



Yo, Goat! Page 7

PHOTO: ELLIOT POND
Romeo, a particularly curious goat, checks out the photographer's camera at a local Goat Yoga class.



EARTH DAY

Local coverage of the
March for Science
and more.

Pages 6-7, 13



Talking Water or toxic water?

*Albany's water gardens may be talking,
but what are they saying?*

Last week's story continues on page 5

THE LINN-BENTON
COMMUNITY COLLEGE

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

Letters Welcome

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

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LBCC NAMES DISINGUISHED ALUMNI

Linn-Benton Community College has named John Dinges and Rachel Kittson-MaQatish as this year's Distinguished Alumni.

They will be recognized at an honors reception Wednesday, April 26 at 7 p.m. at the college.

Dinges, owner of John Dinges Landscape in Lebanon, graduated from LBCC in 1975 with an associate of science degree in Turf Management. He started his business shortly after graduating.

Dinges is being recognized for his contributions to the community, including establishing the first privately-funded scholarship for COMP-NW medical students in Lebanon, and providing scholarship funding for LBCC students majoring in healthcare.

Dinges' community service includes Build Lebanon Trails and Cheadle Foundation, Habitat for Humanity, Lebanon Parks Committee and Tree Board, Lebanon's Arbor Day

celebration, Lebanon Strawberryriens, Lebanon Chamber of Commerce, Rotary, and Samaritan Lebanon Community Hospital Board.

Kittson-MaQatish, a partner at Morley Thomas Law Firm in Lebanon, graduated from LBCC in 1991 with an associate of arts degree in Business Administration. She transferred to OSU to earn a bachelor's degree in Business Administration, and earned a doctorate degree from Willamette University.

Kittson-MaQatish co-founded the Willamette Street Law Program, which helps teen parents navigate legal matters. She has also served on fundraisers to support veterans, at the Sweet Home Pregnancy Center, Lebanon School Board, Boys and Girls Club, Johnson Park rebuild project, Lebanon Optimist Club, Community Chapel, Sweet Home Economic Development group, and as a Lebanon Strawberryriens.

LBCC's Distinguished Alumni Award

was established in 2005 to recognize former students who have demonstrated outstanding accomplishments in their professions or through service to their communities. Dinges and Kittson-MaQatish join 32 others who have received the award.

Story by LBCC News Service

CAMPUS VOICE

If you could have any animal in the world as a pet, what would it be and why?



SHAELYN COX
SOCIOLOGY

"I WOULD DEFINITELY HAVE A PET SLOTH BECAUSE SLOTHS ARE CUTE, ADORABLE, AND ALL THEY DO IS SNUGGLE AND THEY JUST KIND OF DO THEIR OWN THING."



KYLA FLACK
PRE-NURSING

"I WOULD HAVE A SILVERBACK GORILLA; IT WOULD BE REALLY COOL TO HAVE THIS GIANT, MUSCULAR ANIMAL, THAT COULD JUST LIKE CARRY ME AROUND."



CHAD STANEART
ENGINEERING

"IT WOULD BE LIKE A BIG TURTLE BECAUSE I LIKE THE WAY THEY MOVE AROUND, AND THEY SEEM LIKE THEY ARE ALWAYS SO CONCENTRATED ON WHATEVER THEY'RE DOING."

RAFAEL MORALES
MECHANICAL ENGINEERING

"IF I COULD HAVE ANY ANIMAL IN THE WORLD AS A PET, I WOULD HAVE A KILLER WHALE, BECAUSE I JUST REALLY THINK THEY'RE EXOTIC ANIMALS."



HEATHER HYNES
GENERAL STUDIES

"I WOULD PROBABLY HAVE A GIRAFFE, AND I WOULD USE IT TO GET THINGS HIGH UP IN TREES, LIKE PICK FRUITS AND STUFF LIKE THAT."



STORY AND PHOTOS BY
SAUL BARAJAS



Latino Outreach and Retention Specialist Maria Solis-Camarena welcomes new faces to LBCC's Noche event.

★ A NOCHE WITH LBCC ★

LB hosts a night for future Latino students and their families

It's 5 p.m. in the Commons and the aroma of fresh tortillas, arroz, and frijoles infuse the air. The faces, many of which are new to the LBCC cafeteria, seem right at home as they mingle, laugh, and share a meal with neighboring tables surrounded by OSU and high school students and their families.

On Monday, April 17, LBCC hosted their third annual "Noche," a college night for Latino families and students, which ran from 5 p.m. to 7 p.m. in the Calapooia Center. Noche included an arrangement of hispanic inspired food, a variety of booths hosted by different community partnerships and organizations that may be offering services to the families and or communities, and five 25 minute seminar sessions specifically reaching out to students. The students had a of choice which two out the five sessions they wanted to attend during the hour.

Noche brought out high school students and their families from surrounding areas, as well as current enrolled Latino OSU students who are apart of CAMP (College Assistance Migrant Program) with hopes that they could learn more about programs, such as the OSU degree partnership program that is paired with LB.

Maria Solis-Camarena, the Latino Outreach and Retention Specialist here at LBCC, assisted with the planning of the event along side LB's Admissions office and Javier Cervantes, Director of Department of Equity, Diversity and Inclusion. Solis-Camarena started the event by welcoming the students and their families and thanking them for attending.

The idea of Noche is that this event will bring in more Latino college students from the surrounding areas to attend LB and also provide vital academic information and resources to high school

and future students.

"Our goal is always to get the Latino community involved with LBCC. We are trying to make LBCC the Latino students' first preference for college, so this event is one of those steps to making that effort a possibility and happen for the community," said Solis-Camarena.

Not only does Solis-Camarena work in the Diversity Achievement Center (DAC) on LB's campus, she also spreads the word of what LB has to offer by partnering with neighboring high schools and middle schools, with the goal of drawing future students to LB.

"I go out to South Albany High School three days out of the week. In addition to that, I help facilitate after school events and activities there all with Latino students [and] Latino families, both bilingual (English and Spanish)," said Solis-Camarena, "We're definitely trying to get more [local high schools], so right now the partnerships I have established are with Corvallis High School, Lebanon High School, North Albany Middle School, and Philomath High School, and Central High School."

Although Noche is mainly geared toward providing resources and information to future students and their families, many current Latino students play a vital role in ensuring that this yearly event is a success.

"We're having current students volunteer and help out with the event anyway that they can, whether it's ushering people around or having childcare available for the families here in the Diversity Achievement Center," said Solis-Camarena.

Current Latina Student Leader at the DAC Jessica Sandoval volunteered her time so she could welcome both parents and students to Noche.

"I think it's super beneficial because I

definitely wish I had an event like this to attend when I was in high school to see that I'm not alone in my desires to continue to go to school and see that there was a community around me that could have been there to support me with questions and just overall career support," said Sandoval. "I feel like in high school I had a lot of questions, so if I would have attended one of these, I think a lot of those would have been answered and I would have considered going to college a lot sooner."

Sandoval is currently majoring in Criminal Justice, and is an active member of LB's Student Leadership Council.

Javier Cervantes assisted Solis-Camarena with welcoming and translating between resource tables, families, and faculty. As Director, Cervantes promotes and stands behind an inclusive college experience for current and future Latino students in the community.

"Demographics is destiny," said Cervantes. "Our [latinos] demographics in Albany for example, we're over 12 percent of the population, and yet we're not 12 percent of the representation here in our student body of Latinos."

"So, the fact of the matter is that we need to have that representation. Sometimes you need someone to push that, and that's me. I want my population to have a transformative experience in education. I had a community college experience that changed my life; I want other students to have that exact experience to help them change their life."

Cervantes' goal for Noche is not to exclude any student, but open the door for all students with emphasis on the Latino community.

"It's for all students, it's going to be bilingual programs, so anybody can come but it's going to be primarily focused on Latinos. We don't exclude anybody.

We particularly encourage families to come," said Cervantes.

"What we're really trying to say is that we want to make LBCC the college of choice for Latino students, all students for that matter, but in particular Latino students," he said. "We want to make them have an experience here that they see LBCC is the first place [they] want to go and then [they] can go to OSU, UO, [they] can go get a job, [they] can get a certificate of some sort, an Oregon transfer degree. The idea is that they start their schooling here first, that's what we want."

