

THE COMMUTER

LINN-BENTON
COMMUNITY COLLEGE

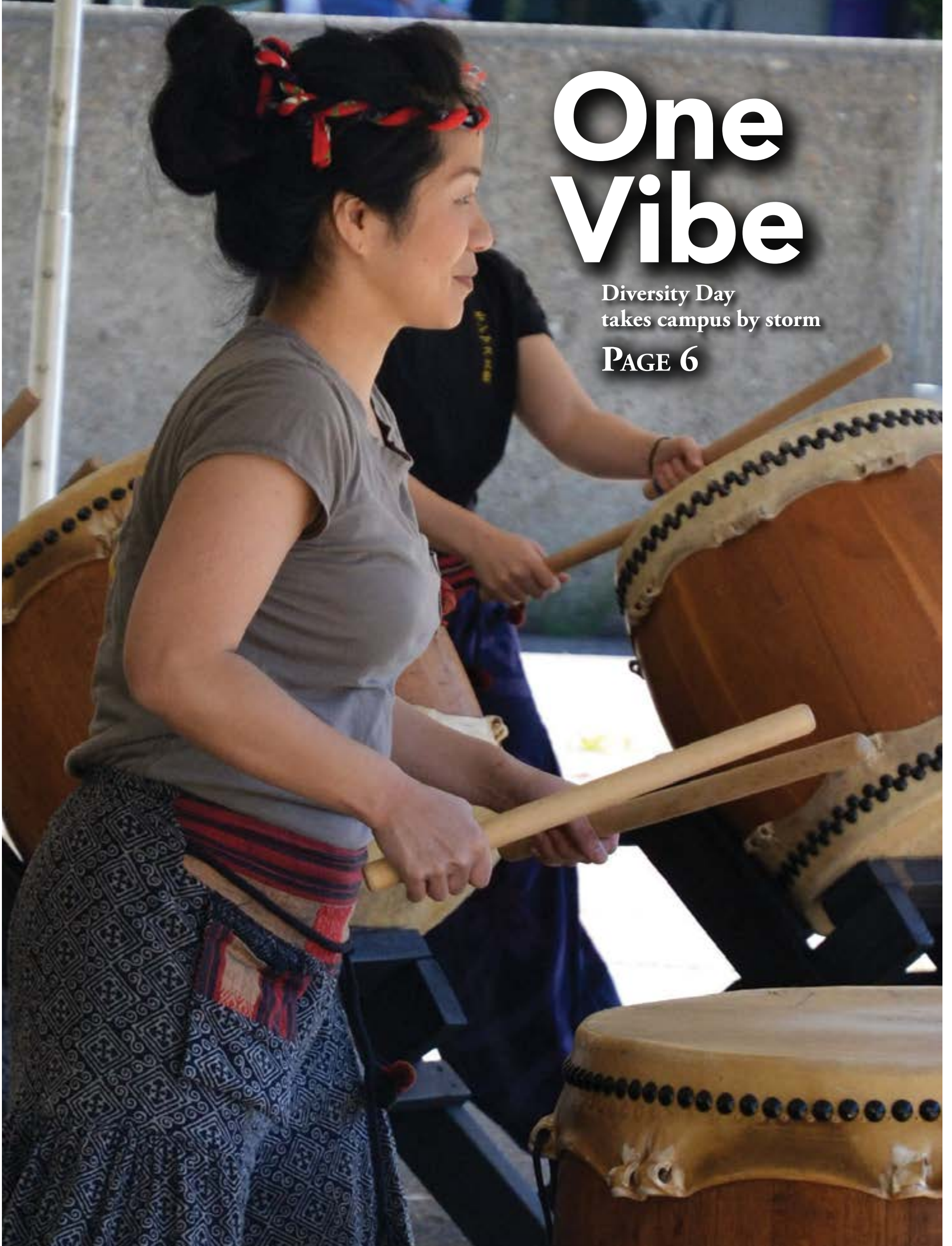
VOLUME 47 • EDITION 30

MAY 18, 2016

One Vibe

Diversity Day
takes campus by storm

PAGE 6





Cover Credit:
Marwah Alzabidi

On the cover:
Hiroka Krummel, one of the Monmouth Taiko group.

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.

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CAMPUS UPDATE

Do you have a writing assignment due soon? Want to consult with a writing assistant before you turn it in? Plan ahead. Make an appointment at the Writing Center and avoid the waiting list!

Visit www.linnbenton.edu/writing-center to schedule an in person appointment and to access the Online Writing Lab (OWL) from off campus.

Wednesday, May 18: Black Friday event: Human Claw Machine
11:30 a.m. to 1 p.m. in the Commons Cafeteria. Free event.

Thursday, May 19: Black Friday event: Petting Zoo
11:30 a.m. to 1 p.m. in the Courtyard. Free event.

Thursday, May 19: Educational Equity for Latino Families
1 to 2:30 p.m. in the DAC (F-220) Free event.

Thursday, May 26 and Friday, May 27: French Banquet 2016, "Belle Epoque- A Culinary Exposition"
A forty-year tradition of the LBCC Culinary Arts Program, planned by second-year culinary students, this multi-course banquet showcases the work of the outstanding first and second-year students in the program. Tickets are \$38.

Friday, May 27: Memorial Day Vigil and Veteran's Center Grand Opening
Noon to 12:30 in the LBCC courtyard Grand Opening lasts all day in the Veteran's Center, Forum 109. Free event.

Wednesday, June 1: Estate Planning Seminar
5 to 6:30 p.m. at the Springhill Golf and Event center
An event to discuss the importance of wills, trusts, healthcare directives, and the use of IRA tools. Free event.

CAMPUS VOICE

Question: What is your Spirit Animal?



Jordan Glass Ag
Major: Science

"A small chicken. We have a cochon named Megadeth, and I feel like I really relate to her."



Bear Jackson
Major: Welding Technology

"A bear, because I used to hunt."



Natalia Badger
Major: Zoology

"Maybe a dog. There really patient and caring, and I guess it kinda relates to me to."



Samy Cardenas
Major: BioEngineering

"A leopard. It's not well known but their fierce and strong."



James Smith
Major: Exercise Sports Science

"Jaguar. I've just always identified with it."



STORY AND PHOTOS BY
RICHARD STEEVES
@RSTEEVES84

Next Week's Topic: Memorial Day.

COLLEGIATE NEWSPAPER AWARDS

Umpqua Community College newspaper highlights ONPA Collegiate Day; The Commuter wins nine awards

The best collegiate journalists from across the state flocked to the University of Oregon Friday, May 13. They didn't make the trip for the hottest breaking story or some Friday the thirteenth urban myth. The young journalists made the trip for the Oregon Newspaper Publishers Association (ONPA) annual collegiate award ceremony and Collegiate Day.

