



Beavers bats bombard Pilots in Volcano Stadium

SPORTS, PAGE 5

Dealing with the "spring slump" FORUM, PAGE 7

THUR.	FRI.	SAT.
67° 49° 30%	66° 48° 0%	66° 46° 20%

Weather data from the National Weather Service

OREGON STATE UNIVERSITY

CORVALLIS, OREGON 97331

The Daily Barometer

THURSDAY MAY 14, 2015

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COURTESY OF KYLE DUYCK | THE DAILY BAROMETER

Dmitriy Bobrovnikov, a senior in biochemistry and biophysics, participates at the BB club's pumpkin smashing fundraiser.

BB Science club lives it up

Student-led organization places emphasis on biochemistry, biophysics

By Courtnee' Morin
THE DAILY BAROMETER

As a small department, the Department of Biochemistry and Biophysics is close-knit, and so is its club: the BB club.

"It's pretty much designed to be an inclusive environment for the College of Science and our major," said Kyle Duyck, a senior in biochemistry and biophysics and the BB club president.

As president, Duyck tries to go to every BB Club meeting and outreach event, and keeps in contact with the club's faculty supervisors.

The club has regular meetings every term where club members are introduced to each other and discuss club business over pizza. The club also puts together faculty socials where students meet at a faculty member's house to connect with each other and faculty members in the department.

"Kyle's been good at getting the club involved in a lot of differ-

ent activities and getting people connected with each other," said Kevin Ahern, a professor in the department of biochemistry and biophysics and one of the faculty supervisors for the BB club.

Duyck enjoys that the faculty socials give club members a chance to meet with their teachers outside of the classroom setting and allows for a relaxed environment to talk about lab research opportunities.

The other faculty supervisor for the club is Indira Rajagopal, another instructor in the biochemistry and biophysics department.

Rajagopal is happy that this club is able to connect students and faculty with one another, and is particularly proud of the mentoring program that the club set up, which is now being used across the College of Science.

"The club has a mentor program where incoming members are paired with someone who is farther along," Rajagopal said. "It was completely student made, and helps to guide students through the major, like a peer adviser."

It's pretty much designed to be an inclusive environment for the College of Science and our major.

Kyle Duyck
President, BB club

See **BB CLUB** | page 4

Going places with performance research

Internationally recognized research from undergraduate scholar continues, could improve human performance through smart design

By Meghan Vandewettering
THE DAILY BAROMETER

Imagine you're the pilot of a large aircraft at an altitude of 40,000 feet. Suddenly, there's a mechanical failure on the plane's right side.

In order to save the plane, your co-pilot and yourself, you must immediately flip the correct switch on your aircraft dashboard.

Logan Pedersen, a junior studying psychology and sociology, conducts research that studies the relationship between spatial referencing, attention and performance. His research would suggest that the location of the switch and the presence of a co-pilot could influence the fate of this hypothetical plane.

"It's a lot easier to cause an error or for your response time to be slower, especially in a crucial time of need, if the location of the switch doesn't complement the location of the stimulus," Pedersen said. "If you design a display panel, you'd want it to be compatible — a switch for the right side of the plane should be

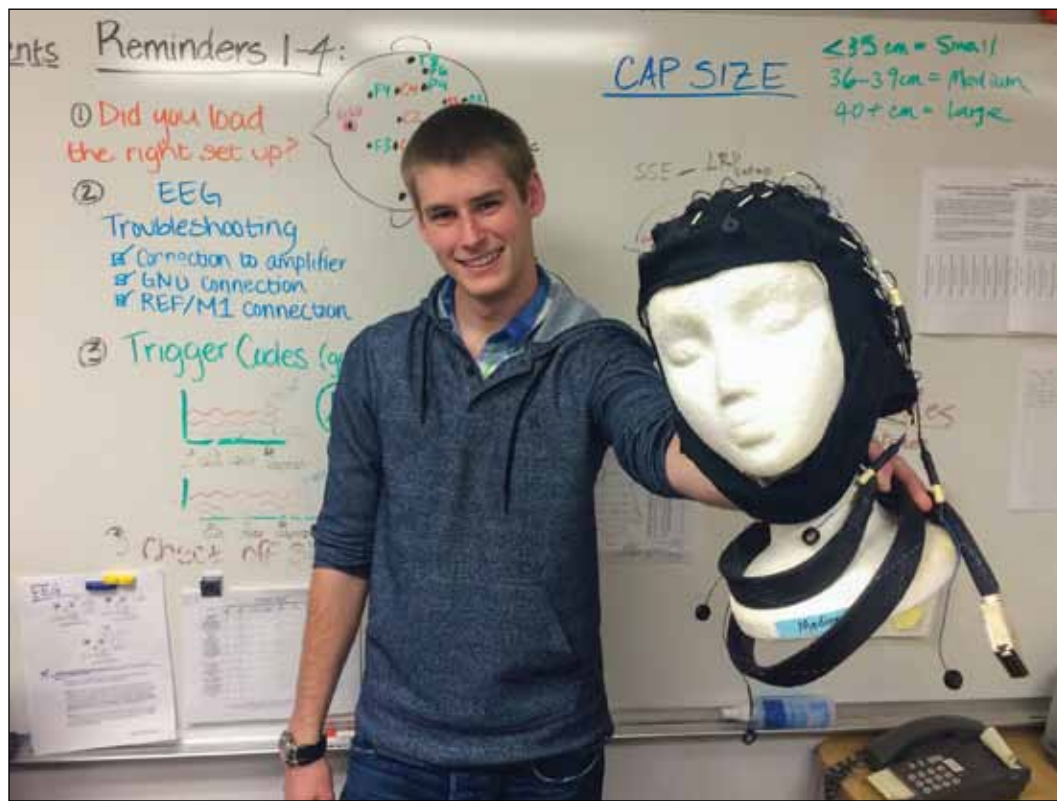
on the right side of the display panel, that way there's no confusion. In the past sadly, things like this have happened where someone hits the wrong button and the plane crashes."

Pedersen works in Mei-Ching Lein's attention and performance lab on the first floor of Moreland. The lab is a small room lined with marked-up whiteboards and filled with tables hosting EEG brain potential sensor caps. Near the entrance, there's a door leading to an even smaller white-walled room where a computer and a Japanese welcoming cat figure sit on a table.

It is in this room that Pedersen conducts his research, which he has been involved with since his freshman year. Work on his current project first began around fall 2014.

Pedersen research studies performance and attention based on two factors: location complementarity between a stimulus and a response, and the presence of an object that provides "spatial referencing," or a code that links a person's left and right faculties to their task. In this small, white-walled room, Pedersen carries out simple experiments that have produced internationally recognized results.

See **RESEARCHER** | page 4



MEGHAN VANDEWETTERING | THE DAILY BAROMETER

Logan Pedersen, a junior psychology major, holds an EEG cap. Pedersen uses caps such as these to conduct his internationally recognized research that relates attention and performance to spatial referencing.

Oregon State rowing program searches for conference title

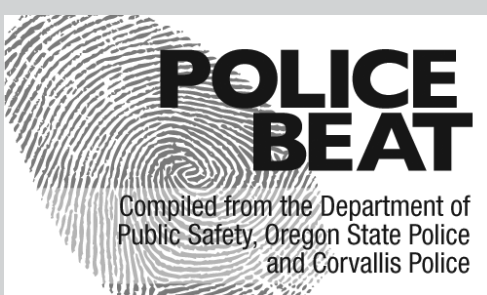
Sports, page 5

Wall Street could help make your money work for you

Forum, page 7

Cassie Ruud takes a trip to the Bexell game lab

A&E, page 8



Tuesday, May 12

Bike theft
Oregon State police received a call Tuesday morning regarding a stolen bike. The caller reported a bike was stolen from Owen Hall on the west side of the building. The owner of the bike described it as a dark blue and silver Trek 3700 mountain bike with an unknown value and unknown serial number. Reportedly, the bike had been secured with a cable lock.

General disturbance
A female contacted Oregon State police to report that a man had grabbed or touched her arm as she walked between Linus Pauling Science Center and Nash Hall. The woman reportedly pulled her arm away and made some verbal remarks to the man as he walked away. The man was described as light-skinned, wearing dark clothing with a black cap pulled over his face. He was approximately 5'8".