Cervantes and his team in the DAC have worked hard to create an inclusive and welcoming community of students and staff - of all kinds.

"We're [LBCC] a great place to study, a great place to find work, [and] community connections. That's our idea, we want to be a college of choice. That's what LBCC and the community college is supposed to be - a place where you make connections with people - they're not just titles they're actual people here," said Cervantes.

Among the community partnerships that participated in Noche included detailing informational sessions on: Oregon Promise, admissions, the OSU degree-partnership program, Career and Technical Education program that's offered here at LBCC, and Financial aid resources.

For more information about how you can get involved with diversity and inclusion at LBCC, or for further academic information about any of the programs listed, contact Javier Cervantes at cervanj@linnbenton.edu.



STORY AND PHOTO BY
SAMANTHA GUY
@SAMGZWRITE



Rebecca Fewless speaks about her drawing titled "Touch."

Local artists and poets collaborate, inspired by the works of Leonardo da Vinci

Thirty people packed the South Santiam Hall Gallery for Ekphrasis, an art exhibit based on collaborations between local artists and poets. The poems were inspired by famous works of Leonardo da Vinci, and the local artists then used the resulting poems to inspire their own works of art.

The idea was first pitched to Anne Magratten by Jeff Davis, regional director for the Benton Center.

"At first he was just proposing 'okay, we'll show the poets images of da Vinci and have them write poems.' But I'm an art teacher, and an artist, and I was like, I want there to be one more step in our collaboration," said Magratten.

The collaboration was welcomed by LBCC student and curator Michael Bosch.

"I just thought it would be a really great opportunity to further immerse myself in art and poetry community and just a unique way to exercise my creativity," said Bosch.

Each collaboration was first introduced by the da Vinci piece used for inspiration, followed by a brief explanation by the poet and then a reading. Each artist elaborated on their interpretation of the poem and how it influenced their work.

"I wanted to focus on touch and that longingness for something you can't have," said Rebecca Fewless, whose piece, "Touch," was inspired by "There is no more poetry in me to sing—," a poem by Alyssa Campbell inspired by da Vinci's drawing of a pair of hands.

The installation will be moved and reassembled at da Vinci Days, which takes place in Corvallis May 15-20. The pieces are also being organized into a publication.

"We're gonna get it all in one place in a publication, get it out — and if you're able

"I just thought it would be a really great opportunity to further immerse myself in art and poetry community and just a unique way to exercise my creativity."

and interested, any proceeds from that project will be reinvested in English endowment programs here, so it'll come back to you one way or another," said Davis.

Ekphrasis will be in South Santiam Hall for viewing until May 3.



STORY AND PHOTOS BY
K. RAMBO
@K_RAMBO_



Christopher Mikkelson and Michael Bosch explain their collaboration to the audience.



UPCOMING EVENTS

April 28

Acoustic Showcase

- 2 Toms & 1 Kim will be playing at the Benton Center at noon

Hazelnut Competition

- Noon p.m. to 2 p.m. at LBCC Culinary Arts

Collegiate Day Journalism conference

- 8:30 a.m. to 2 p.m., Commons

April 29

Home Baseball game

- Home vs. Mt Hood CC Double Header 1 p.m. to 5 p.m

May 3

NSH Gallery Exhibits Annual Juried Art Student Show

- Noon to 1:30 p.m.

May 5

Home Baseball game

- Home vs. Chemeketa CC Double Header 1 p.m. to 5 p.m.

May 9

Society of Professional Journalists Conference

- Eliot Center in Portland, tickets are \$20 each

May 10

OneVibe Diversity Day

- Music, food, dancing, information tables and more. Main campus 10 a.m. to 2 p.m.



An ATI Wah Chang facility as seen from Talking Water Gardens warns visitors of contamination.

TOXIC WATER GARDENS

Talking Water Gardens raises concerns with lack of public data

Parents, children and dogs happily made their way over pools of toxic wastewater while navigating narrow foot bridges – a typical sunny afternoon at Talking Water Gardens.

For two years, a plant in Albany, Oregon, processed depleted uranium for the U.S. nuclear weapons program and Talking Water Gardens is just a stone's throw from some of the plant's facilities.

ATI Wah Chang has processed radioactive materials on the banks of the Willamette River for over 50 years, mainly zirconium. Although the area the plant occupies is now technically Millersburg, the plant operates to this day.

A 2008 recommendation by the Oregon Department of Human Services stated, "Contaminants in soil, surface water, and groundwater within the plant itself pose no public health hazard because the general public does not come into contact with it."

Oregon Health Authority Media Officer Jonathan Modie had no comment to offer when asked about the 2008 Wah Chang PHA Summary Fact Sheet, which was removed from the DHS website shortly after the interview.

Modie said the Summary Fact Sheet was removed because it was outdated, and replaced with a document from 2009 that referenced fish tissue test results from 1991.

Talking Water Gardens was opened in 2011 as a result of a joint effort by ATI and the cities of Millersburg and Albany as a tourist attraction that serves a practical purpose. It's a water treatment facility for the plant and the municipalities' wastewater.

The same document also recommended that ATI Wah Chang "maintain perimeter fencing, monitoring programs and security measures that prevent public access to areas within the Wah Chang plant."

Lining the entrances and paths around Talking Water Gardens are signs warning visitors not to come into contact with or consume any of the water present.

Treatment Plant Supervisor Scott LaRoque said Talking Water Gardens routinely processes over 6 million gallons of wastewater a day, including 2 million gallons from Wah Chang.

LaRoque said the effluent into the river is routinely tested for pH, chlorine, temperature, biochemical oxygen demand, and total suspended solids. LaRoque said he was "not sure" if the water is tested for zirconium or other radioactive materials before pouring into the Willamette River.

Kristen Preston, the city of Albany's wastewater superintendent, who has knowledge of testing at Talking Water Gardens, spoke in reference to testing at Talking Water Gardens.

"As far as radiation, I don't think we've ever tested for it as far as I know," said Preston.

LaRoque was unsure of whether the public is allowed to see any test results.

"It's not a typical request and we're not necessarily willing to release them," said LaRoque.

In 2008, Oregon DHS also recommended testing be done on Second Lake and warnings be given near ATI Wah Chang and the eventual site of Talking Water Gardens. Fish from Second Lake had previously tested positive for radioactive contaminants.

"As far as I know, we haven't done any radiation testing on Second Lake or anything like that," said Preston.

LaRoque said he was "not sure" of the last time Second Lake was tested but believed it to be around the time Talking Water Gardens was completed.

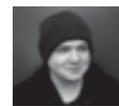
"I don't believe we're doing any more testing on it," said LaRoque.

Tom Sauter, U.S. Army veteran and former surveyor, has been a resident of Albany for 25 years and regularly walks his dogs at Talking Water Gardens. Sauter described himself as "very" concerned with what might be in the water at Talking Water Gardens.

"I see people letting their dogs drink out of it and then I don't see their dogs a couple years later," said Sauter.



A sign at the entrance to Talking Water Gardens warns visitors of contamination.



STORY AND PHOTOS BY
K. RAMBO
@K_RAMBO_

Oregon DHS recommendations from the Wah Chang PHA Summary Fact Sheet (2008)

We recommend that Wah Chang:

- ✓ Test fish from Second Lake and the Willamette River using a sampling and analysis plan approved by the EPA, EHAP and the Oregon Department of Environmental Quality (DEQ);
- ✓ Educate the public about the importance of not eating fish from Second Lake until Wah Chang has collected more data;
- ✓ Continue to maintain perimeter fencing, monitoring programs and security measures that prevent public access to areas within the Wah Chang plant;
- ✓ Notify EHAP if changes in Wah Chang's operations cause parts of the plant, Truax Creek or Murder Creek to become accessible to the general public.



LBCC Chess Club
Tuesdays: 2 p.m. to 4 p.m.
Wednesdays: 1 p.m. to 3 p.m.
Gathers weekly in the Commons Cafeteria
Beginners Welcome!