Held in U of O's Allen and Gerlinger halls, the awards featured a tour of the newly renovated Allen Hall which is home to U of O's school of journalism. Following registration and the tour attendees sat in on the conference's keynote presentation from journalists at Umpqua Community College's (UCC) newspaper, The Mainstream.

As many of you may remember, UCC fell victim to a school shooting on Oct. 1 of last year.

"October first, it was what started out as a normal day," said Editor-in-Chief of The Mainstream, Alisha Graves.

The impact of the event is still rippling through the school's community. Members of The Mainstream were brave enough to discuss the difficulties of such a horrific event, let alone reporting it.

"I didn't know what was going to happen that day, none of us did," said Mainstream Adviser Melinda Benton.

Graves went on to describe what she and many other students went through that fateful day. She painted a scene of confusion, fear, and anger. Twenty-five students huddled in a classroom, ordered to lay down and be quiet. Students holding onto their phones as a glimpse of hope. All the while knowing something terrible was happening on campus, but no idea to what severity.



PHOTO BY: TRICK SCHNEIDER

"A lot of people were in a strange sort of mind," said Graves.

Stuck in a classroom until the shooter was subdued, the confusion ensued even after their release. It wasn't until they were searched by sheriff's deputies that they were fully cleared.

"Oh crap. We're going to have to report on this," said Graves.

This is where the discussion hit home for journalists. Imagine having to pull it together and report on something so tragic of which you are a part of.

"You have to drive the line between being a person and a reporter," said Graves. "When that happened I was just a person."

The difficulties didn't stop there the

news team had to decide on what to cover and what not to cover, and what images were effective at telling the story without being too graphic.

"We didn't have a staff that was trained for this," said Benton. "That first issue was a nightmare."

Writers, editors, and designers all touched on their experiences.

"Writing about trauma, is its own trauma," said Senior Writer Vaughn Kness. "It was tough, but I did it."

Even though it has been months, the school and community will never be fully healed.

"I'm sorry. This is still really difficult," said Benton.

As the group presented, there was

hardly a dry eye in the room. However, the entirety of the day wasn't as somber.

After UCC's presentation there were concurrent sessions led by Brent Walth on Public Records, and Lori Shontz on Sports in Media and Society. Following the sessions it was time for lunch, and what the journalists were really hungry for, the awards ceremony.

After a successful year, your very own student-run newspaper, The Commuter, was nominated for a slough of awards that is too long to list. We didn't win them all, but we did come away with nine awards.

Christopher Trochie, won first place for Best Series, Natalia Bueno won first place for Best House Ad, Marwah Alzabidi and Emily Goodykoontz both won second place for Best Feature Photo, Marina Brazeal and Melissa Chandler both won for Best Columnist, Emily Goodykoontz, Christopher Trochie, and The Commuter staff all won second place for Best Special Section, The Commuter staff won second place for Best Website, Cameron Reed won third place for Best Cartooning, and The Commuter staff won third place for Best Design and General Excellence.

Congratulations to all the winners and participants.



STORY BY
RICHARD STEEVES
@RSTEEVES84

A TASTE OF FRENCH CUISINE

The 43rd Annual French Banquet is just around the corner

Blossoming lox, buttered crepes stuffed with crisp pinks and golden lentils, and layered chocolate sheets of sweet and tangy mousse.

And there's more. A nearly sold-out, eight-course taste of France featuring delicacies such as citrus sorbet and pulled duck confit is being brought to Linn-Benton Community College (LBCC) May 26 and 27 at 6:30 p.m.

The banquet is being hosted by LBCC's Culinary Arts program as a grand outlet for second-year students to express what they've learned in the six-term program. Although the event and menu planning is primarily left to the upperclassmen, the first year students participate, eager to learn.

This year's team is made up of 15 first-year students, 10 second-year students, and five executive chefs. That may seem like a lot of cooks in one kitchen, but with almost 130 people to serve each night and with different dishes and utensils with every course, there is a lot of work to be done serving, cooking, and cleaning up.

Lucas Pscheidt, 22, who is finishing up his second year in the program, has high expectations for the event.

"We've been planning for over nine

weeks," said Pscheidt. "The menu alone took four weeks to plan."

The 2016 French Banquet offers a dining experience unlike that of standardized restaurants. The menu, decorations, and overall ambiance has been meticulously planned out to tell a story and hold meaning that reflects the spirit of the students.

"It's about highlighting what our team members are passionate about," said Pscheidt.

The theme for this year's event is "Belle Epoque," a period from the late 1800s into the early 20th century when optimism and innovation prospered in France — especially the arts.

"It was the time when the Eiffel Tower was built and the restaurant was born," said Pscheidt. "We're envisioning pastels and golds to really celebrate that."

Every detail has been thought out with as much care as an artist would take in execution of a collection for an art show.

Although his passion is for fresh pastas, Pscheidt is most excited about the Charcuterie course being presented, consisting of pate en croute with foie gras, pork "butter," bleu cheese mousse, chicken galantine, pickled carrots and asparagus, and rosemary crackers.

"Charcuterie is all about transforming simple ingredients. It's about what they could be," said Pscheidt. "We're experimenting with natural chemicals to create different doughs."

The 250 people anticipated to dine at the 2016 French Banquet will be taking home full bellies and a completely unique cultural experience, but they aren't the only ones benefiting from the night.

