

CREATE EXPERIENCE BALANCE #GOBEAVS

BEAVER'S DIGEST

VOL 3 ISSUE 1

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CREATE EXPERIENCE BALANCE #GOBEAVS

BEAVER'S DIGEST

VOL 3 ISSUE 1

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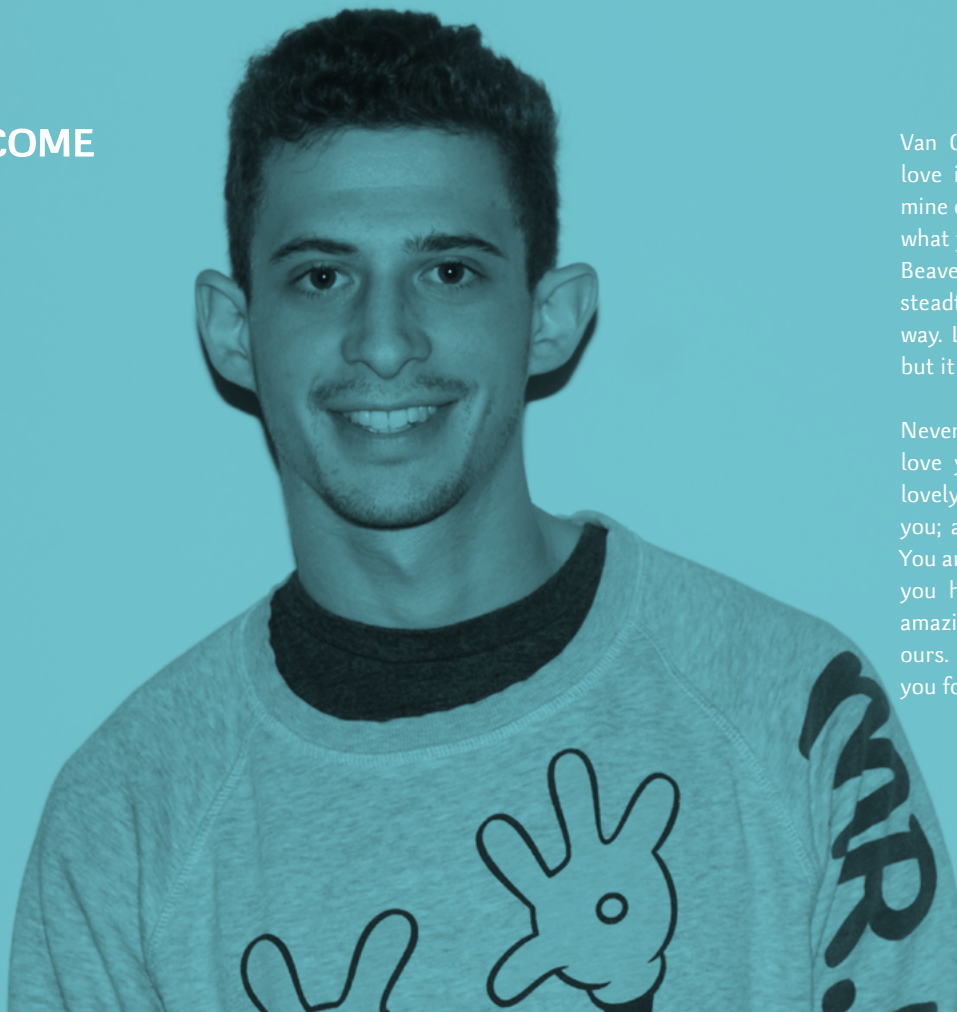
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ABOUT US Produced three times a year, Beaver's Digest distributes 12,000 magazines a year around the Oregon State campus and Corvallis (4,000 each term). When we say "by the students for the students", we aren't kidding. Our typelogo was hand crafted by our Editor-in-Chief, Gabe Fleck, a senior in Graphic Design. The body font you are reading is one of a kind as well, created by Jeremy Banka, a junior in Graphic Design. The fabulous front cover was taken by Orange Media Network's Photo Chief, Reid Dehle. Questions, comments and concerns are encouraged and can be emailed to beavers.digest@oregonstate.edu.