Jodie Smalley says hello to her emotional support turkey, Easter, who pecks fingers as a greeting.

QUIRKY TURKEY

Student and classified staff member Jodie Smalley's unusual emotional support animal

Jodie Smalley lives in a Corvallis mobile home with her turkey and two cats. Plastic is strewn across the floor and Smalley's feathered friend waddles to place herself in front of an electric heater, settling into her bronze feathers for a snooze.

Once small enough to fit in a coffee can, Smalley's 30-pound turkey was found as an abandoned chick in the middle of a rural Washington road on Easter Sunday, 2014.

Her friends found the lost chick on their way up the road to visit Smalley and her husband. At the time of Easter's rescue Smalley's marriage was going downhill fast.

"It was a cold, desolate time," said Smalley.

The mysterious chick sparked something in Smalley, who discovered the bird was a breed of domestic turkey after a Google search.

"I just had this mental image of having this little turkey companion riding in the car and just like hanging out with me," said Smalley. "It was this weird eureka revelation moment."

Smalley named the chick Easter and grew a strong, maternal bond with the bird. She stayed close at night when Easter would cry, cuddling on the couch and keeping her warm in a bathrobe sleeve.

"She bonded with me, imprinted on me and I became turkey mom," said Smalley.

Easter wasn't the only one benefitting from the newfound bond, however.

"[Easter] was that one constant in my life," said Smalley. "No matter how sad or dark my day was, she was a ray of sunshine; she always made me laugh."

Easter now serves as Smalley's emotional support animal, or ESA. She's accompanied her human companion on planes, to Seattle's bustling Pike Place Market, and even a warehouse rave.

A many-faceted woman, Smalley is a fire performer and stilt walker, has spent

much of her life working outside as a forest ranger or ski patrol, and has even worked for Microsoft. As of spring quarter she is LBCC's new mail clerk and attending classes as a 37-year-old freshman. Smalley has come to enjoy sharing her unusual pet with passersby, strangers, neighbors, and other students, saying that her turkey brings unique, irreplaceable moments into the lives of the people she meets.

"It's like giving people cookies," said Smalley.

Before she moved to Corvallis in November, Smalley experienced the dissolution of her marriage and the death of her husband to cancer, who passed on the day she signed divorce papers, rendering them null.

Smalley says she could never have made it to LBCC without Easter.

"Even when I got her as a tiny poult, she was there as an emotional support animal, even though I had no idea what an emotional support animal was at the time," said Smalley.

Her counselor later explained to Smalley the role Easter was filling in her life.

"With emotional support animals, there's a loving emotional connection, there's a bond there," said Smalley.

Easter's presence as an ESA helps Smalley cope with deep emotional stress.

"If something [Easter] can feel that confident around me and feel that secure, then maybe I'm not as unstable or as vulnerable or as unconfident as I think I am," said Smalley. "So she's reassuring, she's a mirror. If she can trust me, why can't I trust myself?"

Smalley describes Easter as the catalyst that drove her to stand up to her husband, whom she says had a narcissistic personality, engaging in emotionally abusive and gaslighting behaviors. Smalley was isolated from friends and family and dependent upon her spouse, which can be common

in abusive relationships.

"She's my liberty bird. She galvanized me," said Smalley.

After a long road, Smalley and Easter have found stability and community in Corvallis and LBCC.

"Working at LBCC and being a student there, I'm really proud of the fact of how much they try to be open and accepting and accommodating to people in all their different facets of life, including having service animals or support animals," said Smalley.

Smalley hopes to bring Easter to campus to bring some cheer to students during the stressful weeks of school, and she's already brought an entertaining dose of turkey into the lives of her friends and neighbors.

"Easter looks like a feathered ball of meat with stick legs, a long neck and a tiny dinosaur head. That alone is enough to provide endless laughter," said Hope Eksten Yancey, Smalley's friend of 15 years.

"She [Smalley] loves that damn turkey," said Ken Eshelman, Smalley's neighbor and longtime resident of the Corvallis Mobile Home Park. "I'm getting used to that turkey too. Round here, it's something different. As somebody that just hasn't been around turkeys, I get a big kick out of it."

Eshelman has become Easter's unwitting pet-sitter and is nothing but tickled by the turkey's behavior.

"I don't know how it gets out sometimes," said Eshelman. "It waddles on down the road over here and cackles and raises hell until I get her a goodie."

Easter, however, is sick with an enlarged heart and unknown mass encroaching on her lungs and kidneys. Her days as an ESA turkey may be numbered.

"On one end of the spectrum Easter provides a safe, low maintenance relationship and a life to focus on instead of emotional turmoil," said Yancey. "In

the worst case, having a non-conventional ESA brings housing challenges and typical pet health expenditures."

During Easter's time as an ESA, Smalley and her turkey gained national attention when flying on planes together; once to visit family, and the second time to spread the ashes of Smalley's husband. Videos of Easter being wheeled through the airport in a chair, then waddling through security and hopping on a plane went viral.

"She started a whole media wave," said Smalley, bringing conversation and awareness to ESAs and their owners.

Some reports painted Smalley as a grieving widow who needed the companionship of her pet. Other reports and comments were what Smalley described as "brutal," implying that she was abusing the ESA system or stigmatizing her need for emotional and mental support.

"That's something I want to bring awareness to, that whole stigma of seeking help and getting counseling. It's just caring for yourself and there's nothing wrong or shameful about it," said Smalley.

However, Smalley thinks that people who abuse the ESA protections by claiming an animal not serving real mental health needs do so at the detriment to those who truly need their animal companions, creating societal disdain and stigma towards ESAs and their human relationships.

"This is unconditional love, and we all need that in our lives," said Smalley. "It may not be the human flavor, but it is still need and recognizable."



STORY AND PHOTO BY
EMILY GOODYKOONTZ
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PHOTOS: ELLIOT POND

Heather Davis, yoga instructor, mother, goat enthusiast and doula leads the class.

GET YOUR GOAT

Local entrepreneur creates unique new way to do yoga

If someone were to tell you they were going to attend a goat yoga class, you would probably have a few different reactions. First, you might look at that person with the same expression you would as if they had just told you they had bought a reasonably priced condominium on Jupiter's sixth moon of Europa. Second, you may begin to get curious about what goat yoga would actually entail.

Your imagination drifts off to a studio full of bearded billy goats atop yoga mats doing downward facing dogs and striking warrior poses. Well, imagine no more, because it's much simpler than that.

Goat Yoga is a brand new way to do yoga, new form of animal therapy, and innovative business owned by Lainey Morse of Albany, Oregon. Essentially, it is a guided yoga class that also happens to feature about a dozen goats that walk around and interact with the participants.

A goat might come up to you to be petted, climb on top of you, or it may just let you use it as a pillow. It provides an escape for people from all walks of life -- whether they face depression, anxiety, are recovering from an illness, or if they simply want to try out a unique and fun experience.

"The pairing of goats and yoga might sound silly at first and most people generally like to question things they aren't familiar with, but goat yoga is just another form of Animal Assisted Therapy. You get to enjoy nature, interact with adorable goats, and get exercise. In that sense, it's really no different from walking your dog or going horseback riding," said Morse.

Heather Davis, a yoga instructor of seven years, came to Morse with the idea about a year ago after visiting Morse's farm. Davis thought it would be a cool idea to combine yoga with being around Morse's goats. Morse loved the idea and the two partnered up to create Goat Yoga and they haven't looked back.

Goat Yoga has been featured in what seems like every major news publication in the United States, such as The New York Times, The Washington Post, People Magazine, CNN, and even ESPN. People near and far have taken notice and are lining up to participate in the unorthodox form of exercise. Some even travel from as far as Germany to give it a try. Because of the widespread coverage it has received, Goat Yoga boasts about a 2500-person waitlist.

Don't give up hope if the waitlist number scares you. Morse recently added two more class types of Goat Yoga. The Goat Yoga and Wine-Tasting classes, held on Saturdays and Sundays with a \$50 ticket price and the Student Goat Yoga classes, held on Wednesdays, Thursdays, and Fridays with a \$20 ticket price. The latter of which is targeted at any college students with a student ID interested in giving goat yoga a try. Classes are held at the Hanson Country Inn in Corvallis.

