

Oregon raises minimum wage

Incremental increases to begin July 1

By **Chloe Stewart**
News Contributor

This summer marks the beginning of a six-year plan to increase the minimum wage in the state of Oregon approved by the state House of Representatives and Senate earlier

this year.

In order to implement this increase, the state of Oregon has been divided into three categories according to location, population and other factors. All of the categories share the same starting point—the current state minimum wage of \$9.25—but will have different end wages. The three categories are the Portland urban growth boundary, the

base or “valley” category, which includes Corvallis and non-urban communities. The final minimum wage for each zone will be \$14.75, \$13.50 and \$12.50 respectively by the year 2022.

The first step in this series of increases will be on July 1, taking the minimum wage from \$9.25 to \$9.50 in non-urban communities and \$9.75 in the base and Portland urban

growth boundary categories.

According to Representative Susan McLain, this action was a long time coming. Bills to increase the state minimum wage have been proposed, discussed and ultimately rejected in the past few years. Finally, this bill was approved earlier this year and Governor Kate Brown approved and signed it

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JOSHUA LUCAS | THE DAILY BAROMETER

The Oregon State House of Representatives and Senate approved a six year wage increase.



NICKI SILVA | THE DAILY BAROMETER

Calvin Nguyen, a junior in exercise sports science, and Sarah Sutton, a junior in public health, are the co-coordinators of for the MU music and concert events. Despite differences in personalities, the two claim to balance each other out well.

A dynamic duo

Pair brings energy, music, balance to OSU campus through events

By **Rachel Suchan**
Editor-in-Chief

Sarah Sutton and Calvin Nguyen are nothing alike.

As co-coordinators for MU music and concert events, they have to spend a lot of time

together—but this pair does not let their differences get between them.

“We are a very interesting duo because we work and do things so differently,” said Sutton, a junior studying public health.

“We balance each other out so perfectly. We bicker a lot. We challenge each other. What results from it is a much richer conclusion,” said Nguyen, a junior in exercise sports science.

According to Sutton, their different outlooks

actually improve their effectiveness as a team.

“Calvin is big-idea oriented and I am very detail oriented, so we like to say that Calvin’s head is in the clouds and my feet are on the ground,” Sutton laughed. “We meet in the middle and make mountains.”

Despite their differences of opinion, the pair has never ultimately made a decision that they weren’t both on board with.

“We talk together through our ideas and

See **MUPC**, Page 3

ASOSU lacking candidates

Organization extending deadline for application, hoping to see more file

By **Thomas Kelley**
News Contributor

Facing a shortage of candidates and a lack of voter turnout, the Associated Students of Oregon State University are experiencing hurdles for the student election process.

The original deadline to apply for candidacy for the House of Representatives has been extended, according to ASOSU Vice President and Chief Elections Officer Lyndi Petty, because of a lack of candidates. The deadline has been extended to Friday, March 11 at 9 p.m.

“There are only 18 undergraduate students running for 25 open House of Representatives seats, and only one graduate student running for five available graduate seats,” Petty said.

Petty and the ASOSU Elections Committee have set goals to increase voter turnout and provide equal campaigning opportunities for this year’s elections. She said that this year, they want a voter turnout rate of 20 percent, rather than last year’s 9.5 percent and the previous year’s 15 percent. Petty said she is aware many people might not vote, however, her and the Elections Committee hope to start a trend of rising voter turnout this year.

“To prevent voter burnout, we limited the election time this year from two weeks, to three days,” Petty said. “We’re hoping it puts pressure on students to vote, rather than them putting it off and forgetting about it.”

Petty wants everyone to vote. She said that the ASOSU advocates for students, and every student should have an adequate say. Students will be voting for SIFC members, who control \$1.2 million of student fees, in April. The SIFC has authority to allocate money as it sees fit to programs like recreational sports, ASOSU Saferide, Student Health Services, Diversity Development and the SIFC administration’s pay, according to Petty.

There have been some big changes to the guidelines for this year’s student elections.

According to Petty, last year’s candidates were allowed a budget of \$1000 for campaigning. This year, they have been limited to \$500. The reason for the change is because the elections committee noticed that those who spent the most on their campaign almost always won. The committee saw this as unfair and decided to try to do something about it.

“We want to even the playing field for everyone running,” said ASOSU President Cassie Huber.

Candidates will be running for the positions of ASOSU President & Vice President, Speaker of the House, Sena-

See **ASOSU** Page 4

THE BLOCK

Calendar

THURSDAY, March, 10
Discussion
12:30 p.m. - 1 p.m. Baha'i Campus Association
Location: Talkman Room, Memorial Union 105
Should Religion and Science Agree

FRIDAY, March, 11
Event
2 p.m. - 1 p.m. ASOSU
Location: MU 206
During this informational session students will learn about the different forms of student aid and how to repay student loans. Refreshments will be provided.

SATURDAY, March, 12
Event
4 p.m. - 8 p.m. Book Bin Bookstore
Location: Talkman Room, Memorial 216 SW 4th St. Corvallis OR 97333
Writer Virginia Zimmerman will be reading from her new book *The Rosemary Spell*. Virginia is professor of English at Bucknell University.

SATURDAY, March, 16
Meeting
8 p.m. - 7 p.m. Death Cafe Corvallis
Location: 26th St. Beany, 2641 NW Monroe St., Corvallis OR
Our guiding principles are respect, openness, and confidentiality. Come drink coffee, eat cake, and discuss death with interesting people.

