

LINN-BENTON
COMMUNITY COLLEGE

COMMUTER

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COMMUTER

Cover Credit:
Natalia Bueno

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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.

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CAMPUS BULLETIN

Singing From the Heart

Thursday, June 4, 7:30 p.m.

The Linn-Benton Community College award-winning choirs will perform their spring concert "Singing From the Heart" in the LBCC Russell Tripp Performance Center. Tickets are \$10 general admission, \$7 for students, seniors, and veterans, and \$5 for under 18.

"The Invisible Ones"

Tuesday, June 9, at 4:30 p.m.

The Community Engaged Theater class will performing a staged reading of their original play in the Russell Tripp Performance Center. Utilizing our Community Engaged Play-Making method our students conduct interviews and story circles in order to create meaningful theatrical experiences. This method combines interview techniques, devised theatre practices, ensemble building, and playwriting skills combined to create intriguing and worthwhile theatre.

Chemistry is Awesome

Wednesday, June 3, 5 to 7 p.m.

On the OSU campus in the courtyard between Gilbert and Gilbert Addition, the 2nd annual CIA party will held. The chemistry department will be celebrating the awesomeness of their craft with food from local vendors, chemistry demonstrations, and live music. A dunk tank will also be on hand loaded with chemistry department faculty, staff, and TAs, as well as a prize raffle.

A HUMBLE THANKS

LBCC Colleagues and Friends,

As many of you know, my family was caught off guard earlier this month when my wife's life was threatened when she contracted a serious infection. Since my wife is a stay-at-home mom, her sudden hospitalization left me with little choice but to drastically reduce my hours at LBCC in order to take care of our two kids, one of which is only 2 months old. After two surgeries and an eight-day hospital stay, my wife is home and recovering well. Normalcy is slowly creeping its way back into our lives.

My wife and I want to take this moment to thank all of you who have helped support our family. We have been deeply humbled by your generosity and extend our overwhelming gratitude. You have truly removed a stress and burden that would have dramatically affected our family. There are few words that could describe our appreciation.

Thank you!
Andrew Vosgien

CAMPUS VOICE

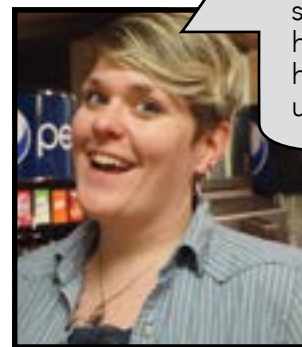
Staff and students were asked what their summer break plans are. Here's the campus' response.



Business Administration major Gabe Archer, plans to work at A to Z Party Rental in Salem, helping set up and take down weddings and events. For fun he has a trip planned to Idaho to visit family.



STORY AND PHOTOS BY
RICHARD STEEVES
@RSTEEVES84



Commons employee and 2009 LBCC graduate Amy Dewar said, "Painting my mom's house." The Dewar's have slowly been fixing up the place.



Culinary Arts student Jenna Mottern is graduating in June and her program ends this Thursday. She said she's, "Moving to Portland and looking for work."

Justin Rice an engineering student is entering pro-school at OSU in the fall and said, "Try and work to make enough money for school."



Submit topic ideas for Campus Voice to Richard Steeves @rsteeves84. Look out for next year's subjects in the fall.

Nina Buchovecky, Gladdy Ramirez Vasquez, Heather Koffler, and Rebecca Robinson will be spending the summer in an eight-week internship. After completing the internship they will be certified dental assistants.





A NEW CHIEF IN TOWN

The Student Publications Committee has appointed next year's editor-in-chief at The Commuter — Richard Steeves.

Richard will succeed Allison Lamplugh, who will wrap up her term as EIC of the college's student newspaper and online site on June 3, the last issue of the school year.

So if you have Richard in class or see him around campus, be sure to say "Congratulations!"

And if you have Allison in class or work with her...she and her staff have done an outstanding

job at the newspaper this school year. Kudos to Allison and her crew!

We're looking forward to working with Richard and his team next school year.

My thanks, also, to the members of the Student Publications Committee: Terrance Millet, Robin Havenick, Lori Fluge-Brunker, Joe Sherlock, Ted Holliday, Klayna Palacios, Marci Sischo, Allison Lamplugh and Barb Horn.

Rob Prieue



MY THANKS TO YOU

Fellow RoadRunners,

A year sure flies by when you're having fun! I can't believe that last spring I started my time as editor-in-chief of The Commuter, and that this spring has crept up so fast. My time as both a reporter and editor, has been amazing. I can't imagine my tenure at LBCC without the newspaper and the hard-working staff I've had the pleasure of working with.

I have appreciated the opportunity

to serve you, and have gained valuable and practical experience to take with me into a professional career in journalism. Although I plan on continuing to contribute until my graduation at the year's end, I proudly bow out, looking forward to what Richard Steeves will do in the 2015-16 school year.

In our time together, the team has set the bar even higher for the next team, as was done for us by the team before. I am confident that Richard will maintain

the vision we have all worked for, and that he will be creative in his own right, bringing fresh ideas to the table.

I would like to take the opportunity to thank the LBCC community for the support and for the leads you have given us in the past year. If not for some of you, we might have missed very important events that needed to be addressed by a non-biased entity such as The Commuter.

A final thanks to Christopher Trotchie, our amazing Managing

Editor and my right-hand man—I couldn't have had such a successful year without him. As the saying goes, you are nothing without a good team, and I was lucky to have found such an amazing support staff.

Cheers to a new year!

Allison Lamplugh

CONGRATS RICHARD

Richard,

On behalf of all of us at the Benton Center of LBCC, we're sending our congratulations for your appointment as the new editor-in-chief at The Commuter. We appreciate how your publication keeps us informed - both students and staff - of what's going on throughout the college. So much so that I never tire of referring to The Commuter as "our award-winning student newspaper."

We'd be remiss if we didn't recognize

Allison and the rest of the 2014-15 staff who've done an excellent job as well. To those who are moving on, we expect great things and hope to see your names in print at whatever level you aspire to.

Please let us know how we can support your work. You and your staff are always welcome here at the Benton Center.

In service,
Jeff Davis

OH, HEY



PHOTO: CHRISTOPHER TROTCHIE

Oh, hey, campus. It is an honor and a privilege to be taking over as editor-in-chief of The Commuter. I've spent the last year working as a reporter for the paper, and the opportunity to sit in the editor's chair is a big responsibility that I take on whole-heartedly.

Thanks to Allison Lamplugh, former editor-in-chief, and Christopher Trotchie, former managing editor, I have a wonderful foundation to work off of. I plan on continuing to work off the platform of excellence that they have strenuously worked so hard to establish. Both editors have worked their tails off this past year and set the bar and standard of excellence higher than it's ever been.

Props to our advisor Rob Prieue and the editors. Thanks to them I am not only a better journalist but a more

ambitious and confident one at that. We have had a stellar and award-winning year at The Commuter, accumulating a total of 20 awards. Even with all the accolades there is always room for improvement, and there was one award that escaped us: General Excellence.

My goal next year is to help journalists develop real-world skills and win the one award that we were robbed of at the ONPA's, you guessed it General Excellence.

Luckily I have a group of talented writers, photographers, and editors that will be returning in the fall. On that note I would like to proudly announce Melissa Chandler as my right hand lady, who will be taking over for Trotchie as managing editor. Melissa and I will both be fortunately working side by side with Kyle Braun-Shirley who will be taking over Mathew Brock's positions

as A&E editor. And last but not least I am honored to announce that I have one of the brightest, most beautiful, talented, and hard working people I've ever had the privilege to meet let alone work with, Marwah Alzabidi returning as Photo Editor. Marwah is a gem.

I look forward to Melissa's tenacity, strength and creativity as she steps into the role of managing editor. She has the spirit and strength to track down any story or lead. Likewise I can't wait to watch the young and handsome mini-van driving Braun-Shirley's creative instincts come to life, as he puts his creative freedom into action improving upon the A&E department.

On a side note, I would also like to thank Nicole Petroccione and Cooper Pawson. They are both moving on from LBCC following this term. Nicole is the unsung hero and back-bone of

The Commuter. The amount of design work she does makes what us reporters write about, and the paper in general, look good. Her talents are irreplaceable. And Cooper our retiring sports editor will be sorely missed. Cooper taught me a great deal this last year and he lacks a journalist's biggest flaw, a bias. His Associated Press knowledge, work ethic, and office presence is irreplaceable.

With that said I can't wait to see what next year brings for LBCC. I'm always looking out for the next photographer, editor, writer, or anyone with an interest in journalism. You would be surprised how many different fields or interests intertwine with journalism, and if you are interested in journalism on any scale, stop by our office. I love a good conversation and I love helping people find a creative outlet for their talents.

BETHANY PRATT

Devoted mom, teacher and community member

She wakes up every morning at 6 a.m. For about a half an hour there is peace and quiet...perhaps even some time to read. All too soon the quiet is shattered by two little boys waiting to begin their day.

In every aspect of her life, Bethany Pratt is a teacher. She teaches math at LBCC, and homeschools her two boys along with her husband Bruce.

Pratt's oldest son, Eric, is 9 years old. When asked what his favorite thing about his mom is, he said, "Her stick-to-it-ness. She keeps going 'til she's finished."

Eric and his younger brother Andrew both enjoy being homeschooled.

"Mom always has good ideas on what to do," said Eric. While his younger brother said, "She's fun to play with."

When the Pratt family plays, they are usually outside. They love camping, birding, hiking, and all forms of outdoor sports. Their "play" also translates into a lot of hard work. The Pratt family spends a huge chunk of time involved in their community, and is active in the Corvallis Seventh Day Adventist Church. Bethany sings with the worship group, and Bruce

runs the PA system.

When there is a tragedy, or a need, you can always count on the Pratts to help in any capacity. Even in her free time, Bethany finds herself teaching her sons. No matter how busy they are, the Pratts teach their boys to help and offer service to their community.

In the eighth grade, Pratt discovered two of her life's loves, math and teaching. As a result of her affinity for math, she was selected to participate in higher level math classes and eventually began helping older students with their homework.

A teacher was born.

In college, Pratt double majored in Spanish and math for her bachelor's degree, and went on to earn a master's in mathematics. During the same time period she minored in English, and managed to earn teaching certificates in all three subjects.

Discipline, hard work, and the desire to help others are what drives every aspect of Pratt's life.

"She has a huge passion for math and teaching. She gets so excited about it, and it's infectious," said Bruce.



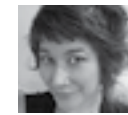
The things Bruce admires most about his wife are her optimism and intelligence. When asked if his wife is smarter than he is, he laughed and said, "Yes. And she knows it. Thankfully she's too good to use it against me."

Pratt's heart remains devoted to teaching math, and LBCC is where she wants to be.