Theft
A woman contacted the University Patrol Office to report that her wallet had been stolen. There are no known suspects at this time.

Missing motor scooter
Oregon State police answered a call about a 2011 Vespa motor scooter that was reportedly missing from the OSU parking structure. The owner of the Vespa had not seen the vehicle since May 7, but the Department of Public Safety had reportedly seen the vehicle May 11.

Recovered vehicle
OSU Public Safety found a stripped out vehicle that was reported to Corvallis Police on May 10 as missing. Corvallis Police responded and gathered evidence from the vehicle.

Stolen backpack
An unknown suspect reportedly took a black backpack from the weight room of Dixon Recreational Center.
The Daily Barometer
news@dailybarometer.com

Need to Know
Jury duty:
According to chapter 1.05 of the city of Corvallis Code of Ordinances, a jury list of "200 persons residing in the city of Corvallis, competent to serve as jurors in the Circuit Court of the State of Oregon, shall be selected in the same manner that jurors are selected by the Circuit Court for the State of Oregon."
A person on the jury list can be summoned to act as a juror during a jury trial any time in a jury term. Section 1.05.030 describes each jury term as a third of each calendar year; a new jury term begins on the first day of January, May and September each year.
According to section 1.05.170, "jurors selected to hear the cause shall receive a sum of \$5.00 for each day of such service. Jurors who appear in response to summons but who are not selected to hear the cause shall receive the sum of \$3.00 for each day of such service."
Failure to appear for jury service is punishable with up to a \$50.00 fine, according to section 1.05.180 of the code.
The Daily Barometer
news@dailybarometer.com

Japanese Student Association to hold cultural night Saturday

■ 'Travel Across Japan' selected as theme for upcoming culture night

Oregon State JSA
What: Japanese Student Association
Where: Memorial Union
When: Tuesdays at 6 p.m.

By Jasmin Vogel
THE DAILY BAROMETER
The Oregon State Japanese Student Association aims to create an inclusive welcoming atmosphere during their bi-weekly meeting and during their annual Japanese Night Saturday.

Addison Cooksey, a junior in mechanical engineering, joined JSA to meet and connect with a new group of people and learn about culture from a different part of the world.

"I came here to OSU to meet new people — I wanted to be in new environment and go out and experience the world," Cooksey said. "Connecting at OSU with JSA has given me the opportunity to reach out and connect with the Japanese and OSU communities."

Cooksey enjoys the traditional aspects of the Japanese culture and learning the language, customs and history, as well as connecting with students interested in Japan. One of Cooksey's favorite traditions of JSA is learning the "phrase of the week," a selected Japanese word or saying

that allows many students to connect and understand the culture.

As the current events coordinator for JSA, Cooksey is looking forward to the upcoming Japanese Night, which will be held Saturday, May 16 at 6 p.m.

The tickets for the event sold out within four hours of being available. Cooksey and JSA Vice President Sakura Hamada, a junior in human development and family sciences, are excited about the student and community support the club has received.

"We are excited a lot of people are looking forward to the event and we are hoping to do our best," Hamada said.

According to Louis Nguyen, a junior in microbiology and staff member of the International Resource Center, "JSA is a place for domestic and international Japanese students to meet with each other with many people from different ethnicities."

"They are open to everyone who is interested in Japanese culture,"

Nguyen said. "It's like a home away from home for them. They have a lot of interactive activities like introducing various students to games like kendama, origami, and other aspects of Japanese culture."

Hamada was motivated to join JSA her sophomore year at OSU and found the past officers inclusive and welcoming. When the year ended, Hamada decided she wanted to take on an officer role.

"I wanted to build a new community, and I thought I should step up and take on this position to help out JSA," Hamada said. "JSA provides welcoming community, anyone who wants to build a new community. Proving people with more information about culture, traditions, and people."

Hamada wants to help OSU students understand that Japanese culture is more than just what is seen in the media.

"The theme for culture night is Travel Across Japan. It's not only about pop culture, there's the sights, festivals, mountains, temples, and ancient history," Cooksey said.

JSA meets bi-weekly on Tuesdays at 6 p.m. in the Memorial Union.

Jasmin Vogel, news reporter
news@dailybarometer.com

Bike activists demand safety improvements

By Jennifer Anderson
PORTLAND TRIBUNE

PORTLAND — Bicycle advocates have held two protest rallies in the past few days to call for traffic safety improvements after 22-year-old Alistair Corkett lost his leg in a crash on Sunday.

The grassroots BikeLoudPDX group organized a "die-in" outside the Oregon Department of Transportation's downtown office on Wednesday, with people sporting fake blood.

It was just 24 hours after a rally at the site of the crash at Southeast 26th Avenue and Powell Boulevard, organized by a Cleveland High School teacher and father.

Officials both at the state, which controls Powell Boulevard, and the city, which controls the side streets, are aware of the calls to action.

ODOT spokesman Don Hamilton was at Tuesday's protest, handing out fliers and talking to people about ODOT's \$3.8 million project underway that would add new left-turn signals at Southeast 26th as well as at 21st and 33rd avenues.

The project, which is in the design phase and set to start construction in 2017, also will include three rapid-flash beacons at crossings between Southeast 20th and 34th avenues, ramp improvements, better lighting and signs, sidewalk repairs, and trimming of foliage for better visibility along



JONATHAN HOUSE | PORTLAND TRIBUNE

Protestors stage a Die-In outside the ODOT building Wednesday afternoon, to call for better safety improvements to streets and roads used by bicycle riders.

that stretch. It's the result of a road safety audit conducted in 2013.

Hamilton recognizes the urgency, but said, "This can take awhile because we've got a lot of players. It's a tricky corridor."

ODOT will work with the city, TriMet, neighbors and people in the freight, pedestrian and bike communities, with opportunities for public input later this year. "The most important thing we can do is do this right," Hamilton said.

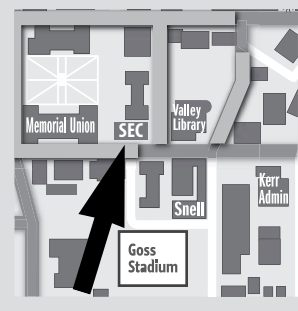
Regarding the protest, he added that ODOT welcomes "any effort by the public to call attention to safety issues on the road."

City Commissioner Steve Novick, who oversees the Portland

Bureau of Transportation, meanwhile, issued a statement after the crash: "As tragic as the incident is, it's, unfortunately, not a unique one," he said. "We have long known that crossing and signal improvements along Powell Boulevard could significantly improve the safety for everyone sharing the road, whether you're driving, biking or walking."

Novick spotlighted the city's work on VisionZero, the initiative that aims to move toward zero traffic-related fatalities and serious injuries in the next 10 years. The website www.VisionZeroPortland.com includes an interactive map of injuries and fatalities.

The Daily Barometer
Newsroom: 541-737-2231
Business: 541-737-2233
SEC fourth floor
Oregon State University
Corvallis, OR 97331-1617
NEWS TIPS • 541-737-2231
FAX • 541-737-4999
E-MAIL • NEWS TIPS
news@dailybarometer.com
Find Us Here...
Contact an editor
EDITOR-IN-CHIEF
SEAN BASSINGER
541-737-3191
editor@dailybarometer.com



MANAGING and NEWS EDITOR
MCKINLEY SMITH
541-737-2231
news@dailybarometer.com
ASSOCIATE NEWS EDITOR
KAT KOTHEN
news@dailybarometer.com
SPORTS EDITOR
TEJO PACK
sports@dailybarometer.com
FORUM EDITOR
CASSIE RUUD
forum@dailybarometer.com
DIGITAL EDITOR
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db5@oregonstate.edu
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db6@oregonstate.edu

DISTRIBUTION MANAGER
SAGE ZAHORODNI
zahords@onid.oregonstate.edu
CLASSIFIEDS
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PRODUCTION
baro.production@oregonstate.edu
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Calendar

Friday, May 15

Meetings
Student Organization Resource for Community Engagement (SORCE), 2-4pm, SEC 354.

Saturday, May 16

Events
Kalmekak Community Outreach, 11am-2pm, SEC Plaza. Join us at our annual event Festivalito. There will be free food, entertainment piñatas, and more. We hope to see you there!