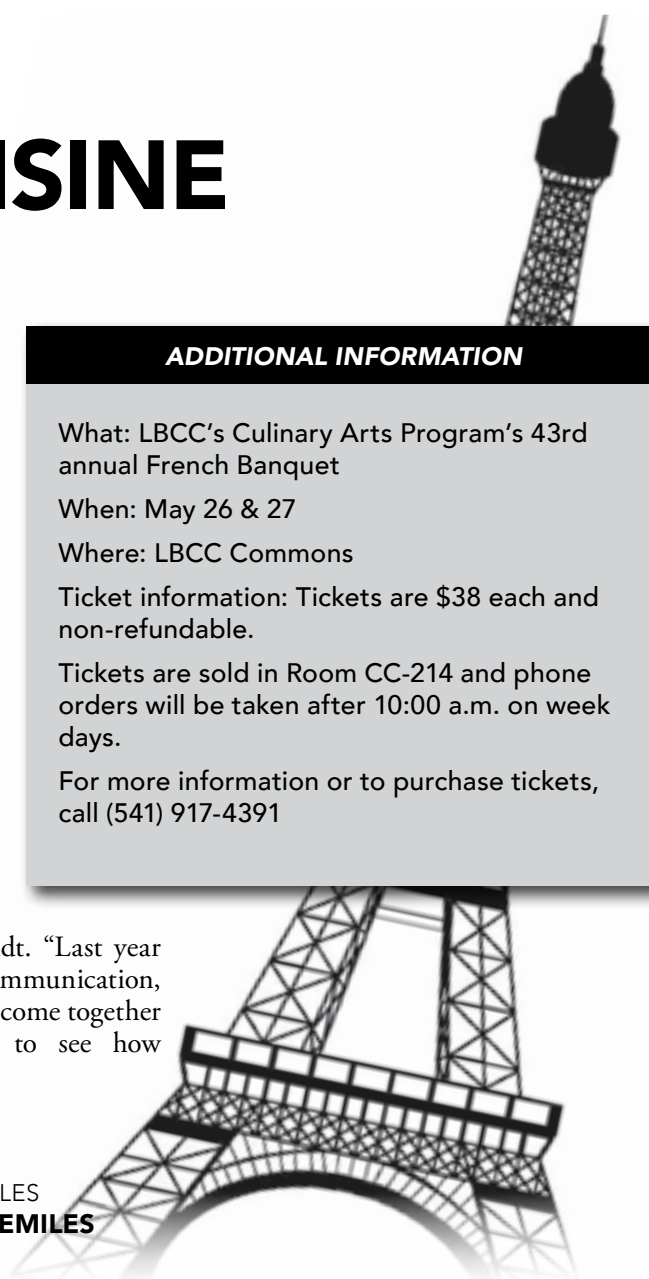
"This experience gives us all a great chance to learn, especially the first year students," said Pscheidt. "Last year I learned so much about communication, and about making a vision come together as a team. I'm excited to see how this year goes."



STORY BY
KATHERINE MILES
@KATEMARIEMILES

ADDITIONAL INFORMATION

What: LBCC's Culinary Arts Program's 43rd annual French Banquet
When: May 26 & 27
Where: LBCC Commons
Ticket information: Tickets are \$38 each and non-refundable.
Tickets are sold in Room CC-214 and phone orders will be taken after 10:00 a.m. on week days.
For more information or to purchase tickets, call (541) 917-4391



Am I Adulting Yet?



STORY BY
ALYSSA CAMPBELL
@ALYSSAFAYEC

Confessions of a 23-year-old college student

It's Saturday night and you're at home with a cheap bottle of red wine, drowning in homework.

You type into Google "articles on being 23 and lost," with hopes of finding someone out there who understands what you're going through. You start reading, only to find yourself feeling worse.

As a child you fantasized about getting older, around 15 you learned how to drive, by 18 you purchased your first pack of cigarettes and graduated high school, at 21 you were able to buy alcohol legally, and bar hop. When 22 came around you were on a mission to save the world, then one day you wake up and you're 23.

If there's any particular age that conveys the overwhelming feeling of being stuck in limbo, this is it.

"If you are lost at twenty-three, you are exactly where you need to be right now," wrote Heidi Priebe, staff writer at thoughtcatalog.com.

Day after day you're faced with the realization you're only getting older; this is the year you realize excuses just don't work anymore.

"It's quite a confusing time; wedged between childhood and adulthood, yet it's also full of so much excitement," wrote theeverygirl.com's writing intern Brianna Cook.

You should have your own place, be ready to commit to a relationship, have an idea of who you are and what you're doing.

You should pretty much have your shit together by now.

"The years following college aren't kind to us," thoughtcatalog.com's Priebe wrote.

You're reminded you should be finished with college and settled into your career, or considering graduate school.

But if you're like me you took breaks on and off from college and are still pursuing an undergraduate degree.

You wake up in the morning and lie in bed thinking of all the things you need

to accomplish and all the time you've wasted. Wondering why you're so horrible at being an adult.

This is the year you skip out on partying as much, because you're too busy trying to figure things out and pull yourself together, after your daily existential crisis.

You try and make yourself feel better by thinking "everything happens for a reason," and that you just have "more life experience."

You've created this imaginary clock inside and you can't stop blaming yourself for past decisions, all you can think is how time is running out, and you're getting "old, old, old, old."

It doesn't help when someone younger than you asks your age and remarks "wow, you're 23, you're old, I thought you were 20." You laugh it off, but deep down you're thinking "thanks for rubbing it in, asshole."

At this age people expect more from you.

Inside you still feel full of youth, like a kid that isn't ready to grow up. Then you realize you're one of the older ones in your class, at your job, and in your group of friends.

The pressure caves in that you should probably be setting an example.

Plenty of people tell you how young you are, but it goes over your head.

You wish you could ignore all of your responsibilities and have more time to figure things out, but the clock is ticking.

Welcome to the reality of a 23-year-old.

Of course there is some excitement that comes with being 23. Once you've stopped feeling sorry for yourself, and have accepted this phase, you'll realize it's okay to go at your own pace.

During this time you get to know yourself all over again, reflect, let go of what's holding you back, and re-create yourself.

This is the age you start looking at things from a different perspective, and really get to think about what

matters to you. Twenty-three is the age of finding your balance, learning how to maintain it, and discovering what makes you happy.

As cliché as it might sound, to make it through 23 you have to become good friends with yourself, and practice being in the moment.

Whenever you feel like you aren't "adulting" yet, just remember no one really knows what they're doing, no matter how old you get.