WEDNESDAY, March, 23
Meeting
12 p.m. - 1 p.m. Death Cafe Corvallis
Location: 26th St. Beany, 2641 NW Monroe St., Corvallis OR
Our guiding principles are respect, openness, and confidentiality. Come drink coffee, eat cake, and discuss death with interesting people.

WEDNESDAY, March, 30
Event
10:30 a.m. 2 p.m. Waste Watchers
Location: MU Quad
Recycling: How Does it Rank? Come learn about the impact you make by recycling.

Meeting
8 p.m. - 7 p.m. Death Cafe Corvallis
Location: 26th St. Beany, 2641 NW Monroe St., Corvallis OR
Our guiding principles are respect, openness, and confidentiality. Come drink coffee, eat cake, and discuss death with interesting people.

WEDNESDAY, April 6
Meeting
12 p.m. - 1 p.m. Death Cafe Corvallis
Location: 26th St. Beany, 2641 NW Monroe St., Corvallis OR
Come drink coffee, eat cake, and discuss death with interesting people.

Speaker
12 p.m. - 1:30 p.m. University Events
Location: Grass Roots Books and Music
OSU authors will be honored. Information regarding their literary work will be available for guests.

This day in history: 1876, the first successful telephone speech is transmitted by Alexander Graham Bell.

Today's Crossword Puzzle

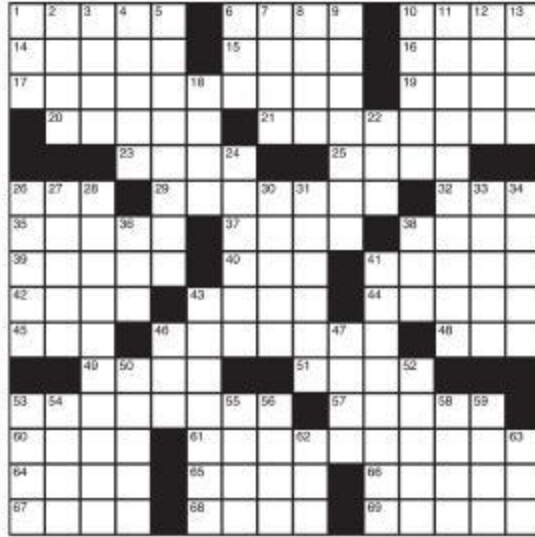
Across
1 Aboveboard
6 Triumphant cries
10 Hurdle for a jr.
14 Lose some ground
15 Berry rich in antioxidants
16 "Pygmalion" author
17 "Star of Comedy"
19 Sleek, in car talk
20 Best replacement?
21 Exercises, in a way
23 Daily Planet VIP
25 Insensitive
26 "The Good Wife" field
29 Man cave fixture
32 Caller in a mask
35 Get up
37 Dupe
38 "bye 4 now"
39 Praise
40 Big letters in home security
41 Islamic decree
42 "Of ___ curls on calmed brows": E.B. Browning
43 City where Perry's flagship Niagara is exhibited
44 "Which is to say ..."

45 Viewed
46 1988 Oscar winner for Best Picture
48 Bread for Reubens
49 Roasting aid
51 Shutter piece
53 Smooches
57 Justice Kagan
60 Snack with a Thins variety
61 *Home business?
64 Layer on a wall
65 Not again?
66 Mall map symbol
67 Press supplies
68 Got up
69 "I rock!"

24 Exotic vacation
25 Lures for anglers?
27 Its capital is Oranjestad
28 *Leonardo DiCaprio feature
30 "The Kiss" sculptor
31 Symbols on poles
33 Classic hit that begins "And now, the end is near"
34 Control tower concern
35 Lad
38 Highland cap
41 Ultimate authority ... or what's hidden in the answers to starred clues
43 Issue an embarrassing retraction
46 2016 Olympics city

Wednesday's puzzle solved

I	M	A	C	B	L	U	E	B	A	B	A	S
N	A	S	H	T	E	S	T	U	N	A	G	I
B	R	A	I	N	W	A	S	H	M	A	B	E
G	R	O	F	R	E	E	S	T	Y	L	E	
T	R	I	A	G	E	R	A	T	F	I	N	
O	F	F	C	O	L	O	R	R	E	D	A	N
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C	A	N	A	D	A	D	R	Y	A	R	F	
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M	E	N	I	N	O	R	N	E	N	O	T	I
S	T	O	A	T	C	A	G	Y	D	E	C	K



Down
1 Spearheaded
2 Big Band and Swing
3 C-SPAN subject
4 Often unreachable goal
5 Fragrant hybrid blooms
6 Bean topper?
7 Didn't have to put on
8 Angel hair topper
9 10-Down feature
10 Item in a five-section Bible book
11 *Popular cosmetic moisturizer
12 Boomer advocacy group
13 Ark units
18 Tidy cut
22 Lexus GX, e.g.

BEAVER'S DIGEST

THE NEW ISSUE NOW AVAILABLE ON CAMPUS

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Horoscope

Today's Birthday (03/10/16). Go for professional excellence this year. A personal dream lies within reach. Add infrastructure for increased demand before a two-year moneymaking phase launches (9/9). How can you collaborate? Manage financial changes after 3/23. Begin a new relationship phase after 9/1. Renew your style after 9/16. Support each other.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19) — Today is an 8 — Self-discipline makes a difference today. Take charge to realize a personal vision. Slow to avoid accidents. A surprising development charges your team. Research options. Put one toe in the water before you jump in.