"At a university, a teacher is paid to do research and teach on the side, said Pratt, "I wouldn't want to sit in an office. I want to interact with people."

When asked what the most important thing people should know about her is, she was unable to provide an answer. She instead gave a quote that best described her heart.

"God help me to find the people I need today, and help me to find those that need me." ♡



STORY BY CHRISTINA JOHNSON



ADVICE FROM WEISS

Question: How do I keep from freaking out about finals?

Answer: Stress and anxiety are a big part of being a college student. Bigger than most of us give ourselves credit for, when we are students. I've never had a job that was as stressful as college, with all of the tests, papers, presentations, and constant changes in schedule and course content.

So, suggestions for not freaking out over an event like finals? Well, they are much like any list of suggestions to ease stress and anxiety. Here are a few of my favorites:

Find your best place to study and go there. Maybe you need complete quiet and should get off by yourself. Maybe you need quiet, but with resources nearby, then try the library. Maybe you are more social and gain strength from being around others going through the same experience, then go to "Study Jam," at the Learning Center in Albany, or at one of the centers.

When you feel the pressure, take a few deep breaths. Research shows that deep breathing helps humans relax and concentrate, even if it's only done for a few seconds.

Visualize success. Take a few minutes and focus your mind on what it feels like

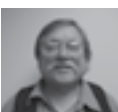
for finals to be over, and for you to have done really well. Research shows that we are more successful in everything from academics to athletics if we visualize a successful end result to whatever difficult task we face.

Take a little time to be with someone you love. It'll help you remember what's really important in life.

Spend a little time with a pet. Research shows that being close to a pet (dogs, cats, birds, fish, horses, you name it) is exceptionally helpful to humans. Our stress is reduced and our health is increased through these relationships, and the relief is almost immediate.

Get some sleep. Our tendency is to study so hard for finals, to put in so many hours trying to finish out the term, that we sacrifice the time we need to sleep. Big mistake. Rest is what enables us to think clearly, access our intelligence, and minimize outside distractions.

There are many other things that could be mentioned, of course, but those are my favorites. If you feel you need more, please consider seeing one of our counselors... And, best of luck! ♡



COLUMN BY MARK WEISS

LETTER TO THE EDITOR

Dear Editor,

I know that political cartoons are supposed to be topical, but I'd like to give some background on the cartoon in your May 20 issue concerning Lebanon High School's mascot.

The mascot most people will recognize is a proud Native American astride a rearing horse. This has not always been the case. Having seen the school archives, I can tell you that the mascot's origins are profoundly racist and based in negative stereotypes. Dressing it up after the fact does not alter its hurtful and appropriative nature.

Who does it depict, anyway? I don't know that the local tribes would have done much horse riding, given that they lived on heavily forested terrain and were busy being forcibly marched to reservations. Did you know Oregon has its own version of the Trail of Tears? Worth looking up.

Nor does the mascot provide an accurate portrayal of the modern Native

American. Why do we keep throwing around this tired idea of the noble savage? My guess is it's more palatable to people who would rather not think twice about their own state's history.

It's alarming that people would become so attached to an image that they would lose all empathy for the people that image supposedly represents. That's the issue here: representation. A group of historically oppressed people have the right and the need to choose how they are represented to society, and let's face it, a mascot is little more than a glorified marketing ploy.

As a graduate of Lebanon High School, I'm glad the mascot is on its way out. My pride should not come at the expense of someone else's. The school has had plenty of chances to change the mascot, and if a lawsuit is what it takes, so be it.

Your loyal reader,
Kait



Second-year culinary students final event

For 42 years the second-year culinary students at LBCC have hosted the French Banquet. It's one of the biggest events in the Culinary Arts program.

Every year they sell 250 tickets to the event, and this year all tickets were sold out. On Thursday, May 28, they served 124 guests and the next night they served 126.

The banquet is designed for the second-year culinary students to show off their work for the community. They are tested on how they plan the banquet, come up with the nine-course menu, prepare the food, and serve the guests, as well as plate presentation. This is a big part of their final grade in the program.

Todd Ketterman, head of the Culinary Arts program, oversees the whole banquet. He lets the students plan everything, order food, plan the menu, hold meetings, and execute the event, while remaining in charge.

Chef Scott Hurley is an instructor of the program and is in charge of the servers. He keeps the servers going, does the time-keeping, and lets them know when to serve the next dish.

Jenna Mottern, a second-year culinary student, chose to lead the class as the sous chef of the banquet.

"We've always known that the banquet was at the end of the year and our biggest

event. So, I actually have been thinking about it since winter break. I knew for a while that I wanted to be the sous chef for the banquet," said Mottern.

The French Banquet was held at the Commons Restaurant, where the students transformed half the restaurant into a fine dining French experience for guests. Tables were set with fine china and crystal glassware, with French music playing in the background.

French-inspired decor and art pieces adorned the space. The centerpiece was fashioned using two wine barrels holding up an old door with hardware intact. The top of which held a cutting board and two bread baskets filled with a multitude of different, delicious-looking French breads. Below were colorful floral arrangements, as well as portraiture that stuck to the French theme.

By the entry doors sat two aged windows that seemed as if they came from a cottage on the outskirts of Paris. A dark wood hutch held ceramic tea kettles with floral designs, an old-world clock and signs. Everything seemed suitable for a fine French cafe.

The servers were all first-year culinary students. They dressed all in black with colorful ties. When it came time for the first dish to be served, they were all ready and able. Chef Hurley was like

a conductor and the servers like his orchestra, keeping in tune and never missing a note.

The first-year culinary students work as servers on the first night, then in the kitchen on the second night.

"I want to be a chef. Food is what I surround myself with. Someday I want to work in a nice restaurant and maybe one day own my own restaurant," said Rachel Moll, a first-year student.

In the kitchen there was a buzz as the guests arrived and were seated. A sea of white hats pushed to plate the second course as the first course, the "amuse," a small strawberry-balsamic sphere and herb goat cheese topped with basil and smoked black sea salt, was already on the guests' plates, with the hors d'oeuvre to be served in just minutes.

Servers weaved in and out of the restaurant, some carrying wine to fill more glasses, and others carrying the dishes back to be cleaned. When a new course was to be served, the white hats and the black suits all met in the scramble area. The three head chefs acted as their dispatch, instructing as the students worked at a furious pace.

Even seemingly frantic and chaotic, these men and women were very collected. They maintained their duties like they had been handling this sort of

stress for years.

The entire night never had a complaint from the guests. Instead the cafe stayed alive and energetic. Even when a few glasses were accidentally dropped, the chatter was never interrupted.

Verne Peterson of Albany, who was dining at the event, said, "We have been to two of these now, and they are great. We also go to the Santiam Restaurant for their wonderful lunches."

At the end of the event all of the students involved came out to be introduced to the guests. Mottern made a speech. She introduced all the students by their titles and thanked them for their hard work. She then thanked all of the guests for coming.

All of the guests applauded as the students took their bow.

"I've learned a lot, and I think one of the coolest things we do are the events. We're not just behind closed doors; we're out in the community; people know what we're doing. They can get involved," said Mottern. ♡



STORY BY
CAROL COLE
@CAROLCOLE59



ON THE RACK

ON THE WEB

LBCOMMUTER.COM
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LOCKED OUT

Pros and cons of being locked out of the classroom

Most instructors do not appreciate tardiness from their students. Some leave their classroom doors open to allow the occasional walk of shame 10 minutes into the period. Other instructors lock the door after roll has been taken, and any latecomers are marked absent for the day.

According to Jason Kovac, dean of the Academic Foundations Division, LBCC has no official “locked door” classroom policy.

Dean Kovac’s primary concern is for “safety and access to education” and really has no interest in forming an opinion on the subject of whether teachers should or shouldn’t lock their doors to ensure the reliability of students.

Kovac is supportive of “academic freedom for faculty to run the classrooms as they see fit, when it’s geared toward student success for long-term goals.”

Most students have found themselves late and locked out at some point along their LBCC journey; the question is, how do they feel about it? Does this locked-door policy enhance learning by removing the distraction latecomers may cause? Or are people’s educations suffering because they are denied access to their classes?

Calla Shrode is a working single mother who completely supports the locked-door policy. She is disciplined, and a self-proclaimed “stickler.” To her, the arrival of late students is “very disruptive,” and she appreciates the uninterrupted environment which the locked-door policy provides.

Brandon Westerman feels quite a bit different, and isn’t distracted by latecomers. In fact, he finds that it is often “the instructor’s reaction to tardiness which is more disruptive than a student quietly making their way to a seat.”

Westerman absolutely believes in a teacher’s right to run their classroom as they see fit, and he acknowledges the importance of timeliness.

“On one hand, I think it is fair for the professor to be able to make this decision. As adults, we must be able to conform to the adult schedules we have.

Timeliness and organization are skills that we all need for our careers and for our educations. A locked door keeping someone out of class is no different from losing a job because one is tardy.”

Westerman went on to make this point.

“A closed and locked door is an assumption that the reasons for not being timely are inadequate. It is an exclusive practice that does not leave room for the human element, or for human error. Many students are here to better their lives, and locking them out of classes they are paying for does not help.”

Shrode believes that with proper planning and discipline, being late for class can be avoided. She chooses her classes around her children’s school schedules in order to make plenty of room to be on time. In addition to working full-time, and having mom duty, Shrode budgets at least 35 hours a week to doing homework. She runs her home with the same discipline as she does her personal time to teach her children that in order to be successful, it is necessary to honor all time commitments.