Volunteers
Kalmekak Community Outreach, 8am-3:30pm, MU Kitchen and SEC Plaza. We are looking for volunteers to help us cook and setup. If interested, please email kalmekak@oregonstate.edu.

Tuesday, May 19

Meetings
ASOSU Senate, 7pm, MU Journey Room. Senate meeting.

Events
Student Health Services, Noon-1pm, MU Journey Room. Novo Veritas: Honest Change. 2 Stories, 1 Common Thread: Join Betsy Hartley and Spencer Newell for an authentic conversation about battling substance addiction and obesity, and their healthy new lifestyles in recovery. Snacks provided.
Allied Students for Another Politics (ASAPI), Noon-1:30pm, MU 213. Teach-in focusing on Oregon's death penalty titled "Is the Death Penalty a Crime? Race and Class in the Prison-Industrial-Complex." Food provided.

Wednesday, May 20
Meetings
ASOSU House of Representatives, 7pm, MU Journey Room. House meeting.
College Republicans, 7pm, Gilkey 113. Join the College Republicans for friendly conversation on current events and politics.

Events
Craft Center, 1-3pm, Craft Center, Student Experience Center Basement Level. Watercolor Wellness. Supplies provided.
ASOSU Student Legal Services, 2-3pm, SEC 354. Ready to sign a new lease for next year? Questions about your rights as a renter? Learn about common renting legal issues and tips from an experienced attorney.

Friday, May 22

Meetings
Student Organization Resource for Community Engagement (SORCE), 2-4pm, SEC 354.

Events
Minorities in Agriculture, Natural Resources & Related Sciences (MANNRRS), all day, MU Ballroom and other MU rooms. Mi Familia Weekend. Free event for families who study at OSU. Our mission is to make OSU accessible to families from Spanish-speaking nations by serving more than 300 family members yearly.

Monday, May 25

MEMORIAL DAY

Tuesday, May 26

Meetings
ASOSU Senate, 7pm, MU Journey Room. Senate meeting.

Wednesday, May 27

Meetings
ASOSU House of Representatives, 7pm, MU Journey Room. House meeting.
College Republicans, 7pm, Gilkey 113. Join the College Republicans for friendly conversation on current events and politics.

Events

Craft Center, 1-3pm, Craft Center, Student Experience Center Basement Level. Watercolor Wellness. Supplies provided.

Responsibility — The University Student Media Committee is charged with the general supervision of all student publications and broadcast media operated under its authority for the students and staff of Oregon State University on behalf of the Associated Students of OSU.

Formal written complaints about The Daily Barometer may be referred to the committee for investigation and disposition. After hearing all elements involved in a complaint, the committee will report its decision to all parties concerned.

dailybarometer.com

Senate tries new panel to break pot plan impasse

By **Hillary Borrud, Capital Bureau**

PORTLAND TRIBUNE

SALEM — Oregon lawmakers are trying a new strategy to push through tighter limits on medical marijuana, after a joint House-Senate committee working on the issue declared an impasse earlier this week.

Senate President Peter Courtney, D-Salem, announced Wednesday the creation of a new Senate committee to work on the issue.

Lawmakers want to cut off diversion of medical marijuana into the black market, and they spent the last month working on legislation to track and regulate production of medical cannabis. The House-Senate committee is tasked with making any legislative fixes necessary to prepare for the July 1 legalization of recreational pot for adults in Oregon under Measure 91 which voters approved in November.

However, the joint commit-

tee has not yet passed any bills and it deadlocked Monday night over a provision to allow city councils and county commissions to ban medical marijuana dispensaries and processors. House Democrats supported an amendment that would automatically refer any ban to voters, while House Republicans and senators from both parties cast their votes for an amendment that would set out a citizen initiative process for voters to challenge the bans.

The opt-out provision is important to Republican lawmakers and lobbyists for city and county governments. Twenty-six counties and 142 cities in Oregon have adopted moratoriums on medical pot dispensaries, but those expired May 1 under the law that authorized dispensaries. The new Senate committee created Wednesday is comprised of the five senators from the House-Senate committee: Sen. Ginny Burdick, D-Portland, Sen. Ted

Ferrioli, R-John Day, Sen. Lee Beyer, D-Springfield, Sen. Floyd Prozanski, D-Eugene and Sen. Jeff Kruse, R-Roseburg.

Burdick and Kruse already introduced a bill Monday that could soon be assigned to the committee. Senate Bill 946 is essentially the same bill the joint committee crafted to regulate medical marijuana, but it contains the city and county opt-out proposal which the senators and House Republicans support.

So far, the Oregon House does not plan to form its own separate committee to work on medical pot regulations. Lindsey O'Brien, a spokeswoman for House Speaker Tina Kotek, said she expects the House-Senate committee will still meet as scheduled on Monday evening to discuss other policy issues related to Oregon's new recreational pot system. That is the same time the Senate committee might meet.

Giffords: Keep guns out of abusers' hands

By **Saerom Yoo**
STATESMAN JOURNAL

SALEM — Former U.S. Rep. Gabby Giffords and her husband, Mark Kelly, who have long been advocates for gun control laws, made a visit to Salem on Wednesday to applaud the Oregon Legislature for expanding background checks to virtually all gun sales, but they had more to ask of Oregonians.

Sitting before journalists on the second floor of the Center for Hope and Safety's months-old, \$1.6 million building in downtown Salem, Giffords and Kelly called for more controls to protect victims of domestic abuse from gun violence.

The couple have been lobbying for gun control laws since Giffords survived a gunshot to her head during a campaign event in 2011. The Center for Hope and Safety serves victims of domestic violence, sexual assault, stalking and human trafficking.

Kelly emphasized that he and Giffords both own guns and believe in responsible gun ownership. He said that, as responsible gun owners, they believe everyone should pass a background check before buying a firearm, regardless of where they buy it.

"We're grateful to the leaders of your Legislature and your governor, Kate Brown, for doing the responsible thing and standing up to the very powerful gun lobby," he said.

Brown signed Senate Bill 941 on Monday, the culmination of a long campaign by Oregon Democrats to strengthen gun control. Republicans opposed the measure, and similar bills died in 2013 and 2014. The bill, backed by national gun-control groups, was made possible after Democrats achieved a supermajority in the 2014 elections.

Kelly testified for Senate Bill 1551 in the Oregon State Capitol last February.

The couple are now shifting their focus to the relationship between domestic violence and gun violence, Kelly said. They support Senate Bill 525, which would prohibit people who are the subject of a restraining order, or

who are convicted of certain misdemeanor crimes related to domestic violence, from owning guns and ammunition.

Kelly said he also wants to see Oregon redefine domestic violence to include all intimate partners, not just those who are or were married or living together. That's what SB 525, in its original form, would have done. However, an amendment submitted Tuesday would keep the definition consistent with federal law.

Sen. Laurie Monnes Anderson, D-Gresham, a chief sponsor of SB 525, said the amendment was necessary to get Republican support on the bill. Still, it's a significant step, because this kind of legislation has been impossible to pass in the past, she said.

"When a domestic abuser has access to a gun, it makes it five times more likely that that domestic violence situation is going to result in the murder of the woman," Kelly said. "Women in America are 11 times more likely to be murdered by a gun than other developed countries. And it doesn't have to be that way."

Kelly added that between 2001 and 2012, 6,410 women were murdered by an intimate partner with a gun.

"That's more than the total number of troops that died in action in Iraq and Afghanistan during the same period of time," he said.

Jayne Downing, executive director of Center for Hope and Safety, said the nonprofit received more than 20,000 contacts to its programs last year, and she expects that figure to rise this year.

Giffords, in her short statement at the end of the press conference, said gun violence is a women's issue.

"Women can lead the way," she said. "We stand for common sense, we stand for responsibility. We can change our laws, we can win elections."

After the press conference, Kelly and Giffords toured the Center for Hope and Safety and met with lawmakers and Brown at the Capitol.

Portland sub files suit against school district

By **Shasta Kearns Moore**

PORTLAND TRIBUNE

PORTLAND — A former substitute teacher is suing Portland Public Schools in federal court, claiming the school district discriminated against him because he was disabled.