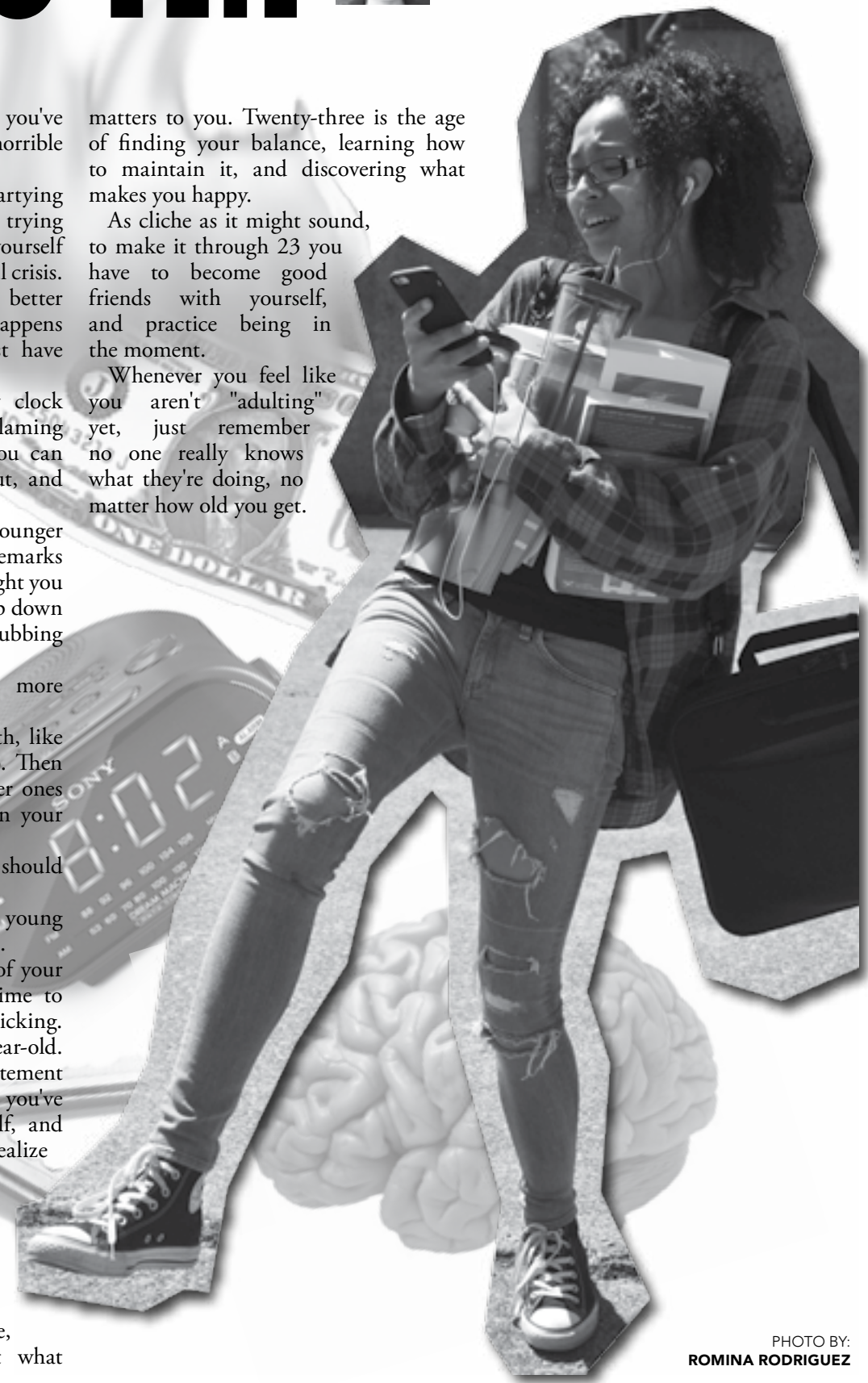


PHOTO BY:
ROMINA RODRIGUEZ

ART, FAIRYTALES, AND FOREST CREATURES

PHOTO COURTESY: ANDREWMEYERS.COM

Artist and instructor Andy Myers brings a unique perspective to OSU and LBCC art programs

Surveying the room, instructor and artist Andy Myers is the director of a classroom symphony. Violins of dusty charcoal squeak along paper pages, followed by a chorus of creaking benches and the swelling silence of concentration.



The rhythmic scritch-scratching of charcoal and pencil commences, underscored with the soft sounds of hands pushing charcoal across the fibers of their pages.

In the center of the room, the nude model blinks, her still body reclined on a chair draped in fabric, atop a raised platform.

"Keep thinking about the big areas rather than the small ones right away," says Myers, arms folded across his chest.

Students are seated on a clutter of paint-splattered grey drawing benches arranged in a circle. A jumble of drawing tools, charcoal and backpacks are scattered at their feet. Their instructor paces the circle, taking his time, pausing to look over shoulders and leaning in to offer advice.

"You can just change it. Think of it as being very flexible," Myers says to a student.

In the Figure Drawing class at LBCC, students sit and draw the model for 20 minute increments, for a total of three hours at a time. From their bench perches, each student has a different perspective of the subject, and each possesses a unique way of drawing and learning.

"The approach I take [to teaching] is individual," said Myers. "I'm not saying 'everybody you've got to make work like this,' which a lot of people do. I'm thinking about individually where they're going and trying to help them on that path."

Jesse Rose, LBCC student, has taken two drawing classes with Myers.

"I really like his teaching style. It's all studio time. The way Andy does it, you learn art through the process, applying it for a better understanding of the concepts," said Rose.

According to Rose, the figure drawing class learns human anatomy, studying the skeletal and muscular structures of the body to help them translate what they see onto paper.

"It's a lot more work for me, because it's teaching 20 different things rather than one thing, but that's the only way I can do it. It's not a factory kind of teaching."

Though clearly dedicated to his student's success, Myers' own path to teaching wasn't as clear.

"Teaching definitely wasn't on my radar at all," said Myers.

After finishing with a Masters of Fine Arts from Portland State University, Myers first experienced the other side of the classroom working as a TA. This led to teaching his own drawing class for the first time.

"It was successful enough it wasn't a disaster," said Myers.

It must've been a success, because 12 years later Myers is still at it, honing drawing skills at OSU and LBCC.

"I have a lot of students that aren't art majors or even minors. This might be the only art class they ever take, but learning how to see, you're going to get something out of it that's lifelong," said Myers.

He spends class-time teaching students to peer at the world through a new lens. They learn to disseminate objects into basic shapes, to notice the interaction of shadows and highlights, the surrounding negative space, and to explore how an object is put together, piece by piece.

"My interest in science and art are very similar, so I think about art making like a scientist does," said Myers.

Like his teaching career, his career as an artist may have snuck up on him.

"Most kids draw or make something, but most people stop. I just never stopped."

He never thought one day, "I am going to be an artist." These things, it seems, just happen.

"I remember my mom saying something about one day I did call myself an artist and that stood out to her, and I didn't really realize it."

As an Oregon native, Myers grew up in farm country, in the northeast part of the state. He spent his summers working for farmers, even driving cattle. His stepfather was a wildlife biologist and during frequent outdoor excursions, Myers was instilled with an affinity for the natural world.

"It's definitely not wildlife art, but there's layers," said Myers. "Like geologic cross-sections and things like that I think are really interesting, wild places and wild creatures. I think about endangered places and creatures and a lot of that I tie in with me as a human being and think about the relationships there."

Marc Callahan, professor of opera and voice at OSU, recognized the remarkable quality of Myers' art. Callahan found an inspiration and aesthetic for his first opera production at OSU, "The Blue Forest."

"I love the way that he sees forests differently than we do," said Callahan. "His art was perfect."

The collaboration involved over 20 faculty and staff from three different departments, culminating in the production of Louis Aubert's fairytale opera. The production brought Myers' art to enactment on eight screens, projected around the circumference of the classroom in the round, in OSU's new Learning Innovation Center.

"What I'm making isn't the final thing, and when I make a show, it is. I'm the last person to touch it," said Myers. "Whereas this, I'm sending work, and they're taking the working and doing things with it, and it's going to go up huge and interact with people and sounds that I'm removed from, so that's really exciting and scary."

On opening night, Friday, May 13, his charcoal forest came to life, unfolding into a storybook filled with song and spectacle.

