming Thursday.

“We are looking forward to it,” said New Morning Bakery co-owner, Keara James. “We have a good relationship with the police force, and when they approached us about the event, we were excited about it, since it’s mutually beneficial. It’s good for the community.”

The local event is designed to better the relationships in the community between police officers and corvallis citizens. Officers ask that patrons voice concerns, ask questions, and get to know the officers in the area.

“This is an opportunity for the people to talk and for us to listen,” said Corvallis police Lt. Cord Wood. “We are excited to see how it goes.”

Coffee with a Cop first started in Hawthorne, Calif. as a result of a brainstorming session. Since it’s creation, the event has been hosted in over two-thousand communities.

According to the event’s website “The key to Coffee with a Cop’s growing success is that it opens the door for interactions outside of the crisis situations that typically bring law enforcement officers and community members together.”

“Building relationships, one cup at a time.”

Coffee with a Cop will be taking place Jan. 21 from 8-10 a.m. at the New Morning Bakery at 219 Southwest Second St. in downtown Corvallis. You can find out more information about this event by calling the Corvallis Police Department Business Office at (541)-766-6924, check out the CPD Facebook page, or go to www.coffeewithacop.com



STORY BY HANNAH BUFFINGTON @JOURNALISMBUFF

TO WASH OR NOT TO WASH

Hand-washing can save lives

Throughout the Linn-Benton campus there are 18 separate buildings. Among these buildings are restrooms.

Located inside all the restrooms are sinks, soap, paper towels, or hand dryers. There is even a friendly reminder posted to wash your hands after using the restroom.

A survey conducted on campus by The Commuter, 15 percent of staff and students do not wash their hands.

Honestly, how many of you remember to wash your hands after using the restroom? How to properly wash your hands? These are questions that every person should be asking themselves.

According to the Center for Disease Control and Prevention, “Keeping hands clean is one of the best ways to prevent the spread of infection and illness.”

Hand washing is as simple as tying your shoe. It is most effective in all settings if done properly.

Keeping your hands clean can stop germs from spreading person to person and through the community. This is very important as Linn-Benton is a community college with thousands on campus daily.

There are a minimum of four times before activities and five times after activities in which hand washing is necessary to help prevent the spread of infection and illness. When in doubt, a good hand wash never hurt anyone.

The most important part is how simple it really is: wet, lather, scrub, rinse, and dry. These five steps are easy, but just remember that while performing these steps to scrub for at least 20 seconds. It is very important to scrub the germs away.

The CDC suggests humming the “Happy Birthday” song from beginning to end twice.

When asked how long you should wash your hands for, student Britney Holder said, “Count the ABC’s.”

If water and soap are not available then use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

According to the CDC, “Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations, but sanitizers do not eliminate all types of germs.” “Hand sanitizers may not be as effective when hands are visibly dirty or greasy.”

When should you wash your hands?

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After touching garbage

What is the right way to wash your hands?

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

How do you use hand sanitizers?

1. Apply the product to the palm of one hand (read the label to learn the correct amount).
2. Rub your hands together.
3. Rub the product over all surfaces of your hands and fingers until your hands are dry.



STORY AND PHOTO BY MELISSA CHANDLER @MJEFFERS

THE COMMUTER PRESENTS

Y’ALL QAEDA WHAT’S REALLY GOING ON IN BURNS



PHOTOS COURTESY: ASSOCIATED PRESS

DEC. 29TH

Ammon Bundy posts video on Youtube about federal “tyranny.”

Calls “fellow patriots,” to take stand with him against the tyrannical governemnt.

It doesn’t work. Bundy uploads yet another video in order to garner support for his cause.

This time his plea is met with menugget-spewing battlecries from all corners of the internet.



JAN. 3RD

DEC. 31ST



Bundy and company seize Malheur National Wildlife Refuge.

It was closed for the weekend, no one was there. The group claims that they have plans to stay there for years and that this was definitely **not** a last-minute decision.

Supplies dwindling, morale fading.

Realizing that they had not packed enough Lunchables and Slim-Jims to back their occupation, the group turns to the internet and sends out a desperate call for supplies and snacks.