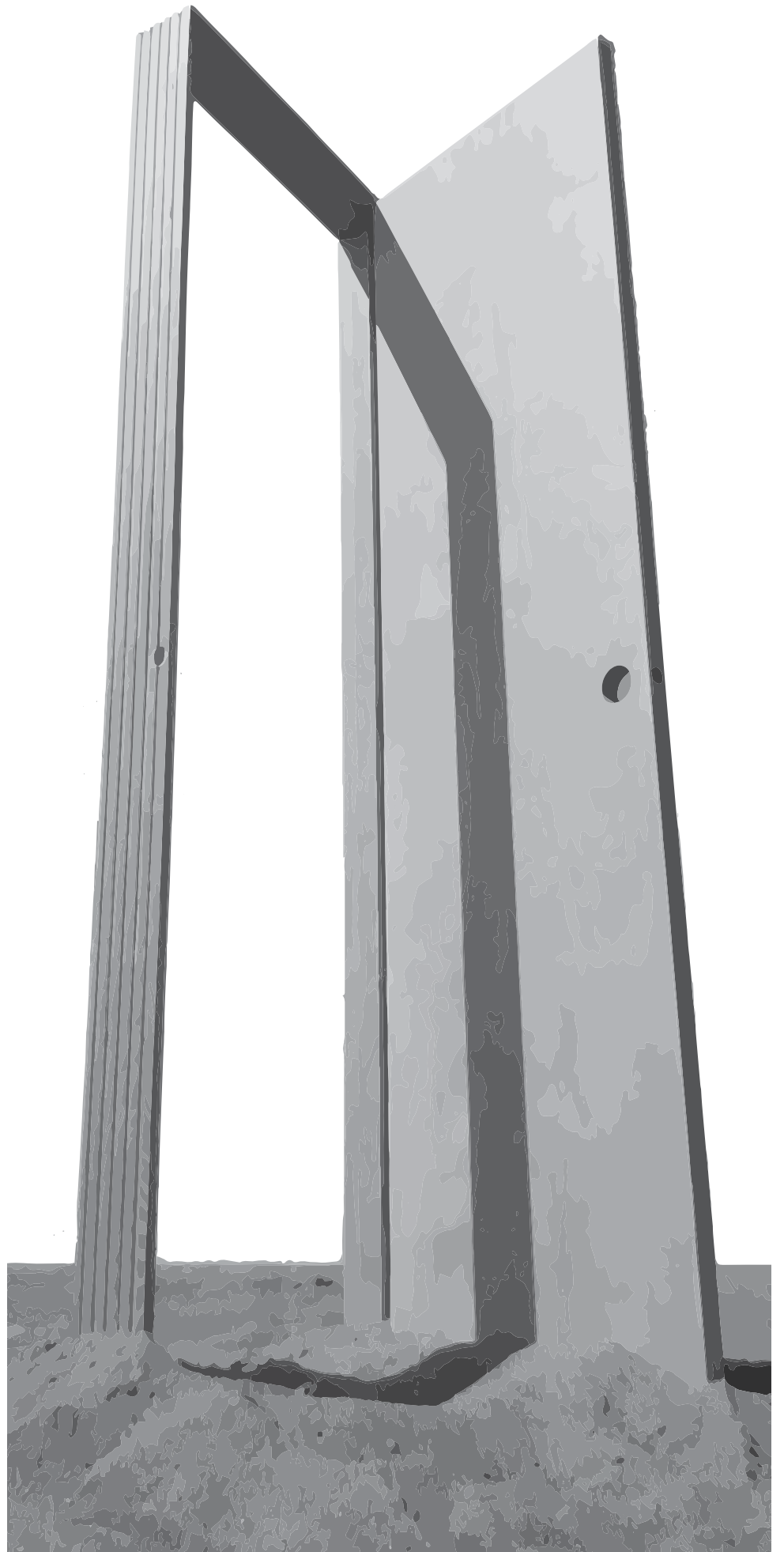
“Treat class as though it were a job. If you show up to work late, you get marked down and you get in trouble. Why should school be any different? You’re paying to be here...so be here on time,” said Shrode.

Instructors who lock their doors after roll generally have that information printed in their syllabus. If the lack of wiggle room in your daily schedule makes you nervous, before you sign up for classes next term, look up the instructor on the LBCC instructor website page.

Armed with the knowledge of their expectations, you can either sign up or search for greener pastures. The beauty of community college is the ability to custom-build your experience in a way which maximizes your success. No matter which side of the fence you sit on, that is something we can all agree on. ♣



STORY BY
CHRISTINA JOHNSON



Go GLOBAL *Linn-Benton connecting cultures under the same roof*

Linn-Benton is a community college, that strives to maintain an open door for students of multicultural backgrounds.

The Global Connections Club was started as a way to globalize the campus and connect not only international students to domestic, but to connect domestic students to international students to learn about cultures and gain a more worldly view. “It’s a global party, and gathering different people from different countries is a great chance for me to meet more people,” said Tianshu Li, a business management student.

Each term the Global Connections Club meets three times in varying locations. The location changes based on the room availability at the time of the meetings.

The advisor for the club is Kim Sullivan, international student coordinator. Another contact for the club is Christine Baker who works in international admissions. The student leader for the club is Li.

“I wanted to know more about

American culture and to try something new,” said Li. “It’s a great chance to talk with different people.”

Once a member of the Global Connections Club, you have the opportunity to learn about other cultures

and teach others at the same time.

“Hopefully you will make some new friends too,” said Sullivan.

Since the Global Connections Club got its start in 2014, it has done activities such as a Chinese hot pot demonstration

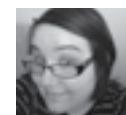
and hikes, and participated in college sponsored events such as College Night. The Global Connections Club has also attended a middle school Cultural Night week.

“This club is a great way to expand your cultural knowledge, and learn about the many cultures of our world,” said Sullivan.

The Global Connections Club will not meet over the summer because members travel back home; however, the club hopes to get back together in the fall. Sullivan hopes for a regular schedule next school year.

“We would love to see more active students,” said Sullivan.

Any student is welcome to come. Contact Sullivan or Baker for further information. Interested individuals will be added to the email list for updated information. ♣



STORY BY
MELISSA CHANDLER
@MJEFFERS

A GLIMPSE INSIDE A LOCAL MOSQUE

Conversation with a local Muslim woman gives insight on Islamic laws

I visited the Salman Alfarisi Islamic Center in Corvallis last Friday afternoon. I have driven by many times, but didn't know it was a mosque. I was surprised by what I found inside.

As people interacted, I noticed a lot of physical contact, whether it was a hug or walking with their arm wrapped around another; the community appeared close-knit and loving.

Upon my arrival, I was directed to the "ladies room" where the women prayed. The entrance to their area was marked as such and was upstairs in a much smaller space than the men's area.

Judy Russell was kind enough to be my host. She was born to an American Christian family, but has practiced Islam for 32 years. She explained that no one has particular status in their mosque, as is typical for the religion, however, she is one of the longest members of this mosque.

Russell started studying Islam when she attended OSU and took a History of the Middle East class. She always believed in God and when she learned of Muhammad, she made a Declaration of Faith to him and Allah.

"Consciously I was not looking for a religion but subconsciously I was." Since her commitment to Islam, she said, "I have learned to put my trust in God, in God's decisions in my life, and I'm learning not to question Him. I don't have to worry about anything. He is in control."

The ladies' space was open, with padded benches that lined the room, and in the center were long Persian-style rugs. They stood on the rugs in a row, shoulder-to-shoulder and foot-to-foot, for ritual prayer requirements. They prayed together and then had the option, Russell explained, for private prayer. "If we want to just sit here and talk to God, we can do that too."

The prayer room seemed like a place someone had just moved into and not yet decorated. I asked Russell why there was no art on the walls.

She said that there are to be no pictures of people or animals on the walls - that would be a sin.

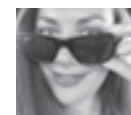
"Creations of the law need not be worshiped or venerated. We don't use the name of God as art because it's not art." However, some forms of calligraphy and geometric designs are allowed.

When I asked why they were praying separate from the men, she gave me an interesting answer. I figured that some of the reason was modesty, but she added that it also limits distraction.

"Women are attracted to men as men are to women, but we're not here to watch the other bend over." Since their ritual prayer involves bowing onto their hands and knees, a butt in the air is in poor taste. She said that it was not because women are secondary - if they had a bigger church they would be allowed to pray behind the men.

We discussed their head cover and dress attire. She explained, which I was not aware of before, that the "hijab" refers to the combination of head scarf, attitude, and other items of clothing combined. She explained that all of her hair and neck must be covered at all times when in public or in the presence of non-Muslim men or women.

"We don't wear it as fashion, we wear it as obedience to Allah." Around Muslim "sisters" as she called the other ladies of the mosque, or with her direct male family such as dad, brother or grandpa, she does not have to wear it. Even though she admits the attire is hot, she said Muslim women don't complain about the discomfort because, "It's not punishment, it's a test. It's part of the obedience [to Allah]."



STORY BY
ALLISON LAMPLUGH
@LUCYLAFLOURE

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The Commuter would like to send out a special thanks to **American Dream** for prize donations.



Congratulations to our raffle prize winners Lin Olson (pictured) and Laurie Freeman. Thank you for your participation!

Media Fights Back



No more body shaming, the media takes a stand

Summer means different things to everyone. To many college students it means kicking back and enjoying the sun, yet for some it means a season of body-shaming and despair, yearning for the perfect beach-ready body.

It's hard to miss the never-ending sea of bikini-body propaganda spreading through the media this time of year. For the anorexic college student, this media only feeds the mental illness.

According to a survey of nearly 200 college students published by *The Nutritional Journal*, 58 percent felt pressure to be a certain weight, and of the 83 percent that dieted for weight loss, only 44 percent were of healthy weight.

The Department of Public Health conducted a study demonstrating that anorexia is the third most common chronic illness among adolescents, and that, when left untreated, eating disorders can lead to permanent physical damage ranging from hair loss to damage to the heart, osteoporosis, and the inability to conceive.

A similar study by The Renfrew Center Foundation for Eating Disorders showed that 20 percent of people suffering from anorexia die prematurely due to the side

effects of the disease, including suicide and heart attacks.

According to the National Association of Anorexia Nervosa and Associated Disorders, eating disorders have the highest mortality rate of any psychiatric disorder, and a suicide rate that is 50 times higher than that of the general population.

Who's to blame? The media, right?

Therese Waterhous, president and owner of Willamette Nutrition Source in Corvallis, gives insight on the matter.

"It is not necessarily the fault of the media that people develop eating disorders. Eating disorders occur due to a complex interplay of genetic predisposition, neurobiology, and environmental factors."

The National Association of Anorexia Nervosa and Associated Disorders (NAANAD) states that nearly 70 percent of adolescent girls claim magazine images influence their ideals of a perfect body. "Pro-anorexia" forum-users post about watching fashion shows and skimming through magazines for "thinspiration."

Although the media is surely no help, it goes a lot deeper than just the glossy pages of a magazine.

That's not to say that the media plays no role in the road to eating disorders.

"If a young woman already hates her body, promoting unrealistic images is only going to uphold the 'thin ideal' and make matters worse," Waterhous said. "College students are often hard on themselves."

The media may not be 100 percent at fault, but in some countries the fashion industry is starting to take a stand.

Just this spring, France put a ban on employing underweight fashion models, guaranteeing modeling agencies and producers who break this law up to six months in prison and an \$82,000 fine.

Agencies now have to produce a medical report showing that their models have maintained a healthy mass-to-height ratio. The law also indicates that any Photoshop alteration of models' bodies would have to be mentioned or that company will be in violation.

So what is considered underweight?

According to the Center of Disease Control and Prevention, a healthy body-mass-index, or BMI, is anywhere from 18 to 24 percent.

What does this mean?

"People who suffer from eating disorders often tend to seek out sports or professions that idealize thinness. Being an underweight long-distance runner, for example, or modeling. Those fields both act as 'safe havens' for the individual, because it's socially acceptable to be underweight in those situations," said Waterhous.

