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OREGON STATE UNIVERSITY

The Daily Barometer

Sharing secrets

PostSecret comes to OSU, discusses mental health issues, surrounding stigma



BRAD ANDERSON | THE DAILY BAROMETER

Frank Warren, the creator of PostSecret, spoke at the LaSells Stewart Center Tuesday night about his postcard project focused on anonymous secrets.

The Sarah Weaver
News Reporter

PostSecret creator Frank Warren spoke about sharing secrets at PostSecret Live Tuesday night on the Oregon State University campus.

The event, done in collaboration with with Active Minds, CAPS, Student Organization Resources for Community Engagement (SORCE), Be Well. Be Orange and ASOSU, took place at the LaSells-Stewart Alumni Center.

OSU students, staff, faculty and community members had the opportunity to create postcards confessing their secrets and confidentially drop them off in boxes at several on-campus locations including Valley Library and Javastop until May 6, according to the PostSecret Live Facebook page.

According to the Vice President of the OSU chapter of Active Minds and the Wellness Affairs Taskforce Director for ASOSU, Rae Madison, who spoke prior to Warren, the event is designed to help change the conversation around mental health and reduce the stigma surrounding mental illness.

Prior to Warren's presentation, Madison brought attention to the heavy nature of the event and reminded audience members that they could take a break if they needed to and that there were counselors present at the event if audience members needed to talk to someone.

"(Event organizers) want to make sure you take care of yourselves," Madison said.

PostSecret Live is also a precursor to the Daisy Project, another event put on by Active Minds where 1,100 daisies will be laid in the Memorial Union quad to honor the on average 1,100 students who take their lives while in college every year.

The PostSecret website was founded by Warren in 2006 and has allowed over 1 million people from across the world to send postcards confessing their secrets, ranging from the light-hearted confessions of baristas to

disclosure of family conflict, substance abuse and other adversities.

Some secrets that were submitted in the drop boxes or at the table in Memorial Union quad last week were shown at beginning of the presentation, after Warren introduced himself as a collector of secrets.

The decorated postcards shared people's confessions to friends, ex's or anyone who was listening.

One postcard revealed how someone in the OSU community writes letters to friends, family and other people who inspire them but never send the letters to due the fear of having their true feelings known.

Another postcard was a person's confession to their best friend, and was decorated with lip imprints in red lipstick.

"We did more than just kiss. I'm sorry. Your BFF," the card read.

Warren also read a postcard that was decorated with a doodle of an egg.

"I regret not egging your car," it said.

Warren's lecture had three main components: discussing the history of PostSecret, showing secrets Warren described as "life-changing" and finally concluding with an open mic where audience members had the chance to share secrets of their own.

Not all of the secrets Warren has received came on postcards or letters. Some secrets have been shipped to Warren's Maryland home written on a raw potato, a license plate, a bra, a knife and a one-pound bag of coffee, Warren said.

The idea that started PostSecret started when Warren printed out over 3,000 postcards and solicited secrets from people walking the streets of Washington D.C., scanning them at home and putting them online on Sunday Secrets.

Even if the people he approached told Warren they didn't have any secrets, he made sure they didn't leave without a card.

"Those are often the most interesting ones," Warren said on those who

claimed to not have secrets.

Sunday Secrets quick to gain traction, going from 100 to 100,000 hits in the first few weeks, Warren said. Soon enough, Warren was getting postcards from all over the world, from Iraq to Dublin to Oregon.

After translating the postcards, Warren found that a lot of cards were confessing the same secret despite being in different languages.

"Our secrets don't separate us, they are what keep us connected," Warren said.

One secret that garnered attention from visitors was a photo of a broken bedroom door, with text explaining that the holes in the door came from the sender's mother who tried to knock the door down so she could

continue beating them.

The site was visited 1 million times the day that secret was posted and soon after, others started sending in photos of their own broken bedroom doors and stories of dealing with abuse and domestic violence.

Warren also discussed the isolation people often feel and how that despite social media promoting connectedness, that the connectedness may not be genuine, that people may be projecting a different image of themselves online.

"There's a lot of sharing, but I'm not sure if it's that real kind of sharing," Warren said.

Warren said that one of the most common kinds of secrets he receives are those that say how senders have

the desire to tell their secrets to loved ones.

According to Warren, over the 10 years of PostSecret's existence, users from across the world have raised over \$1 million for suicide prevention efforts.

One of the secrets projected showed a screen shot of a conversation between two friends, one showing concern for the other while one is going through a challenging time. One the back, the sender wrote that they were only alive today because of the conversation.

Warren has received multiple secrets relaying the same message, that the senders are still here because a friend, RA or professor asked them

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BRAD ANDERSON | THE DAILY BAROMETER

Postcards from the OSU community sent in to Frank Warren as part of his Post Secret project.

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THE BLOCK

Calendar

WEDNESDAY, May 11
Meeting
 12 p.m. - 1 p.m. Death Café
 Corvallis
 Location: 26th St. Beanyery,
 2641 NW Monroe St., Corvallis
 OR
 Death Café Corvallis is simply
 in order to listen and talk about
 death. Death Café Corvallis is
 NOT a support group, thera-
 peutic agenda, debate society,
 social action group, religious
 or anti-religious organization,
 political committee, or sales
 pitch.

Event
 5:30 p.m. - 7 p.m. Campus
 Recycling
 Location: 644 SW 13th St.
 Corvallis, OR 97333
 Spring Repair Fair: Bring your
 broken items and volunteers
 will help you learn how to repair
 your belongings; attend demos
 to learn more skills!

THURSDAY, May 12
Discussion
 12:30 p.m. - 1 p.m. Baha'i
 Campus Association
 Location: Talisman Room;
 Memorial Union 106
 Discussion Topic: The Nature
 of a Global Commonwealth

SATURDAY, May 14
Event
 7 p.m. - 10 p.m. Red Letter
 Location: Interzone (1563 NW
 Monroe Ave., Corvallis, OR
 97330)
 The Carys, The Macks, and
 Red Letter bring rock music
 back to Corvallis! All-ages,
 FREE admission.