Taurus (April 20-May 20) — Today is a 7 — Shopping could get expensive. Don't waste money on stuff you don't need. Pursue creative avenues. Wait until conditions improve. Emotions guide your decisions. Navigate chaos patiently. Keep your long-term vision in mind. Restrain your fantasies.

Gemini (May 21-June 20) — Today is a 5 — A careful, work-related

investment may be necessary. Upgrade your communications infrastructure, maybe. Send long-distance messages. Use your powers of persuasion. Talk your way out of a complicated situation. Write down and share the vision.

Cancer (June 21-July 22) — Today is a 5 — Verify a rumor before acting. Don't depend on fantasy. There's more to the picture than meets the eye. Costs may be higher than expected. Check numbers meticulously. Make plans and backup plans.

Leo (July 23-Aug. 22) — Today is a 7 — Practice a passion with discipline and watch your skills improve. Get physical. Play sports and games, and push for a challenge. Provide leadership. Make sure you understand the rules intimately. Connect with someone interesting.

Virgo (Aug. 23-Sept. 22) — Today is a 5 — A professional challenge requires your attention. Something doesn't work as planned. Learn a new trick from old friends. Change could seem abrupt. Don't let it ruffle your domestic tranquility. Get creative to sidestep an obstacle.

Libra (Sept. 23-Oct. 22) — Today is a 5 — Update your partner as

work rolls in. Make corrections as needed. Unplanned distractions and disruptions abound. Keep complaints to yourself. Take a time out. Discover a brilliant but unusual solution. Get clever ideas onto paper.

Scorpio (Oct. 23-Nov. 21) — Today is a 6 — Consider a family investment. Research practical options. Change directions intuitively toward more profitable ventures. Pool resources and share tasks with siblings and friends. Plan for contingencies. Talk about dreams and visions for the future.

Sagittarius (Nov. 22-Dec. 21) — Today is a 5 — Take a pause in your journey. Plan your itinerary farther forward. Find a quiet spot to consider changes in circumstances. Listen to what others want. Clean up messes. Find treasure hidden among the garbage.

Capricorn (Dec. 22-Jan. 19) — Today is a 5 — Stick to basics, with shifting circumstances. Handle details at work or suffer the consequences. Listen for the hidden elements. Slow down to get it done right the first time. Postpone travel for better conditions.

Aquarius (Jan. 20-Feb. 18) — Today is a 5 — Friends share a valuable connection. Show up well dressed and on time. Keep your pitch brief and compelling. Conditions are changing in your favor. Track your cash flow. Practice compassion. Speak your gratitude out loud.

Pisces (Feb. 19-March 20) — Today is a 6 — In the eye of the storm, let yourself be led. When confusion reigns, act responsibly. Don't fix what isn't broken. Say the magic words for a surprising development. Connect emotionally. Love is your lifeline.

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Sudoku

OSU's Student Literary and Art Magazine

The new issue is out!

orangemedianetwork.com/prism

A PUBLICATION OF ORANGE MEDIA NETWORK

LEVEL 1 2 3 4

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

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

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The Daily Barometer

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News



NICKI SILVA | THE DAILY BAROMETER

Sutton and Nguyen are responsible for organizing campus music events including Javacoustics in the MU Java Stop, DAM JAM and Battle of the Bands.

MUPC

Continued from page 1

together we collaborate," Nguyen said.

As music and concert event coordinators, Nguyen and Sutton are responsible for organizing campus events like Javacoustics, DAM JAM and Battle of the Bands.

With 14 Javacoustic performances each year and two very large production events to plan, the two have a pretty packed schedule.

"I was heavily involved with OSU's theatre department last year, but it has been hard to balance it with the responsibilities of this job," Sutton said.

According to Sutton's dad, John Sutton, Sarah Sutton has been acting since high school.

"She really was quite good," he said.

Despite being involved in theatre, John Sutton remembers that when Sarah Sutton joined MUPC in her sophomore year, it was because she felt like she didn't have enough to do.

"After joining at the beginning of winter term she sent a text to my wife saying she had a full week of classes, one pilates class, two zumba classes, 20 hours of play rehearsal and 17

hours working with MUPC. At that point I thought, when is she studying?" John Sutton laughed.

Now Sarah Sutton has found a way to add intramural volleyball, soccer and ultimate frisbee into her packed schedule.

"It's not even that I like sports," Sarah Sutton said. "I just like being involved."

For Nguyen, managing such a full schedule presents a new challenge.

"I don't know how busy he is, but I have an idea," said PhuongHa New, Nguyen's mom. "But hes on top of things and that's so amazing. (Being organized) was something he never had when he was young. He's coming into his own organizational skills and it's great."

Despite the time demands of the job, both insist that they are doing what they love.

"(Nguyen) is actually so overwhelmed that he gets to do what he's doing and that he gets to get paid for it," New said. "That's what he did in high school and he thought that was it—that was his hay day. He couldn't believe that he got to do it again in college."

Nguyen attributes his excitement about the job to his passion for music.

He started playing piano when he was five, has been playing guitar for eight years and singing since high school.

"Music has always been a big driving force throughout my whole life, so it makes sense that I'm in the position that I'm in now," Nguyen said.

Sarah Sutton enjoys the job for slightly different reasons.

"I love event planning," she said, adding that her goal for a future career involves being able to plan community events that focus on health promotion.

When asked about the goal of their work, the pair said it was all about the students.

"The overall purpose is enhancing the student experience," Sarah Sutton said. "We want to give them the experience that when you bring your kids back to campus, you walk in the quad and you tell them about DAM

JAM, you walk into Java and you tell them about Javacoustics."