In the same way that agencies used to protect ill models from facing their eating disorders, agencies in France are now able to protect models from feeling like they need to be thinner.

Oliver Veran, a neurologist and legislator who championed the anorexia measure, told the *New York Times*, "It's not just about protecting the models but also teenagers, because this body-image pressure also affects them and contributes to the emergence of eating disorders and tendencies to eat less and less."

Another expert, Marisol Touraine, a health minister of France was quoted, "It's important for fashion models to say that they need to eat well and take care of their health, especially for young women who look to the models as an aesthetic ideal."

Waterhous agrees that France's new law was a good move.

"If these students are seeing more realistic images, they are likely to be less hard on themselves."

Several members of Oregon's own fashion community have strong feelings about the issue. Portland hair and makeup artist Emily Mazour is excited about the new law, and thinks the impact will be significant.

"This bill is reaching so much global awareness that other countries will have no choice but to submit to these standards with or without laws within their countries," said Mazour. "It just makes sense to choose healthy models."

Fashion designer Oscar Lopez, featured as Portland Fashion Week's 2014 Emerging Designer, has been influenced as well.

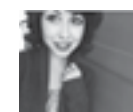
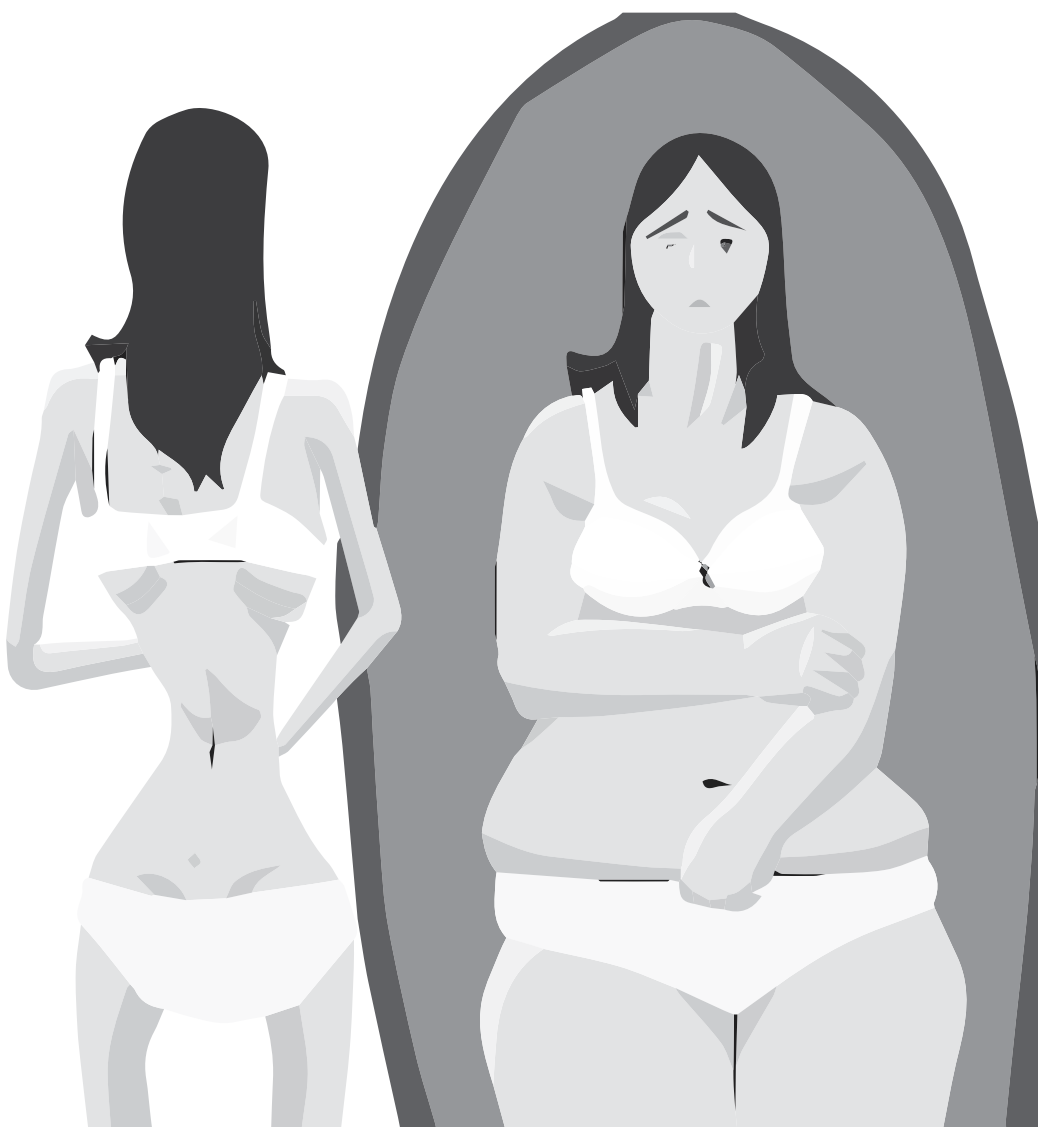
"I don't make size zero samples anymore because that is just not reasonable for a 16-20-year-old nowadays. I want my models to look real, and most of all, I want them to look happy."

There are always two sides to any social legislation. Jeff Wong, attorney by day and fashion photographer by night, looks at the law with an objective eye.

"There are lots of aspects with living where laws have been enacted to protect people from themselves. We used to ban alcoholic beverages, and you can't buy opiates without a prescription. You can't ride a motorcycle without a helmet in most states. There are always two sides with social legislation. It's always controversial. Eating disorders unfortunately affect minors who aren't allowed to make a lot of their decisions."

Although underweight models are still appearing in magazines across the globe, more and more companies are deciding to substitute "normal" looking models for the ultra thin. The research by Kai-Yu Wang, a marketing professor at Brock's Goodman School of Business, shows that fashion brands can do this without impacting either the model's attractiveness rating or the product evaluation.

The media is there to entertain and, yes, sell things. Don't cringe at the thought of having to put on that swimsuit this summer. Let go of impossible ideals, celebrate uniqueness, and enjoy the sun-kissed days ahead. ♡



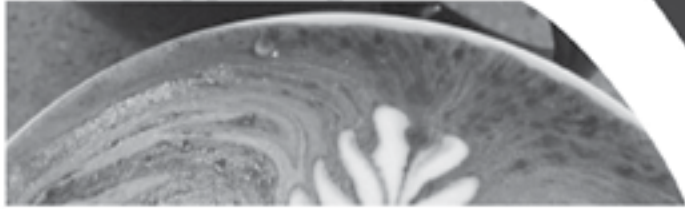
STORY BY
KATHERINE MILES
@KATEMARIEMILES

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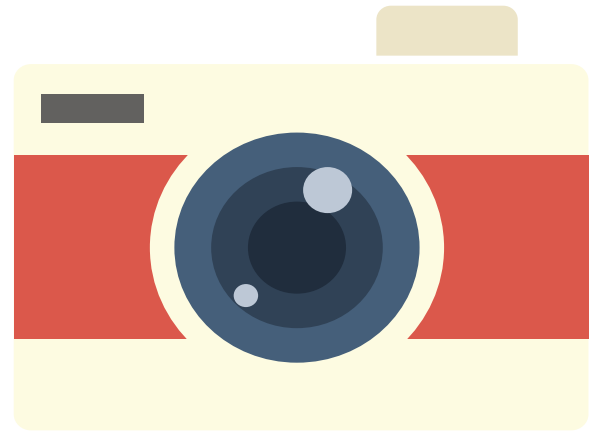
Block 15



Thank you for your participation!

You've spoken and we've heard! Best in their class, these are your Best of the Willamette Valley 2015!

PHOTOJOURNALISM



Photojournalism taught at LBCC gives students the chance to learn how to compose, edit, and caption digital photos. The class focuses on taking photographs around campus, capturing student life and activities, and presenting them in class to tell a story. Showcased are Editors' picks for this week.

Jonny Esqeda (left), Christian Flores and Eduardo Arevalo (right) are warming up for their soccer game on LBCC campus on Thursday, May 21.



Group of riders come into the final corner before the finish at the Albany MX race track.

PHOTO: TREVER COOLEY



PHOTO: MARWAH ALZABIDI



A&W bear high-fiving with a kid before the race. He was quite the attraction for the youngsters.

PHOTO: HEATHER POLLEY

The Oregon State Beavers baseball team huddles up just prior to their game against in state rivals, The Oregon Ducks, on Tuesday, May 19, at Goss Stadium. The Ducks took this non-league match up 3-2 in 11 innings.



PHOTO: JAKE STEVENS

Christian Flores is showing off his soccer skills on a sunny day at LBCC courtyard before they start the game for a soccer class on Thursday, May 21.



PHOTO: MARWAH ALZABIDI



Loren Connet, an OSU student, balances on a slack line at the 29th Street park in Corvallis.

PHOTO: TOBY PRESCOTT



PHOTO: BRIAN HAUSTTER

Tyler Franklin focused to sink the putt.



PHOTO: TREVER COOLEY

Alyas Wardius wheelies through the whoops at Albany MX on May 20.

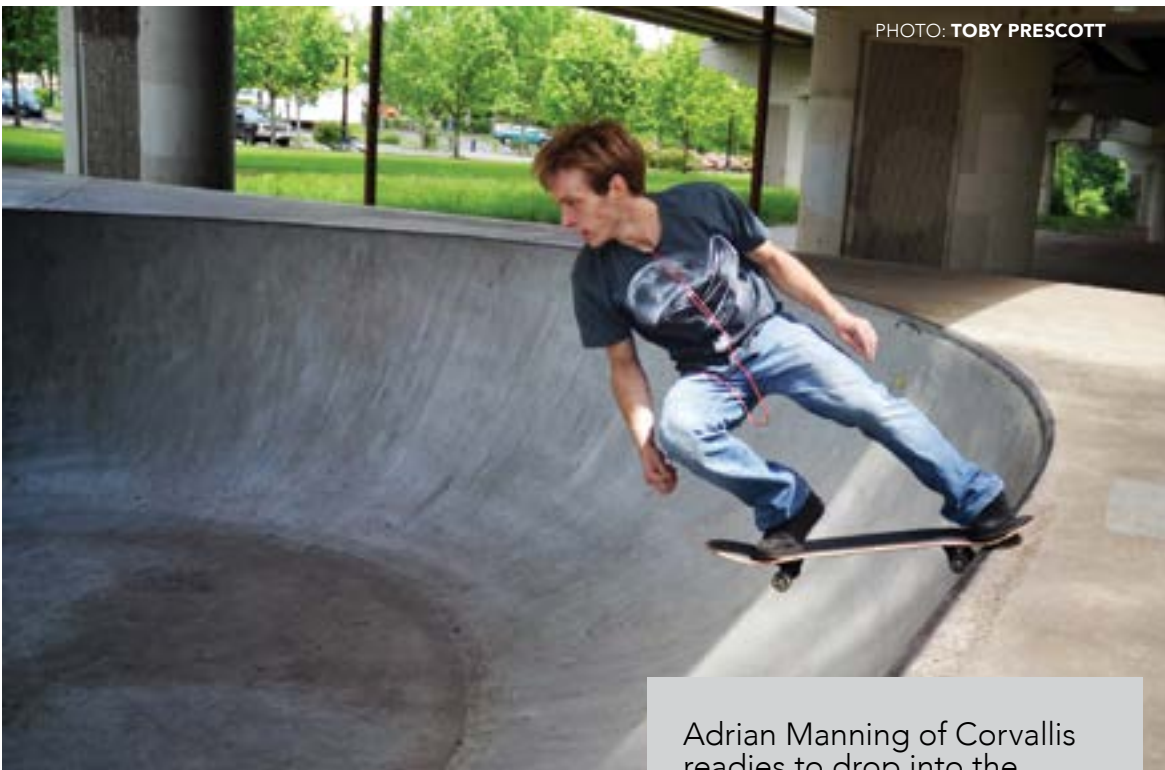


PHOTO: TOBY PRESCOTT

Adrian Manning of Corvallis readies to drop into the bowl at the skate park in downtown Corvallis.