"I loved the goats' interactions, switching to a different pose and having a goat right in the way to greet you was really fun," said John Friedman.

Friedman, a Wisconsin native who was looking for something to do in the Portland area while he was visiting, found out about Goat Yoga through The New York Times and instantly knew he had to try it. His timing turned out to be perfect; with Student Goat Yoga launching earlier in March he was able to get into a class with relative ease and he had a blast hanging out with the goats.

"Goats and yoga just go together, the sense of calm about them just makes them a perfect pairing with yoga," said Morse.

It's hard to argue with that sentiment considering businesses offering goat yoga continue to pop up all over the country on a weekly basis.

"Imitation is the sincerest form of flattery, which means that many people also think goats and yoga is a great idea," said Davis.

It's not every day that someone can capture lightning in a bottle, but Morse and Davis seem to have done it and done it well. Morse was even able to trademark the Goat Yoga brand and she is currently looking for new ways to expand her business. She has contacted and been contacted by several businesses around the United States looking to bring goat yoga to their areas. Morse is looking forward to opening new Goat Yoga studios in Washington, Ohio, Kansas, and Georgia with possibly more on the way.

"Who could've predicted this? There's just no way anyone could have," said Morse.

Morse and Davis reflected on their life-changing idea, how far they have come in such a short amount of time and if they had any inkling that an idea like doing yoga with goats would take off the way that it did.

"I had no idea, I just keep wondering who all these people are," said Davis.

Whether they intended for Goat Yoga to turn into a life-altering business idea, one thing is for sure, Goat Yoga is here to stay and it may just be the best combination since peanut butter and jelly.



STORY BY
JOSHUA STICKROD
@STICKRODJOSH





PHOTOS: ELLIOT POND
 Karen Hans with the Linn-Benton Salmon Watch answers student's questions.

SCIENCE MATTERS

LBCC hosts 7th annual Earth Day Fair

"Science Matters" came to light last Thursday during the LBCC's Earth Day Celebration.

The 7th annual LBCC Earth Day Fair was held on the main campus courtyard, Thursday, April 20 from 11 a.m. to 2 p.m.

LBCC's 2017 theme for Earth Day was "Science Matters." With the help of STEM faculty, students were given the opportunity to ask science related questions, and debunk or disprove science related myths.

Clubs, companies, and organizations held booths around the courtyard promoting science, clean energy, and botany.

The American Association of Women in Community Colleges (AAWCC) planted flowers for Earth Day, sponsored by Peoria Gardens, while other clubs such as the Horticulture Club gave attendants a tour of the campus' organic farm, giving out seeds and plant starts along the way.

"It's all donation based, so people can come by and plant flowers," said AAWCC Vice President Vickie Keith. "We're raising money for student scholarships."

Attendants had the opportunity to bring their old shoes for recycle to the First United Methodist Church's Green Team table and LBCC student welders sold recycled metal art pieces.

An "Earth Day Café" lunch was offered, serving students, staff, and attendants.

Community information tables included the Audubon Society of Corvallis, City of Albany Water Conservation, Corvallis Science March, First United Methodist Church Green Team, Oak Creek Young Women's Transition Program, Pacific Power Blue Sky Energy Program, Salmon Watch, Oregonians for Science and Reason, OSU Master Gardeners, Republic Services Recycling, USDA Agriculture Research Services, USDA Natural Resources Conservation Service.

This event was sponsored by the LBCC Horticulture Club, LBCC Science, Engineering and Math division, and the LBCC Student Leadership Council.



Melissa Selby, a member of the Horticulture Department, pulls weeds.



Linda Hobson, a GED instructor, prepares pots for people to plant in at the Earth Day celebration last Thursday.



The LB culinary arts program prepared food for the Earth Day celebration.



STORY BY
 HANNAH BUFFINGTON
 @JOURNALISMBUFF



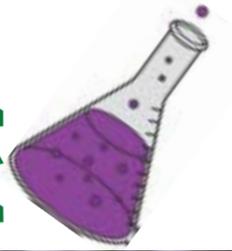
Karen Kos and Matthew Erhardt explain the benefits of solar and wind power.



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MARCH FOR SCIENCE



PHOTOS: ANGELA SCOTT

The March For Science brought members of the Linn and Benton counties into the streets of Corvallis. The March for Science was a non-partisan event that occurred nationwide, to show support for science and intellectual freedom. The community rose to the occasion at 1 p.m. at the Benton County Courthouse to support fellow citizens as they marched in Washington D.C.



Laura Duncan, dressed as a flamingo, operated a DIY giant kinetic bicycle in front of the parade. The smiling flamingo was a beacon to the procession and also provided a clear signal to those volunteering and working for the safety of participants.



The March for Science sprawled across several city blocks. Picketers held homemade signs in response to many of the actions taken within the White House to repeal funds and debunk scientific claims.



Demonstrators chanted "Science not silence!" and "What do we want? Science! When do we want it? After peer review!"



Corvallis Parks and Recreation rallied members of the community together at the Corvallis Farmers Market for Procession of the Species. As the parade moved forward, an array of animal-themed costumes, masks, banners, families, old and new passed by.

SUMMER MOVIE

Preview

BY STEVEN PRYOR



GUARDIANS OF THE GALAXY VOL. 2 (MAY 5)

The sequel to the original surprise hit of summer 2014, this follow-up by director James Gunn is expected to open to double the numbers the original did. With a story that's vital to the plot of "Avengers: Infinity War" in 2018, it looks to be another stellar entry in the Marvel Cinematic Universe.



ALIEN: COVENANT (MAY 19)

This latest entry in the long-running "Alien" franchise is the third film in the series to be directed by Ridley Scott after the original 1979 film and the 2012 prequel "Prometheus." With a host of frightening imagery and freaky visuals, the film should greatly expand on the mythology of the revered science fiction series and thrill both existing and new fans when it opens.



PIRATES OF THE CARIBBEAN: DEAD MEN TELL NO TALES (MAY 26)

Despite the previous "Pirates of the Caribbean" sequels meeting with mixed reception among critics and fans, they made massive amounts of money at the box office. This film seems closer in tone to the original "Pirates of the Caribbean: Curse of the Black Pearl," and sees Captain Jack Sparrow (Johnny Depp) clashing with an old adversary known as Captain Salazar (Javier Bardem) as he tries to track down an ancient artifact that will grant him control of the seas. With a record \$320 million budget behind the film, the latest entry in this adaptation of the Disneyland ride looks to be the most thrilling "Pirates of the Caribbean" yet.



WONDER WOMAN (JUNE 2)

Even amid highly polarizing critical reception, the films in the DC Extended Universe have made huge amounts of money. This adaptation of the revered DC Comics superheroine should easily build on the success of her portrayal in last year's "Batman V Superman: Dawn of Justice." If all else fails, it's hard to imagine the film being worse than the infamous live-action "Catwoman."



DESPICABLE ME 3 (JUNE 30)

Seven years have passed since the first "Despicable Me" was released in theaters. Since then, Illumination Entertainment has emerged as an animation studio that is an up-and-coming rival to the likes of Disney and Pixar. In this third entry in the "Despicable Me" series, the film will see Gru (voice of Steve Carell) team with his estranged brother Dru (also voiced by Steve Carell) to combat 1980s-styled supervillain Balthazar Bratt (voice of "South Park" co-creator Trey Parker). With lots of colorful animation and humor that can appeal to both children and adults alike, the film could easily add to the growing successes of the house that the Minions built.



SPIDER-MAN HOMECOMING (JULY 7)

Following the massive success of last year's "Captain America: Civil War," this film will mark the official entry of Spider-Man into the Marvel Cinematic Universe. The film will follow Peter Parker (Tom Holland) as he tries to balance the pressures of high school life with the responsibility of being Spider-Man. On top of that, he clashes with supervillains such as the Vulture (Michael Keaton) and tries to win the heart of Mary Jane Watson (Zendaya). With the direction of Tom Watts and a supporting role from Robert Downey Jr. as Tony Stark, the film should easily be a welcome new take on the wall-crawler after the disappointing reception to "The Amazing Spider-Man 2" in 2014.