SUNDAY, May 15
Event
 5 p.m. - 8 p.m. Ettihad
 Cultural Festival 2016
 Location: Memorial Union
 Quad
 It's a great opportunity for
 the both OSU and Corvallis
 community to experience the
 dynamic and diverse cultures
 of the region of Southwestern
 and Central Asia, as well as
 Northern Africa.

MONDAY, May 16
Speaker
 6 p.m. - 8 p.m. ASOSU
 Location: MU 206
 During this event students will learn about
 credit, how to get it, and why
 you should care. Refreshments
 will be provided

WEDNESDAY, May 18
Meeting
 6 p.m. - 7 p.m. Death Café
 Corvallis
 Location: 26th St. Beanyery,
 2641 NW Monroe St., Corvallis
 Death Café Corvallis is simply
 in order to listen and talk about
 death.
Event
 7 p.m. - 8 p.m. Home
 Life Location: Majestic Theatre
 Artistic and memorable films
 featuring people with develop-
 mental disabilities. Two FREE
 screenings at 4pm and 7pm.

WEDNESDAY, May 25
Meeting
 12 p.m. - 1 p.m. Death Café
 Corvallis
 Location: 26th St. Beanyery,
 2641 NW Monroe St., Corvallis
 OR
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 in order to listen and talk about
 death. Death Café Corvallis is
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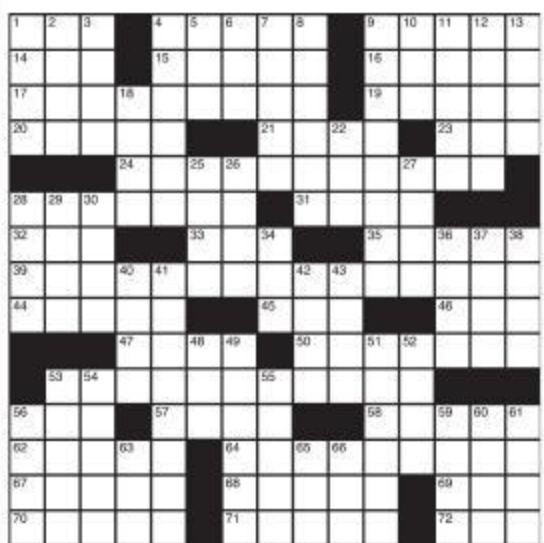
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Today's Crossword Puzzle

- Across**
- 1 Choose
 - 4 Metaphorical loss in a bad deal
 - 9 Salon creations
 - 14 Column crosser
 - 15 Palmer with an "army"
 - 16 "Strange to say ..."
 - 17 Communication device also called a clamshell
 - 19 Unlock the door for
 - 20 Match socially
 - 21 Tater
 - 23 Anti-apartheid org.
 - 24 Verne's circumnavigator
 - 28 "Rad!"
 - 31 Consider
 - 32 All-Clad product
 - 33 Yucatan year
 - 35 Spooky
 - 39 Gym teacher's concern
 - 44 Done in by Buffy, say
 - 45 ___ Pérignon
 - 46 Lunch letters
 - 47 Smile words
 - 50 Affluent London area
 - 53 Reunion memento
 - 56 "Moulin Rouge!" director Luhrmann



- 57 Most blue state electees: Abbr.
- 58 Secret stash
- 62 Piano exercise
- 64 Ben & Jerry's flavor inspired by a Vermont rock band
- 67 More valuable to a collector
- 68 World Court site, with "The"
- 69 Holiday drink
- 70 Narrow valleys
- 71 Symbol of military power
- 72 ___ blue
- 26 Singer Horne
- 27 Crow, at times, in Hinduism
- 28 Mobile downloads
- 29 Brand of beard trimmers
- 30 Singer who composed a song in Elvish for "The Lord of the Rings"
- 34 Over the hill
- 36 CSA soldiers
- 37 Archipelago part
- 38 Spanish pronoun
- 40 Broadway king's domain
- 41 Ones with access
- 42 Nina of "The Ten Commandments"
- 43 FWW kin
- 48 Tankard contents
- 49 Mythological maidens
- 51 Ingrained
- 52 Just sit around
- 53 Decisive, as a mistake
- 54 Blue shade
- 55 "Poppycock!"
- 56 Result of glacial calving
- 59 Deceives
- 60 Hoops shot
- 61 Like envelope-pushing comedy
- 63 Hibernation spot
- 65 "Can ___ now?"
- 66 Prefix with charge

Tuesday 5/10/16 puzzle solved



Take control of your finances
 AND earn 2 credits
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<http://bit.ly/1TtVfaz>

Horoscope

Today's Birthday (05/11/16). Let your heart lead you this year. Family, children and romance take priority. Nurture your garden for a fruitful harvest. Your work flowers this spring, leading into a blossoming two-year creative surge after summer. Personal blessings unfold before group responsibilities shift this autumn. Love comes first.

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 a 7 — Play like a child over the next two days. Enjoy people and activities that you love. Make mistakes and learn from them. Let go of unrealistic expectations. Go for your heart's desire.

Taurus (April 20-May 20) — Today is a 6 — Take action on a domestic project that you've been longing for over the next two days. Put some muscle into a home improvement. Things may not go as expected... results could surprise.

Gemini (May 21-June 20) — Today is an 8 — Research and creative projects grow stronger

with focused attention. Catch up on reading today and tomorrow. Write and share communications. Discuss what you envision. Take action and get farther than imagined.

Cancer (June 21-July 22) — Today is an 8 — Cash flow improves over the next few days. Gain value by fixing up old things before buying new. Productivity gets profitable. Intuition shows you where to tweak for best performance.

Leo (July 23-Aug. 22) — Today is a 9 — You're stronger for the next two days. Make a move toward a personal goal. Disagreement requires compromise. Work out the basics. Find ways to cut costs. Stay sensitive to the needs of others.

Virgo (Aug. 23-Sept. 22) — Today is a 8 — The action is behind the scenes over the next few days. Save time later by organizing workflow and clarifying plans now. Review what you've got and what's needed for the results you want.