Landon Prescott focuses on keeping his feet on the 2-inch slack line as he walks across.



PHOTO: TOBY PRESCOTT

Samuel Robinson lines up the shot at the tee.



PHOTO: JUSTIN WILLIAMS

Students enjoy a sunny day off at Chintimini Park in Corvallis.



PHOTO: SCOTT VELDMAN

ARTS & ENTERTAINMENT



Ex Machina

DIRECTOR: Alex Garland
STARRING: Domhnall Gleeson, Oscar Isaac, Sonoya Mizuno
PRODUCTION: DNA Films, Film4
GENRE: Sci-Fi, Drama, Thriller
RATED: R
OVERALL RATING: ★★★★★

REVIEW BY **KYLE BRAUN-SHIRLEY**

Prepare for a movie that asks the age-old question, “Do androids dream of electric sheep?” but don’t expect an answer.

“Ex Machina” is a recently released science fiction film directed by Alex Garland, starring Domhnall Gleeson, Oscar Isaac, and Sonoya Mizuno. The film presents gorgeous visuals, a smart script, and solid performances from the lead actors. However, the movie stumbles in the final act with an ending that doesn’t fit the rest of the film.

Alex Garland is mainly known for his writing prowess, having written for films such as “Sunshine” and “Never Let Me Go” in the past. His writing ability is on full display in “Ex Machina.” The dialogue is the best part of the movie. Even though “Ex Machina” marks Garland’s first time behind the camera, he already demonstrates a great eye for directing.

The plot follows Caleb (Gleeson), a programmer

who works for Bluebook, the world’s most popular search engine. Caleb is chosen to visit the CEO of Bluebook, Nathan (Isaac), at his secluded house in the mountains. Nathan reveals to Caleb that he has created artificial intelligence in the form of an android named Ava (Mizuno), and he wants Caleb to be the human participant in a Turing test.

The Turing test was designed to determine a machine’s ability to exhibit intelligent behavior equivalent to, or indistinguishable from, that of a human. This test forms the premise of the movie, as Caleb spends a week at Nathan’s residence attempting to determine if Ava has consciousness.

Science fiction is a powerful genre because it takes the audience away from the dimensions of the real world and into dimensions not defined by reality. What makes sci-fi timeless are the universal themes and thought provoking questions it conveys. “Ex Machina” is a good

sci-fi movie.

It is anchored by a well-written script that, similar to films like “Blade Runner” and “Ghost in the Shell” before it, asks the audience to think deeper about humanity and technology. It’s subtle and beautiful. The script, tone, and performances from the lead actors come together to build tension and suspense that amounts to a solid sci-fi thriller.

The movie takes a turn for the worst in the final act, as it develops into a violent body horror type of movie. What is ultimately so disappointing about this film is that it starts off very cerebral and subtle and completely squanders all of that for an ending that would have been better suited for a David Cronenberg film. Considering how dependent “Ex Machina” is on dialogue early on, the violent nature of the ending doesn’t work.

“Ex Machina” was on track to be a classic. Instead, its ending derailed it before it reached the station. 📍



COURTESY: **HBO**

Kurt Cobain: Montage of Heck

DIRECTOR: Brett Morgen
EXECUTIVE PRODUCERS: Frances Cobain, Debra Eisenstadt, Sheila Nevins, Sara Bernstein, Dave Morrison
PRODUCTION: Brett Morgen, Danielle Renfrew
MUSIC COMPOSED BY: Kurt Cobain, Nirvana, Jeff Danna
RATED: TV-MA
OVERALL RATING: ⚡⚡⚡⚡⚡

REVIEW BY **CHRISTOPHER TROTCHIE**

“Kurt Cobain: Montage of Heck,” the newest inside story of Nirvana’s frontman Kurt Cobain, could be described as gripping, relevant or wicked.

By the end of the 149-minute unraveling of a human, a queasiness had washed over me like the late stages of influenza. The best emotion to describe the film would be disappointment.

Not disappointment as in “God, they could have done better with this film.” It was more like there wasn’t anything I could do to stop the truck from running over a puppy.

Paralyzed by the imagery flashing on the screen, I sat and watched in disbelief as Kurt’s life spun out of control.

This “authorized” documentary didn’t shy away from Kurt’s darker side; nor did it glorify him as a blessed leader of a generation. Instead, the film attempted to clarify the emotional struggles that plagued Kurt from his early years until his death in 1994.

Brett Morgan’s directorial approach to the making of “Kurt Cobain: Montage of Heck” took a long look at what was at the very center of the ’90s fire-breathing

musical monster known as Nirvana.

In order to navigate to the center of Kurt Cobain, Morgan interviewed family members, friends, Nirvana bass player Krist Novoselic, and Cobain’s widow Courtney Love. He also accessed a whole montage of other sources. Those sources included family videos of Kurt’s childhood. In addition, words from Kurt’s personal journals add a haunting authenticity to the film.

Incorporation of multimedia transitioned the tempo of the film smoothly. Cartoon animations and digital illustrations, reminiscent of the band’s 1992 “Insecticide” album, kept my eyes glued to the screen as I waited to see what was coming next. The visual appearance of the film felt Nirvana-esque.

Showcasing what it might have been like to see the world from Kurt’s eyes, this film left nothing off the table. From tales of first sexual contact to disgruntled ex-girlfriends, Morgan seems to have done his homework to construct a clear depiction of the many events that made Kurt who he was, and perhaps a glimpse into what caused his death.

Watching the progression of Kurt’s life, from a bouncing baby to a troubled teen and finally a drug-dependent father, made it clear to viewers that in all of his unappreciated glory, Kurt was just like his multitudes of followers: sensitive to a fault, emotionally damaged, and a target at which the media slung their stones.

Regardless of where you stand on the music of Nirvana, “Montage of Heck” is a clear view of how powerful the pressures of life can feel at any given time. The film also serves as an inside look at heroin addiction and the impacts that addictions have on families and friends.

Watchers be warned: the intimate look at Kurt’s relationship with his then-infant daughter, Frances Bean, might be more than you can bear to watch. But the hope that shines through his drug-induced daze could only be described as love.

I couldn’t help but wonder if Kurt’s death could be attributed to his own critical nature combined with an attempt to protect his daughter from the “dangers” of his fathering. 📍



COURTESY: NINTENDO

VIDEO GAME REVIEW:

Pokémon Shuffle

PUBLISHER: Nintendo/ The Pokémon Company
DEVELOPER: Genius Sonority
PLATFORM: 3DS eShop
GENRE: Puzzle
ESRB RATING: E
OVERALL RATING: ★★★★★

REVIEW BY **STEVEN PRYOR**

Puzzle-based spin off games have always been fun diversions for the Pokémon series.

Notable ones include the Nintendo 64 game “Pokémon Puzzle League,” based on the classic “Tetris Attack;” which in turn was based on the Japanese “Panel de Pon.” There is also the Nintendo DS “Pokémon Trozei,” a “Bejeweled” clone of sorts where Pokémon heads are swapped instead of jewels. Now, they are joined by the 3DS eShop title “Pokémon Shuffle.”

The “freemium” model has been a divisive one for gaming. Essentially, it involves giving you a set number of time and items to play for free, with you paying for more if you desire. This game has managed to make it

work by being generous with free items and playtime via the 3DS Streetpass and Spotpass features. When you meet other players via the streetpass function, you can easily gain more ways to play.

The gameplay echoes the likes of “Bejeweled,” and adds the match three mechanics to a surprisingly fun method of battling and capturing Pokémon. The result is a game that’s not too tough for casual players and also not too easy for hardcore ones.

While the graphics and sound are minimalist at best, they are colorful and bouncy, as befitting the franchise. It has quite possibly the most cheerful “game over” music ever heard in a video game.

Yet, the main draw of the game is arguably its biggest flaw: the freemium model. Depending on your play style, it might be difficult to spend actual money to get in-game currency and items needed to excel on later stages. While not everyone minds this, the freemium model in itself has been highly divisive among gamers for being a sort of double-edged sword for the more well off.

Be that as it may, “Pokémon Shuffle” is definitely an entertaining game regardless of what you might think of its business model. It’s definitely worth downloading if you own a 3DS. ♡

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SSH GALLERY RECEPTION

Graphic design students showcase works in the SSH gallery

South Santiam Hall is currently featuring a gallery of art by LBCC’s graphic design students. The items on display are selections from the students’ portfolios and presented for the public’s viewing.