JAN. 4TH



The standoff continues, for now.

With the continuing standoff between the Bundy militia, local authorities, and regional tribal head; the situation has reached a stalemate.

Citizens of Burns, along with most of the rest of Oregon, have made it clear that they do not want Bundy and his men here.

Hopefully they will come to their senses and clear out before the National Guard is called in. We’ll see.

PRESENT



COLUMN AND GRAPHIC BY NICK LAWRENCE

THE DAY'S LAST BREATH

Alyssa Campbell

The day's last breath
I lie
pinned by your kisses
drunk from the bitter taste
of your lips
for months we drifted
with longing

Eyelids rising
adored by the sun
we awoke drowsy
tangled together
like fish
in a net

How His EYES WORK

Chris Riseley

He can see the heavens on the right side.

If you are standing on his right,

He will see sky above your head

And not you.

But if you slowly rise on your tippy toes

He'll see what's left of your hair

as a bird wings by on the breeze.

SOCIETY

Michelle Soutar

Glazed eyes watch the tree line fall.
It falls every day.
Like my faith in you.

With the sun rise so many options.
With the sun down I see no more.

Do you think I like this?
Like the way we play.
Play in the dirt.
Dirt we call society.

Can you feel them.
The strings that hold you back,
From acting through the heart.
Societies should be's.
Could be's.

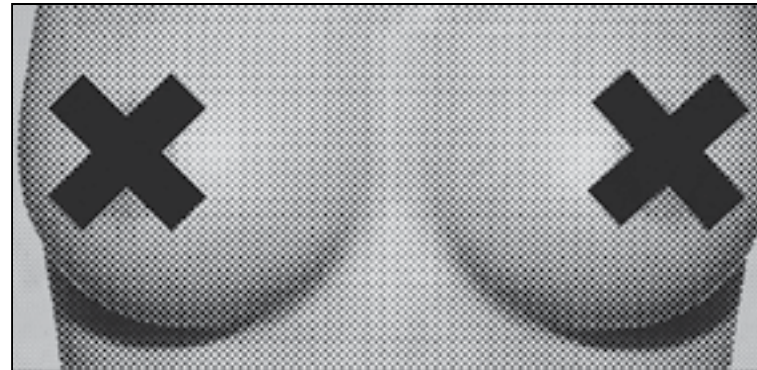
If only I cared enough,
To do what others expected.

Cared to follow the rules.
Rules placed to bind and tie.

Meant to put us in place.
Keep us from dreaming,
From being.

Being a person,
True to themselves.
True to what should be.
Not what society puts on them.

PHOTO COURTESY: MARWAH ALZABIDI



FREE THE NIPPLE

NETFLIX
RECOMMENDATION

"Free The Nipple"

This independent film was inspired by the "Free the Nipple" campaign. A group of young women fighting the battle of equality one nipple at a time.

SQUIRREL!



THE COMMONS Cafeteria

*** MENU ***
1/20 - 1/26

Wednesday: Kalua Pork with Steamed Rice* and Mac Salad, Grilled Chicken with Berry Beurre Rouge and Hazelnuts*, Pan Fried Polenta with Goat Cheese and Red Bell Peppers*. Soups: Chicken and Rice*, and Grilled Vegetable Chowder.

Thursday: Moroccan Chicken*, Roasted Beef with Bleu Cheese and Shallot Compound Butter*, Mushroom Strudel with Spinach Cream Sauce. Soups: Mulligatawny, and Potato Cheddar*.