"He has this kind of playful creativity. I love how he twists reality. We see a lot of reality in his work, but we are seeing his view of reality. It's like seeing it through his lens," said Callahan.

Myers will continue creating and collaborating this summer in the Slovak Republic with artist Craig Goodworth. The two have been awarded grants from the Oregon Arts Commission to travel and install an exhibition in a Slovak museum.

"The first collaboration we did in Salem was called Ecotone Number 1, so this will be Ecotone Number 2," said Myers. "An ecotone is where two environments come together, like a forest and a field."

The artists will bring their different styles and an American perspective to Slovakian culture, exploring the borders of this particular, unique "ecotone" between the two artists and two cultures. "It's interesting how people's mindset,

they think of art as a little kid class, because, sadly, that's where it is in the American school system," said Myers.

Myers often teaches students who sign up for the class thinking it will be easy. Those students are always in for a surprise.

"It's very hard work. It's some hard physical work but it's hard mental work, because frustration sets in immediately," said Myers. "Making visual art, you're putting yourself out there where everybody can see. It's very immediate, as soon as you begin. You just have to persevere, you can't be soft and give up at the slightest frustration."



STORY AND PHOTO BY
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PHOTOS BY: MARWAH ALZABIDI

OneVibe Diversity Day unites LBCC

Participants, whether bystander or contributor, were riding on the same wavelength last Wednesday during LBCC's OneVibe Diversity Day Celebration.

The annual event was held May 11, from 10 a.m. to 2 p.m. the Albany campus in the courtyard.

OneVibe Diversity Day was a free and open event hosted by the Diversity Achievement Center (DAC), bringing culture, international food and performers to LBCC.

"I helped plan out this event and so I came out here to talk to people and participate. By being here is to promote our Mexican culture not a lot of people understand, it's nice to let people know," said Luis Cabeza LBCC student.

Over 30 tables were set up for campus clubs, organizations, international food vendors, and nonprofits from all over Linn and Benton counties.

The tables at the events ranging from the part-time faculty association, Students for Life, the Soccer Club, to the Garden Club. The diversity of the tables attracted staff, students, and community members.

"I want to experience what is going on; to be a part of the community," said Ania Rager, LBCC student.

Vendors served agua fresca with watermelon and pineapple, mexican popsicles, jicama with spice, and popcorn.

The LBCC culinary program put on a courtyard lunch of chicken teriyaki with rice, a cookie, and a beverage of your choice. The lunches ranged from \$4 to \$5, with proceeds benefiting the LBCC Black Curtain Society theater club.

Performers who participated in the event included the Monmouth Taiko drum group, and a Mariachi band featuring Noemi Cervantes on vocals. Cervantes is the niece of Javier Cervantes, the director of the Department of Equity, Diversity & Inclusion at LBCC.

"When it was all said and done, people left happy, people left in a better mood because of the great weather, and people left more informed about the vast cultural traditions that make the human mosaic so beautiful which is encompassed especially on this day at the college," said Cervantes. "After all that is one of the goals of the OneVibe Diversity Day event."



STORY BY HANNAH BUFFINGTON @JOURNALISMBUFF



MONMOUTH TAIKO GROUP (TODD WILSON, HIROKA KRUMMEL, AND TOM JENKINS) BEAT THEIR DRUMS TO ONEVIBE IN THE ALBANY COURTYARD.



PHOTO BY: ELLIOT POND

JAVIER CERVANTES (FAR LEFT) AND LUIS JOSE (MIDDLE) ENTERTAIN THE VIBING CROWD WITH THEIR GROUP MARIACHI PORTLAND.



PHOTO BY: KENDALL LAVAQUE



NOEMI CERVANTES HITS THE HIGH NOTE IN THE ALBANY COURTYARD DURING DIVERSITY DAY.

BERN BABY BERN!



A FUTURE TO BELIEVE IN

Bernie Sander's rally brings thousands to Salem for his political revolution.

A hunched over 74-year-old man with white balding hair appears sharply dressed in his signature black suit that's a half-size too big. He climbs the stairs, his wife just inches behind, beaming with pride.

The second he starts speaking, he's all smiles, as if the audience members were his grandkids. "Woah...woah...thank you Salem," said Sanders. "And it looks like to me that Salem is ready for the political revolution!"

Listing the goals that are signature to his campaign, Sanders advocates universal healthcare, rebuilding infrastructure, adding 13 million jobs, tuition-free college, and tax equality between the wealthy and middle class.

Sanders stresses, "We are in this campaign to win." But as critics often point out to him, the odds are stacked against him. But even if he does lose to Hillary Clinton, Sanders explains why the democratic party will not lose to the Republicans:

"Donald Trump will not become President of the United States because the American people understand that bringing our people together, black or white, latino, Asian American, gay and straight, men and women...will always trump dividing us up. We are at our best when we support each other; when we help each other. When I'm there for you, you are there for me," Sanders said.

Getting to the heart of the issues, Sanders addressed the crime and incarceration rates in America. Or as he puts it, "Bad things happen on street corners."

Instead of investing in prisons, Sanders promotes redirecting the attention for jobs and education for youth, avoiding

poverty and promoting prosperity. "We need to rethink the war on drugs," said Sanders.

Thirty million people are on police record in America for possession of marijuana, something that could lead to job rejection. Substance abuse is seen as "drug abuse" rather than mental health crisis. With homicides and suicide rates at record highs, Sanders is insurgent about a change for mental health awareness and drug rehabilitation.

"The youth are wanting to continue their education so they can have a brighter future. They end up in debt for chasing after their dream. That's nuts!"

Sanders quickly switched the topic to wage inequality, stressing a living minimum wage and equal pay for men and women, pointing out that disabled veterans and seniors live off \$11,000 of social security annually.

Sanders also stresses that his campaign is for the youth as well, promoting free college.

"The youth are wanting to continue their education so they can have a brighter

future. They end up in debt for chasing after their dream. That's nuts!"

Branching from the topic of education, Sanders addresses one of his favorite terms: "crumbling infrastructure."

"We have millions for the war in Iraq, but no money for our crumbling infrastructure," said Sanders.

Sanders also addressed the seldom-addressed Native American citizens.

"We owe the Native American people a tremendous amount of respect and unpayable debt. If we can learn anything from them, it's that we need to be part of nature and coexist with it," said Sanders.

Sanders' "think big" mentality also dominoes into his views on healthcare.

"How are we the only major country to not provide affordable healthcare as a right for its citizens," asked Sanders.

As if Sanders hadn't won over his ralliers already, he took the time to distinguish between himself and his opponent, Hillary Clinton.

Clinton wants a \$12 minimum wage; Sanders wants \$15. Clinton pushed for fracking in foreign countries; Sanders doesn't want the next generation paying the price for fossil fuels. Clinton was for the war in Iraq; Sanders voted against it.