Libra (Sept. 23-Oct. 22) — Today is an 8 — Develop a strategy with teammates through tomorrow.

Distractions abound. Huddle to organize who will do what, and avoid any awkwardness. Emotions affect the workplace. Don't drop out important tasks.

Scorpio (Oct. 23-Nov. 21) — Today is a 9 — Successful navigation of professional hurdles jump-starts a passion project. Provide what's needed, and get your team involved. Pass a test and rise a level. Physical magnetism is part of the fun.

Sagittarius (Nov. 22-Dec. 21) — Today is an 8 — Dream big. Your wanderlust is getting worse. Travel and fun are favored today and tomorrow. Can you mix business with pleasure? Have backup plans to sidestep chaos. Alternate between physical movement and tranquility.

Capricorn (Dec. 22-Jan. 19) — Today is a 9 — Over the next two days, handle financial, legal and insurance matters. Plan and invest for the future. Leverage your position. Arrange safer storage for resources and assets. Get terms in writing.

Aquarius (Jan. 20-Feb. 18) — Today is a 7 — Strategize with a partner over the next few days. Review resources and replenish reserves. Avoid risk and expense. Get outside to walk and talk together. Spend time to nurture your relationship.

Pisces (Feb. 19-March 20) — Today is a 9 — Confront a tricky puzzle at work by looking at it from a different angle. There's plenty of work over the next two days, so use your imagination and delegate what you can.

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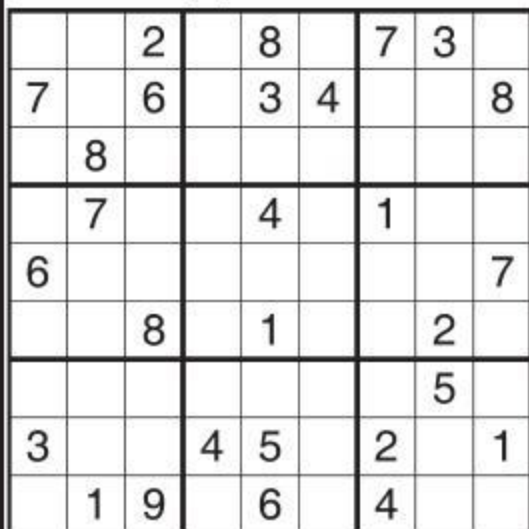
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Sudoku

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LEVEL 1 2 3 4



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

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The Daily Barometer



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 Oregon State University
 Corvallis, OR 97331-1617
 Please direct news tips to:
 541-737-2231
baro.news@oregonstate.edu
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EDITOR-IN-CHIEF
 Rachel Suchan
baro.editor@oregonstate.edu
 NEWS EDITOR
 Riley Youngman
baro.news@oregonstate.edu
 ASSOCIATE NEWS EDITOR
 Marcus Trinidad
 SPORTS EDITOR
 Cooper Pawson
baro.sports@oregonstate.edu
 ASSOCIATE SPORTS EDITOR
 Brendon Slaughter

FORUM EDITOR
 Sean Bassinger
baro.forum@oregonstate.edu
 PHOTO EDITOR
 Nicki Silva
baro.photo@oregonstate.edu
 BUSINESS MANAGER
 Logan Taylor
 541-737-6373
baro.business@oregonstate.edu

CLASSIFIEDS
 541-737-6372

PRODUCTION
baro.production@oregonstate.edu
 Advertising Executives:
 Claire Wilding
db1@oregonstate.edu
 Maranda McArthur
db3@oregonstate.edu
 Gabe Landstrom
db5@oregonstate.edu
 Alec Weeks
db6@oregonstate.edu

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News

Panama Papers link housekeeper to North Korean nuclear missile testing

By Tim Johnson

McClatchy Washington Bureau

WASHINGTON — In her passport, Nesita Manceau lists her occupation as “housewife.” But she does oh-so-much more. On paper at least, she’s a corporate titan. And she’s been tangled in an arms-running scandal involving North Korea and Iran.

Manceau is what could be called a “zombie director” of shell companies. She’s been on the boards of scores of them. Lawyers in Florida, Oregon and Nevada have clients who call on her services.

The 55-year-old Filipina, who until recently was living in the South Pacific island nation of Vanuatu, exercises what is required of an offshore corporate director: She simply signs her name. Time and time again.

Practically the sole function of an offshore corporate director is to cloak the identity of the real owner of a company or trust. The director serves as a legal shield, of sorts.

The documents known as the Panama Papers team with these zombie directors who sign corporate papers at the bidding of unidentified owners. Such directors can oversee, at least on paper, hundreds—and sometimes thousands—of corporations.

They are a crucial cog in the machinery of foreign law firms and registration agents who churn out phantom corporations, stock them with proxy directors, slap a soothing name on them, and register them on atolls or far-away nations. It is a volume business.

True owners of the shell companies often want passive directors with no control over, or even knowledge of, actual operations. Secretaries, Burger King cooks and housewives will do.

Corporate registration agents like Mossack Fonseca, the Panama law firm whose 11.5 million leaked documents comprise the Panama Papers archive, earn extra fees when they stock the boards of offshore entities with nominees who



JULIE MAKINEN | LOS ANGELES TIMES

The April 25 House of Culture, where the Workers’ Party Congress is to be held in Pyongyang, on Wednesday.

usually have no clue as to the identity of the true owners.

“The fact is, if you water-boarded them, they wouldn’t come up with the name of the beneficial owner because they don’t know,” said Jack Blum, a Washington lawyer who has spent decades investigating money laundering and the use of offshore corporations.

But when government investigators come around trying to figure out who owns an offshore corporation, Mossack Fonseca offers up their names as if they had an actual financial stake and knowledge of operations. That happened in 2011, when the director of the Financial Investigation Agency of the British Virgin Islands, Errol George, wrote Mossack Fonseca inquiring about Fincom Trade Ltd. A company officer quickly

responded.

“The Beneficial Owner of the company is Ms. Nesita Manceau whose address is: 1st Floor, Pacific Building, Port Vila, Vanuatu,” wrote J. Elizabeth Maduro.