WAR FOR THE PLANET OF THE APES (JULY 14)

This film will follow up on the massive critical and commercial success of "Rise of the Planet of the Apes" in 2011 and "Dawn of the Planet of the Apes" in 2014. After the events of the latter film, the chimpanzee Caesar (Andy Serkis) will lead the apes into battle against the remnants of humanity; led by a vicious colonel played by Woody Harrelson. Featuring insightful social commentary that was a key part of the original films from the 1960s and highly realistic effects from WETA Digital ("Avatar," "The Lord of the Rings" trilogy), director Matt Reeves should definitely deliver a satisfying conclusion to this new take on the revered science fiction saga.



DUNKIRK (JULY 21)

Since the breakout hit of the film "Memento," director Christopher Nolan has been able to make a myriad of great films in a wide range of genres. With this film, he will deliver a retelling of "Operation Dynamo" during World War II. Featuring frequent collaborating actors such as Cillian Murphy and Tom Hardy as well as acclaimed figures such as Mark Rylance and Kenneth Branagh, Nolan's talents as a filmmaker should easily grant the conflict the scope and scale it demands.



DETROIT (AUGUST 4)

In light of many challenges we are facing in the present, a good way to gain perspective on them is to examine how similar ones played out in the past. This film from director Kathryn Bigelow ("The Hurt Locker," "Zero Dark Thirty") is a historical drama about the Detroit riots of 1967. Featuring a compelling story set in a turbulent time and a cast that features promising young actors such as John Boyega and Anthony Mackie, the film will be a great way to look at the parallels of the issues we face now from the perspective of the past.



MUSIC REVIEW:
JOEY BADA\$\$

ALBUM: ALL-AMERIKKKAN BADA\$\$
RELEASED: April 7, 2017
LABEL: Pro Era
PRODUCER: Joey Badass, Jonny Shipes, 1-900, Chuck Strangers, DJ Khalil, Jake Bowman, Kirk Knight, Like, Powers Pleasant, Statik Selektah
COLLABORATORS: ScHoolboy Q, Nyck Caution, Kirk Knight, Meechy Darko, Styles P, Chronixx, J. Cole
GENRE: Hip Hop, Pop Rap
OVERALL RATING: ★★★★★

REVIEW BY **NICK FIELDS**

The term “All-American” has typically a positive connotation associated with it. It’s usually used to describe something or someone who is the embodiment of all great things associated with America. However, artist Joey Bada\$\$ (Badass) flips the term on its head, replacing the C with three K’s, referring to the Ku Klux Klan. Joey does this to indicate certain topics he discusses on this album, including racism, and other social and political issues. Joey Bada\$\$ is a New York area rapper with an already impressive resume in the hip-hop industry. Joey is only recently 22-years-old and has already released three mixtapes and two studio albums. His newest album titled “ALL-AMERIKKKAN BADA\$\$” was released on April 7.

What sets Joey apart from his counterparts is his style of “conscious” rap. Joey’s music usually has a higher message and theme to it than the stereotypical rap music focused around sex, drugs, money, and women. In “ALL-AMERIKKKAN BADA\$\$” Joey sticks to his roots as a conscious rapper.

From the get-go Joey tackles social and political issues in today’s society. The opening track “GOOD MORNING AMERIKKKA” has Joey present the question, “What’s freedom to you?” Joey reflects on how African-Americans haven’t been given the same rights throughout history and even more recently within the last few decades.

He also touches on the police brutality incidents and the media’s distorted treatment of killings, saying, “The Coppers still shoot us down on Channel Five news” and also, “Wishin’ all these dirty cops would

come clean” on the song “FOR MY PEOPLE.” In just the first two songs Joey makes it abundantly clear that his music, and this album, is meant to send a message and also raise questions about moral ambiguities and hypocrisies in modern American society. Joey describes music as a form of expression and says that he uses his music to teach a lesson: his microphone is a weapon. With his weapon Joey states that he is, “Surpassin’ the expectancy of my life in my direction” to elude to the fact that his message in his songs is far different from the stereotypical rap songs. Perhaps his strongest message on the album comes on the last track “AMERIKKKAN IDOL.” Towards the end of this record Joey states that he believes the government is trying to start a “Civil War” amongst the people, mainly blacks and whites, and pushing the people to their limits. Joey states, “They want us to rebel, so that it makes it easier for them to kill us and put us in jails.” Joey uses this to segway into his call for action: that we as a people stand up and fight for human rights. He asks the listener to rebel and raise hell, but be cautious about it because of his belief in the government’s plan.

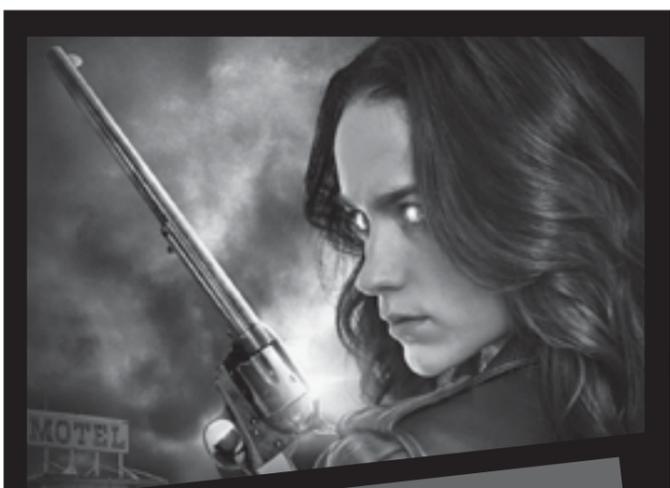
“They literally beggin’ for this to happen, so they can kill us off. Usin’ uprisin’ and rebellion as the excuse in a timely fashion. The cancerous foods, the chemical warfare, economic sufferin’ is not workin’ fast enough.”

This song dives much deeper into Joey’s thoughts, and it’s perfectly blended together with Joey’s top-tier lyricism and wordplay.

Even though this album is chock-full of Joey’s thoughts on racism, government, and freedom, it doesn’t take

away from this album’s musical aspect as a hip-hop record. Joey has received critical-acclaim because his music reflects an “old-school” feel reminiscent of the 80’s and 90’s era of hip-hop where lyricism and wordplay ruled supreme. Along with that, the musical production on the album is very-well put together. Songs like “TEMPTATION,” “DEVASTATED,” and “FOR MY PEOPLE” features slower, more rhythmic beats that pair well with Joey’s smooth delivery over the tracks. Songs like “ROCKABYE BABY,” and “RING THE ALARM” feature an old-school “boom bap” instrumental while also giving the listener some nice bass to enhance the experience. Those tracks also include some fun features by ScHoolboy Q, Nyck Caution, Kirk Knight, and Meechy Darko.

Overall Joey Bada\$\$ creates a record that tackles themes and ideas and leaves it up to the listener to listen and think about the questions being brought up. This isn’t an album full of “bangers” or songs to get rowdy to; instead, I would consider it a thinking-person’s album, and a very good one at that. If you’ve never listened to Joey before his mixtapes are available online as well as his first studio album “B4.DA.\$\$” which can be found on iTunes or anywhere else. If you’re a hip-hop fan who typically likes more fast-paced in your face songs with wild beats this probably isn’t an album for you. This album lends itself to being digested and thought over and really implores the listener to pay careful attention to every verse being spit. It’s Joey’s best product yet and will remain a favorite for quite some time.



NETFLIX
RECOMMENDATION

“Wynonna Earp”

A SyFy channel show based on the IDW comic “Wynonna Earp,” this series follows the gun-slinging, smart-mouthed descendant of historical figure Wyatt Earp as she eradicates demon scum from their hometown of Purgatory. Armed with Wyatt’s special cursed gun and teaming up with the undead Doc Holiday, Wynonna aims to break her family’s bloody curse. Campy characters, demonic themes and blood-soaked action infuse this show with enough wit and spark to make this pile of cheese a fun and worthwhile watch.