"We need a president to support the middle class. One who knows that change starts from the bottom and not the top," said Sanders.

Sanders referenced the Civil Rights Movement, when African-Americans fought to be treated equally. He recalls the women who stood up to fight for the right to vote and hold a career, not just motherhood.

Sanders' speeches are notorious among supporters for the way he softly shouts into the microphone, but this is what gives his voice emphasis and power. He



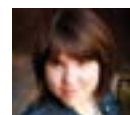
PHOTO COURTESY: ASSOCIATED PRESS

thanked his supporters, emphasizing that he wouldn't be here without them.

He thanked Oregon Senator Jeff Merkley for being his only senatorial endorsement. He then thanked the voters for keeping the Revolution "berning."

Bernie Sanders may have brought the "Bern" to Salem, but he did far more than just that; he brought "The Revolution."

"Lets win next week, Salem. Be part of the Revolution!"



STORY BY MORGAN CONNELLY @MADEINOREGON97



LIFEHACKS: BLACK FRIDAY

Use these eight tips to get you through Black Friday (and beyond)

This Friday, hundreds of Linn-Benton Community College students will be flocking to WebRunner to register for classes for fall term. This opportunity allows students to register even if they have holds on their account and without any priority/seniority restrictions. The beauty of Black Friday is that you can sign up for an ideal schedule with time for improvements or last minute changes.

Cut some stress and take these eight tips into consideration as you work on getting a perfect schedule put together for a successful fall term.

1. Talk to your advisor — It's a little late to get an appointment in with your advisor before Black Friday, but nonetheless, the tail of spring term is a great time to meet. If you're not taking summer classes, an early meeting will give you the whole summer to get the next few terms mapped out, and a perfect fall schedule put together. The classes you sign up for on Black Friday aren't set in stone. If you can't meet, try emailing your advisor the schedule you are planning to register for, and they may be a helpful second pair of eyes.

2. Know what you need — The most important thing to keep in mind when it comes to planning your schedule is knowing which classes apply to your requirements, and which requirements you have left. Using the two-inch-thick course catalogue is time consuming and

overwhelming. There is a much more efficient way to do things.

Simply open up the "student" tab in WebRunner, click "Academic Records," and then select "DegreeRunner" for a quick audit that will tell you everything you need to know about which requirements you're missing and how many credits you need. Even if you don't know your exact major, this is still a great tool to get you headed in the right direction so you don't end up spending money on unnecessary credits.

3. Know your options — Once you know which classes you have yet to take, try to set up as many schedules as you can with different configurations of those requirements. This may seem daunting, but if you start by listing the times of different classes that apply toward a certain requirement, it's easy to go through and piece them together.

4. Balance — Having a mixed schedule is important for keeping a 10 week schedule sane. It's great to get all your prerequisites done as soon as possible, but getting at least one fun class in adds a pleasant break into a busy and potentially boring schedule. It's also a good idea to make sure to have different types of work in a course load. This helps you avoid a situation where you could end up writing five papers in the same week.

5. Have a backup plan — The downside to registering early is that it's hard to say what kind of commitments you may have by the time September rolls around. Most classes are available at different times, so try to create at least two alternative schedules in case something comes up. If you already have these in place, a last minute schedule change won't be nearly as stressful.

6. Don't be discouraged by a waitlist — There's nothing worse than having your perfect schedule thrown off by a full class. The good news? There's a really good chance that a few students won't show up in the first week, making their seats fair game. As long as you show up the first few days and there are seats available, most professors will allow you to add the class via an "add/drop slip" that can be found in the admissions office.

7. Know your professors — Different people learn in different ways. Ratemyprofessor.com is a grade-saving tool that helps students find which professors may be a good fit for them. The site gives insight on textbook usage, types/amount of homework assigned, and teaching styles. There is also a forum for students to leave feedback.

Not everything you read online is valid, however, so another great option is to talk to the professors personally. If you're not sure which class to take, maybe

try shooting the professor an email introducing yourself and asking for more information about the course.

8. Time of day is key — If you are a "go, go, go" type who hates waiting around, try to schedule your classes back to back. Getting them all out of the way at once will give you a more flexible study schedule, so long as you aren't prone to procrastination. If a full day of sitting in class isn't your thing, try to spread your classes over the whole week with an hour or two in between. This way, you'll be less likely to procrastinate on homework, and if you do, you'll have time before class to get it done.

COLUMN BY
KATHERINE MILES
@KATEMARIEMILES

Memorial Day Vigil & Veteran's Center Grand Opening

Friday, May 27th 12:00 - 12:30; Grand opening is all day.
Linn-Benton Community College Courtyard (Albany) & F-109



Linn-Benton Community College is an equal opportunity employer & educator.

Earn Cash For Your Photos!

Like to take photos?

LBCC's marketing office is looking for awesome photos of campus and student life to use in college promotion materials and student recruitment.

You could earn \$10 for each photo chosen!

Photo submissions will be accepted beginning Wednesday, May 11 through Wednesday, June 15, 2016.

linnbenton.edu/earn-for-photos

You must be a current LBCC student to participate.



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COURTESY: MARVEL

MOVIE REVIEW:
Captain America: Civil War
STARRING: Chris Evans, Robert Downey Jr., Scarlett Johansson, Sebastian Stan, Chadwick Boseman, and Tom Holland
PRODUCTION: Marvel Entertainment, Marvel Studios, Studio Babelsberg
GENRES: Action, Adventure, Sci-Fi, Thriller
RATED: PG-13
OVERALL RATING: ★★★★★

REVIEW BY STEVEN PRYOR

The summer movie season is off to a spectacular start with Phase 3 of the Marvel Cinematic Universe; the highly-anticipated "Captain America: Civil War." While the franchise has built up a high pedigree in the eight years since the first "Iron Man," directors Anthony and Joe Russo have taken the comic book storyline and turned it into Marvel's best film yet.

After the events of "Avengers: Age of Ultron," the leaders of the world seek to impose regulations on the Avengers. Tony Stark (Downey Jr.) is on board with the idea, while Captain America (Evans) is doubtful, concerned they will do more harm than good.

Amid the conflict, James "Bucky" Barnes (Stan) is trying to uncover the circumstances behind his capture and torture at the hands of HYDRA; while the Black Panther (Boseman) seeks to avenge the death of his father at the hands of warlord Baron Zemo and assassin Crossbones. All of this leads to a series of spectacular clashes between a host of superheroes divided between loyalties in a 146-minute epic that can satisfy the need for explosive action, as well as relevant social commentary

in a time where the world is facing many challenges of its own.