WE APPRECIATE YOU for the continuing support in all that we do. For contributing in any way, shape or form. Beaver's Digest is written by students, for students - showcasing the student life experience that is vital to our Oregon State community. We give special thanks to Lucas Paris for stepping in to take photos and Lauren Salgado for creating a stellar custom title. We also give the sincerest thanks to Nevan Doyle, The Macks, Cynthia Spencer, Madelaine Corbin, Kaylee Weyrauch, Katherine Borchers, Madeline Frisk, Nathalene Then, The Abuhadra family, Alexandra Gipson, Chelsea Gregory, Stephanie Shippen (CAPS), Wayne and Tres Tinkle, Katie McWilliams, Brenden Slaughter and Cassidy Wood. A big last thank you to our wonderful advisor, Don Boucher. To say this publication was an easy task would be lying; to say that you make this publication possible is the truth. We are what you make us, and we thank you.

WELCOME



Van Gogh told us "anything done in love is done well". A close friend of mine often says "do what you love, love what you do". As you read this issue of Beaver's Digest, I advise you to remain steadfast to the love that comes your way. Love may not be always be easy, but it triumphs every time.

Never lose sight of those who truly love you and always remember how lovely you are. There is only one of you; and that is a beautiful certainty. You are unique, you are remarkable and you have the capacity to contribute amazing content to this short life of ours. Know you are loved and I thank you for picking this issue up.

Gabe Fleck

Gabe Fleck
BD Editor-in-Chief



Storytelling. That is what this journey has always been about for me. Oregon State is full of awesome people, doing remarkable things. While it can be easy to become lost in translation, these stories of devotion and success have a special way of connecting us.

With that being said, Beaver Nation, take a look around you. Appreciate the work of others. Listen to the voices that differ from yours. Above all, feel compassion for one another. Because as humans that is what sets us apart: L.O.V.E.

Enjoy,

Brittini Cooper

Brittini Cooper
BD Assistant Editor

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CAMP
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CREATE





THE MACKS

THE SECOND BATTLE

WRITING **SOPHIA MORROW**
PHOTOGRAPHY **LUCAS PARIS**

Small time music groups are a big part of the OSU culture. These bands constantly rehearse, write music and organize concerts around Corvallis, all while staying full-time and part-time students. As early as fall term, these student bands begin preparing for OSU's annual Battle of the Bands. This event, planned and hosted by the Oregon State University Program Council (OSUPC), is a music competition presented in the spring that gives these groups a chance to compete for money and the opportunity to open for OSU's DAMJAM. DAMJAM is an annual concert put on for students that has showcased names such as T-Pain, B.O.B and Mike Posner. Last year, five groups per-

formed at the Battle of the Bands, but one in particular shined. This group aims to take first place this year and are more than ready to give an outstanding performance.

The Macks, a Portland-native band, are a four-man group made up of bass player Bailey Sauls, vocalist Sam Fulwiler, guitarist Ben Windheim and drummer Joe Windheim. In his senior year at Sherwood High School, Ben and his younger brother Joe began writing and playing songs for their original band, Stack Lee. It wasn't until Sam joined the band that they began writing more songs, considered playing for a live audience and decided on changing the name to The Macks.

"I've been a fan from the beginning, and being around them since high school, I've noticed a ton of improvement," says longtime fan and friend, Jacob Church. "They're getting better all the time and it's really night and day from their first stuff to their new stuff."

Beaver's Digest had the chance to catch up with The Macks' lead-guitarist and OSU sophomore Ben Windheim to ask about the group, being a student while also being a professional musician and how he's feeling about this year's Battle of the Bands.



BD: What got you into playing guitar?

Ben: My parents had a rule that everyone will learn an instrument. You can choose what it is, but you have to learn it. It never felt like a rule or anything. My dad played guitar. He didn't play very much, but [when he did play] it was mostly acoustic stuff. He would have music playing in the house, like U2. We had a friend that taught me guitar in exchange for my dad building a cabinet for him, and from there I didn't stop playing.

Did you take to it right away or was it difficult?

Playing when you're younger is harder than learning when you're 15 or 16, but definitely more rewarding as time goes on. So, it's been pretty funny, my little brothers both started playing when

they were really young and pretty much when everyone hits 8th grade or freshman year of high school they stop playing for about a year and pick it up again when they realize it's cool. I've had my ups and downs with it.

How did the idea of putting your music out there and performing live come about? What were the logistics of that?