See-no-evil nominee directors are the mirror opposite of directors in the real corporate world, who usually have first-hand business experience that they use to hire and fire chief executives, oversee corporate decisions and protect shareholder interests.

The massive leak from the Mossack Fonseca law firm, shared with the International Consortium of Investigative Journalists (ICIJ) and its partners, including McClatchy Newspapers, includes emails, copies of passports and financial records, which all cast light on

the structures used in offshore companies, including the functionaries like Manceau.

Manceau was born in a remote Philippine hamlet called Cabay in Eastern Samar province. Her former husband said she once served as a housekeeper after moving to the South Pacific island nation of Vanuatu.

“She was a house girl for Geoff,” said Rene Manceau, a Frenchman who described himself as a painter. “Geoff,” he said, was Geoffrey Taylor, an eccentric Brit who emigrated to Asia in the 1960s.

“She lived here for 20 years. She’s in the Philippines now. She left Vanuatu four years ago,” Manceau said in a telephone call from Vanuatu. The couple have a daughter, Elodie, who did not respond to messages left on her Facebook account. The

mother could not be reached in the suburb of Manila where she resides. “I don’t think she has a telephone. She’s very poor. She has no money. My daughter asks me to send her money.”

Manceau said his ex-wife has only a basic education — “nothing more than six years.”

In spite of her humble roots—or perhaps because of them—Nesita Manceau directs corporations registered all over the world. She’s been a director of companies in Britain, the Ukraine, Belize, the United Arab Emirates, New Zealand, the Seychelles, Hong Kong and elsewhere. Manceau first appears in Mossack Fonseca records as a corporate director in 2001.

Exactly what she earned for each directorship is not known. But she usually worked with Taylor who set up a vast enter-

prise, the Vanuatu-registered GT Group Ltd., to register some 2,500 offshore companies, according to the documents. Taylor was known to pay 20 New Zealand dollars (about \$13.50 U.S.) to his nominee directors.

Taylor matched Manceau’s simplicity with his own eccentricity. He claimed to hold a knighthood from the Principality of Hutt River, a secessionist village in western Australia, and also called himself Lord of the Manor of Stubbington, a feudal title dating to the 11th century that he had apparently purchased.

One of GT Group Ltd.’s creations was a company called VicAm (Auckland) Ltd., of which Manceau carried the title of director. In mid-2009, VicAm

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Secrets

Continued from page 1

how they were doing at just the right moment.

PostSecret has also inspired the creation of other popular websites including I Found Your Camera, where users post photos found on lost cameras in hoping to send them back to their owners.

Another secret Warren projected was a postcard discussing the way the sender holds onto the memories of loved ones.

“When people I love send me voicemails, I always save them in case they die tomorrow and I have no other way of hearing their voice ever again,” the card read.

Warren stated that he has received copies of peoples’ last voicemails to their loved ones and played them to the audience. Some were congratulating the recipients on getting into college, others wishing them a happy birthday and another saying they just wanted to say hello.

The short-lived PostSecret app was also discussed by Warren. The PostSecret app allowed users to post photos with their secrets on a text box with complete anonymity.

According to Warren, the anonymity lead to a niche group of users leaving hateful comments or submitting inappropriate content.

“In the end, it was dicks who brought down the app. Not jerks but pictures of dicks,” Warren said.

However, good things did come from the app. A user who was suffering from a malignant tumor posted that despite her desire to see the world, she could not travel and asked users to

reply with photos.

Shortly thereafter, users from around the world sent pictures of sites and monuments from around the world including the Leaning Tower of Pisa and the Oregon Coast.

Carrying around secrets creates a physical burden, according to Warren, citing a psychological study which stated that when people hold onto secrets, hills seem steeper, they are less likely to help their friends, and a physical fatigue much like constantly carrying a backpack is created.

Warren stated that if he could go back and erase the painful moments of his life, he wouldn’t as they were what brought him to start PostSecret in the first place. Hiding secrets from his family, specifically his mother, are what compelled him to start the project.

The end of the presentation had Warren telling the audience that once one gets through the struggles they are going through, they become the person that they are supposed to be.

“The world is waiting for you to share your gifts,” Warren said.

After concluding his presentation, Warren opened up the floor to the audience and invited them to share their secrets.

Around six audience members volunteered to share their secrets, and discussed their personal experiences with family, religion and domestic violence.

Warren always carries one secret that was sent to him on a dollar bill in his wallet, he said it is one of the most profound secrets he has received.

“We are all part of something bigger—we are in all of it together,”

Warren’s presentation ended with his signing of the Mental Health Unity Pledge, a document stating that Warren and other signees would create safe spaces to discuss mental illness and speak out against discrimination as well as the stigma surrounding mental illness.

The presentation was followed by a book signing, all three of Warren’s books about PostSecret, The World of PostSecret, PostSecret: Confessions of Life, Death & God and Post Secret were available for purchase at the event.

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News



JULIE MAKINEN | LOS ANGELES TIMES
Street cleaning in Pyongyang on Wednesday, May 4, 2016, as North Koreans gear up for something they haven't seen in more than three decades — a Workers' Party Congress.

DPRK

Continued from page 3

Ltd. spun off SP Trading Ltd. Then the company exploded into global headlines.

On Dec. 12, 2009, Thai security forces seized a Russian-built Ilyushin-76 cargo plane on the airport tarmac in Bangkok. The manifest said the aircraft carried "oil industry spare parts." But the agents discovered 35 tons of rocket-propelled grenades, missile and rocket launchers and surface-to-air missile launchers in the cargo hold.

The plane had left North Korea and was reportedly headed to Iran. It had stopped in Bangkok to refuel.

The seizure revealed a complex web of companies. The aircraft was owned by a company in the United Arab Emirates but was operated by a firm in Georgia, which in turn leased the aircraft to SP Trading, which chartered the plane to a Hong Kong company. The mastermind of the arms deal has never been publicly identified. The crew of four Kazakhs and a Belarusian pilot were held but later freed.

Employees of Mossack Fonseca stood by Taylor, who is now 73.