Friday: Chef's Choice

Monday: Pork Ragu with Cavatappi, Shrimp Tacos*, Tempura Vegetables with Steamed Rice. Soups: Egg Flower Soup*, and Creamy Tomato

Tuesday: Poached Salmon with Bearnaise*, Herb Crusted Chicken with Roasted Red Bell Pepper Bechamel, Portobello Sandwich. Soups: Beef Vegetable*, and African Sweet Potato*. Items denoted with a * are gluten-free

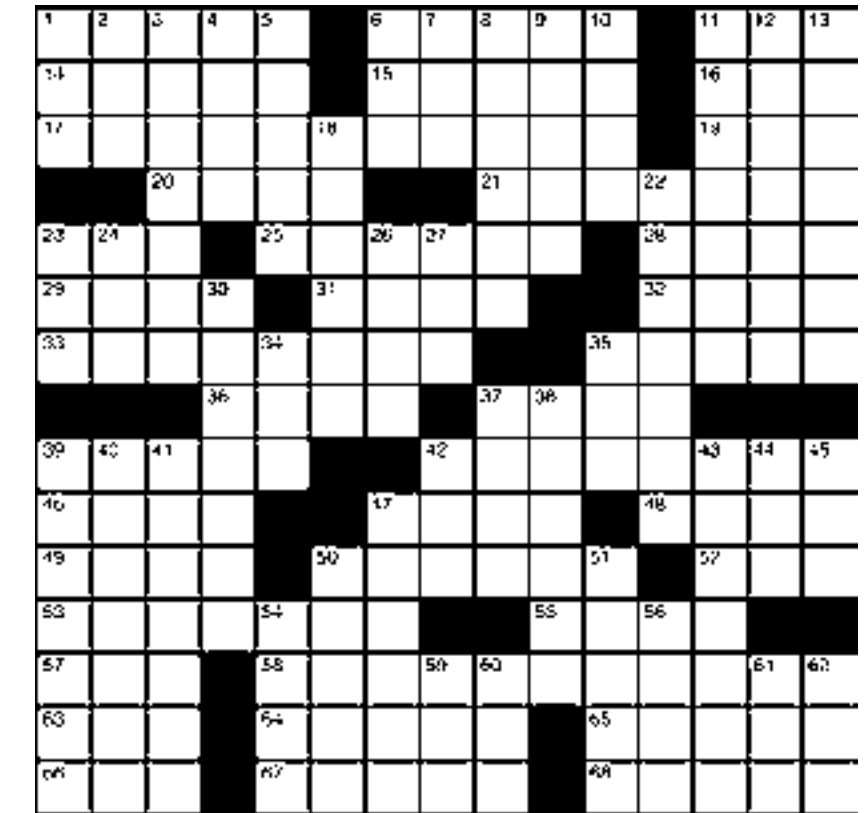
Monday-Friday 10 a.m.-1:15 p.m.

FOR RELEASE JANUARY 20, 2016

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

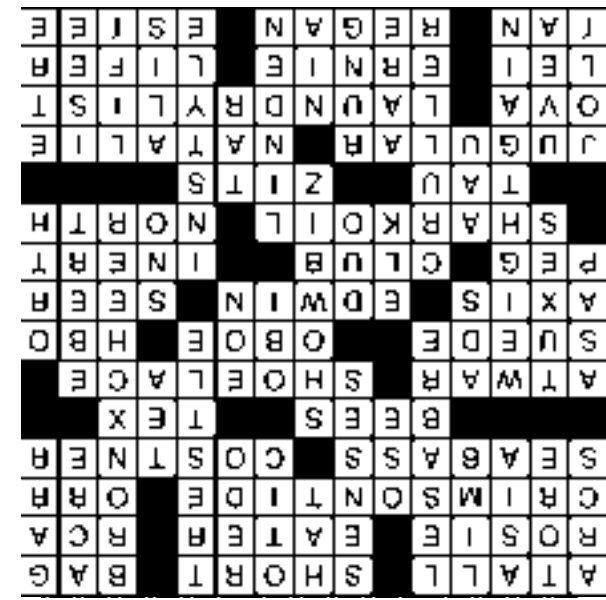
- ACROSS**
- 1 Yin Yang portrayer in "The Expendables" film series
 - 6 Business
 - 11 Covers with Quilted Northern, briefly
 - 14 Shun
 - 15 Portend
 - 16 Christian sch. in Tulsa
 - 17 Trattoria basket filler
 - 19 Cartoon Chihuahua
 - 20 Lad of La Mancha
 - 21 Union
 - 23 Rural expanse
 - 25 Make a bet
 - 28 "I don't give ___!"
 - 29 Karachi language
 - 31 Nursery purchase
 - 32 Scrapped, at NASA
 - 33 Railroad track piece
 - 35 Atlas enlargement
 - 36 Deck honcho, informally
 - 37 Recital highlights
 - 39 Thomas, Dick and Harry
 - 42 Police surveillance
 - 46 Rations for Rover
 - 47 Sealed
 - 48 Black Hills st.
 - 49 Israel's Golda
 - 50 Unimportant
 - 52 ___gratias: thanks to God
 - 53 Rural expanse
 - 55 Son of Aphrodite
 - 57 Diminutive Italian suffix
 - 58 Reversed counterpart
 - 63 Towel holder
 - 64 No longer dirt
 - 65 Artist's headgear
 - 66 Prior to, in verse
 - 67 Gobs
 - 68 El Día de Los Reyes month