"You come here for a degree, but that's not necessarily the most important part," Nguyen said. "It's all about the experience."

Helping students achieve that experience is just one of the many ways that both Sarah Sutton and Nguyen demonstrate their desire to help people. This drive is nothing new for either of them.

"(Nguyen) has always been helpful with his friends and stuff, where it sort of become a fault sometimes," New said. "His teachers would say 'you know, you need to let them do it themselves sometimes,' but he was always waning to help."

John Sutton remembers experiencing similar moments with Sarah Sutton.

"When Sarah was five, the first

time she played soccer was indoor soccer and one of her teammates fell down. Sarah was on the other side of the court and ran all the way across to help the little girl up," John Sutton said. "It's something that stuck with me as a very overt act—to run all the way across the field to help another little child. I always thought that was sweet."

Neither Sarah Sutton nor Nguyen are planning to stop helping others any time soon. Nguyen hopes to become a physician's assistant and work in the ER after graduation, where he can continue to help those in need.

Similarly, Sarah Sutton hopes to use her event planning skills to focus on health promotion, something she describes as "opening the door for (people) to improve themselves."

"At the end of the day, I like to think that everyone would like to make the world a better place," she said.

Until then, Nguyen and Sarah Sutton will continue to help students here on campus to get the most out of their college experience.

"We're just making sure that students have those unforgettable moments," Nguyen said.

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Get Involved:
Battle of the Bands is on Friday, March 11 in the MU Ballroom from 8:30 p.m. to 12:30 a.m. and is free and open to the public.

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News

ASOSU

Continued from page 1

tors, House of Representatives Members and Student Incidental Fees Committee Members.

Raul Munoz, executive director of promotions and outreach, said that there will be information on campaigns everywhere. There will be voting tables set up across campus providing an opportunity of easy access to busy voters. Social Media will see a lot of promotion and there will be new stickers placed across walkways, intended to catch the eye of walkins voters with their heads down, according to Munoz

According to the Elections Committee's 2016 Elections Packet, Undergraduate candidates looking to hold office are required to maintain a 2.0 GPA and hold at least six credit hours per term. Graduate students must maintain at least a 3.0 GPA and be registered for at least five credit hours.

According to the ASOSU Elections Committee, some important, quickly approaching dates for voters include March 21, the day online campaigning begins starting at 12:01 a.m.; March 28, when on-campus campaigning begins; April 4, from 1 to 3 p.m., the first and only debate between candidates; and the days of voting which are April 6, starting at 12:01 a.m. through April 8 at 10 p.m.

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JOSHUA LUCAS | THE DAILY BAROMETER

OSU has 7,818 active student employee positions, of which 4,120 currently pay less than the soon to be implemented \$9.75.

Wage

Continued from page 1

just earlier this month.

Part of the reason that this bill was ultimately approved was that, unlike previous efforts at a flat increase across the entire state, this bill takes a new approach by dividing the state into these different categories. This bill, according to McLain, does a better job of addressing the differences among communities and helps them to adjust as they need to.

"When you have a bill like this, there's a situation where you try to hear everybody and you try to make sure that it works best for workers and

businesses," McLain said.

Developing and passing this bill, according to McLain, has focused heavily on compromise and incorporating the needs of businesses large and small, workers and families.

According to McLain, one of the major motivations for approving this bill was the prevalence of poverty across the state. Approximately 200,000 Oregonians must use public assistance programs to help secure their basic needs such as food and rent. McLain and her colleagues hope that this increase in minimum wage will help hard-working Oregonians and their families.

"When one in five of your children are living in poverty, that seems pretty immense to

me," McLain said.

Furthermore, according to McLain, there were concerns related to the equity of pay in the state of Oregon. Right now, approximately two thirds of Oregonian minimum wage employees are women, many of which support families. Additionally, according to McLain, approximately one in five minimum wage workers are people of color.

Corvallis falls into the According to Steve Clark, vice president of university relations and marketing at OSU, the effect that this increase will have on the OSU community and students has yet to be determined.

"Going forward, we have some really difficult choices to make," Clark said.

According to Clark, OSU has 7,818 active student employee positions. Of the 7,818 positions, 4,120 of them currently pay less than the soon to be implemented \$9.75.

According to Clark, the first of these increases is projected to cost the university an

additional \$38,340 per week, amounting to a total of \$1.15 million in the first year—assuming a 30-week work year for student employees.

Additionally, there are student employees who work on OSU's other campuses and facilities like the Cascades campus and the Hatfield marine science center. When the minimum wage increases take effect, the university will have to decide if employees at these different locations will be awarded the local minimum wage or the Corvallis minimum wage.

However, there remains some skepticism from businesses and from Oregonian citizens.

Samantha Holman, a sophomore studying electrical and computer engineering and a former minimum wage employee, expressed concern about unforeseen consequences of the bill.

"It sounds good at first glance, but I'm not sure about it in the grand scheme of things," Holman said.

According to Holman, the job helps her to pay for her car and textbooks. Additionally, Holman said that working in minimum wage positions has given her reason and motivation to make the most out of her education.

Holman believes that increasing the minimum wage could result in increased prices on many goods and could put minimum wage workers back where they started.

"I think the heart behind the bill is nice, I just don't know how it will pan out," Holman said. "I hope that (...) with all of their experience, what they're trying to achieve is attainable."

In the future, McLain hopes to see continued compromise and adjustments to the bill as needed. For the meantime, she expressed confidence in Oregon's ability to adjust.

"I feel that the bill does what we suggested was the basic goal, which is to give hard-working Oregonians a boost," McLain said.