"He is a man of high credibility, professional history and moral standard ... We do guarantee that Mr. Taylor and his GT Group are genuine and clean partners," an employee who signed his name as "Jiri" wrote in an interoffice email from the Prague office, where Jiri Myslivec worked, to headquarters in Panama. The Czech branch of Mossack Fonseca handled much of Taylor's business, often setting up shell companies in the Seychelles, an archipelago in the Indian Ocean.

McClatchy could not locate Taylor. Journalists never succeeded in tracking down Manceau after the weapons seizure. And she continued to direct offshore companies registered by the

Panama law firm until 2013.

Nominee directors of offshore companies that run afoul of the law rarely face penalties. The director of SP Trading was a Chinese national, Lu Zhang, who worked as a cook at a Burger King restaurant in Auckland, New Zealand. She pleaded guilty in 2010 and was convicted of making false statements on company registration forms but was released without penalty.

Manceau never ran into legal trouble. She was director of VicAm (Auckland) Limited, the sole owner of SP Trading.

Robert Palmer of Global Witness, a London-based watchdog group monitoring natural resource exploitation and money laundering, said nominee directors of offshore corporations are often seen as hapless and bearing little responsibility.

"It's precisely because these people cut such sad figures—or because they are not seen as the real masterminds of the businesses," Palmer said.

Nominee directors literally rent out their names, often for little money, and should face legal scrutiny, he said. "If you started prosecuting nominee directors, it would certainly become less attractive to be a nominee."

Emails show that Mossack Fonseca would routinely keep signed resignation letters on file of zombie directors so that they could be replaced at any moment.

Manceau is also known in the United States. She is, or has been, a manager or officer in four limited liability companies registered in Florida between 2004 and 2008. The lawyer who handled the incorporations, Mark Hankins, whose website lists his office in Lutz, north of Tampa, did not respond to emails or phone messages.

She also was listed as a manager of two LLCs in Nevada and two corporations in Oregon, all of which were registered between late 2004 and 2007.

The Portland, Oregon, lawyer who handled the two incorporations there, Lake Perriguet, declined to discuss how Manceau came to be listed as president.

"I can't really talk to you about any of my clients," Perriguet said.

Zombie directors at least nominally oversee companies that can move huge sums of money. In March 2015, Mossack Fonseca considered cutting ties with a Seychelles woman, Elisana Marie-Antoinette Labonte, who serves frequently as a director. Her name came up on a website, whistleblowers.org, as director of a Russian-controlled company seeking to transfer 240 million euros (\$273 million) for "humanitarian, social, economic and development projects." The outcome of the debate was not immediately apparent.

As active as Manceau has been, the employees of Mossack Fonseca outpace her as corporate directors. The champion is Leticia Montoya Moran, a 63-year-old "corporate officer" at Mossack Fonseca who has sat on the boards of 10,969 companies in recent decades, according to a tally of the Panama Papers archive.

A document from the end of 2015 puts Montoya's monthly salary at \$900. Her home is in Vacamonte, a working-class Panama City area with an erratic potable water supply.

Other Mossack Fonseca employees aren't far behind Montoya in directorships of companies in which Mossack Fonseca was the registered agent. Francis Perez has been a director of 10,544 entities, and Katia Solano of 5,296 entities. Both earn salaries similar to Montoya's.

"When you come up with a bunch of nominee directors who are on 5,000 corporate boards, there's no way in hell they know anything about the corporation," Blum said. "They don't know squat about it. Nor is it ever likely they will."

McClatchy Washington Bureau



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Sports

The "what ifs" of the year



By Max Braly
Sports Contributor

I laid in turmoil on my bed for a few moments immediately following the Trail Blazers' game four 132-125 overtime loss to the Golden State Warriors in the Western Conference semi-finals. I tirelessly thought about the countless opportunities the Blazers had missed, and I couldn't help but play the 'what if' game.

What if the Blazers played better in fourth quarter during game two? What if the team had another star? What if Meyers Leonard stayed healthy? What if Damian Lillard went 2-for-3 on technical free-throws instead of 1-for-3? What if Shaun Livingston chose not to shout choice words at the referee and didn't get ejected from the game? The Blazers had a chance to go up three games to one over one of the best teams in NBA history. What if?

After some time passed and my tears dried, I challenged myself to change how I was playing the 'what if' game.

What if the Blazers had won only 26.5 games this season like Las Vegas had predicted? What if CJ McCollum wasn't so improved? What if general manager Neil Olshey's off-season transactions were a bust? What if Lillard had suffered an injury? What if Portland



decided to tank? The Blazers had a chance at being one of the worst teams in the NBA this season. What if?

From my new perspective, I saw a team that was battling honorably in the second round of the NBA playoffs against the Warriors, who just happens to hold the record for most wins in a season. I saw a team that on paper shouldn't have even been within reach of the playoffs. The team that replaced four starters. The team that was without an all-star. The team that was the fourth youngest in the NBA. The team that was supposed to be rebuilding. The team that had the lowest payroll in the Association.

The team that will owe its players a total of only \$61 million at the end of the season. The Blazers' round one matchup, the Clippers, will owe \$95.5 million and their round two matchup, the Warriors, will owe \$93.7 million. To put the \$34.5 million disparity into perspective, that's roughly enough money

Braly's Blazers

to sign both the two-time defensive player of the year Kawhi Leonard and the 2013-14 NBA most valuable player Kevin Durant—who will be a free agent come summer, by the way. Just imagine those guys on the Trail Blazers for a moment, then stop because it isn't healthy to get so excited.

Back to reality. Reflecting on the season that actually happened, I realized that it was a true privilege to be a follower and

fan of Portland's 2015-16 squad. This season was full of special moments I'll always remember. McCollum putting future hall of famer Dirk Nowitzki through the spin cycle then draining a three pointer. Dame's scoring 30 points ten times within 13 games, including 51 against the Warriors and 50 against the Raptors. Luis Montero, who only played a grand total of 42 minutes the entire season, talking trash from

the bench to Kobe Bryant. It really has been one of the most unexpected and exciting seasons as a Trail Blazer fan I can recall.