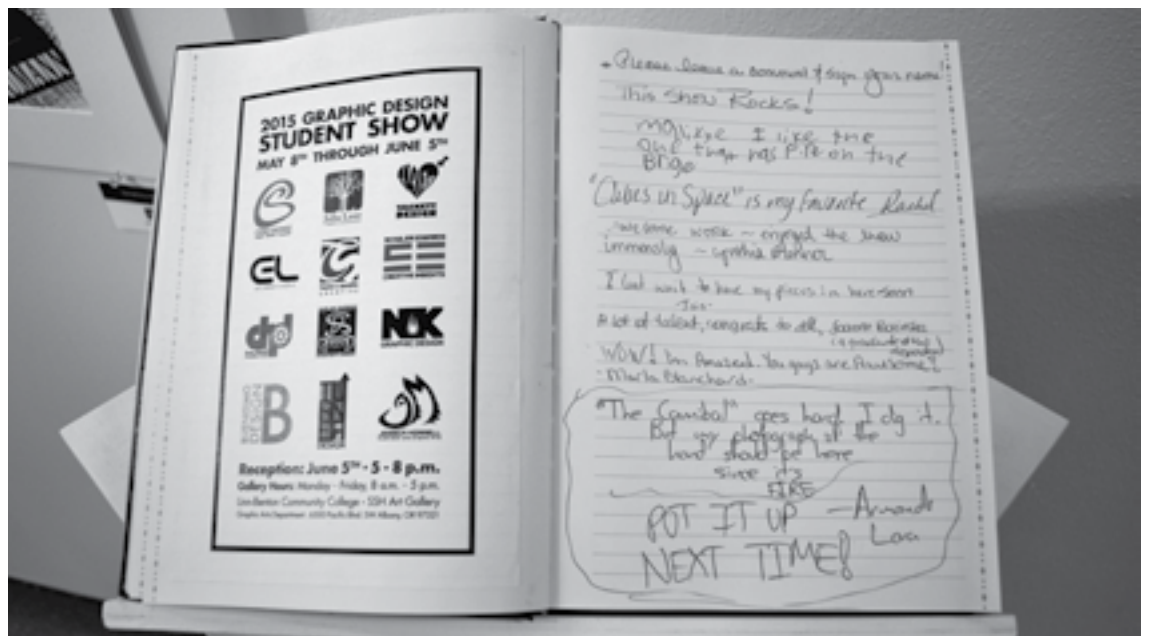
The recent trouble with the graphic design program and its accreditation has not had any adverse affect on the preparation or presentation of the show. The show has proceeded and will operate as it has in prior years.

The artwork featured includes a variety of artistic and professional pieces including: design publications, logo designs, packaging, textile and pattern designs, illustrations, motion graphics, and digital photography.

The show runs until Friday, June 5, when a reception will be held for the gallery from 5 to 8 p.m. The reception has been organized and will be hosted by Frossene King, the current gallery coordinator for LBCC. None of the work is for sale and there are no prizes awarded, but local companies and friends and family are welcome to attend and meet with the students to discuss their work. The event will also include free refreshments. ♡



STORY AND PHOTO BY
 MATHEW BROCK
 @MATHEWQBROCK



Linn-Benton Community College Performing Arts Department presents

Attend James Reddan's last concert at LBCC!

Singing from the Heart

First 25 LBCC students FREE with ID

June 4, 2015 • 7:30 p.m.

A Spring Choral Extravaganza Featuring

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- Concert Choir
- Blue Light Special
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James M. Reddan, conductor
 Penny Bazanele, accompanist

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SINGING from the HEART

James Reddan takes final LB curtain call

On Thursday, June 4, LBCC's award-winning choirs will be performing in their spring concert "Singing From the Heart."

This will be Choral Activities Director James Reddan's final concert at LBCC before leaving to teach at Frostburg State University in Frostburg, Md.

"The theme of the concert is singing from the heart, and that's really what singing and music are supposed to be about. If it doesn't have heart in it, it doesn't have any life," said Reddan.

The respective choirs have been practicing for the show all term. According to Reddan, this performance includes some of the most difficult music that LBCC students have yet performed.

"The sets that the choirs are singing are intended to challenge them. Both in technique and in style, as well as emotionally," said Reddan. "Each term we raise the standard."

The concert will feature several musical pieces and will vary across the choral repertoire. Some of these works include: "How Can I Keep from Singing," "J'entends le Moulin," "It Takes a Village," "Alleluia," "Wade in

the Water," "In the Gloaming," "Earth Song," and more.

The show will also feature two student conductors: Nicholas Leonard, who will be conducting "Deep River" with the Concert Choir; and Kaeleb Murray, who will conduct "A Boy and a Girl" with the Chamber Choir.

LBCC's vocal a cappella ensembles will also be presenting a wide variety of popular favorites including "Rude," "Uptown Funk," "Lose Yourself/Skyfall," and "Cosmic Love;" the combined a cappella ensembles will be performing "Dark Horse."

Tickets are \$10 general admission, \$7 for students, seniors and veterans, and \$5 for anyone under 18. You can purchase tickets online at the Russell Tripp Theatre page of the LBCC website, at the Russell Tripp Performance Center box office itself at 1 to 4 p.m. the week of the performance, by phone at 541-917-4531, or one hour prior to the performance. ♡



STORY AND PHOTOS BY
MATHEW BROCK
@MATHEWBROCK



JAMES REDDAN Q&A

James Reddan reflects on his time at Linn-Benton

Q: How do you feel about the time you spent teaching at LBCC?

A: I feel really good about the time I've spent at LBCC; it's been an amazing seven years. It's been great to be a part of the college as it's grown, and it's gone through a lot of changes since I've been here. The music department has gone through a lot of changes since I've been here. Just to see the department be an important facet of the college and to be an active and vital member of this community has made things very enjoyable.

Q: What has changed from when you first started?

A: When I came in seven years ago, I didn't get to see the college very much prior to being hired. I saw it during my interview and a little bit during the summer. I really didn't get to experience much until I got here. I was made aware they wanted to see changes made to the music program. My goal was to make it a viable program, one where we pursue excellence in all that we do. Not for my sake or the college's sake, but for the students' sake, first and foremost.

Q: What would you consider some of your top accomplishments from your time at LBCC?

A: My biggest accomplishment was being able to see students be able to transfer and pursue whatever it is they want to do with their music education. That was the whole goal. Making this a program that is known for its rigor and its pursuit of excellence, where students from all musical backgrounds and all walks of life could come in and get a well rounded music education.

Q: What have you taken away from LBCC that will help you later on in your career?

A: My interactions with the students. My experiences creating and maintaining partnerships with the community, local schools and four-year universities, especially the degree partnership programs and fifth-year programs with local high schools, and refining curriculums so education stays relevant and rigorous, but still fun.

Q: What in particular will you miss about teaching at LBCC?

A: I'll miss the students, my colleagues and a lot of the friends and relationships I've made here. It's a wonderful school and a wonderful community. It's not an easy one to leave, but there comes a point when it's time.

Q: How do you think LBCC's music program will progress without you?

A: They are working on the process now for my replacement, and I think with the pool of candidates they have to draw from they are going to find a good candidate to take what we have developed and be able to roll with it and continue shaping it with their own mark. It's ready for someone to take and make it their own.

Q: What are you looking forward to in moving back to the East Coast?

A: I'm originally from back east, and being closer to my family is definitely something I am looking forward to. New friends, new colleagues, new relationships. Continuing to work towards excellence, but now at a four-year university teaching upper division classes. Being able to expand my teaching experience and broadening my career goals when it comes to teaching and research.



INTERVIEW AND PHOTO BY
MATHEW BROCK
@MATHEWBROCK

CREATIVE CORNER

"The Thrill is an echo"

Even in the afterlife the grooves of your vinyl will resonate
 They will fill the halls, bars and homes of music lovers forever
 Your legacy will continue to inspire artists and listeners till the end of time.
 You will live through those whom found inspiration in the blues you had part in
 Our radios will be on Bluesville as you sip on "one scotch one bourbon one beer"
 With fellow legends in the sky as you sit on your bar stool in the sky.
 We reminisce warm memories of Lucille and the king in the theater
 You recall a life so full no book could ever cover it in a single volume

Long live the king.
 R.I.P Riley B. King

By Kent Elliott

"Critical Weakness"

Am I okay?
 My whole world has narrowed
 to a point.
 This staggering behemoth that
 blocks my path.
 I could keep putting it off, but
 doing that
 is what's ruined my life so far to
 begin with.
 Rationally I believe that the best
 way out is through.

But it's terrifying to even turn to
 face it
 let alone take a step forward
 toward engaging it.
 I am stuck and in pain and I just
 want to run away.
 I still haven't figured out how
 other people do it
 so easily.

By Nathan Tav Knight

Hear, feel, see, and love

Can you hear it?
 Can you feel it?
 do you see
 what your
 doing?
 Can you tell the way
 You hold me when I'm down
 But do you honestly see
 what your
 doing

to me?
 So if I told you I loved you?
 So if I showed you i loved you?
 would you see me?
 So in the end I
 just thought
 to tell
 you,
 I love you.

By Michelle Soutar

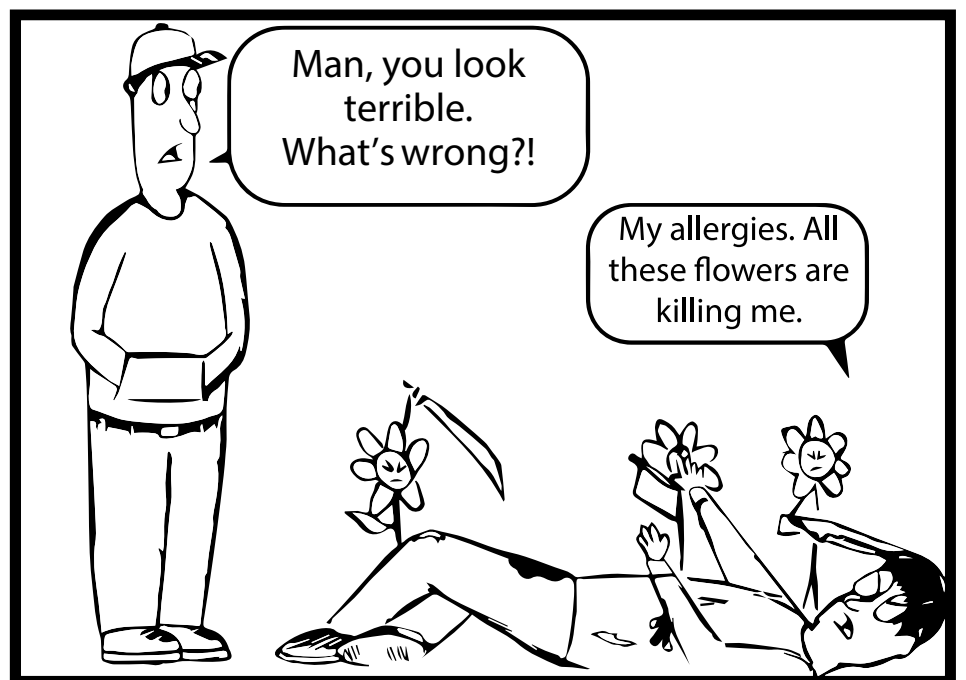
Submit your poetry to The
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 drop by the office in Forum 222.
 Join the Poetry Club
 Tuesdays in the
 DAC, 3-4pm.

CHARACTER CREATION:
 HANNAH CHAMBERS

"JK"



CREATED BY
 CAMERON REED



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9am-6pm

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DON'T FORGET TO RETURN YOUR RENTALS!