By Mark McClain

1/20/16

- 5 Picking out of an LAPD lineup
- 6 Bar charges
- 7 Play with robots
- 8 Ancient
- 9 One of the Allman Brothers
- 10 Earth, to Mahler
- 11 Corrida stars
- 12 Portend
- 13 Daytime observatory sighting
- 18 Moves effortlessly
- 22 Kid watchers
- 23 Jean-___ Picard: "Star Trek: TNG" captain
- 24 Make a wrong turn, say
- 26 Chow
- 27 Quilting gathering
- 30 Laptop connection
- 34 "Mamma Mia!" song
- 35 Kind
- 37 Incomplete Wikipedia entry
- 38 More like Cheerios
- 39 Folklore creature traditionally averse to the starts of the



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1/20/16

DOWN

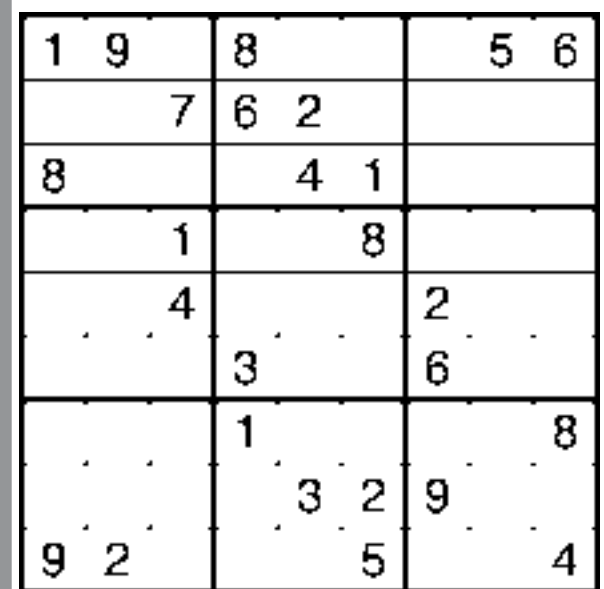
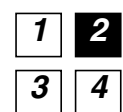
- 1 Upscale British wheels
- 2 Actress Longoria
- 3 Twister
- 4 Caron title role

- answers to starred clues
- 40 First lady between Lou and Bess
- 41 Series installment
- 42 "Homeland" sta.
- 43 "Most likely ..."
- 44 Dubai's fed.
- 45 "Thrilla in Manila" ruling, for short
- 47 Change direction abruptly
- 50 "The Good Wife" event
- 51 Extended family
- 54 Ballpark figures
- 56 Portent
- 59 Button with left-pointing arrows: Abbr.
- 60 Gorges oneself (on)
- 61 Belg. neighbor
- 62 Ike's wartime command

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level:



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

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

1/20/16

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THE HISTORY OF ROCKY

Somewhere between the sounds of a foghorn in Eugene and a chainsaw in Corvallis, you can hear the sound of a quiet, “Beep, beep.”

That is the sound of the Linn-Benton RoadRunner, Rocky. There are five different types of ducks in Oregon, which is known as the Beaver State. It is no surprise why the two main state colleges in Oregon mascots are Ducks and Beavers.

So why is LBCC’s mascot the Roadrunner?