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Sports

New season of life, same family

Josh, Matt LaGrone settle into new lives after leaving OSU

By Josh Worden
Senior Beat Reporter

Josh LaGrone saw the football headed his way and jumped.

The team captain and star player for McQueen High School in Reno was best on the defensive side of the ball, earning All-State Honors as a defensive back and the conference's Defensive Player of the Year award as a senior.

On this play, during his junior season, he was playing wide receiver. While running his route he got hit in the air and landed awkwardly, tearing his ACL. His brother Matt, one year his elder and a defensive end for McQueen, couldn't bear the sight of his little brother injured.

"The next play on defense, I put the other team's quarterback out of the game and got like a 45-yard penalty. That's how mad I was because my little brother just got hurt," Matt said.

Matt and Josh have always been close, being just one year apart among a family of five brothers and a father who spent his Sunday mornings at the pulpit. Matt and Josh became ordained ministers as teenagers, Matt at 13 and Josh at 17.

They headed to Oregon State to play football in 2008, Matt transferring from the University of Nevada and Josh as a freshman safety. Both had tumultuous careers at OSU and both exited the program prematurely, Josh due to injury and Matt due to family issues at home in Nevada.

Matt was prepared to be a starting defensive end in 2010, one year after recording 28 tackles and two fumble recoveries as a junior. At 6-foot-6, 255 pounds, his length and quickness were enigmatic for

opposing blockers.

"I remember I just hated blocking him because he would extend his arms and I could never even get my hands on him," said Gabe Miller, an OSU teammate who blocked Matt in practice as a tight end before becoming the starting defensive end alongside Matt.

Miller also remembered Matt's family-man persona, especially on display when Matt showed Miller pictures of his daughter back in Reno whenever he got the chance.

Before Matt's promising senior year, he suddenly left the program to return to his family, catching Miller and other teammates by surprise.

Matt was married at the time with one stepdaughter and a three-month-old daughter of his own. Matt's wife wanted him to leave Corvallis to help raise both kids "or else I wouldn't see my daughter," Matt remembers her saying. So, he begrudgingly forfeited his senior year to avoid losing his family.

Had he considered filing for joint custody while remaining in Corvallis, Matt could have avoided what he calls one of his biggest regrets in life of leaving his teammates behind. While it wasn't easy when he returned to Nevada — he and his wife divorced a year later — he doesn't regret securing the right to keep his daughter Amira in his life.

"I love being a father. It's the greatest thing in the world to me," Matt said. "She is my everything."

Josh had his own unfortunate end to his collegiate football career, starting when tore his ACL a second time in 2009. It even more severely than his junior year of high school: his meniscus was also torn this time and he sustained a micro fracture in his tibia. Doctors told him he should never play football again.



CONTRIBUTED BY OSU ATHLETICS

Matt LaGrone makes a tackle in a 2009 win over UCLA in Reser Stadium. He played one season for OSU.

"Terrible situation for him, but he handled it like a champ," said Howard Croom, an OSU tight end who was Josh's host on his recruiting trip. "Josh is a positive guy and he leans heavily on his faith."

"He could have just folded the tent, but he didn't," added James Rodgers, a wide receiver from 2007-2011.

Josh decided to come back in 2010 as a redshirt sophomore because he "owed it" to himself and his teammates, but took a medical retirement after the season. He immediately had second thoughts,

though, and his knee healed well enough for him to try one more year of football.

"I think (my retirement) was about two weeks," he said with a laugh. "I thought it over, talked to my family and then spoke with (head coach Mike) Riley. I was like, 'coach, I feel like I need to be back out there on the field.'"

The 6-foot-1, 201-pounder played again in 2011 as a junior but his health forced him to forego his senior year of eligibility, just like Matt had done two years earlier.

Now, Matt and Josh live near each

other in Reno and see each other just about every day. Their other three brothers also live nearby, and all five LaGrone kids are football coaches at Hug High School in Reno; Josh is the Defensive Coordinator, Matt is the Defensive Line coach and their brother Carl is the head coach.

Not only do the two LaGrone brothers still have the same close-knit relationship they've always had, the two things that caused them to end their football careers

See LaGrone, Page 6

Bench the unsung hero



By Max Braly
Sports Contributor

By Max Braly
Sports Reporter

A regular NBA fan might look at the Trail Blazers and give Damian Lillard and CJ McCollum all the credit for the team's success. As much as they deserve, Portland's bench has at least earned a shoutout.

As a unit, the bench has the sixth best plus-minus in the league since the start of the new year, relatively the time when the Blazers became a competitive team.

A positive plus-minus means the players have outscored their opponent while they were on the court. It seems arbitrary to state, but this is the most important statistic for

bench players. The role of a substitute basketball player is to be competent while the starters take a rest and freshen up on the bench. Having a bench who can hold their own is huge, because when the starters come back in they can pick up right where they left off and not in a big hole.

First off the bench for Portland is usually Meyers Leonard—the guy everybody either loves or hates—a seven foot one inch three point shooter. You might think that Leonard is wasting his size when he shoots his threes, but really he is the glue that makes the second unit work. His height alone forces opponents to put their own bigs either on the bench or out defending on the three-point line, and either situation is a win for the Blazers.

In Leonard's 21 minutes per game he only scores 8.4 points, but his sole purpose is to create space in the opposing defense. Just by stepping out onto the floor, he makes the offense work and opens up space for his teammates to work near the basket.