If you're a realist, Portland has only one game left in the season. And if you are a true resident of Rip City, the team only has 11 games left—assuming the Blazers win the last three games against the Warriors and sweep both the Western Conference Finals and the NBA Finals. But before I get too far ahead of myself, round two continues at Oracle Arena in Oakland on Wednesday.

Facing elimination, the Blazers will need to act like a cornered animal and get mean. You thought that game four was physical? Wait till you see how game five is played. With Steph Curry seemingly back to his MVP form—the guy scored 17 points in the five minute overtime period, yeah he's back—Portland will need to adopt the same formula that has already worked twice for

them this season.

You live by the three, you die by the three. In both wins against the Warriors this season the Trail Blazers' have shot over 55 percent from beyond the 3-point line and had fewer turnovers, so winning those battles are key for success. In the Blazer's regular season win, Lillard and McCollum combined for 72 points and during the game three victory Lillard, McCollum and Al-Farouq Aminu totalled 85 points. Basically, Lillard and one other teammate need to go on an absolute offensive tear and score well above half the team's total points.

In an attempt to slow the reigning MVP down, Blazers' defenders will need to bully Curry on every screen they set and every time he drives to the basket. Before game four, Warriors head coach Steve Kerr voiced some concerns abouts Curry's conditioning. Considering that game three went to overtime and was played only 48 hours prior, whoever Curry decides to defend cannot be the primary ball handler. The Blazers will want to run plays with multiple screens and long routes around the court. If Portland employs this tactic in game five, Curry will be too tired to be a factor during crunch time.

Regardless of the outcome of game five, Trail Blazers fans should have nothing to be upset about. No other team in the NBA was more satisfying to watch and no team deserved success more than they did. It was a true inspiration to see hard work and dedication pay off.

As far as what to expect for the Blazers future, all I have to say is "Never Doubt."

On Twitter @Max_Braly

By the numbers: Civil War series

The Daily Barometer

.467: Oregon State's current conference winning percentage. It is the lowest entering a Civil War matchup since the 2010 season (.313).

7: The number of times since 2009 that a Civil War game has been decided by onerun.

.235: Oregon's team batting average, the lowest in the Pac-12. Opposing batters hit .240 against Oregon State pitchers.

.190: As a team the Beavers went 19-for-100 against Arizona, a series in which the Beavers were swept. Entering the series, the Beavers batted .298 as a team.

46: The number of runs that Oregon's



JOSHUA | THE DAILY BAROMETER

Logan Ice (33) and Jordan Britton (31).

Austin Grebeck has scored this season, the most in the Pac-12. He has scored 22 percent of the Ducks' run this season.

8: The number of homeruns hit by A.J. Balta, second in the Pac-12. Oregon State pitchers have only given up 15 dingers all season, tied with Stanford for lowest in the conference.

349: The number of strikeouts by the Oregon pitching staff, tops in the Pac-12. Oregon State strikes out at the second lowest rate in the conference, only striking out 250 in 44 games this season.

12: The total number of errors between both team's in last year's Civil War series.

On Twitter @Bralbone3

The Bottom Line

NUMBER OF THE DAY **49**

Number of stolen bases for OSU softball, good for second in the Pac-12.

TWEET OF THE DAY

Cereal at night>>>>>>> cereal in the morning

Jen Von Ta Hill
@I_Beautifuljays

UPCOMING EVENTS

Softball	5/12-5/14 vs. Arizona State
Baseball	5/13-5/15 vs. Oregon
W. Track	5/14-5/15 @ Pac-12 Championships
M. Rowing	5/15 @ Pac-12 Championships

Sports

Taras "Terry" Liskevych retires after 11 years

The Daily barometer

Oregon State volleyball said goodbye to one of the greats yesterday, as the 2014 Pac-12 and Regional Coach of the Year Taras "Terry" Liskevych announced his retirement from coaching. The 11 year coach grew this team to new heights, including most recently in 2014 when he led his team to the first NCAA tournament wins in school history before losing in the Sweet 16, which is the farthest the school has ever been.

"I am forever grateful to Oregon State University for giving me an opportunity to build the volleyball program and lead a special group of student-athletes," Liskevych said. "It has been a wonderful 11-plus years and I will miss my players, my coaching staff, the administrators, coaches and staff in the athletic department, as well as, the university in general."

He will be missed on and off the court, Not only did his teams accumulate a good amount of awards for their play but also for their academics. Over Liskevych's career his players have compiled 84 selections to the conference's academic team. Last fall a record 12 students made the academic team.

"It is with great admiration that I thank Coach Liskevych for his contributions to not only our volleyball program, but to the entire Oregon State community," Beaver Vice President/Director of Athletics Todd Stansbury said. "With his leadership, the student-athletes in our program have represented the University in a first-class manner on the court, in the classroom and in the commu-



nity. On behalf of the entire Oregon State family, we wish Coach Liskevych and his family continued success in their future endeavors."

Liskevych became one of the most sought after coaches in history. In his early years he coached

men's volleyball at the other OSU, Ohio State University, and led that team to the final four twice in back-to-back years in 1974-75. He then switched to women's volleyball at the University of Pacific. This is where he really made his name, he pro-

"I am forever grateful to Oregon State University for giving me an opportunity to build the volleyball program."
Taras Liskevych
 former volleyball coach

duced some outstanding seasons there. He led the Tigers for nine seasons (1976-1985) and accumulated a record of 267-85 (.759). Pacific finished in the top five in the nation six of his nine years, going to five Final Fours.

Liskevych clearly did not stop there, he continued growing his involvement in the sport as a whole. He got into International play in '85' when he was hired as the Women's national coach.

"It has been a privilege to coach hundreds of athletes and to work alongside some of the top volleyball coaches in the game," Liskevych said. "Looking back, I have been very fortunate to have been involved in many exciting projects and businesses, but the coaching and mentoring of young people has always been the top motivator for me to come to work every day."

The Associate Head Coach Mike Barnard will take over as the interim head coach until the coaching vacancy is filled.

baro.sports@oregonstate.edu

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Forum



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Find affordable travel from PDX



By Jackie Keating
Forum contributor

Summer vacation is approaching rapidly, and if you're finding yourself without summertime responsibilities, you may be feeling the itch to travel. Of course, travelling can be pricey, but if you're open to destination options and would just like a change of scenery for a bit, I've compiled a list of destinations both domestic and international that you can fly to fairly inexpensively out of our own dear Portland International Airport.