In her book, *The History of Linn-Benton Community College*, Rosemary Bennett gives a quick summary. In 1969, Linn and Benton Counties voted to start a community college to meet the growing needs of the Willamette Valley. The classes in the beginning were strictly evening classes.

“Held in 30 leased, begged or borrowed facilities in various locations throughout the district,” according to Bennett.

Could you imagine having to go to Sweet Home for math, Corvallis for history, and then Albany for communication? This was the day in the life of an early LBCC student and faculty member.

In 1970, the first student council came together to vote on two important items, starting a college newspaper, *The Commuter*, and picking a mascot to represent the college. It is rumored that the students complained about running around on the road all day just to get to classes, that they picked the RoadRunner. Seems fitting.

Looking at Rocky, it is important to note that Rocky isn’t just a costume, he is a RoadRunner. Barb Horn, Rocky’s handler, stated that, “They are going to have tryouts soon to get a new Rocky.” If your looking at furthering your mascot career, check with Horn. Unfortunately, restrictions do apply.

“You have to be at least 5-foot-8 to be Rocky,” said Horn.

Roadrunners are well adapted to their environment. Some can run faster than humans and the more lethal roadrunners can kill venomous snakes. LBCC’s Rocky is a little more housebroken. He is polite and conservative. His domicile at LBCC remains “undisclosed,” said Horn secretly.

Did you know that there is more than one Rocky? Unlike the movies, there isn’t nine LBCC Rocky’s, but there is a counterpart over at the Benton Center, that “appears to have a nicer face, kind of smiling,” said Barb.

As of today, LBCC has four main campuses; one in Corvallis, Albany, Lebanon, and Sweet Home. The days of running the road are somewhat over.

What if today’s students were to pick a more up to date mascot to represent the school. A quick thought, the platypus. Half duck, half beaver.

STORY BY
BEN CLARK



PHOTO: COMMUTER ARCHIVE

You are somebody's

TYPE

+
American Red Cross

Donate Blood
Wednesday, Jan. 20
Thursday, Jan. 21
Fireside Rm - CC - 211
10:30 a.m. - 4:00 p.m.

Sign up for a time in the Student Life and Leadership office.

LBCC maintains a policy of nondiscrimination and equal opportunity in employment and admissions, without regard to race, color, sex, marital and/or parental status, religion, national origin, age, mental or physical disability, Vietnam era, or veteran status. (See Administrative Rule No. E029 and Board Policy Series No. 6090.)

NEW BASEBALL BLEACHERS

For the first time in LBCC baseball history, there will be bleachers available for the 2016 season.

If all goes as planned, the bleachers should be installed and ready for the home opener on Feb. 27.

If you have ever attended one of LBCC’s baseball games, then you know the treachery involved in climbing the berm in attempt to find a spot to set your chair down. After the baseball program was cut, the maintenance on the field and surrounding areas was almost non-existent, making the berm area hazardous.

Head Coach Ryan Gipson took over the baseball team in 2015. Gipson is all baseball and all business. He has a can-do attitude and is positive about this years team.

“These bleachers bring so much value to the school,” said Gipson. “It will not only benefit the fans, but future recruiting, and continued upgrading of the facilities.”

Athletic Director, Randy Falk is excited for the upcoming season. Falk recognized the enthusiasm Gipson brings to the team.

“The berm that was there made it so difficult for people to see the game,” said Falk. “The bleachers will create greater accessibility for our fans, family members, and alumni.”

The council of clubs votes on what is known as a “Legacy Item,” which is typically a large expenditure that the clubs feel will benefit the school and others equally. The winner of the award in 2015 was the LBCC baseball team.

“We did in fact come up with the \$6000 dollars needed to purchase the bleachers,” said Director of Clubs and Engagements Chelsey Mick, “But it was Coach Ryan Gipson who really made this happen.”

The days of trying to watch the game while dodging mole holes will soon be over.

“We did in fact come up with the \$6000 dollars needed to purchase the bleachers.”



STORY BY
BRIAN HAUSOTTER
@BHAUSOTTER