On defense Leonard is a little space-cadet esque, where there are times when he will lose his man. But when he needs to defend, he is competent. In matchups against some of the league's best centers he has done well. Sometimes his defense is so annoying that

Braly's Blazers

opposing players had to be restrained from throwing punches—go watch his highlights against Sacramento's DeMarcus Cousins.

Speaking of incessant defense that causes fights, Gerald Henderson—who also comes off of Portland's bench—needed to be separated from Washington's Alan Anderson on Tuesday night.

Many people, including myself, thought that Henderson wasn't going to be Trail Blazer by the end of the season. We all thought that he would have been traded for a future draft pick or another young talent to develop.

As it turns out, Henderson has been a key contributor, and since that January

first mark has averaged 21 minutes and 9.4 points. Aside from the numbers, Henderson supplies the team with offense that is self-created, this means that the Blazers don't need a superb distributor to come off the bench, and that takes a lot of pressure off head coach Terry Stotts and his usual assist men—Lillard and McCollum.

Allen Crabbe is a usual suspect when it comes to being on the receiving end of an assist. Like Leonard, Crabbe is on the floor to shoot three-pointers, and by shooting percent he is the third best shooter from beyond the arc on the team behind McCollum and Lillard at 37.3 percent.

If it's not a three that he is shooting, it's a long mid-range jumper that accomplishes the spacing goal. In his 26 minutes per game, he averages 10.4 points.

Though his shooting ability is nice, Crabbe's defense is easily his greatest strength. When it comes time for the Trail Blazers to play against the premier guards in the league—Stephen Curry, Paul George, LeBron James or many others—it's Crabbe's job to slow them down. For Portland, having Crabbe as a first-rate defender is significantly valuable.

Sometimes, player's effectiveness can't be

See Blazers, Page 6

The Bottom Line

TWEET OF THE DAY

Hate how wearing a hood takes away your peripherals. Just ran into a branch

Rachel Buehner
@rachelbuehner

NUMBER OF THE DAY .359

OSU softball's batting average this season.

UPCOMING EVENTS

M. Basketball	TBA
W. Basketball	BYE
Softball	3/11-3-13 @ Matador Classic
Baseball	3-11 vs San Francisco

Sports

Blazers

Continued from page 5

“As a team, the Blazers have to be happy with how their secondary players have performed.”

tracked using statistics. Center Ed Davis doesn't wow people with his rebounding numbers or his points, but his toughness and his hustle certainly do. Per game he only plays 21.2 minutes, scores 6.5 points and secures 7.4 rebounds. If he were to play a full 36 minute schedule, Davis would be the Blazers best rebounder, which show his great effort.

The main thing he is asked to do is to make the opposition think twice before driving into his territory. He is good at defending the paint, for every shot he blocks—about one per game—he has affected 10.

Similar to Davis, guard Maurice Harkless has untrackable contributions to the team. Because he can be slightly erratic, his minutes are down compared to his teammates. His playtime is purely defined by matchups. Basically if the other team has a big guard, Harkless is in to defend them.

Granted, Harkless has had some stellar performances and they've been against good teams. These outbursts of quality prove that

he is worth keeping around and developing—please remind yourselves that he is only 22 years old.

The Trail Blazers as a whole are very young, with one exception—Chris Kaman, who will be 34 years old by April. Kaman has only played in ten games this season and in those games has only been on the floor for an average of 7.2 minutes. He is a different player than he was six years ago when he was an all-star. Aside from his age, Kaman's play style doesn't fit all too well in Stotts system, as he isn't very quick or athletic anymore and he doesn't space the floor with threes—actually, he made his first career three against Detroit last Sunday.

Now, Kaman is asked to be a uniform wearing coach on the end of the bench, this is something he has been surprisingly good at. His forwardness and brutal honesty has made it easy for the young fellas to respect him. Perhaps because of Kaman, the youngsters have vastly improved throughout the season.

Having a competent bench that can play real minutes is important, and now the Blazers finally have one. Last year, the team had one of the lowest scoring benches in the league, and it proved to be detrimental to the team's health and success. Last year, five different players averaged over 30 minutes per game, compared to just two this year. The difference comes with less injuries, Lillard is the player who has missed the most games this season and he has only missed seven.

As a team, the Blazers have to be happy with how their secondary players have performed. The backups don't lose any ground while the starters are resting and that's huge.

On Twitter @Max_Braly

LaGrone

Continued from page 5

“I have the best of both worlds with both of my careers and I'm loving it.”

Josh LaGrone

A person who does stuff

— Matt's family and Josh's health — are two of the strongest parts of their lives today.

Josh still has knee pain at times but is much healthier now and is a CrossFit athlete and physical trainer. He can squat 405 pounds, about the same as his peak in college. Not only does he spend about 25 hours a week as a physical trainer, he's also a full-time police officer in Reno and has a wife and one-year-old son.

“They're pretty much my motivation for everything I do, whether it's personal training or law enforcement,” Josh said. “I always have the both of them on my mind.”

Matt, of course, has Amira. She's now in the first grade, and Josh's wife Whitney takes Amira to school every day. Matt provides financial stability for himself and Amira by working full time in the military as an active guard reserve member and recruiter. He's finishing his Bachelor's degree online through the University of Nevada and he's also the youth group leader at nearby Victory City Church.



CONTRIBUTED BY JOSH LAGRONE

Josh LaGrone now works as a physical trainer, police officer and football coach. He now lives with his wife Whitney and his son Lincoln.

One of the biggest commitments for each, naturally, is the family life.

“I'm learning how to be a better dad, how to be a man that I want one day for her to marry and to be that example for her with my worth ethic and provision,” Matt said.