ROADRUNNERS EARN POSTSEASON AWARDS

Baseball players selected onto the All-Region team

After a successful season on the field, players from the Linn-Benton baseball team received awards from NWAC for their exceptional play on the field. Each year the NWAC gives out their All-Region and Gold Glove awards.

This season, four RoadRunners were nominated for the All-Region teams.

Emilio Alcantar and Jacob Musial were selected to the first team in the region. Alcantar was selected as one of the outfielders and Musial as the designated hitter.

For the season, Alcantar led the RoadRunners in batting average at .327. He totaled eight RBIs for the year and five extra base hits.

Musial played both in the field and

pitched for the RoadRunners this season. For the season, Musial had a batting average of .279, with two home runs, and 20 RBIs. On the mound, he had a record of 5-5 with a 3.81 ERA.

"It was an honor to get picked for first team outfielder in our conference, especially with all the other talented outfielders we had in conference this year," said Alcantar. "I have to give credit to my teammates for pushing me every day in practice, and the core group of outfielders we had bringing the best out of me everyday on the ball field, so I'm grateful for them."

Linn-Benton had two players awarded to second team All-Region as well: third baseman Trevin Stephens and utility

player Austin Kelly.

Stephens hit .273 for the season with 20 RBIs. He also hit a walk-off homerun in Linn-Benton's last home series, which helped the RoadRunners clinch a spot in the NWAC playoffs.

Kelly played at first base and as a starting pitcher. For the season, he had a batting average of .268 and led the team with 25 RBIs. On the mound, he boasted a 3-6 record with a 3.76 ERA, and struck out 54 batters.

"The award means a lot to me," said Stephens. "I'm just grateful that I had the opportunity to play baseball this year and be awarded second team."

The nominations for the RoadRunners did not stop at first and second team.

Catcher Tyger Liner and center-fielder Henry Rondeau were selected for the Gold Glove team. Receiving a Gold Glove means you were the best defensive player at that position.

The RoadRunners not only succeeded as a whole this season with qualifying for the NWAC tournament, but having four players selected to All-Region shows the type of players on the LB team. ♡



STORY BY
CALEB CLEARMAN
@CLEAR_MAN10

LBCC STUDENT RECRUITED TO PLAY BALL

Trever Cooley signs with Multnomah University

LBCC basketball player and current student Trever Cooley, after taking considerations from multiple schools, has finally made his decision on where to play ball.

Cooley announced Friday, May 22 that he will be attending Multnomah University in Portland in the fall to resume his collegiate basketball career at a four-year college.

"I made the decision to go to MU because of the opportunities they are able to give me," said Cooley. "They offered me a full-ride, and their playing style fits my game very well. MU also has ties to professional basketball in the states and overseas, which would give me a chance to live out my dream—being a professional."

The Multnomah University Lions'

Head Coach Curt Bickley was pleased with Cooley's decision, stating, "Trever gives us a proven scorer that can nail shots from the outside, plus he has already had two years of experience at a high level. I expect leadership and scoring from Trever. I am very excited about his signing, and he is a great fit for how we run our program."

Cooley will be tested at the next level

and will get a chance to play against some very stiff competition. He humbly accepts this challenge and is more motivated than ever to continue doing what he loves and getting a good education in the process. ♡



STORY BY
COOPER PAWSON
@COOPERPAWSON

TRAVEL THE WORLD
RIGHT FROM YOUR HOME

The English Language & Culture Institute (ELCI) on the LBCC campus hosts about 50 students each session from Japan, Korea, Mongolia, China, and Saudi Arabia.

Some of our students have asked about living with an American family so that they can learn English more quickly and also learn about the customs and lifestyles of Americans. If you and your family have an extra bedroom and would like to share your family experiences with an international student, please contact us at:

WE PAY \$510/mo.
For every student you host.
Every household may host up to 2 (two) students at once.

541-918-8800
elci
www.elci.us



COURTESY:
TREVER COOLEY



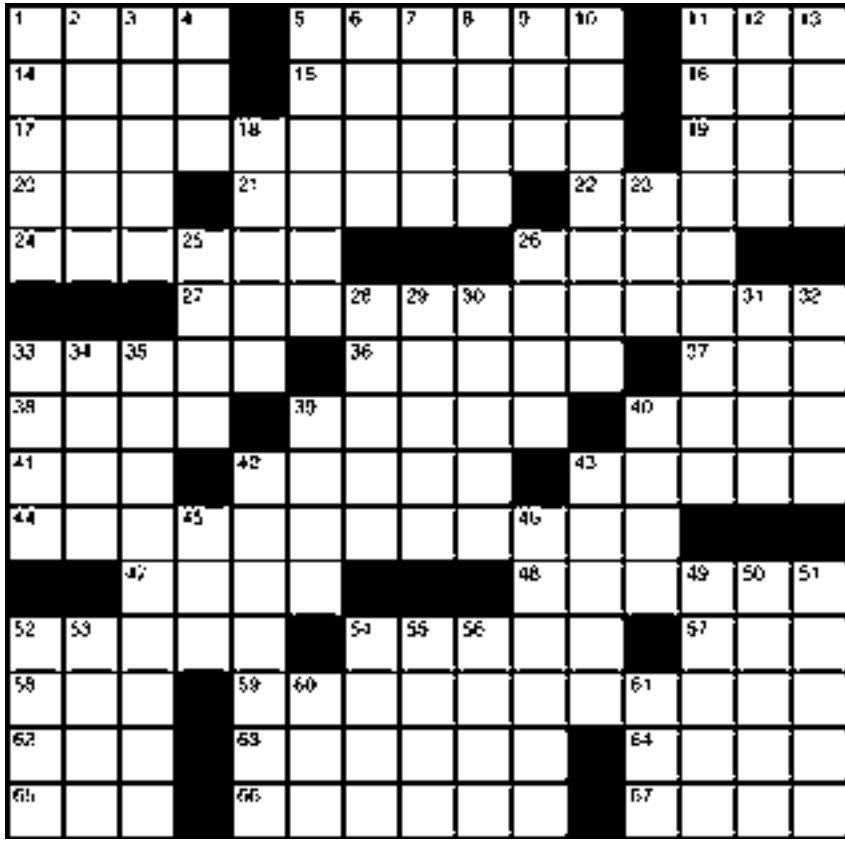
DID YOU KNOW?

An ostrich's brain is smaller than its eye.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 59-Across role in 27-Across
 - 5 Yenta
 - 11 Sneaky chuckle
 - 14 Fish found in a film
 - 15 Finger-shaped dessert
 - 16 ___ pro nobis
 - 17 1978 film co-written by 59-Across
 - 19 Ross musical, with "The"
 - 20 Reached, as goals
 - 21 Zapped
 - 22 Sly
 - 24 Server's warning
 - 26 1997 Home Run Derby winner Martinez
 - 27 1984 film co-written and co-starring 59-Across
 - 33 "___ la vista, baby!"
 - 36 Stout sleuth, in more ways than one
 - 37 Drench
 - 38 Pacers, e.g.
 - 39 "That's enough!"
 - 40 "Smiling, petite ball of fire," to Philbin
 - 41 Not paleo-
 - 42 Arrive
 - 43 Assuages to the max
 - 44 1993 film co-written and directed by 59-Across
 - 47 Skye slope
 - 48 Medicinal syrup
 - 52 Pastoral poems
 - 54 5th Dimension vocalist Marilyn
 - 57 Horseplayer's hangout, for short
 - 58 Turkey
 - 59 This puzzle's honoree (1944-2014)
 - 62 Funny Philips
 - 63 "Lost" actress de Ravin
 - 64 Fade
 - 65 GI's address
 - 66 Bulletin board admins



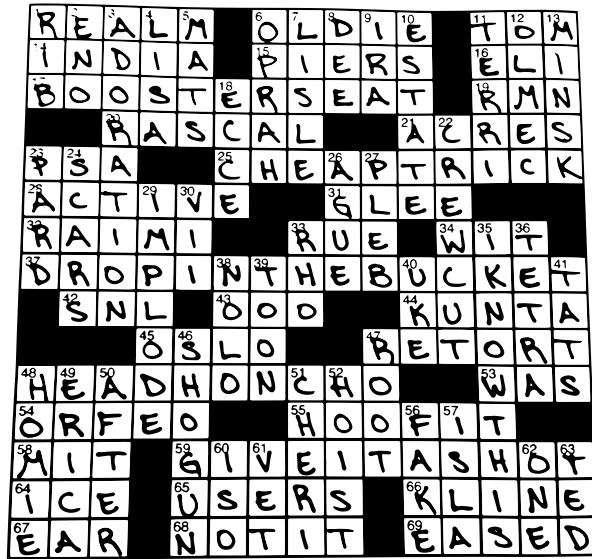
By Stu Ockman

6/3/15

67 59-Across was its original head writer

The Commuter has solutions

- DOWN**
- 1 As a friend, to Fifi
 - 2 "The Balcony" playwright
 - 3 Neglects to mention
 - 4 2-Down, par exemple
 - 5 Italian dessert
 - 6 Protest singer Phil
 - 7 Gin fizz fruit
 - 8 King Faisal's brother
 - 9 "___ for Innocent": Grafton novel
 - 10 On the nose
 - 11 "Sup?"
 - 12 Scary-sounding lake
 - 13 Not clear
 - 18 Don Ho "Yo"
 - 23 Aardvark snack
 - 25 5'10" and 6'3": Abbr.
 - 26 Titmouse topper, perhaps
 - 28 Mown strip
 - 29 "Pagliacci" clown
 - 30 Showy jewelry
 - 31 Clue weapon



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4/17/14

- 32 Cruise ship conveniences
- 33 Chill out
- 34 AMA member?: Abbr.
- 35 "Ruh-roh!" pooch
- 39 Give up
- 40 Comedic Martha
- 42 Grinds in anger, maybe
- 43 Flavor
- 45 Modern address
- 46 Some are light-emitting
- 49 "Cathy," for one
- 50 Skewed
- 51 "The Amazing Race" network
- 52 Flash, perhaps
- 53 Get rid of
- 54 3-D images
- 55 USAF Academy home
- 56 Swindle, in slang
- 60 March girl
- 61 Baby-viewing responses



Legend of Dungeon:

"A simple and incredibly random dungeon crawler. Amass an arsenal of zany weapons, barf rainbows after drinking strange potions, and collect an array of stylish hats."



DID YOU KNOW?

Every clock in the movie "Pulp Fiction" is set to 4:20.

THE COMMONS Cafeteria

... MENU ...
6/3-6/9

Wednesday: Black Box day, a mystery cook test that serves as a part of the students final.

Thursday: Braised Chicken, Baked Stuffed Snapper, Tempura Vegetables. Soups: Lentil Bacon*, and Dilled Potato Chowder.

Friday: Chef's Choice

Monday: Chef's Choice

Tuesday: Chef's Choice

Wednesday: Chef's Choice

The Commons will be closed Thursday 6/11 and Friday 6/12 of Finals week for cleaning.