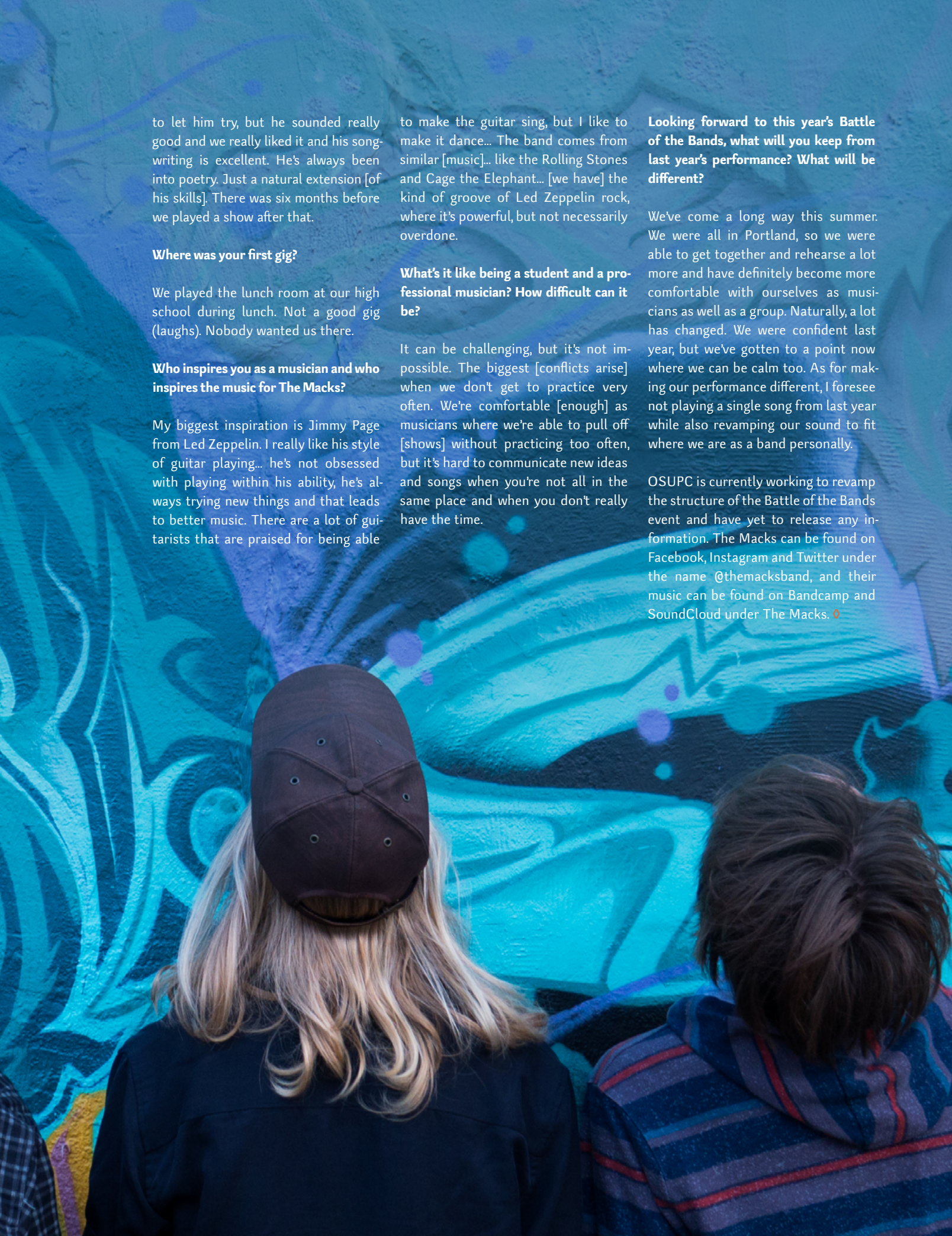
Me and my little brother had a small blues band my junior year of high school. We always had that, and then Bailey would often jam with us sometimes, so I've been jamming with the two of them since 8th grade. Sam had never played music before or written or wanted to make music, but one night [Sam] had some lyrics he wrote and wanted to record it. So I recorded a riff the next day and it ended up turning into our first song, and I had no reason



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to let him try, but he sounded really good and we really liked it and his song-writing is excellent. He's always been into poetry. Just a natural extension [of his skills]. There was six months before we played a show after that.

Where was your first gig?

We played the lunch room at our high school during lunch. Not a good gig (laughs). Nobody wanted us there.

Who inspires you as a musician and who inspires the music for The Macks?

My biggest inspiration is Jimmy Page from Led Zeppelin. I really like his style of guitar playing... he's not obsessed with playing within his ability, he's always trying new things and that leads to better music. There are a lot of guitarists that are praised for being able


to make the guitar sing, but I like to make it dance... The band comes from similar [music]... like the Rolling Stones and Cage the Elephant... [we have] the kind of groove of Led Zeppelin rock, where it's powerful, but not necessarily overdone.