Matt foresees a promotion to Sergeant later this year and his serious relationship with his new girlfriend is a far cry from where he was at a few years ago.

“I might be getting married again here soon if I go ahead and pop the question,” he said. I'm not in that bad relationship any longer.”

Josh also has “a ton of goals” in his professional life. He interacts with two kinds of people as a personal trainer and police officer: people trying to better themselves physically as well as those in trouble with the law. Josh

wants to help both types, hoping to eventually open his own physical training center, while being a cop has shown him “the positive effect I could have on society being a young, black police officer.”

“I'm in the best of both worlds with both of my careers, and I'm loving it,” Josh said.

Having each other nearby both geographically and emotionally is huge for the LaGrone brothers, and their impact on their community now has stayed steady from their time on the OSU football team.

“If you've got a team full of guys like (Matt and Josh), then you've got a solid group of guys in terms of character and integrity,” Croom said.

“It's amazing,” Matt added of still having a tight relationship with Josh. “We grew up close together, and that's maintained throughout our life.”

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The 'poli-flips' of Donald Trump



On Monday, March 6, I published a column pointing out Hillary Clinton's wishy-washy, transparently vote-grubbing political stances that seem to change at a moment's notice. Now it's time to expose the front-runner on the Republican side, Donald Trump.

As we've seen from his numerous hand-flailing debates, Trump tends to skirt around issues, deflecting questions by repeating them in different ways and yelling that he will "make America great again" without really outlining how. Thus, his flip-floppy politics

seem to be less like the politically savvy, calculated opinion changes like those of Clinton, and more like the frazzled answers of a sleeping child who was called on by surprise in math class.

Even in just the span of this campaign, Trump has flipped on a number of important issues.

Let's take perhaps the most hot-button issue facing our country today: abortion. The issue of abortion is one that people tend to have very definite and concrete opinions on. It's not something that many take lightly.

Back when he was just an egotistical New York businessman who could think independently outside the parameters of the Republican party, Trump was vocally pro-choice. In fact, in a 1999 interview with NBC, he used the words "very pro-choice" to describe his stance on the issue. It was not until he began to see himself occupying the White House that he switched his ideals on the subject (something his opponent Ted Cruz has been searingly angry about).

He also used to be against the potential banning of assault weapons. In his book "The America We Deserve," published in 2000, he wrote, "I generally oppose gun control, but

I support the ban on assault weapons and I also support a slightly longer waiting period to purchase a gun."

What happened to this moderate, logical Donald? Trump 2000's political points were ones I could have gotten behind. But alas, if one runs as a Republican candidate now, one must take a more rabid stance, and that's what Trump has done.

Fast forward to 2015, and Trump was using the tragic UCC shooting in Roseburg as a platform to preach against gun control. At a campaign event in Tennessee shortly following the shooting, he said "It was a gun-free zone. Let me tell you, if you had a couple of teachers with guns in that room, you would have been a hell of a lot better off," according to CNN. Between the wall he wants to build along the southern border of our great country and the armed teachers idea, Trump is proposing to make our country a lot more like Israel than I'm comfortable with.

Abortion and gun control aren't the only controversial issues Trump has suddenly changed his mind about in the wake of his presidential bid. Like Mrs. Clinton, Trump supported the decision to invade Iraq back in 2002. He said as much in an interview with

Howard Stern, according to BuzzFeed News. Although he made public that he thought it was a mistake in 2004, that didn't stop him from voting for Bush in that same year. Like Clinton, he now has declared the war a massive error, attacking Jeb Bush for the mistakes of his brother until the point at which Jeb suspended his campaign.

These are just the issues he's "evolved on" (to use a Hillary phrase) between the past decades and his recent shot at the Oval Office. But there is more evidence of his erratically differing politics even within the short timeline of his current campaign, such as his waffling stance on torture and whether America should be rescuing Syrian refugees, for example.

I know that if you're already not planning on voting for Trump, his indecisive political platforms are probably not the number one reason you aren't filling in his name on your ballot. Still, in any candidate, I think undecided political views are something to be weary of.

The opinions expressed in Keating's column do not necessarily reflect those of The Daily Barometer staff.

baro_forum@oregonstate.edu

How to help college students find themselves

By Chris Palmer
The Baltimore Sun

As the student came into my office, I could see that something was wrong. She was pale and her shoulders sagged. "Are you OK?" I asked. "Not really," she said. "I'm graduating in two months and I don't have a job. I've been looking everywhere and networking like crazy, but nothing is panning out for me."

Sadly, many soon-to-be graduates feel anxious about their future. They worry about landing a job, especially one that is fulfilling; finding mentors; networking effectively and paying off their student loans.

Much of this angst derives from the failure of colleges to prepare their students for the real world. Colleges—and professors like me—must do more to help students succeed after they

leave college, both in life and in their careers.

We need to help students find out who they really are, what they're passionate about, and how to articulate their life and career goals.

One of the most important things students can do to succeed in the real world is to create personal mission statements. I know this from experience. When I was 23, I had completed my bachelor's and master's degrees in engineering and was set to pursue a career designing and building warships for the British Royal Navy. But I felt adrift, confused, unhappy.

I realized I needed a plan. I decided to create a mission statement in which I would articulate what I wanted in life. Doing so was challenging but ultimately transformative. It helped me to find the life I wanted to lead,

and that life had nothing to do with engineering or warships. My mission statement led me to a career in conservation and filmmaking and, eventually, teaching and writing.