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KEY TO THE FUTURE: CONSERVATION

One student's perspective on our changing planet and growing international environmental issues

"Son! I gotta tell you something."

A voice woke me up from a dream, "The BBC has just announced the death of Mr. Crocodile."

After a couple of seconds of silence, I asked, "How, daddy?" my eyes becoming red. I was only 12, and I had binge-watched every episode of *The Crocodile Hunter* since the age of five.

Watching wildlife documentaries with my dad is our weekly routine, one of our favourite things to do for years; like father, like son. The series of *The Crocodile Hunter* was especially engaging to me; not because of the crocodile, but because of Steve Irwin, a well-known Australian nature expert who is also the owner of the Australian Zoo.

There are three people in my life that I idolize: my mother, my father, and Steve Irwin. He was an ardent conservationist and had faith in advocating environmentalism through sharing his enthusiasm about nature to the world rather than preaching to the people. Little me thought, wouldn't that be wonderful if I can live my life like him exploring in woods meanwhile safeguarding our blue planet.

Back home in Hong Kong, Steve is commonly known as Mr. Crocodile but tragically, "He died in 2006 after being pierced in the chest by a stingray barb while filming an underwater documentary film titled *Ocean's Deadliest*," according to BBC News. The days following Sept. 4, 2006, were marked with change. After watching the last production he made, I decided to look deep into the ocean world.

My name is Kungshi, a marine biology science student, and I believe in the power of nature. Mother Earth is full of potential and mysteries; she can give life or take it away as simple as a snap. However, I also believe mother nature needs to be conserved so as to maintain its awesomeness. It is every man's duty to protect the environment and save our planet.

My hometown, Hong Kong, is known for its cloudiness; not because of the climate or weather but the pollutants created by its own people. Back home, we call it the Concrete Jungle, graced by few woods and greens, lots of skyscrapers and vehicles, a high population density and even higher demand. What makes it different from New York City is the massive land reclamation. The lack of lands has been a long, contentious issue in HK. So what do we do? We build more, we develop high-rises. If can't build any higher, we create the space by filling the sea with all types of inorganic material or trash. In this case, pollution is unavoidable.

Our Disneyland, our HK International Airport, and even its predecessor, Kai Tak Airport, were all built on reclaimed land. Our majestic Victoria Harbour was named under Queen Victoria in 1861; nevertheless, due to the arduous reclamation on the waterfront on both sides of the harbour, it looks more like a "Mini Victoria River" today. The primary reason for allowing this to happen is all about the human race's development.

There are countless secrets remaining to be discovered and explained, anything from the deepness of the ocean to outside of the universe. Fortunately, our knowledge of both has increased dramatically over the past decades. Our technology helps us to improve our understanding of the world, and it is growing exponentially, seemingly without end. New scientific discoveries are made nearly every day. Imagine if one day the creation of



PHOTO: EMILY GOODYKOONTZ
LB student Kungshing Yau.

our first "anti-lava" suit became a fact, allowing us dive into an active crater, and for the first time scientist actually physically explore what planet Earth looks like beneath the crust.

Gradual developments which enhance human lifestyle, however, can be a double-edged sword. Planet Earth has already been well-consumed in the name of development. Continuous consumption of the Earth's natural resources will someday push us to a point that we might all have to leave the planet. Even Stephen Hawking predicted the chance of the human race colonising other planets is high and not far in the future. Studies show our oceans are currently facing alarming changes induced by pollution, global emissions, overfishing, and climate change, among other things. Living our life in the present, what a shame it would be if in such a plight that we have to abandon Mother Earth to avoid extinction.

We humans are parasites to the earth. On the other hand, giving thought to our future and to the next generation, advanced, long-term solutions are needed. Remember, there is always a possibility for our technological development. No one knows how far it can get; the only factor is time. To reclaim more time, conservation could be the bottom-line or the key to the future.

As a matter of fact, nature has been exploited in the name of development. Back in time, Hong Kong used to be a known fishing port and Victoria Harbour was once a safe home of innumerable fishermen. Today, even the people can't see the tide anymore. The waterbed is highly polluted, with boundless aquatic life piled under the concrete and the result: a destroyed marine ecosystem. These have raised a multitude of environmental issues over the protection of the pier which was once the source of prosperity in the city. Every time I look back at old photographs, I yearn for the beauty of our old Victoria harbour. I am incredibly saddened by what has happened, but when it's real, you can't walk away. As a nature-lover in this city, Hong Kong, I have got

to do something. I am on the mission of spreading the message of an environmentally friendly world!

Who can guess how many bodies of species are cumulated beneath the water under all that trash? A tragic world is down there desperate for help. Friedrich Nietzsche had once remarked, "The world is beautiful, but has a disease called man." It is true, yet, we all choose to ignore this fact. Being the biggest threat to the earth, we as culprits assume that we are the victims. The human race created this atrocity. We must take the credit and prevent it from becoming even worse.

Nowadays, people progressively begin to realize the need for aquatic conservation of both freshwater and oceanic ecosystems. My short-term goal is to achieve my marine field study so I can start to contribute to our planet. In the long run, I want to use my knowledge of marine science to save our oceans. Additionally, I want to influence everyone to understand that we should stop taking this earth for granted and inspire everyone to help conserved the world. We are placing too much pressure on our planet. It is time to free Mother Earth.

Steve Irwin had once remarked, "I want the cleanest water, the freshest air and wildlife in abundance... but most of all I want a future for our children."

I am looking forward to the fantastic opportunities of joining major projects in aquatic ecosystem conservation, such as the Ocean Cleanup, which is helping to prevent garbage from polluting our beautiful oceans meanwhile saving poor animals who were trapped by trash. If I participate in such projects, I won't be far from a future that I have been dreaming of. I am an adventurer, and to explore pristine ecosystems, whilst potentially even discovering new species and aiding in the conservation of both endangered wildlife and Mother Earth would be my greatest achievement in life.

COLUMN BY
KUNGSHING YAU

LIFE HACKS

Easy ways to lower your energy bill

Earth Day was recently celebrated on April 22, reminding many of us to think of easy ways to help conserve energy and lessen our impact on the environment. Not only will these tips below help you lessen your carbon footprint for free, they will also help reduce your energy bill:

- Keep your house at the same temperature all the time: it takes less energy to maintain a consistent temperature than it does to cycle between temperatures.
- Keep your vents and filters clean: this makes it easier for the air to filter, which means over time it uses less energy.
- Keep doors in your house open during the day to promote airflow.
- Turn off heaters and coolers when you don't need them, so that the energy isn't wasted.
- Wash your clothes with cold water and measure your laundry loads to conserve water and energy.
- Unplug cords, power strips, and small appliances when not in use, so that these items aren't using energy unnecessarily.
- Turn off lights and electronics at home when you're not in the room, so you don't waste electricity.
- Don't use screen savers and set your computer to sleep or turn it off, to conserve energy.
- Close the curtains and blinds to better regulate temperature by blocking out sunlight.
- Turn off the heat dry cycle on your dishwasher and air dry dishes to conserve energy.
- Do regular maintenance on your refrigerator and/or freezer so that it requires less energy to run.
- Thaw food before cooking: this uses way less energy because the food cooks much faster.
- Check the weather strips on your doors to ensure filtered air isn't escaping your home.

THEY CALLED IT PUPPY LOVE

The search for floppy ears and strong vocals



As singer Donny Osmond sang, “They called it puppy love,”

I had been on the search for a beagle puppy for over a year, my fiance has a love of the breed, and with tragedy befalling him during the year, I worried for his happiness. A beagle came to mind, and I started searching. We have our own house, and no roommates, so it made our search a lot more flexible. However, what delayed us finding our puppy was the high prices of purebred beagles, papered or not.

The price of beagles can range from \$500 to \$1200, depending on American Kennel Club (AKC) bloodline, behavior, and overall look, as well as many other varying factors.

Disappointed by the high prices, I put an ad out on beagle sites, contacted humane societies, and posted on Facebook pages, looking for that puppy we so desperately wanted.