Lucien Loiseau, a Vancouver, Wash., resident, originally filed a complaint in Multnomah County Circuit Court, claiming district officials violated the Americans with Disabilities Act when they reach a reasonable accommodation for what he said was a stress-related illness. The case was moved May 8 to U.S. District Court in Portland.

Loiseau is seeking at least \$43,000 in economic and \$60,000 in noneconomic damages, plus legal fees. No court date has been set for the lawsuit.

PPS denies the allegations of discrimination and says Loiseau waited too long to make his claim.

"The school district's actions were based on legitimate, nondiscriminatory reasons, including plaintiff's inability to safely supervise students," wrote PPS attorney Naomi Levelle Haslitt of the Portland

firm Miller, Nash, Graham & Dunn, in the district's answer to the complaint.

The district's answer also states that Lucien didn't participate in a process to negotiate reasonable accommodations.

In the complaint by Portland employment lawyer Sue-Del McCulloch, Loiseau claims he filed for workers' compensation in 2012 due to stress. He alleges that the school district hired Dr. Ronald Turco, who went outside the scope of the compensation claim to determine that Loiseau was psychologically unfit to teach.

After that, Loiseau claimed that PPS took him off the list of approved substitute teachers. Loiseau claimed he was referred to a psychologist, who determined that he could work with reasonable accommodations.

But PPS "did not accommodate (Loiseau) nor discuss appropriate accommodation to permit plaintiff to return to work, despite repeated requests from plaintiff and his union," according to the original April 1 complaint.

Loiseau, a native of the francophone island of Martinique, was a substitute teacher at PPS schools begin-

ning in 1990. His Facebook profile still lists him as a substitute teacher for PPS.

Classifieds

Help Wanted

ATTENTION: All returning OSU students and staff. OSAA (High School) Soccer and volleyball refs needed for Fall Term 2015. FREE training provided. Games start after Labor Day. If you are interested, 2 "Q&A" sessions are scheduled on Monday, June 1 and Monday, Aug. 10, 5-6:30pm at Woodstock's Pizza. Can't make meetings? marcuseng.meson@gmail.com (soc) or darcigarwood@gmail.com (vb).

Summer Employment

ALASKA SUMMER EMPLOYMENT Restaurant staff and sous chef needed at remote Alaska fishing lodge. Housing included. Email resume cr8onis@hotmail.com. Check us out at www.sheltercovelodge.com.

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Medium

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

To play: Complete the grid so that every row, column and every 3X3 box contains the digits 1 to 9. There is no guessing or math involved, just use logic to solve.

Hard

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

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or send email to Kevin Ahern at ahernk@onid.orst.edu

BB CLUB

Continued from page 1

As faculty supervisors for the club, Ahern and Rajagopal help advise Duyck and other club officers, and help with continuity of the club throughout the years, though their amount of involvement heavily depends on the president of the club.

“You can tell how effective a president is by how much (the faculty supervisors) have to get involved,” Ahern said. “And we haven’t had to get involved much this year.”

The BB club also participates in community and campus outreach. The club recently had a table at Discovery Days, where they were able to teach elementary school students about biochemistry and biophysics. In addition, the club has tables set up at all of the College of Science fair events.

In the past, the BB club has participated in other activities such as Relay for Life and Mi Familia. The club also held a pumpkin-smashing event last Halloween, as well as a fundraising event where students could throw whipped cream pies at their professors. In order to promote the club and department to act as a fundraiser, the organization makes t-shirts each year.

In the past, the club has developed study tables where BB club seniors would make themselves available to help others study; this idea has spread through the College of Science, and has developed into a tutoring service called the Major Groove with the help

“(BB club) was completely student made, and helps to guide students through the major, like a peer adviser.”

Indira Rajagopal
Instructor, biochem/biophysics

of other departments.

Since joining the club, Duyck has enjoyed interactions within the club and department.

“I like the sense of community, getting to know all of the students — especially in my classes — and getting to know the teachers,” Duyck said. “In our department, people know more about each other.”

Rajagopal agreed with Duyck.

“There is a good sense of community in the department from the chair to the newest freshman,” Rajagopal said.

Students majoring in biochemistry and biophysics are automatically considered members of the BB club and receive the regular listserv emails. The club is open to members outside of the major, and students can join by either signing up to the listserv at one of the College of Science events at the BB club table or by contacting Ahern.

Courtnee’ Morin, news reporter
news@dailybarometer.com



COURTESY OF KEVIN AHERN

Members of the College of Science biochemistry and biophysics club gather at their fall club meeting. The club allows students from any major on campus to participate.

RESEARCHER

Continued from page 1

Pedersen began volunteering in Lien’s lab his sophomore year as an undergraduate research assistant. After a year of observation within her lab, he approached Lien about taking on a research project.

Over the course of several months, Lein and Pedersen developed an experiment that aimed to more intimately understand the relationship between spatial reference and increased performance and attention.

Volunteers from campus, primarily students earning extra credit in their 200-level psychology course, and participants from the community of Corvallis participated in his experiment. A person would be given an easy task, either two-choice tasks or go-nogo tasks. The difference between the two is simple, use both hands to respond with 2-choice tasks and use one hand to respond to go-nogo tasks.

“When you perform two-choice tasks, you use both hands to perform different tasks. Essentially, you ‘code’ between your left and right hand,” Pedersen said. “When you use a go-nogo task you’re using one hand to respond to a chosen stimulus.”

Pedersen’s participants wore EEG caps and electric signals from the brain were monitored through the scalp. The brain is a collection of cells that carry electrical impulses at up to 200 miles per hour. When the body experiences an outside stimulus like a hot stove top or a visual picture, the brain receives the messages via electrical impulses and responds by sending more electrical impulses throughout the body. The EEG, electroencephalography, caps Pedersen and his lab use have special sensors that can read the patterns of those electrical signals in the brain through the scalp.

“We have the caps that are measuring the electrophysiological response, basically the electric energy on top of your head,” Pedersen said. “Your brain produces all these electric impulses, essentially brain waves. EEG’s pick up your brain waves and one of those brain waves is the ‘response activation’ — we look for how great the response activation is.”

The response activation is an electric signal within the brain that Pedersen was able to monitor during his experiments using the EEG caps. By monitoring a change in the response activation in the presence or absence of an object, Pedersen could

draw conclusions about what helps or hurts performance and attention when carrying out simple tasks—for example the two-choice task of reacting to differently colored dots.

“If you have a screen where sometimes red dots pop up and sometimes green, and you’re told to respond to green with your right hand and red with your left, you have this spatial reference where you’ll respond quicker to the green dot if it pops up on the right side of the screen,” Pedersen said. “When the location of the stimulation and the response are compatible or in the same location, you have a faster response.”

This faster response, or greater response activation, is because of what Pedersen calls spatial referencing. This term refers to the ability to code actions to the left or right hand—if the test subject was told to press a button with his right hand when he saw a green dot on a screen, the test subjects ability to do that task would be easier if the green dot appeared on the right side of the screen. When the task and the stimulus were spatially complementary, performance and attention were improved. In go-nogo tasks carried out in a blank room, spatial referencing did not occur.

“If you have a go-nogo task where you’re simply responding with one of your hands, you no longer have that spatial reference between your left and your right,” Pedersen said. “You don’t see a quicker response time, even if the stimulus and the response are compatible.”

According to literature, and as verified by Pedersen’s results, test subjects didn’t experience any coding between their right and left hands during go-nogo tasks. However, through EEG data, Pedersen found that the brain did experience spatial referencing to an object was in the room: a Japanese maneki-neko waving cat.

“Past research has shown that if you place an object in the room during a go-nogo task, that you have that spa-

tial reference again. You have quicker response times when the stimulus and the response are compatible, with just the presence of an object. It’s really fascinating,” Pedersen said. “We’re trying to validate, with EEG data, if the presence of the object provides that spatial reference that allows you to distinguish between left and right and produce quicker response times.”

By adding and removing the Japanese waving cat, Pedersen was able to switch on and off the test subjects’ spatial referencing ability, which altered how rapidly and accurately they performed the task. In the two-choice and the go-nogo tasks in which he tested auditory response, Pedersen saw an increased performance when the Japanese waving cat was present. He concluded from this and from previous research that this object served as a co-pilot to the crashing plane analogy.