The comic book storyline the film is based on is highly controversial in some circles; the film has made significant enough changes to the source material that it can be treated as its own story. The way the movie approaches the conflict easily makes it a better "GI Joe" film than the actual adaptations of that series. Much like previous "Captain America" films, it gives its characters legitimate flaws to offset their impressive strengths, and it follows "Captain America: The Winter Soldier," showing the consequences of actions in prior films.

While the film has been posited as more of a psychological drama than a straightforward superhero film; the trademark humor of the Marvel brand remains in spades. The re-imagining of Spider-Man (Holland) steals the show with razor-sharp wit and childlike glee clashing with the likes of Black Widow (Johansson), Ant-Man and The Falcon. Not only is Spidey's characterization a vast improvement over "The Amazing Spider-Man 2," his costume is a dead-ringer for Steve Ditko's original design for the character in the pages of

"Amazing Fantasy #15." Behind the mask, Holland's Peter Parker is the best version of the character yet, setting up for his own reboot in 2017.

Although the year has seen other big hit superhero films such as "Deadpool" and "Batman V Superman: Dawn of Justice," the Marvel Cinematic Universe shows how far it's come as a series. A scene that shows android The Vision cooking for Scarlet Witch for the first time is surefire proof that even obscure characters can be complex and engaging. Even non-superpowered heroes such as Hawkeye and Sharon Carter can hold their own against super-soldiers and flashy arc reactor-powered suits.

Above all, "Captain America: Civil War" has taken a divisive comic book storyline and turned it into the best Marvel movie yet. Much like "The Dark Knight," it's a thrilling blockbuster and an engaging, character-driven story at the same time. As this \$250 million globetrotting adventure continues to shatter box-office records, it will be the standard not only for future Marvel films, but for the entire superhero genre for years to come.



COURTESY: ATO RECORDS

MUSIC REVIEW: King Gizzard & the Lizard Wizard: "Nonagon Infinity"

RELEASED: April 29, 2016
LABEL: ATO Records
FAVORITE TRACKS: "People-Vultures," "Robot Stop," "Gamma Knife," "Road Train"
LEAST FAVORITE TRACK: "Mr. Beat"
GENRE: Garage Rock, Psychedelic Rock
OVERALL RATING: ★★★★★

REVIEW BY KYLE BRAUN-SHIRLEY

From start to finish, "Nonagon Infinity" is a rollercoaster ride, but it's only set to one speed: fast.

King Gizzard & the Lizard Wizard are a seven piece psychedelic rock band from Melbourne, Australia. The band formed in 2010 and is comprised of singer and guitarist Stu Mackenzie, harmonica player Ambrose Kenny Smith, guitarists Cook Craig and Joey Walker, bass guitarist Lucas Skinner, and drummers Eric Moore and Michael Cavanaugh. Most bands that big don't work, but King Gizzard pulls it off and then some.

"Nonagon Infinity" is King Gizzard's eighth studio album. Released on April 29, the album is comprised of nine tracks that all flow into one another. At the end of the album, the closing track snakes back into the opening track creating an endlessly looping album. It's a trippy concept, and the band really follows through on it. Plus, it doesn't hurt that every song on this album is a full throttle gut punch that rarely lets up.

The album opens with a brief motif that repeats throughout the album:

*Nonagon infinity opens the door
Nonagon infinity opens the door
Wait for the answer to open the door
Nonagon infinity opens the door*

Lyricaly, this motif is the connective tissue of the entire album. It's the common theme that ties all nine songs together, and if these lyrics are what connects all

these songs thematically, then the music is the heart and soul that makes the rest of the album flow.

After the motif, the album starts in true with the song "Robot Stop." It's a fast-paced rock song that goes from zero to 60 in an instant and never relents. In fact, most of the album feels like that. Once King Gizzard gets started, it's hard for them to stop.

After "Robot Stop," the band transitions seamlessly into the songs "Big Fig Wasp" and "Gamma Knife." Both songs are as intense as "Robot Stop," and they tie the first half of this album together, keeping the energy levels sky high. Smith's harmonica on "Gamma Knife" is the best use of the instrument on the album. But it isn't until the fourth track, "People-Vultures," that the band really turns it up to 11.

"People-Vultures" is the best song on "Nonagon Infinity." Mackenzie's vocals are heavy and his lyrics foreboding:

*People-Vultures
God approaches
Final hearing
What else have I got left to spew down?*

Mackenzie's vocals are backed with guitar riffs that would make Tony Iommi of Black Sabbath proud. It strikes the best balance of any song on the album. Powerful vocals and lyrics complemented by equally powerful music and instrumentation.

All seven members of King Gizzard demonstrate superb musicianship throughout the album. There's a wide variety of instrumentation here, from two drum kits and harmonica to a slew of different guitars.

All the members of this band are talented musicians, but what really makes them great is the way they play off each other. There's a synergy within King Gizzard's music that makes you want to listen to it over and over again.

After "People-Vultures," the band eases up on the gas pedal slightly with the song "Mr. Beat." This song is the tamest track on "Nonagon Infinity," but it still has a steady rhythm that keeps the album moving forward.

The next three songs on the album, "Evil Death Roll," "Invisible Face," and "Wah Wah," pick up the speed and the band really jams on these tracks.

The album ends with the song "Road Train." The chugging instrumentation on this track pairs with the imagery of a demon road train out to "kill and maim." It's a nice song to close the album with, only for the whole thing to loop back into the first song.

King Gizzard has made one of 2016's best rock albums with "Nonagon Infinity." It's a psychedelic trip into the minds of seven garage rockers who know what they're doing when it comes to music. All nine of the songs flow together, and so do the band members, creating an album experience like no other.

ASK ME

Alyssa Campbell

Some time when the sun sets ask me why I go on like that. Ask me if I am Really living my life fully. Others have been drawn toward me, unaware that Inside I am Drowning under the crashing tide.
Ask me why I am afraid to open up to them. Already preparing for their absence, I loathe their arrival.

When I am no longer looking over my shoulder, Ask me what I am running from. I will show you with my eyes the person who I used to be.
Ask me why I am always alone. I will tell you that I am Mastering Change and to find comfort in solitude
I am creating a bad habit of Starting Over.

I will listen to what you say. I will listen to the sound of our breath as we breathe and watch the day turn night. You know there is pain Under the surface. You see that there's no ease in my step- but I will keep going and going and picking myself up. As the sun leaves in silence, I will too. As the sun leaves in silence, You will too.

THAWING SNOW

Nicholas Svoboda

Son,
In the cold blue light,
Walking by the past choices I have made, Find me.
Find me while I reflect on what I have come to mean.
Through time people have grown
To be what they are,
And like thoughts, some help, some hinder
The life that has come and gone. It has left me indifferent
To lending heart or to look the other way.
So, my boy
I see you and your meaning,
So our eyes will converse
With natural scenes subtle and silent,
Whilst the ground remains hidden,
To peek above the snow, here and there,
To display the stillness of time before us.