Many students struggle with issues of identity, meaning and purpose. Writing a personal mission statement enables them to think deeply about the kind of life they will find fulfilling. That's crucial, but it's not enough. Students also need the skills to advance. Technical knowledge and good grades are important. But it is equally important to be professional, hardworking, reliable, trustworthy and collaborative. Employers want to hire people who have good communication skills, are able to solve problems, and work well with others.

These attributes are sometimes called "soft skills,"

but that takes away from their rigor and substance. For example, if you misread social cues, can't maintain eye contact in an interview, don't chat comfortably at networking events, or fail to shake hands properly—that is, if you have poor communication skills—you will have a hard time advancing in your career. "Employers want people who can think critically, work in diverse teams, and who can take complex information, come to a conclusion and make a recommendation," former Secretary of Education Arne Duncan told the Wall Street Journal this fall. He worries that students are not graduating from college "career-ready." Two years earlier, the Chronicle of Higher Education stated, "Employers care more about ethics, critical thinking, creative thinking, and common sense ... along

with a mindset of lifelong learning and a strong work ethic" than about, for example, an employee's college major.

Wall Street executive and author Ben Carpenter made an excellent recommendation in the New York Times, saying, "Colleges need to create, and require for graduation, a course in high quality career training that would begin freshman year and end senior year." Several colleges, such as Connecticut College, are now doing this with much success.

One of the most important "soft skills" is the ability to take risks in a scary world. A student who is graduating

this May told me, "The biggest hurdle I have to overcome is my constant fear of failing."

I often hear this from students. But failure has a stigma it doesn't deserve. Failure is an unpleasant, but essential, part of striving and learning. Failing does not mean you are a failure. It means you are trying hard, taking risks and getting out of your comfort zone—all necessary precursors to success. Colleges are neglecting to teach real world lessons like these. We must do better.

Chris Palmer is a professor at American University's School of Communication.

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A & E

A Portland rocker's glimmer of light

M. Ward's new album release, "More Rain"

Review by Daniel Watkins
Arts & Entertainment
Contributor

M. Ward is remarkably consistent in his production of rock and pop music evocative of some dusty slice of the mid-20th century that possibly never existed.

As if coming from a leather-bound, tweed-faced vacuum-tube radio with the dial set to a familiar station you'd forgotten about, his music evokes nostalgia while still channeling the present.

M. Ward has a distinct, consistent sound, and at first the album seems like it could have come out at any time during the last decade and a half.

However, Ward has not just written the same songs again. As with his earlier work, repeated listening reveals layer after layer of invention and innovation throughout the album.

"More Rain" (Merge Records 2016) begins with mechanical hums, rain, and wind chimes, sounds that fade into the background through the sleepy "Pirate Dial" and then finally disappear into 50s stomp of "Time Won't Wait." Lead single "Confession" fea-



Matthew "Matt" Stephen Ward (M. Ward) is a folk and blues singer and guitarist. Ward is a member of pop duo She & Him as well as Monsters of Folk. During his solo career, he has released eight albums.

tures a bright, catchy guitar hook and a soaring trumpet solo that shines like heaven through a hole in the clouds, alongside lyrics about laying down heavy burdens.

Work on the album began four years ago as a DIY doo-wop project, with Ward experimenting with layering his voice into early-60s-styled harmonies.

Fingerprints of this beginning are found all over the album, as in "Time Won't Wait," "You're So Good To Me" and especially in the lullaby, "Little Baby" where guest k.d. lang provides a backup harmony part.

Ward credits his star-studded guest roster with the more adventurous direction the album took: along with k.d. lang, the album features songwriter Neco Case on guitar and backup vocals on

"Time Won't Wait" and REM guitarist Peter Buck on the driving rock-and-roll number "Temptation." Buck also provides a sparkling mandolin part on "Phenomenon."

In addition, the record features collaborations with the Secret Sisters and Joey Spampinato.

The guitar playing is gorgeous throughout the record. "I'm Listening" includes jazz-inspired, unusual rhythms in the guitar solo, while "Slow Driving Man" features some of the best uses of a tremolo pedal that I've ever heard, providing a shimmering effect perfect for a sense of resigned recol-

lection amid imagery of long nighttime drives.

"More Rain" is very much a headphones record, full of little details that reveal themselves on repeat listens. Careful listening reveals innovative mixing and arranging techniques throughout the album: hard-panned doubled drum tracks on "Confession," gorgeous echo effects on "Time Won't Wait" and especially on the backup vocal on "I'm Listening (Child's Theme)," tape effects on the drums in the upbeat and hook-laden "Girl From Conejo Valley," the warbly distortion of a portable tape recorder in the

"More Rain" is very much a headphones record, full of little details that reveal themselves on repeat listens.

guitar on "You're So Good To Me."

The latter song is an arrangement of a Beach Boys song, filtering Brian Wilson's eternal sunshine through the Portland clouds in a way that works surprisingly well.

Rain, or rather, the set of feelings that accompanies falling weather, permeates the album. Ward sings of late night regrets, recollections of characters from his past, and hope for future renewal.

In the album's press release, Ward states, "I think one of the biggest mysteries of America right now is this: How are we able to process unending bad news on page one and then go about our lives the way the style section portrays us? There must be a place in our brains that allows us to take a bird's eye view of humanity, and I think music is good at helping people — myself included — go to that place."

Perhaps for M. Ward, the answer to loneliness and gloom and overcast skies is "More Rain". Or perhaps, in light of the powerful, hopeful closing track "I'm Going Higher," the answer is to raise oneself through the fog, look down, and reconsider.

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