Los Angeles: \$76

According to AirfareWatchdog.com, you can find yourself in sunny Los Angeles for less than 100 dollars for a round trip flight from PDX.

The third most populous city in North America and the second in the U.S., LA is known simultaneously for a laid-back beach vibe and glamorous Hollywood. If you're there for a week you should factor in perhaps \$30 per night for a hostel bed.

Hostels can be noisy but they tend to be full of people your age and they're much cheaper even than a motel room. Add this to perhaps \$50 for food (buy some bread, peanut butter and jelly at the store---you don't have to spend all your money on restaurants) and perhaps \$200 for transportation in the city and sightseeing locations, and you've got yourself a week-long vacation in a famous, chill city for about \$500. As far as

week-long vacations go, this isn't a bad price.

Las Vegas: \$96

AirfareWatchdog.com also recommends Las Vegas, as a round-trip flight can cost as little as \$96. According to HostelWorld.com, hostels in Vegas run a lot cheaper than in Los Angeles. I was able to find multiple hostels that ran \$10 to \$12 per night. Las Vegas, however, is most prominent for its gambling, shopping and nightlife, so this could end up being pricier than anticipated if you're not careful. If you enjoy gambling, you may end up spending more than you would like at the casinos that make up the fabric of the city. Still, Vegas could be a fun and inexpensive summer travel destination if you'd just like to grab a few friends, window shop, and get a great tan.

Dallas: \$97

According to Skyscanner.com, you can scoot on over to Dallas from Portland for just under 100 bucks for a round-trip ticket. Dallas is a sprawling metropolis in the north of Texas, and has tons of architecture, art, history and natural beauty to see. Dallas hostels seem to run a bit higher than those in Vegas, falling within the 20-30 dollar per night range. Still, if we use the same estimates as those for Los Angeles, I imagine with a little penny-pinching you could make a good trip for around \$500.

Cancun: \$379

International travel costs quite a bit more than staying in the U.S., but if you are dying to get a shiny new stamp on your passport, you don't necessarily have to spend thousands to do so. According to AirfareWatchdog, you can find yourself sipping a piña colada in one of the most popular tourist destinations in Mexico for less than \$400 for a round-trip flight out of P-Town. I was able to find a nice-looking Airbnb bedroom for just \$20 per night in the downtown area, and

“Vegas could be a fun and inexpensive summer travel destination...”

overall the dollar is stronger than the peso, and therefore everyday activities should cost you less in order to make up for the higher airfare price. For about the same flight price, AirfareWatchdog also suggests that you can make your way to Belize City, Belize.

Of course, these airfare prices are completely dependent on the dates on which you decide to fly, the price of gasoline, and the timing of your purchase. Unfortunately, a ticket that was a certain price a week ago may have risen by the time you look at it again.

To get the best deals, like the minimal prices shown here, try to purchase tickets on a Tuesday at around 3 p.m., according to an article by ABC. Apparently, on Mondays one airline will often offer a sale, and then other airlines "immediately go into competitive mode, and begin lowering their own prices to match the first one's sale." Also, it's often cheapest to fly between Tuesday and Thursday, since these days aren't easy or popular travel days for most people.

I would recommend simply watching sites like AirfareWatchdog and Skyscanner, and hopping on a deal immediately when you find one. Best of luck and safe travels.

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

baro.forum@oregonstate.edu

Letters

Letters to the editor are welcomed and will be printed on a first-received basis. Letters must be 300 words or fewer and include the author's signature, academic major, class standing or job title, department name and phone number. Authors of e-mailed letters will receive a reply for the purpose of verification. Letters are subject to editing for space and clarity. The Daily Barometer reserves the right to refuse publication of any submissions. Each reader will be allowed one published letter per month.

The Daily Barometer
c/o Letters to the editor
480 Student Experience Center
2251 SW Jefferson Way
Oregon State University
Corvallis, OR 97331-1617
e-mail: baro.editor@oregonstate.edu

Succeed with time management apps

By Dr. Jon Dorbolo

Ask Dr. Tech

Time, of course, does not really change pace but our subjective experience of time does.

"It's a strange thing, but when you are dreading something, and would give anything to slow down time, it has a disorienting habit of speeding up." -J.K. Rowling

If time seems to be speeding up to you, it is because you are not getting as much done as you want to in the time that you have.

How you manage what you need to do determines whether time is your enemy or your friend.

The most powerful tool that I know of at OSU for managing your time is the academic coaching program available at the Academic Success Center in 102 Waldo Hall.

At no cost students may meet with an academic coach in order to organize tasks, priorities and schedule, then meet regularly to maintain progress.

Many time and task management systems are available on paper and online.

The Uncalendar from People Systems is a 53 week calendar book without pre-set dates so that you can start today with templates for recording objectives, tasks, priorities, resources, notes and much more.

I track my due dates and tasks on both a paper date book and online because entering twice forces me to double-check which catches errors.

Trello, my favorite online project-management application, works as a list-making tool with capabilities for check-lists, due dates, reminders, labeling, and sharing.

Cross-platform mobile apps include the richly featured MyLifeOrganized to the simpler Wunderlist and Any.do.

Important as it is to organize time and activity many people experience the frustration of consistently running up against deadlines; where does the time go?



Figuring out how you use your time is crucial to effective self-management and there are many time-use tracking applications, most of which are oriented toward business contexts but a clever student could use any of these to produce an analysis of personal time and resource utilization.

Some cross-platform apps for desktop and mobile are Klok, RescueTime, ManicTime; for iOS there are Atracker, Eternity, Timely; Android users may look for Toggle, Yast, Timesheet; Windows phone 8 supports ONTRACK, Time Tracker, and Time to Harvest.

Time trackers only work if you are consistent and honest with your time-logging, which if done for a month will give you the general patterns that allow for deliberate change; consciousness leads to control.