HERE COMES THE SUN

Nicholas Lawrence

The sun,
Pierces the sky,
And from its depths,
Flows life into all,
Beholders blessed.
Tamed by starlight,
Freed by exaltation,
Of the morning dew,
That hopes with great anticipation,
To be by the sol caressed.

The Eidolons of yesterday,
Flicker and vanish into,
The daybreak as all other,
Strife and toil sleeps;

For the night is done,
The stars have left us,
And in the brilliance we
Take our hopeful steps.



FANTASIA

NETFLIX RECOMMENDATION

"Fantasia"

"Fantasia" combines animation and music in a mystical way that very few films have been able to accomplish. It's worth a watch for anyone who enjoys classic Disney films.

DID YOU KNOW?

Sixty percent of the time, it works all of the time.

THE COMMONS
Cafeteria

*** MENU ***
5/18 - 5/24

Wednesday (5/18): THEME DAY. *Made in Oregon:* Coffee Honey and Porter Braised Pork Belly with Apple and Parsnip Puree, Salt Crusted Salmon with Leeks Lemon and White Wine*, Sweet Potato Gnocchi with Mushrooms and Asparagus, Steamed Clams with Beer Bread. Soups: Oyster Chowder, and Chilled Watermelon Gazpacho*.

Thursday (5/19): Braised Chicken, Hazelnut Crusted Salmon with Frangelico Beurre Blanc*, Vegetable Lasagna. Soups: Potato Sausage and Kale*, and Coconut Curried Carrot*.

Monday (5/23): Chef's Choice Poached Chicken, Pan Seared Steak with Mushroom-Brandy Cream Sauce*, Lost Toast with Tomato and Poached Egg. Soups: French Onion*, and Cream of Broccoli.

Tuesday (5/24): Salisbury Steak, Chef's Choice Grilled Salmon, Tofu Rice Bowl with Bok Choy. Soups: Chicken and Rice*, and Corn Chowder.

Items denoted with a * are gluten free

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

FOR RELEASE MAY 18, 2016

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

ACROSS

- Pricey
- Place for a chicken
- Herring prized for its roe
- Use a lectern
- A fan of
- Tortilla snack
- With 59-Across, words from a fictional mariner ... and a hint to both parts of 26-, 31-, 42- and 47-Across
- Any minute now, to a bard
- Tampa-to-Jacksonville dir.
- Frosty coat
- Fern-to-be
- Criticize sneakily
- Oil conduit
- Chef's tool
- Fire, or fire-fighting tool
- Electricity source
- Astronaut
- Grissom
- Incriminate with false evidence
- Locka, Florida
- Emaciated
- Messy spot
- Reaganomics term
- Kan: Alpo rival
- Fit as a fiddle and tough as nails
- Primary entrance
- Exams for would-be attys.
- Shore eagles
- Object of worship
- Dick's wife, twice
- Seltzer
- See 17-Across
- Safe document
- Left
- Conundrum
- They may be split or tight
- bucco: veal dish
- Make a mess of

DOWN

- Seeded
- Convey

By Jerry Edelstein 5/18/16

3 Completely eroded

4 Nice season?

5 Part of 60-Down

6 "Ta-ta"

7 Coming up next

8 Ferrell's "SNL" cheerleading partner

9 favor: Pedro's "please"

10 Paper clip alternative

11 Onetime capital of French Indochina

12 Oak nut

13 Charity, say

18 Puppy

22 Masters and Johnson subject

24 Agenda line

25 Partner of simple

27 First lady after Lady Bird

28 Suntan lotion numbers, briefly

29 Baseball's Matty or Felipe

32 Droid download

33 Snoozes

34 Free from blame

35 Not wanted

36 Fr. holy women

39 Places with rings and horses

40 Massive land mass

42 Gp. that kidnapped Patty Hearst

43 Big name in pharmaceuticals

44 Works on, as dough

45 Top prosecutors: Abbr.

47 Maryland's Fort

48 "Over the Rainbow" composer Harold

49 Signed in pen

50 DVR devices

51 Blissful places

55 Treat often split

57 Nothing

59 trip

60 Typing meas.

61 polloi

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4

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

SOLUTION TO TUESDAY'S PUZZLE

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ROADRUNNERS FALL SHORT OF PLAYOFFS

Clark takes three out of four games from LB to take series, and playoff spot



PHOTOS BY:
BRIAN HAUSOTTER



SHORTSTOP TY DECKWA, WAITS IN ON-DECK CIRCLE FOR SIGNALS FROM THE FIRST-BASE COACH.

Linn-Benton fell short of every team's goal of appearing in the playoffs.

LB came into this weekend's action 12-8 in conference with a huge series against Clark looming. The Penguins were 11-9 in conference, and took three out of four games from the RoadRunners to solidify their playoff spot and dash the hopes of the RoadRunners.

In the second game of Saturday's doubleheader LB's playoff hopes were on the line. Clark got on the board early in the first inning with three runs. Marco Murillo singled home a run to get the scoring going, and Clark added two unearned runs after that.

LB came back in the bottom on the first and got two runs, Jack Bauer scored an unearned run on a sacrifice fly by Jordan Thompson to get the second run of the inning.

In the bottom of the second Spencer DesBiens singled home, Colton Cosner to tie the game at three. In the fourth DesBiens hit a triple, Cosner scored again. LB took the lead, up 4-3 with four innings to go.

In the top of the fifth Brandon Zimmerman was

walked by LB's Ian Scott. Zimmerman would later score on an error by Scott. KJ Strickland replaced Ian Scott on the mound for the RoadRunners. That is where the wheels came off. After two more errors and a walk, Clark scored the deciding run that sunk the playoff hopes of the RoadRunners.

In the first game Saturday afternoon LB got on the board first with two runs in the first inning.

However, after that Clark outscored LB 17-4 to take the game. It was 3-2, with Clark taking the lead in the third inning, but in the top of the sixth inning Clark scored seven runs. Then added seven more runs in the eighth inning for a final score of 17-6.

Missing the playoffs by one run, one game can't be turned into a positive. The only thing to do is learn from it, and move onto the next season.



STORY BY
JASON CASEY
@REALJASONCAEY

ARE YOU **READY?** Come find out!

Black Friday Events May 16-19

11:30 a.m. - 1 p.m. EACH DAY!

Albany Campus

- May 16
Tricycle Time Trials, Courtyard
- May 17
Mini Golf & Hot Dogs, outside the Forum
- May 18
Human Claw Machine, Commons Cafeteria
- May 19
Petting Zoo, Courtyard



REGISTER ON **BLACK FRIDAY!**

BLACK FRIDAY • MAY 20
linnbenton.edu/blackfriday

Linn-Benton
COMMUNITY COLLEGE

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