I adopted my first beagle March 22. She came with AKC papers and an unusual story.

My post on one of the Facebook groups received a comment three months after I initially wrote it. A woman north of Salem was selling her beagle puppies on the Reckonso’s Ranch, which were due five weeks later. Once I messaged her she told me about a deal she had for me; she had a six month old beagle, and her name was Sadie.

Sadie had nothing wrong with her, other than a small bladder infection. I asked her about Sadie’s history, where she had been, etc. Soon after I found out that Sadie had moved five times. She came from a breeder

in Washington, purchased by a woman in Oregon, the woman in Oregon rehomed her to Reckonso’s Ranch, they rehomed her to a friend of theirs, who then rehomed her back to Reckonso’s Ranch.

The woman in Oregon rehomed her to Reckonso’s Ranch because she had “too many medical problems,” the woman from Reckonso’s Ranch took Sadie to the doctor, only to find out it was just a bladder infection, but unfortunately the woman did not want her back.

So I learned all this information in a Facebook message, my suspicion was, “is there something really wrong with her? She’s only a baby...”

I asked the woman from Reckonso’s Ranch if I could see a photo. The photos surely didn’t disappoint, she was gorgeous, full of Ticks (the freckles kind, not the bad kind), and had deep brown eyes.

I knew I had to have her, so I made the two hour trip north of Salem. I ended up in a part of Oregon I was unfamiliar to, a weird median between coast and valley. I made it safely onto the property, and was welcomed into their home. Sadie was let out of the kennel to meet me, she was small, had big floppy ears, big enough to cover her eyes, and had a very sweet demeanor about herself. I was totally ready to take her home. I paid \$100 for this dog. An AKC beagle. For those that don’t know, this is crazy. I also promised them pick-of-the-litter, for when she eventually has puppies.

I loaded Sadie into my car, and we made the trek back home to Albany. She smiles when we go for car rides, and she was pretty smiley during this trip in particular.

Sadie has been a great blessing to us, a puppy that

brightens our days more and more. No matter how many pairs of socks she ruins, how loudly she bays and howls or that she sometimes won’t listen, her presence always makes life better.

As I write this column, she is sleeping soundly next to me, snoring.



COLUMN BY
HANNAH BUFFINGTON
@JOURNALISMBUFF

WHAT’S UP WITH THERAPY DOGS?

LB’s wellness center counselor Lisa Hoogesteger sheds light on the therapeutic nature of dogs

The Advising Center in Takena Hall has added a Therapy Dog named “Fenway” who is in the office often on Fridays, sometimes midweek, and also at special events like “Relaxation Days” right before Finals Week. Fenway loves attention so please do pet her.

What’s the difference between service dogs, therapy dogs and companion/emotional therapy dogs?

Service dogs are individually trained to perform a specific task for individuals who have disabilities.

The disabilities can vary greatly, and so do the tasks that the service dogs perform. Service dogs can aid in navigation for people who are hearing- and visually impaired, assist an individual who is having a seizure, calm an individual who suffers from Post-Traumatic Stress Disorder, and even dial 911 in the event of an emergency.

Therapy dogs bring comfort and joy to individuals in hospitals, nursing homes and other facilities. They are often involved with kids in reading programs or help bring smiles to schools. Many people are able to connect with dogs and feel the love that they provide, and this has a therapeutic effect on them. Therapy dogs are generally very calm and well-behaved, so that they do not upset or make uncomfortable those around them.

Emotional support dogs provide comfort and support in forms of affection and companionship for an individual suffering from various mental and emotional conditions.

An emotional support dog is not required to perform any specific tasks for a disability like service dogs are. They are meant solely for emotional stability and unconditional love.

They can assist with conditions such as anxiety, depression, bipolar disorder/mood disorder, panic attacks, fear/phobias, and other psychological and emotional conditions.

Do Therapy dogs really help reduce stress?

Studies show that interactions with therapy animals can decrease stress in humans.

Playing with or petting an animal can increase levels of the stress-reducing hormone oxytocin and decrease production of the stress hormone cortisol. These hormonal changes can help a nervous child feel more relaxed about reading aloud. Reduced stress can also benefit physical health. In a 2001 study, researchers found that pet-owning patients with high blood pressure could keep their blood pressure lower during times of mental stress than patients without pets.

COLUMN BY
LISA HOOGESTEGER

Lisa Hoogesteger

SUPERDOG FENWAY

Fenway the therapy dog helps soothe stressed students and hospital patients.



A perfect catch! All eyes were on Fenway, as she caught the treat in her mouth.

The sweet-natured part Lab and Wirehaired Griffon loves people; it’s part of her job. She is a therapy dog at LBCC and in local hospitals.

As the Winter Term addition to the LBCC Advising Center, she helps students take a break from their lives through appointed therapy sessions.

To let the students know about Fenway, Lisa Hoogesteger, one of Fenway’s trainers, visited a Destination Graduation class in Industrial A 224 at half past noon.

Hoogesteger explained how Fenway helps relieve stress for “students who miss their dog from home, and who might be struggling [in college].”

Fenway also helps hospital patients who find it hard to connect with people by giving them a physical connection.

Crystal Garcia, a student attending the Destination Graduation class, said, “I would definitely go for therapy [with Fenway].”

When asked if she would consider training a therapy dog herself, Garcia said, “I love dogs, so it’s something to think about.”

Rob Camp, the Destination Graduation teacher, works with Fenway often because he is across the hall from Hoogesteger.

“Fenway is an amazing addition to the advising staff,” said Camp.

Aside from helping, Fenway likes to do activities any dog enjoys, including learning tricks such as shake, roll over, and crawl.

“[Fenway] loves the dog day at the pool, and she’s an incredible jumper,” said Hoogesteger. “She could be a dock-diving dog.”

Fenway is currently part of the Welcome Waggers, who help people train their dogs for therapy. They are part of the national organization Alliance of Therapy Dogs, ATD. These therapy dogs will go anywhere they’re needed, including hospitals, campuses, and nursing homes.



STORY BY
CONSTANCE JONES
@CONSYMJONES

HOW TO FIND YOUR NEW BEST FRIEND

Your complete guide to picking out the perfect rescue pet

Nearly four years ago, I found myself sitting in the kennel of a gray-and-beige terrier and a blonde Chihuahua. The one that ultimately won my heart was the terrier. We took him out to the yard to play, and I expected him to chase after the toy that we tossed. He didn't show any interest in that ball; he never did. Instead, he rolled onto his back, putting his little paws on his chest. I got down from the chair I was sitting on and stroked his fur.

Chocolate had chosen his family that day: a semi-dysfunctional, loud family in need of a calm dog. Today, he's nearly seven years old and a vital part of our family.

I feel like I scored an exceptional pet that day in June, so I'm not here to vouch for every pet that has walked through SafeHaven, or any other animal shelter's doors. But I did do a little volunteering for a year at Marion County Dog Shelter in Salem, where I gained experience with a full range of dog breeds and personalities.

Since I am only speaking from experience, I've asked Kyle Morris, a longtime SafeHaven employee who was with me the day I rescued my baby, to verify this article. Here are the basics of picking out the perfect pet for you, and what your fur-baby will need.

Know before you go

When selecting a dog, we were in search of one that was relatively calm and a "lap dog". We headed to the small dog kennels at the old shelter, examining our options. We narrowed it down to the kennel of dogs we liked and obviously chose Chocolate.

Nobody can be the judge of what pet is appropriate for you, but there's some obvious factors that will go into your choice. If you want to know how hyper or calm your dog is going to be, for example, take a good look as to how they interact with other animals and their environment. A dog bouncing in their kennel, barking up a storm is obviously going to be hyper. A dog who just sits there and wags their tail is likely going to be more calm.

If you rent your home, make sure your landlord is okay with pets, and be aware of any size limits. A down payment or pet rent may also be required, no matter how well-behaved your pet is.

When you're preparing to go to the shelter, make sure everyone who lives with you at the time goes on the trip. When I selected Chocolate, it was just my mom and I, and we think this is why he favors the women of the family. It's not a necessity per-say, but it can help to get your potential pet accustomed to everyone faster.