What's it like being a student and a professional musician? How difficult can it be?

It can be challenging, but it's not impossible. The biggest [conflicts arise] when we don't get to practice very often. We're comfortable [enough] as musicians where we're able to pull off [shows] without practicing too often, but it's hard to communicate new ideas and songs when you're not all in the same place and when you don't really have the time.


Looking forward to this year's Battle of the Bands, what will you keep from last year's performance? What will be different?

We've come a long way this summer. We were all in Portland, so we were able to get together and rehearse a lot more and have definitely become more comfortable with ourselves as musicians as well as a group. Naturally, a lot has changed. We were confident last year, but we've gotten to a point now where we can be calm too. As for making our performance different, I foresee not playing a single song from last year while also revamping our sound to fit where we are as a band personally.

OSUPC is currently working to revamp the structure of the Battle of the Bands event and have yet to release any information. The Macks can be found on Facebook, Instagram and Twitter under the name @themacksband, and their music can be found on Bandcamp and SoundCloud under The Macks. 



Oregon State University and Corvallis provide many chances to connect with and practice art. One main hub for those seeking a creative outlet is The Arts Center, which is located just off of Madison Avenue next to Central Park and a short walk from the OSU campus. The organization is home to many art exhibitions, classes and opportunities for students as well as community members.



BD spoke with Cynthia Spencer, The Arts Center Executive Director, and she discussed exhibition opportunities for artists with the organization. "We have several calls for artists every year and we do about eight main gallery shows," Spencer said, "Two of them are community based shows and one is called the Howland Community Open. On one afternoon, we invite everyone who lives in and around [the Corvallis] area to come hang a piece [of art] until the walls are full. It's our most popular show because we get over 200 people bringing their work in and it's all ages. It's a lot of fun because you see how creative people are in this community." The Howland


Community Open show will begin Feb. 7 at noon with a reception on Feb. 16. However, the delivery date for art submissions will be Feb. 4 from noon until 4 p.m. only. The other exhibition opportunity Spencer mentioned is the 15th Around Oregon Annual Exhibit beginning June 2. "[The event] attracts artists from all over the state. The caliber of the art that we can show here in Corvallis through that show is pretty wonderful; work that you would have to drive to Portland to see," Spencer said.

These shows are both great opportunities to display and view artwork, but there is another upcoming show that is even more specific to the OSU community. "It's a show about [microbiology]," Spencer said. "Dr. [Jerri] Bartholomew, who is the chair of that department [at OSU], is also an artist and she very much believes in the power of art to inform. I've also heard people talk about how they'll

be plodding away at their research, but if they take that creative moment to either play an instrument or do artwork, sometimes that's when the 'ah-hah' happens and they make the discoveries that they wouldn't necessarily make just plodding through their research."

Aside from these exhibitions, there are many ways an OSU student can become involved with The Arts Center and according to Spencer, "One does not have to be an art major."

"There are so many different capacities to be involved with the Arts Center," said Madelaine Corbin, a former intern with The Arts Center and OSU senior studying art and art history. "Some students might just want to show work and they can submit to the juried shows. Some students might be interested in an internship, like what I did. Some might be interested in teaching; there are opportunities to teach different classes and




different ages. There are also really fun events that The Arts Center puts on like Chocolate Fantasy, Yoga in the Gallery, and they do figure/life drawing. I would recommend all of the different levels of involvement, even if it's just becoming a member, which for students is only ten dollars."

Kaylee Weyrauch, a senior earning her Bachelor of Fine Arts in photography with a minor in art history and current media service intern at The Arts Center, also recommended getting involved with the organization. "I would say don't hesitate to get

involved," Weyrauch said. My freshman year was a mess because I came from Arizona, so [OSU] was a new place for me. I think people, especially freshmen that are coming in, hesitate to get involved, like they don't think it's their place yet, but it totally is. The earlier you get involved, the easier it is because you have all of these avenues. You can connect with people, ask them questions and learn how it works. I would say just attend [The Arts Center] gallery openings. Attend the other things they promote as well because Corvallis is tiny compared to everything else in the art world so learn what you can. It can only help you, it's not going to hurt you."

"We as a board and staff decided what really matters most is fostering creativity and engagement with the arts because that is what inspires us and is also great for the community well being," Spencer said on the mission of The Arts Center's mission.