“The co-pilot is sort of like the object in the room,” Pedersen said. “Our research model would show that someone may react quicker with the presence of a co-pilot—all of this is in a matter of milliseconds but sometimes that makes all the difference.”

Pedersen’s research on triggering

spatial referencing has various applications—including the design of control panels present in airplanes and cars. By optimizing the location of a speedometer, for example, Pedersen asserts that driving performance could increase.

“If your speedometer is off center, it can decrease your driving performance,” Pedersen said. “A speedometer perfectly centered and just below your field of vision could improve your ability to drive because it eliminates distractions and decreases your response time to stimuli.”

Pedersen’s research culminated to a body of work that has received international recognition. In November, Pedersen attended the Psychonomics Society’s International Convention of Psychological Science in Long Beach, Calif.

“Most of the people that go to Psychonomics are masters and Ph.D. students, and I think there were five undergrads there out of 300 people presenting,” Pedersen said. “So it was a huge honor to be able to present the research.”

While presenting his research at this international conference, Pedersen encountered fans of his research and found that it had gained worldwide

recognition.

“I saw professors from Germany, Australia, all across Europe and a couple of them would come specifically for my research, just to come talk to me. A lot of that is because of that idea of the spatial referencing coding. It is a lot of what they look into,” Pedersen said.

When Pedersen isn’t conducting research or riding his motorcycle around, he serves as an ambassador for the College of Liberal Arts, acts as a mentor as an Undergraduate Research Ambassador for the College of Liberal Arts, is the president of the Psychology Journal Review Club and leads the local YoungLife group. His research is currently in the process of review, but Pedersen and Lien

hope to see it published in the near future. Down the road, Pedersen hopes to go to graduate school before pursuing clinical psychology.

“Participating in research labs here (at Oregon State) has given me a great experience, and a really broad view of what different labs can be like in psychology,” Pedersen said. “It’s really amazing to see where this research has gone, it’s amazing.”

Meghan Vandewettering, news reporter
news@dailybarometer.com

“Our research model would show that someone may react quicker with the presence of a co-pilot ...”

Logan Pedersen
Junior, psychology



“You don’t see a quicker response time, even if the stimulus and the response are compatible.”

Logan Pedersen
Junior, psychology



MEGHAN VANDEWETTERING | THE DAILY BAROMETER

The room where participants involved in Pedersen’s research undergo simple computer tasks. The Japanese Maneki-neko is shown to change how accurately and quickly participants perform tasks on a computer.

Home run derby



JUSTIN QUINN | THE DAILY BAROMETER

Oregon State baseball head coach Pat Casey heads off the field after the Beavers' win against the Utah Utes in Goss Stadium Friday.

■ OSU baseball turns game against Pilots into slugfest, game ends with seven home runs

By Brian Rathbone
THE DAILY BAROMETER

The ball was flying out of Volcano Stadium as the Oregon State baseball team combined for 24 hits and a school record seven home runs, as the Beavers beat the Portland Pilots for the 24th consecutive time, 20-0 in Keizer, Ore.

Coming off a 15 inning tie ballgame against Utah last Sunday, where OSU was shutout in 14 of those innings, the Beavers used a more relaxed approach at the plate.

"We were relaxed," junior leftfielder Kyle Nobach said. "Once we got a lead we all cleared our heads and it's easier to hit when there is no pressure."

It did not take long for the Beavers to get in that relaxed mindset at the plate. They got on the board in the top of the second inning when Nobach hit a two-run homer — his second of the season — to give the Beavers a lead they would not surrender.

For good measure, the Beavers added 18 runs

through the rest of the game.

Nobach's home run was just the start of what turned into home run derby as the Beavers tacked on six more home runs.

Junior centerfielder Jeff Hendrix — who extended his hitting streak to 15 games — hit his first of two home runs in the fourth inning when he launched a two-run shot over the right field fence. His second home run was a tape-measure shot, as it easily cleared the centerfield fence 405 feet from home plate.

Freshman KJ Harrison hit a pair of home runs, while sophomore catcher Logan Ice and freshman right fielder Joe Gillette each went yard in the record-setting outing for the OSU offense.

"The ballpark was playing small, the wind was blowing out and we got a couple balls up in the wind tunnel and started feeling good," head coach Pat Casey said. "We always say that hitting is contagious ... and we just swung the bat well."

That was more than enough run support for freshman right-hander Sam Tweedt, who was pitching just a few miles away from where he played his high school ball at South Salem High. He was able to relax while he watched his offense pile on the runs against Portland.

See **BASEBALL** page 6

THE PAST MONTH FOR OSU BASEBALL

April 17	Arizona	W, 3-1
April 18	Arizona	L, 3-1
April 19	Arizona	W, 5-3
April 24	USC	L, 11-3
April 25	USC	W, 3-2
April 26	USC	W, 9-6
April 30	Washington	W, 4-2
May 1	Washington	L, 8-6
May 2	Washington	W, 4-1
May 5	Oregon	W, 10-2
May 8	Utah	W, 3-0
May 9	Utah	W, 2-0
May 10	Utah	T, 2-2
May 13	Portland	W, 20-0



JUSTIN QUINN | THE DAILY BAROMETER

Freshman first baseman KJ Harrison swings at the plate against the Utah Utes at home Friday.

Oregon State heads south for Pac-12 Championships

■ OSU men's, women's rowing programs head to California to look for conference title

THE DAILY BAROMETER

On Sunday, the Oregon State men's and women's rowing teams will head South to Golden River, Calif. to take part in the 2015 Pac-12 Men's and Women's Rowing Championships at Lake Natoma.

The regatta, which is scheduled for a one day event, will start at 9 a.m. with the Men's Varsity Four Grand Final and conclude just before noon with the awards presentation.

The OSU men's program received favorable seedings with the Varsity 8 sitting in fourth, the Second Varsity 8 in third, the Third Varsity 8 also in third

as well as the Novice 8. The fourth place seeding for the Varsity 8 is a reflection of the competition who are seeded of them, as all three programs — Cal, Washington and Stanford — are all ranked ahead of the Beavers in the USRowing Collegiate Poll.

The women's squads find themselves seeded last in every race, save the Third Varsity 8 who are ranked fifth, but again the competition seeded ahead of them in every race is highly placed, or highly competitive.

On May 2, the Oregon State men's rowing team concluded their regular season when they competed at the Seattle based Opening Day Regatta, or Windermere Cup.

The Beavers — who are currently ranked No. 13 in the nation — had another impressive day on the water never finishing outside the top three.

In the Junior Varsity 8 race, the Beavers narrowly missed finishing the day in second when it slowly faded in the bottom half of the heat and finished with a time of 6 minutes, 25.9 seconds, which was just a little over one second slower than second place finisher Columbia. Columbia is currently ranked No. 18.

The Third Varsity 8 squad took revenge on the Columbia University Lions when it managed to best them in their race by 1/100th of a second when they crossed the line with a time of 5-minutes, 58.4 seconds.

In the Open 4+, which closed out the day of racing, Washington dominated the three boat field when it beat Oregon State's A group by almost 30 seconds and the B boat by three seconds more.

On the same day, the women's pro-

gram concluded their regular season when the Beavers hosted Washington State and UCLA at Dexter Lake.

At the time the Beavers were ranked No. 18 in the nation, but an uncharacteristic day led to them falling outside the top-20 since the day of racing.

All day long the Beavers struggled to beat the visiting schools, but both schools were already ranked ahead of Oregon State with the Cougars coming in as the No. 7 program in the country, and the Bruins ranked one ahead of the Beavers at No. 17.

In the Varsity 8 race, which was the last for the seniors on their home waters, the Beavers struggled to keep in contact with both schools as UCLA finished nearly 10 seconds ahead of Oregon State, and Washington State six seconds ahead of that with a time of 6 minutes, 36.3 seconds.

The Second Varsity 8 and Varsity 4+ races ended in similar fashion with Oregon State finishing last behind both programs, but things turned bright, if just for a moment, in the Third Varsity 8 battle.

Washington State and UCLA were again able to best the Beavers by nearly 10 seconds or more, but Oregon and a second Washington State boat were not. The Beavers managed to finish ahead of the Ducks by more than seven seconds and the second Cougar squad by more than 30.