When you know what you need to do and how much time you have to do it, you may apply a powerful productivity technique called "Pomodoro."

To use this technique you will need a simple timer with an alarm.

Here is how to apply Pomodoro:

See Tech, Page 8

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Contact: Melissa McCarthy, Program Director
(503)943-7225 or McCarthy@UP.edu

Forum

Tech

Continued from page 7

1. Choose the task to be done
2. Set the timer to 25 minutes.
3. Work on the task until the timer rings.
4. Take a short 3 minute break
5. Repeat steps 2, 3 and 4 twice more.
6. Take a 15 minute stretch break.
7. Start back at 1.

At the end of this you have worked 2.5 hours plus 24 minutes break time, so it all took 3 hours - repeat the process or move on to another task.

Several mobile and desktop applications help apply Pomodoro technique to different situations; look carefully at apps before committing to one as some are multi-featured and some are just timers.

Do Pomodoro every day and your productivity will increase.

Anxiety and the speed of subjective time are related and you can gain time by worrying less about it.

A 2015 study, "Mindfulness Meditation and the Experience of Time," shows that practicing mindfulness leads to an overall perception of lengthening time.

As the study's main author Sylvie Droit-Volet explains;

"Mindfulness training has two major goals. The first is to access a deep state of calm. The second is to focus attention and awareness on what is happening in one's own body and mind as it happens, that is, in the present moment. Mindfulness therefore changes the relationship with time

by focusing individuals' attention on the present moment." (P.89).

If you have time to worry and feel anxious, then you have time to practice mindfulness and there are numerous opportunities at OSU to do so.

Counseling and Psychological Services (CAPS) offers free drop-in mindfulness meditation sessions all term.

OSU has a Contemplate Studies Program in which courses within the general curriculum are taught using mindfulness techniques.

You can take courses in writing, psychology, philosophy, religion, and natural resources management that use mindfulness techniques in the class.

These are not courses about mindfulness, rather they use mindfulness methods to teach academic subject matters.

In other words, you can practice mindfulness, learn a topic, and satisfy degree requirements all in one class. Now that is an effective use of time.

The resources mentioned in this article are linked for you on my blog - jondorbolo.com.

All of the techniques mentioned above take some time to discover and do. Perhaps you feel that you simply don't have time enough to bother.

Therein lies the puzzle, when you are running out of time it is a sign that it is time to compel yourself to walk.

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

Dr. Tech's blog: jondorbolo.com

Sarah Palin not relevant in current election cycle

By Kristen McQueary
Chicago Tribune

When entertainment news sites announced in March that Sarah Palin had signed onto a reality show modeled after "Judge Judy," many in the conservative movement cheered. And not because they were itching for more of Palin's disjointed, wild-eyed television appearances.

If she had her own TV show settling neighborhood disputes over dog poop, perhaps she finally would be cast aside as a credible spokeswoman for the tea party, the Republican Party or conservatives in general.

Alas, no. Reality show contract in hand, Palin still has managed to commandeer mainstream political news coverage — as she did Sunday with her pronouncements against U.S. House Speaker Paul Ryan of Wisconsin.

Palin told CNN's Jake Tapper that Ryan's hesitation to endorse Donald Trump would be a career-ender for Ryan because "he has so disrespected the will of the people, and as the leader of GOP, the convention, certainly he is to remain neutral, and for him to already come out and say who he will not support is not a wise decision of his."

Whoa. OK, so Palin is upset that Ryan isn't aboard the Trump Train yet.

She went further, declaring she would work to unseat Ryan. He faces a Republican primary challenge for his congressional seat this summer. Wisconsin's presidential primary was April 5, but the primary for state and congressional offices is Aug. 9. Ryan faces tea party candidate Paul Nehlen.

Palin is goodness-gracious-stinkin'-mad that Ryan said he is not willing to endorse Trump at this time. Most likely,

neither are the 714,753 Republican primary voters in Wisconsin who voted for someone other than Trump. Ted Cruz — not Trump — won the Wisconsin primary, including Ryan's own congressional district. For Palin to paint Ryan as out of touch with his district doesn't make sense. He's perfectly aligned with it.

But then, expecting sensible proclamations from Palin would be like expecting James Joyce from a fortune cookie.

Palin tried to make the case Sunday that Ryan was one of those insider GOP establishment types trying to derail Trump's path to the nomination.

A few glaring irrationalities come with that characterization. Ryan has been the emergency brake to the "Never Trump" movement. Repeatedly, he shot down speculation and suggestion that he would step in at the GOP convention to take Trump's slot as the Republican presidential nominee. Ryan could not have been more clear that no, he would not do that, even if asked, cajoled, begged, recruited, kidnapped or forced at knifepoint.

Dousing Ryan with the "insider GOP establishment" taint is simply untrue. Ryan ascended to speaker because he was viewed as an independent, outside voice for moderate and conservative Republican members. The inside track initially went to Rep. Kevin McCarthy, the majority leader, who later bowed out. Ryan was not the establishment's pick.

Ryan has been among the strongest voices for fiscal conservatives in Washington. No one dared mention entitlement reform before he started talking about it. He has introduced and promoted plans that would turn parts of Medicare into a voucher program. He wants to streamline Medicaid by giving states more control through block grants.



He advocates capping nondefense discretionary spending, consolidating the tax code into two tax brackets and reforming the way billions of dollars in federal poverty money is distributed. Those are not popular ideas.

For years, GOP leadership considered Ryan a backbencher because he was actually serious about getting spending under control. He wasn't part of the fraternity whose members merely talked about downsizing government. He wrote legislation to do it.

Palin wouldn't know much about Ryan's role in leading the discourse on spending discipline, though, because she was too busy learning how to pronounce "Ahmadinejad" in preparation for her television interviews during the 2008 presidential election.

Palin served a purpose. Her hockey-mom thing was effective. But her time is over. Her moment is gone. When she makes television appearances now, her desperation to be relevant oozes through the screen. She is spacey and mouthy and unpredictable. Perfect for reality TV but not to be taken seriously.

Kristen McQueary is a member of the editorial board of the Chicago Tribune.



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