Do your research, and be patient

You're going to have this pet for the rest of their life, so don't feel bad if you go to a shelter and come out empty-handed. SafeHaven is always taking in new pets from across America (Chocolate came from Los Angeles), and there's no shame in going back a week or two later and finding a pet that best fits you. The best way to get a good idea as to what you want is by searching online and reading a pet's bio, or just visiting the shelter on a day that feels right.

Don't forget to do your shopping before adopting.

You may know exactly what you want in a pet, but make sure you have everything you need; so you're ready for your pet when they come home. Basic needs



Photo courtesy of Senior Dog Rescue of Oregon

will include food, dishes for food and water, a collar, blankets, and a bed.

Welcome Home!

It was quite a ride home from the shelter that day in June, and not just because it was nearly a 45 minute ride home. I could see his little body perked up, scared but optimistic underneath those big worried eyes. When we got home, we let him sniff around and check out his new home.

Chocolate was quite timid, but didn't mind us walking around and showing him our house. We designated an eating area for him, fed him, and let him explore.

What really helped in the days to come were his walks. Morris said that "walks, hikes, and training" are the best way to get any newcomer situated and feel welcomed, reassuring them that you're here to have fun and take care of their exercise needs. Training can be tricky, yet it's essential for a healthy human-canine relationship. You don't want to be called out as "who's walking who?"

The trick to training: firm commands, then lavishing your pup with praise and a treat if they obey. If you feel like your pup is simply out of control, head back to the shelter: SafeHaven offers an array of training classes.

You, too, can be a dog person. (Even if you're more of a feline kind of person.)

Petting a dog is so simple, yet even I forget to do it. Kids should be taught proper animal safety from day one, so animals don't get abused or lash out at their human sibling(s). Young children will often pick on them endlessly, as though they are a toy.

- **Ask for permission first.** You just can never tell if some dogs' personalities are friendly or a little aggressive.
- **Let them sniff your hands.** Where humans shake hands and check out body language, dogs also check out body language but sniff hands: dogs have an incredible sense of smell.

- **Pet them.** But be gentle: firm backrubs and gentle pats are okay, but you don't want to hurt a new dog by hugging them.

Lastly, the answer is always love.

And patience and devotion to your pet. For some depressing reason, they're only in our lives for a few years. Time is too short for us, so just make sure every moment counts.



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THE COMMONS
Cafeteria
... MENU ...
4/26 - 5/2

Wednesday 4/26: Tuscan Pork over Creamy Polenta, Herb Roasted Chicken with Compound Butter, Spinach Lasagna, Soups - Albondigas and Beer Cheese

Thursday 4/27: Pot Roast, Grilled Salmon with Beurre Rouge, Eggplant Parmesan, Soups - Chicken and Matzoball and Potato Leek

Monday 5/1: Moroccan Style Chicken, Roasted Pork Tenderloin with Horseradish-Thyme Cream Sauce, Grilled Vegetable Sandwich, Soups - Chili Mac and Coconut Curried Carrot

Tuesday 5/2: Poached Chicken over Mushroom Rice Pilaf with Bernaise, Browned Butter Shrimp Scampi, Mushroom and Leek Strudel with Spinach Bechamel, Soups - Pozole Rojo and Roasted Vegetable Chowder

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



Tate Cowden slides back to base.

ONE PLAY AT A TIME

Roadrunners keep their composure and their number one league spot

The Roadrunners took on Lane Community College at home on Friday, April 21. After falling to the Titans in game one by a score of 2-10, LB had no room for error in game two. They were able to redeem themselves in game two with a score of 4-2.

On Saturday, April 22, the Roadrunners split the games again, finishing the series 2-2. They are now 22-8 overall and 12-4 in conference, leaving them in the number one spot.

Head Coach Ryan Gipson thinks the key players this week included Logan Hatley, Damon Peters, and Jack Bauer.

A sophomore pitcher, Hatley currently leads the NWAC in wins.

“My favorite part about playing at LB is my team, I think coaches do a good job with who they pick,” said Hatley, who plans to play baseball at OSU next year.

The second key player,

Peters, is a freshman third baseman. After LB he plans on playing baseball at a four-year university.

“I love the team atmosphere,” said Peters.

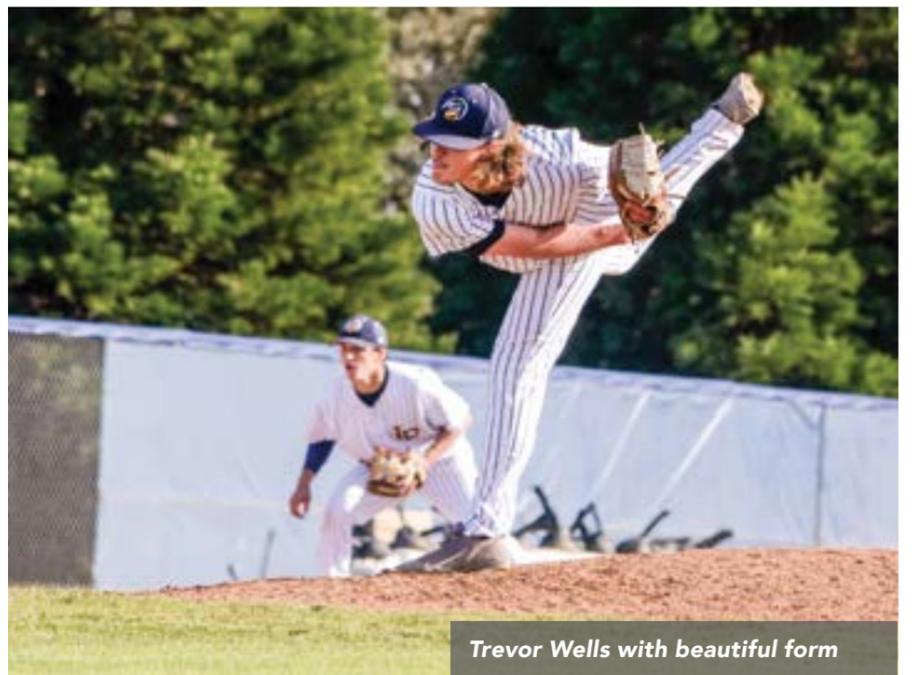
Last but not least was Bauer, a sophomore catcher.

“He’s a great developing player,” said Coach Gipson.

Bauer also plans on playing baseball for a four-year university.

“I like being able to build our own dynasty and legacy,” said Bauer.

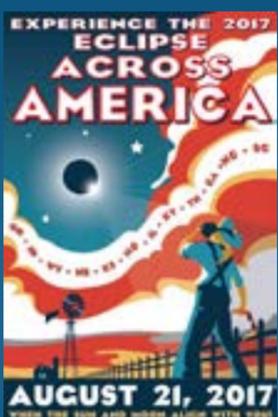
STORY AND PHOTOS BY
QUENTIN JEANS
@QL_ROSE



Trevor Wells with beautiful form

LBCC Health And Safety Fair 2017

ONCE IN A LIFETIME...



Be prepared with the knowledge and resources available at the Health and Safety Fair to guard against the unthinkable things that may happen ‘Once in a Lifetime...’

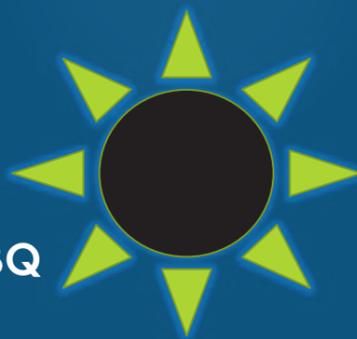
20+ booths to explore

Wednesday, MAY 3, 2017

11:30am - 1:30pm

LBCC Courtyard

Food available – Courtyard BBQ



DID YOU KNOW?

The color of a turkey’s head and throat will change color depending on its mood. Turkeys are also omnivores and only male turkeys gobble.

*DO YOU KNOW THE SAFEST WAY TO WATCH THE SOLAR ECLIPSE?

COME FIND OUT!!!