The Beavers will have their chance at revenge against the Bruins and Cougars on Sunday when the three schools meet once again in California.

Change needs an explanation

By Austin Meek
THE REGISTER-GUARD

Two questions for Bob De Carolis and Oregon State, whenever it's convenient: Why now, and what's next?

Both were left unanswered Monday in the announcement that De Carolis will resign — not retire — from his post as Oregon State's athletic director. De Carolis won't speak with reporters until next week, so until then, we're free to wonder what his departure means for the Beavers and the man who guided their athletic department for the past 13 years.

Oregon State says De Carolis isn't stepping down for health reasons. On a personal level, that's wonderful news. It means he's still going strong, four years after being diagnosed with Parkinson's Disease.

It doesn't explain why De Carolis is leaving now, with so much happening at Oregon State. When Mike Riley bolted for Nebraska, De Carolis made a splash by pulling Gary Andersen away from Wisconsin. Craig Robinson's firing was clumsy, but the turnaround in Wayne Tinkle's first season made it worthwhile.

Oregon State has a big chunk of its future wrapped up in those two hires. As for De Carolis, his future has been decided. He's done in June, a year before his contract expires and two months before Andersen coaches his first game at Reser Stadium.

It's no secret that boosters had grown restless. Hiring Tinkle and Andersen seemed to quiet the grumbling, but after 13 years, some undoubtedly were ready for a change.

"I know there had been some rumblings around," said Charlie Sitton, a former Beaver basketball star who served on the search committee for Robinson's replacement. "I thought maybe with the football hire, the basketball season and the women's basketball season, maybe things had kind of cooled off."

"(De Carolis) did a good job for us through the ups and downs. It's hard to keep everybody happy, all the boosters, for that amount of time."

De Carolis could be brusque, and he didn't bring a big public presence to the AD's role. He'll leave behind a long list of improvements, though, especially when it came to keeping the Beavers competitive with the big-resource schools.

Oregon State is a different place than it was when De Carolis took over in 2002. On his watch, the Beavers got their athletic department out of debt, grew their budget by \$40 million and spent more than \$200 million on athletic facilities.

Some of that owes to the natural growth of college sports. A major-college athletic department that didn't flourish during the past decade is like a Starbucks that can't sell coffee; it's possible to find one, but you have to look pretty hard.

In 13 years, growth should be expected. That doesn't mean it comes easily, especially at Oregon State, which doesn't have the natural advantages of other Pac-12 schools.

For the Beavers, staying competitive is a constant fight. De Carolis didn't shy away from that, and the next athletic director can't, either.

De Carolis kept up the fight even after he was diagnosed with Parkinson's in 2011, a few months into a new five-year contract. He vowed to finish that contract, and bolstered by the momentum of recent coaching hires, it seemed likely he'd get the chance.

His exit isn't a total shock, but De Carolis managed to conceal his intentions until the last moment. That's not a surprise.

"From what I've dealt with Bob over the last few years, he's a pretty good poker player," Sitton said.

It's rare for coaches and administrators to work into the final year of a contract, so in the absence of an extension, De Carolis had two choices: resign or retire. He made it clear he's not ready for the latter, even if it's unlikely that he'll land another AD job in a major conference.

"As a next step in my life and career, I am looking forward to other exciting opportunities in the world of intercollegiate athletics," he said in a statement.

De Carolis is leaving the Beavers in a good place, with the fan base energized and a strong cast of coaches in place. Now it will be up to someone else to oversee what he started and, perhaps, reconnect with boosters who had grown disenchanted.

Some of those boosters will say landing Tinkle and Andersen was more luck than skill, that the next AD can do what De Carolis did and more. That may or may not be true, but either way, Oregon State is about to find out.

For De Carolis and the Beavers, figuring out what's next is the hardest question.

BASEBALL

Continued from page 5

"It makes you relax," Tweedt said. "When you have a lot of guys doing their job behind you, then that makes you do your job even better."

Tweedt had better fortune than his Pilot counterpart. Improving his record to 8-1 on the season, Tweedt went six shutout innings surrendering six hits, while striking out two

Pilot batters. He also did not issue a walk.

"He threw the ball well," Casey said. "Early he left the ball up a little, but he did a good job."

Sophomores Mak Fox and Kevin Flemer, along with senior Zack Reser each threw an inning of relief to preserve the shutout.

The offensive outburst is coming at a good time as the Beavers enter the final six games of their schedule.

Oregon State hopes to improve its positioning not only in the Pac-12 standings, but also its seeding in the postseason, which is rapidly approaching.

Next up for the Beavers is a trip to Palo Alto, Calif. for their second-to-last Pac-12 series against Stanford. Junior right-hander Andrew Moore will take the mound where the first pitch is set for 7 p.m.

Brian Rathbone, sports reporter
On Twitter @brathbone3
sports@dailybarometer.com

Cancer won't stop this runner

By Austin Meek
THE REGISTER-GUARD

Wow, you think, hearing the voice on the other end of the phone. This person sounds way too young to have cancer.

Yeah, Devenney Leijon says. Tell me about it. "I was diagnosed at 29," she said. "I think I was a little angry, because I thought, 'But I'm so young to get this diagnosis. How am I going to live with this for the rest of my life?'"

Cancer steals many things from the people it afflicts. It takes their hair, their freedom, their sense of self. Sometimes it takes everything. When Leijon was diagnosed in 2013, there was one thing she feared losing most. She'd been running since she was a little girl, 8 or 9 years old, and it became her way of dealing with difficult problems.

A month after her thyroid surgery — Thanksgiving Day, 2013 — Leijon went for a run at her high school track. She felt like she couldn't breathe. The surgery had damaged her vocal cords, leaving her gasping and struggling for air.

Of all the miles she's run in her life that was the hardest one. At the end, as Leijon gulped air into her lungs, she wondered if it would be her last.

"It was a really scary moment for me, because I've had running since I was a little kid," Leijon said. "It's always gotten me through the hard things in my life."

"You go out for a run, clear your head and kind of re-center. Now here I am in the hardest situation that I've ever had to face so far in my life, and if I can't turn to running, I don't know what I'll do."

This is where a sad story takes a happy turn, because Leijon is calling from a highway outside of Newberg, up from Coos Bay and just outside of Portland. She's on her way to Eugene, where she plans to run her first half-marathon since the cancer diagnosis less than two years ago.

Leijon, who lives in Reno, Nev., has idolized Steve Prefontaine since she was a kid. Years ago, she had the idea to make a pilgrimage — a "run-cation," she calls it — through some of Pre's sacred sites.

That's what she's doing this week. She started with Pre's grave in Coos Bay, and she'll end with some of Eugene's favorite landmarks: Pre's Rock, Pre's Trail, the Bowerman Curve at Hayward Field.

If all goes as planned, that's where Leijon will be when she finishes the half-marathon this morning.

"I thought it would be good for my comeback half-marathon, the first one I did since I was diagnosed, to do the one in Eugene," she said.

Thousands of runners will converge in Eugene today, all of them with different stories. Some are chasing elite times. Some just hope to finish. Many, like Leijon, are running as a way to confront and cope with something profound.

Runners everywhere understand the therapeutic benefits of lacing up their shoes and hitting the trail. It's nature's great anti-depressant, and it becomes even more precious when something threatens to take it away.

David Letterman, now in his final days as a

late-night host, reflected recently on his quintuple-bypass surgery in 2000. The day doctors cut him open, Letterman says, his biggest fear wasn't that he would never tell another joke on TV, or that he'd never smoke another cigar.

"I was concerned that I'll never be able to run again," Letterman told The New York Times. "That was my big concern. Because I had so relied on running, all my life, to get myself clearheaded."

For 15 years after his surgery, Letterman would make his signature run across the stage to open "The Late Show." If we take the comedian at his word, running helped him do it.

"Six weeks after the surgery, I ran for five miles," Letterman said. "So let's face it, I am a hero."

Leijon can relate. There's something powerful in the act of overcoming, even if it's more symbolic than physical.

Running doesn't cure cancer by itself. Leijon's story is proof of that, because crossing the finish line won't make the disease disappear.