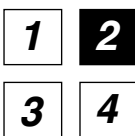
Items denoted with a * are gluten-free

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

SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level:



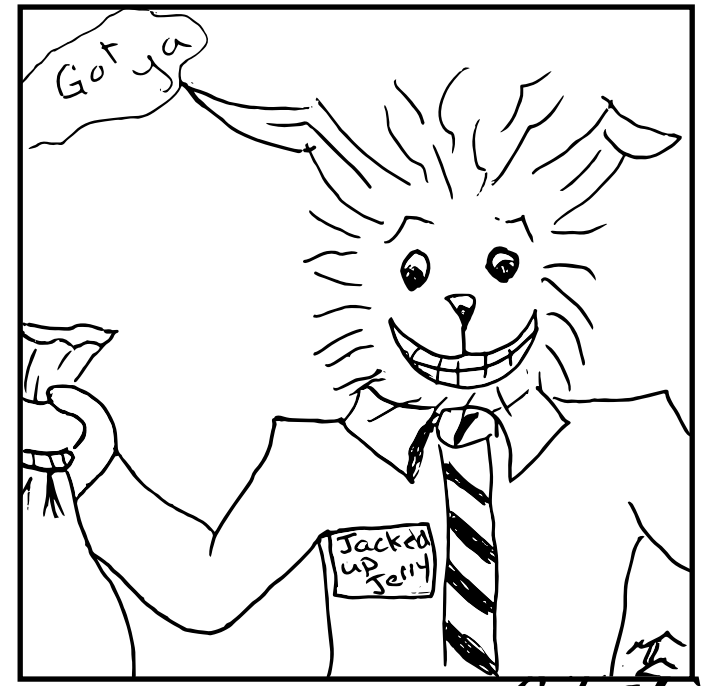
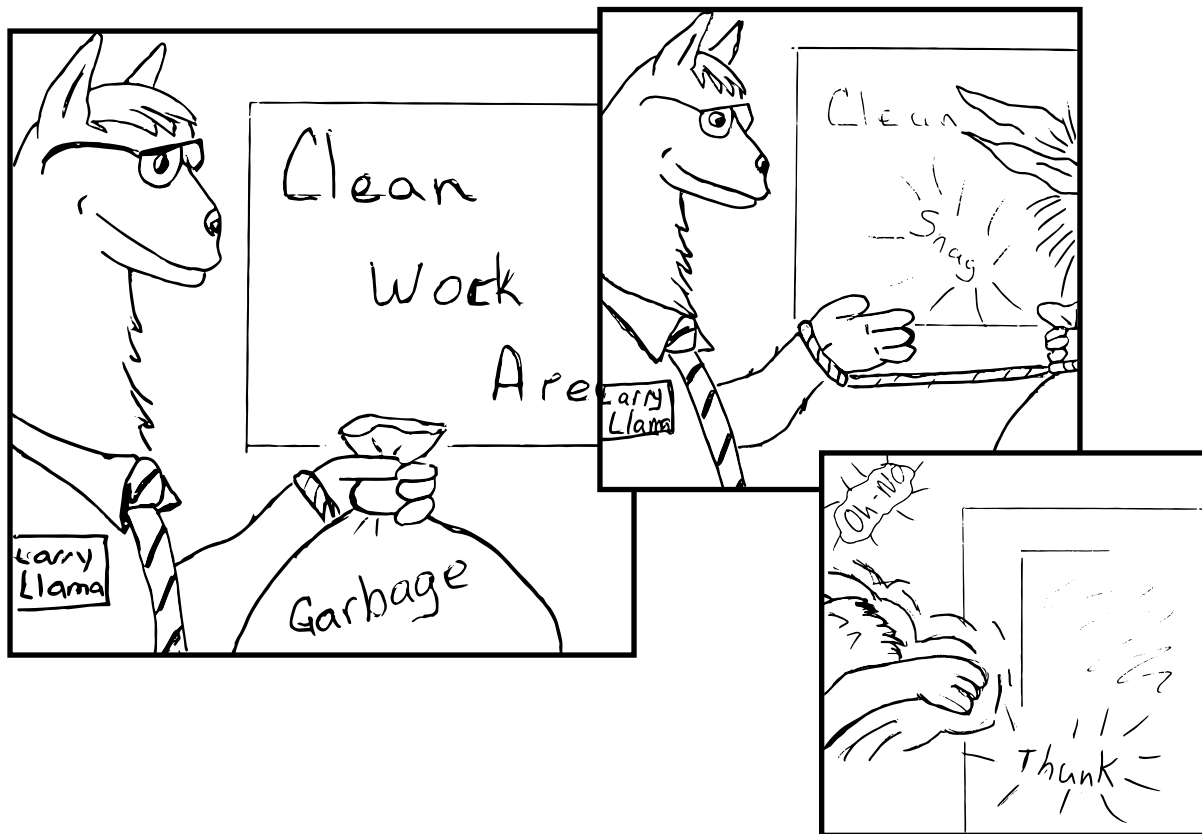
SOLUTION TO LAST EDITION'S PUZZLE

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

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

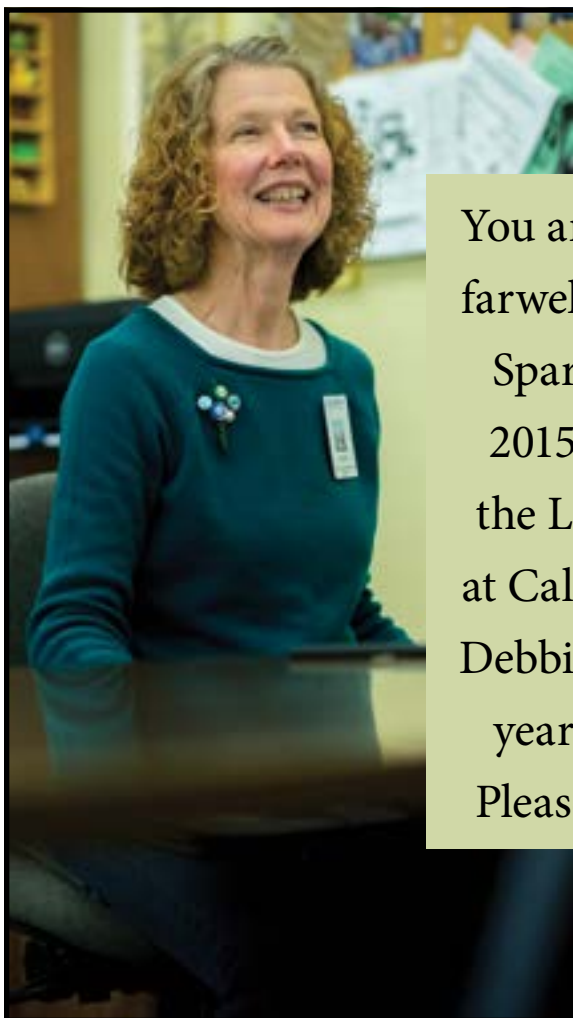
3				9	5			
			4	2				
	4		9		2			
7	9			1				2
				6				
1			2				7	3
		9		1		6		
			9					
4	8		2					5

Work-o-holics Wars



STUDENT COMIC: GARY "CHILI" CHILEOTT II

Chili ?



You are cordially invited to a farwell reception for Debbie Sparks on Friday, June 5, 2015 from 2-3:30 p.m. in the LBCC Fireside Lounge at Calapooia Center CC-211 Debbie is retiring after 17.49 years of service to LBCC Please come wish her well!

Retirement Party for Janeen Phillips

Join us in celebrating Janeen's new adventures on the road. Retiring happy, wild and free...riding around in her very own RV.

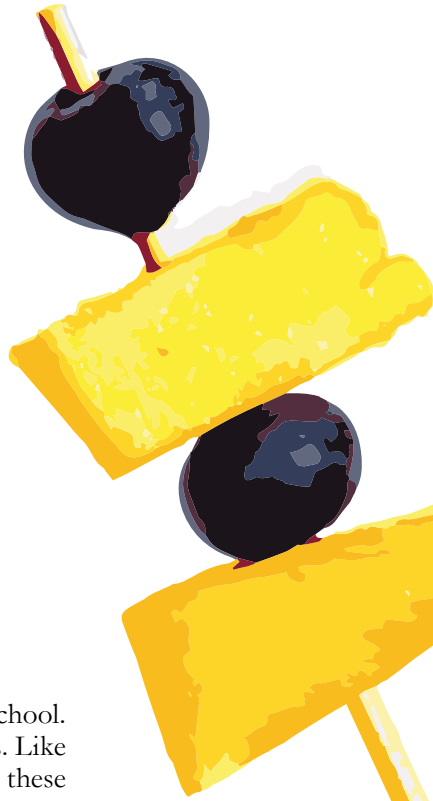
Wednesday, June 10th, 2015
11am-1pm
T-119
Cake & Beverages Provided



*Ain't no sunshine when she's gone
 Only darkness every day
 Ain't no sunshine when she's gone
 And this house just ain't no home
 Anytime she goes away*



SMOOTHIE PALOOZA



Peach Pie

- 1 cup peaches
- 2 cups ice
- ¼ cup sugar
- 1 teaspoon cinnamon
- 2 teaspoons nutmeg
- ½ teaspoon cloves
- 1 teaspoon vanilla
- 2-3 cups whole milk

Refreshing recipes are a few ingredients away

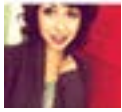
For some LBCC students, summer means taking a few months off from school. Homework might not be weighing you down, but that's not to say nothing else is. Like any other time of year, there are many things to keep busy with, only in summer these activities take place in 90-degree weather.

When coming inside from a run, working in the yard, or chasing after little kids, there's nothing more refreshing than a fruit-filled icy treat to help a person reboot.

Stay cool this summer with these three nutrient-laden smoothie recipes:

Instructions:

1. Put all ingredients in the blender.
2. Cover tightly with lid.
3. Blend until smooth.
4. Garnish with whipped cream, almonds, or shaved chocolate for a fun twist!



RECIPES BY
KATHERINE MILES
@KATEMARIEMILES

Healthy Triple Berry Blend

- 2 cups frozen berries
- 1 cup ice
- ½ teaspoon cloves
- 1 teaspoon vanilla
- 2-3 cups coconut milk




Strawberry Creamsicle

- 2-3 cups ice
- 1 cup fresh strawberries
- ½ can frozen orange concentrate
- 1/3 cup sugar
- 1 teaspoon vanilla
- 2-3 cups milk



WANTED





OSAA Soccer & Volleyball REFS

All Refs PAID

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

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

Take a Stress Break with Welcome Waggers!



Thursday, June 4th
10:00-12:00 in the DAC