When she was diagnosed with thyroid cancer, Leijon was happy to learn many patients make a quick and successful recovery. She hoped she could have the surgery, get through the radiation and go on with her life.

It wasn't that simple.

"Unfortunately, I have what they call radiation-resistant lymphnodes," Leijon said. "That kind of treatment doesn't work for me. My main mode of treatment right now is surgery."

"I've gone through two, and I'm looking at a possible third sometime, maybe over the summer."

That was tough, Leijon says, knowing the cancer is something she'll have to monitor for the rest of her life. She's determined to fight back, though, and running is the way she's chosen to do it.

After struggling through that first painful mile, Leijon took some time off and forced herself to try again. The next one was a little better, the next one better after that, until she managed to finish a 5K last summer.

That's when running became real again. Not in the way it used to be, but in a way she's learned to embrace.

"That was a moment for me that I thought, 'At least I'll still have this,'" she said. "It may look different than it always did for me. I'll have to retrain my body, because the things that I've been used to have changed now, but that race was the one that kind of solidified it for me."

When Leijon decided to train for a half-marathon, she knew where she wanted to go. She wanted to come here, joining runners from all over the country who make Eugene part of their lives.

Every runner has a reason: to hit a standard, to stay in shape, to set a PR. In the purest sense, people run for the same reason Leijon decided to make this trip, to follow Pre's footsteps all the way to the finish line.

Because she can.

I was diagnosed at 29. I think I was a little angry, because I thought, 'But I'm so young to get this diagnosis. How am I going to live with this for the rest of my life?'

Devenney Leijon
Runner

That was a moment for me that I thought, 'At least I'll still have this. It may look different than it always did for me. I'll have to retrain my body, because the things that I've been used to have changed now, but that race was the one that kind of solidified it for me.'

Devenney Leijon
Runner



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Editorial

Talking about the Spring Slump

It's week seven of spring term. Supplies and morale are low, the weather is flip-flopping and the looming of finals and final projects barely numbs the lingering pain of midterms.

The whole term feels like a Herculean effort and the only bright light on the horizon is the end.

Friends, we have officially hit the spring slump.

The definition for this term could not be more accurate: To be suddenly reduced to a much lower level and, to suddenly fall or sit because of exhaustion.

We are certain that both have occurred en masse this term.

Everyone is most certainly experiencing some form of burnout.

This is characteristic of spring term: After fall we get a nice, juicy, three week vacation, but after winter we have one week to try and relax before getting thrown back into the cake mix of life.

Not a great deal of time for recuperation from the stresses of school and work.

Burnout is a very real thing, according to a Forbes piece by Lisa M. Gerry, it's related to experiencing chronic stress, which leads to exhaustion, lack of motivation, frustration, cynicism, cognitive problems, interpersonal problems, not taking care of yourself and so much more.

It's fair to say that college students on a regular — if not daily — basis experience all of the above.

If it's not the crushing pressure to succeed in classes so that you don't lose your scholarships, it's the crushing pressure to make enough money at your job so you can provide for yourself.

Or whatever kind of social drama is rampant in your life, either self-caused or caused by others.

All of these things can work to derail you from what should be one of the coolest times in your life.

The trick is not freaking out or giving up.

No one ever said life is easy. Life is oftentimes a cold-hearted axe murderer intent on ruining your camping trip with your friends.

So you can either be the jerk that gets killed at the beginning, or the savvy survivor who destroys the bad guy and appears in the never-ending sequels.

Point being, take time to relax. Not slack, but relax.

Figure out some kind of flexible plan that you can carry with you into the future, whether that future is this summer or for the next five years.

We only have a few more weeks left before the end.

Cherish this time if it's the last term you have in college or if you have many more to come after.

Take a breath — we're nearly there.

Editorials serve as means for Barometer editors to offer commentary and opinions on issues both global and local, grand in scale or diminutive. The views expressed here are a reflection of the editorial board's majority.

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.

e-mail: editor@dailybarometer.com or

The Daily Barometer
c/o Letters to the editor
2251 SW Jefferson Way
Oregon State University
Corvallis, OR 97331

Make Wall Street a friend, not an enemy

Growing up during the 2008 market crash and the era of "Too Big to Fail," it is no surprise that many in our generation look at Wall Street and the financial markets with disdain and ire. Coming from a family of plumbers, I know the effects that bursting market bubbles — in this case, housing — can have on everyday people.

The rich continue to get richer and the poor continue to get poorer, and gains in the stock market may increase the profit of those at the top, but the average worker doesn't see that benefit. Work, earn, spend and repeat is a cycle that far too many Americans have gotten stuck in, and become devastated once hit with one of life's inevitable unfortunate circumstances. Due to these situations some have proposed a dismantling of the financial institutions and an overthrow of the capitalist system, but I have a counter proposal: A Democratization of Wall Street.

Stock ownership is down — especially among young Americans — and that trend is continuing. More families in the U.S. own cats than they do stocks.

Interest rates float around 0 percent, so wages are the sole form of income for many people.

A third of working middle class adults are not contributing money to any form of retirement account and the median retirement savings is only \$20,000.

The S&P 500 went up 11.4 percent in 2014 and far too many Americans didn't see a penny from it.

Fortunately, getting involved in

JACOB VANDEVER

FORUM COLUMNIST



the market is getting easier and easier.

Recently, a company called Robinhood had released a \$0 commission, \$0 minimum investment stock-trading app.

Buy, sell and research right from your phone and start growing your savings.

The founders of Robinhood are finance majors who were a part of the Occupy Wall Street movement.

Their goal is to open up the financial markets to everyday people and allow the average American access to this wealth generator that formerly was the exclusive playground of the rich.

Now I am not suggesting that every lower and middle class person go and gamble their savings away on the market — unless you want to, I guess — but I am saying that we need to take advantage of making our money work for us.

Due to the nature of compounding interest, getting involved in investing early is much more important than investing a lot.

So why wait?

Take 5 percent, 10 percent or even 15 percent of your income and start looking into making investments.

Buy index stocks that are diverse enough to go up or down with the general rate of the market — which is on fire right now.

Be socially responsible and invest in companies whose morals and mission statements you believe in.

Play the market and attempt day trades or take some risks and buy dirt-cheap penny stocks.

I really don't care what you do, but I want you to get involved in investing.

“Be socially responsible and invest in companies whose morals and mission statements you believe in.”

Read some books, explore financial newsletters or chat up your finance major friends so you can develop your investment skills.

Invest in higher payoff risky stocks when you are young and then put your money into safer bonds as you get closer to

retirement.

It won't be all sunshine and rainbows; bubbles pop, stocks plummet and markets crash, but in the end the market will recover and grow.

Don't be the retiree who reaches age 65 without enough money to get by, let alone enjoy your retirement.

Get in the habit of investing now and through the magic of compounding interest you will be much better off down the road.

Jacob Vandever is a senior in political science. The opinions expressed in Vandever's columns do not necessarily represent those of The Daily Barometer staff. Vandever can be reached at forum@dailybarometer.com.

At Random Comics by Ryan Mason



www.AtRandomComics.com

RYAN MASON IS A SENIOR IN GRAPHIC DESIGN

DR. ERICA WOEKEL
ASK DR. FIT
DAILY BARO

To smoothie or not to smoothie

Now don't get me wrong, I love smoothies.

They are a great way to get fruits and veggies into your week, but lately I've been thinking whether or not we have become excessive smoothie drinkers.

Yes smoothies are a healthy beverage option, good for breakfast or as an afternoon snack, but we probably need to examine how often we are consuming these blended beverages.

Juices or smoothie juices such as Naked or Odwalla can be good alternatives to soda or energy drinks, as it helps us get our much-needed vitamins and minerals.

These beverages range from 220 to 420 calories per bottle, which is 11-20 percent of our daily calories.

They have a moderate amount of fiber — that's good — but it's about the same amount as eating an apple and banana.

Just to be clear, these are not 'bad' beverages; they are juice.

If the choice is between soda and Odwalla, choose Odwalla; Odwalla or water, choose water.

If these juice/smoothies are the primary way you get your fruits and veggies, I urge you to consider adding more whole fruits and veggies and less smoothie beverages into your diet. These juices should be a one to three times a week option instead of daily.

Smoothies are higher in calories and sugar primarily because they are made of fruit.

These blended drinks are a decent way to get some of your daily fruit. However, not all smoothies are created equal.

In fact, some smoothies that are marketed as "made with real fruit" use a concentrated or puree form of fruit — which is OK, but not as healthful as whole fruits — or the smoothie comes from a premade carton mix, which generally has a lot of added sugar.

The best option is to make your own smoothie blending ice, water, juice, strawberries, blueberries, banana and spinach. Yum.

There is also a big difference between drinking and eating our calories.

Although packed full of whole fruit, liquids — as opposed to solids — don't satisfy your appetite as well.

The simple act of using your teeth and mouth for chewing foods increases your feeling of satisfaction and fullness.

Therefore, if you chew and consume 250 calories of solid fruit and vegetables — a medium banana and orange, two large carrots and four cups of spinach — you will feel fuller and more satisfied than if you drink a 250 calorie smoothie.

With this in mind, eating solid fruits and veggies also means that we consume fewer calories throughout the day because we feel fuller.

Because a smoothie is blended, this mashup is digested at a faster rate compared to solid fruits and vegetables.

This causes a spike in your immediate blood sugars, and once the energy is all used up, those blood sugars come crashing down.

I'm not a smoothie basher — I like them and they are a healthy option.

But we also need to remember moderation and not rely on juices or smoothies as our primary mode of eating fruits and veggies.

It's important to look at when we eat them and proportion of calories we consume through beverages versus food. If the choice is between whole fruit and a smoothie, go with the whole fruit.

Dr. Erica Woekel is an Assistant Clinical Professor and the Program Director of the Lifetime Fitness for Health Program. The opinions expressed in Woekel's columns do not necessarily represent those of The Daily Barometer staff. They can be reached at forum@dailybarometer.com.

Email questions for the column to forum@dailybarometer.com, with the subject "Ask Dr. Fit." Your name will not be published.

ARTS & ENTERTAINMENT

'The Traveling Kind' mirrors beauty of a weary heart

I was sitting on the corner of 11th and Adams with the midst of mild commotion around me, listening to country's finest: Emmylou Harris almost tearfully sing with partner Rodney Crowell in "You Can't Say We Didn't Try"; one of 11 pieces in their newly released album, "The Traveling Kind," released May 12.

With years of experience in her repertoire, Emmylou Harris — with others of her stature such as Linda Ronstadt, Dolly Parton, and Anne Murray — reinvented the folk genre into a classical staple for country enthusiasts and many of her predecessors to obtain inspiration from.


The Birmingham beauty has — long since the late '60s — been producing unforgettable tracks that respectfully mirror the work of Bob Dylan, Pete Seeger and Joan Báez, yet somehow refraining from imitation and creating a recognizable name for herself.

With the collaboration of fellow artist Rodney Crowell, "The Traveling Kind" was made for the weary of heart: those who pull out a dusted shoe box full of old photographs from under the bed and sob from time to time rummaging through the useless tchotchkes that money could never replace.

It is in the album titled track where any listener can grow fond of Harris and Crowell's duet, which combines wise voices into a sound that is reemerging in a modern industry where work of this kind is still highly admired.

A sense of aged wanderlust is sus-

SKYE J. LYON
MUSIC REVIEWER



ended delicately on the strings of what sounds to be a combination of mandolins and weathered wood guitars, which transcends us deep into the past and further connects us to its meaning: "In the wind are names of poets past / Some were friends of yours and mine / And to those unsung, we lift our glass / May their songs become the traveling kind."

It is through this sort of elegiac storytelling one can dapple into the notion of time and the heartache associated with the fleeing of this prized commodity. Oddly though, the song is portrayed to be a solid and grounded homage with a mellowed pounding of a drum that is faintly placed in a droning background rhythm which provides slight contrast to the piece and its connotation.

As the album progresses through several phases of blithe and melancholy, Harris would not be the songstress she is without giving her fans a heart wrenching love song to mournfully drink a beer alongside.

"You Can't Say We Didn't Try," my favorite track in the album, paints a scene of troubled lovers who have reached a crossroad in a prolonged relationship, craving a different ending to it all.

"Maybe somewhere down the line / We will remember who we were / Another place another time / Some old feelings

start to stir / But I have been holding on to you / And you have been holding on to me / 'Cause neither of us wants to be the one to say goodbye."

This sort of simple vernacular encompasses candid emotions that one cannot simple receive from newer artists.

The years that have compiled these stories of love and love lost only sound sweeter or more painful when expressed through Harris's softened, twang-infused voice.

The journey that Emmylou Harris and Rodney Crowell takes a fan or casual listener through is something to be noted in this spellbinding album.

Though many of us, still, are truly naive to many of these subjects, in time, those who are "the first and last to leave their mark, someday become the traveling kind."

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Skye J. Lyon is a junior Liberal Studies with an emphasis in creative writing and ethnic studies. The opinions expressed in Lyon's columns do not necessarily represent those of The Daily Barometer staff. Lyon can be reached at forum@dailybarometer.com.



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OSU game lab offers safe space for gaming, media education

On Wednesday, I followed senior Elaine King and sophomore Whitney-Lauren Han — both majoring in digital communication arts — to the game lab in Bexell hall, room 414.

They were headed there to fulfill a class requirement, which encourages students to play a video game.

The students were going to play on the Kinect, a motion sensing device similar to the Nintendo Wii or PlayStation 2 EyeToy, but without the need to use some kind of connection device to sense the player's movements.



While this sounds awesome, the Kinect has been known for becoming inconveniently buggy during gameplay, sometimes no longer sensing a player

CASSIE RUUD
FORUM EDITOR



if they haven't moved enough for the device to sense them.

We went to a small, warm room filled with comfy chairs, computers and huge television screens.

King and Han were instructed by game lab staff member Traci Allan, a senior in Digital Communication Arts on how to play with the Kinect. The game was "The Gunstringer" — a narrative set in a puppet show, set in the old West — hence the "stringer" part of the title.

The player plays as the recently reanimated Gunstringer, who is out for revenge against those who put him in the ground. Add this to the dramatic Sam Elliot-esque narration, the Spaghetti Western music and the very rapid gameplay (think Jak & Daxter) and you've got one fun time.

King and Han laughed and screamed throughout the gameplay, and for good reason. Since

there were two players but only one Gunstringer, each was responsible for a "zone" to focus on.

Han had red and King had blue, and both depended on Gunstringer's movement and attacks.

During the game, I spoke briefly with Allan about the lab's purpose and placement.

Allan is one of two members who work at the lab and instruct students on how to use the consoles or provide further information if necessary.

"It's a great place for research," she said. "The lab provides availability of different consoles — some next generation, some older. The older consoles allow us to provide a historical context for students. We provide newer generation consoles because some students might not have access to them. We can provide that access."

The Bexell game lab is available

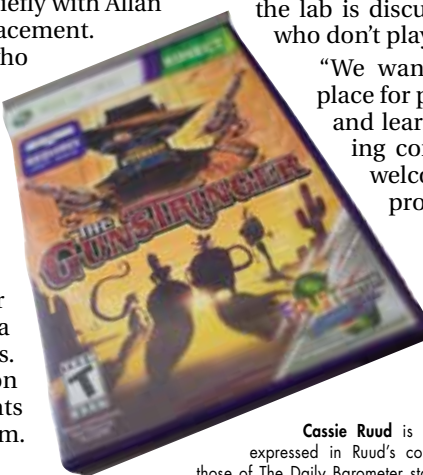
for students of any major, and offers open hours for games and activities.

"If we have it in our library, they can play it," Allan said.

Allan's favorite part about working in the lab is discussions with individuals who don't play games often.

"We want to make this a safe place for people to come and play and learn," she said. "The gaming community isn't always a welcoming place, but we can provide that here."

Overall, the Game Lab provides a wonderful outlet for students to play games between classes, and perhaps one day innovate.



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Cassie Ruud is a senior in English. The opinions expressed in Ruud's columns do not necessarily represent those of The Daily Barometer staff. Ruud can be reached at forum@dailybarometer.com.



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Whitney-Lauren Han (left) and Elaine King (right) play 'The Gunstringer' on the Kinect.