Learn more about becoming involved with The Arts Center and their upcoming events by visiting their website at TheArtsCenter.net. 

The Heart of Corvallis' Art

WRITING **BRITTNI COOPER**
PHOTOGRAPHY **AARON TRASK**

HER CAMPUS



EMPOWERING THE WOMEN OF OSU

WRITING **MADDIE BRADSHAW**

"The general media is very male dominated so Her Campus started as a way to get a foot in the door for women in media," said Katherine Borchers, one of the two editors for Her Campus social media platform at Oregon State. Her Campus was designed to empower women and to provide resources needed for women in college.

Her Campus started in 2009 at Harvard college by two undergraduate women who were inspired to create a media outlet for women. Since then, Her Campus has spread to over 300 colleges. Katherine Borchers and Madeline Frisk are the two editors for Her Campus at OSU. This is their third year working with the organization. The organization has grown significantly in the last year, from just five members to seventeen. "The most rewarding thing is having the team members we have. A lot of them are super passionate about writing articles that they want to write about. Like feminist issues, issues on campus and their experiences on campus. That's what we have always wanted for Her Campus," Borchers said.

Her Campus recently held the Perfectly Imperfect campaign hosted by MTV's 'Girl Code' stars, Nessa Diab and Carly Aquilino. "Putting on the Perfectly Imperfect tour was huge. It really helped us," Frisk said. "Our team is one of the smallest nationally but nationals said we were one of the strongest teams."

"We've been planning this for a really long time and I think everything building up to that was great and then to have it turn out so well was really encouraging," Borchers added. The Perfectly Imperfect campaign helped Her Campus at Oregon State become more well known. It was a great opportunity for their team to grow and promote their platform.

"The most rewarding experience I've had with Her Campus was being able to attend Her Conference in New York this last summer. I was also able to personally meet a lot of editor-in-chiefs and just different people who have had different experiences in media," Frisk said. Her Conference is a conference held for everyone involved with Her Campus.

This event was a great networking opportunity and helped their team grow in numbers significantly since last term. If you are interested in writing about issues you care about and promoting female empowerment, Frisk and Borchers encourage you to reach out to Her Campus and become part of their dynamic team to show women that their voice in media matters. ♦



@HerCampusAtOregonState



EXPERIENCE

I



CUTE
BOYS





everyone meet

NEVAN

designer. artist. dropout. also gay.

WRITING **MIKAYLA PEARSON**

PHOTOGRAPHY **REID DEHLE**

College is not for everyone. However, the college experience is a time to personally grow and learn new skills, knowledge and wisdom. Often times, we are thrown into a brand new environment, even those who stay in their hometown are thrown into a new way of life. This change opens our minds as we begin to reshape who we are. Inevitably, we search for who we want to become.

Nevan Doyle is one of those people who found that the university life was not for him. He grew up close to Oregon State University, in the small town of Philomath, Oregon. In high school he would steal his parents' cameras and take pictures on hikes around the Pacific Northwest. Once he started playing around in Adobe Photoshop, he fell in love with design.

"The first thing I did was these Halloween portraits." He remarked, touching on the early influences of artists like Ted Craig. "I wasn't trying to mimic them, but do something similar. I bet you could find them if you dug deep into my Instagram, but I wouldn't try if I was you. They aren't very good," Doyle joked about his beginning work.

Upon graduating high school, Doyle moved on to Oregon State University where he was accepted into the Graphic Design program. Working in the MU design studio he was able to develop his portfolio and learn how to work with clients. However, in the summer of 2014 his life began to change directions.



"I got this email from a record label, it's metal and I'm not into that but I went up for what ended up being a super formal job interview. I thought it was just going to be a discussion. Anyway, I was asked to go back up and have lunch with the owners." Doyle had a great opportunity to design for a record label in Portland named Rise Records, but he was unable to continue in school. Not knowing if he had the job for sure, he decided to drop out of OSU.

After growing from the record label job, Doyle aspired to do freelance work. "There is nothing more rewarding than working for yourself," Doyle proclaimed, "But it's so hard. I had a lot happen last summer and that put me in a bit of a slump. So I quit my job and then wasn't getting any work." When something goes wrong in life it is hard enough to keep up a schedule, but working for yourself when you create your own schedule is extremely difficult to maintain. However, finding work was not the biggest challenge Doyle faced.

"I realized this summer that I was gay," Doyle recounted. "I mean, looking back I guess there has always been signs, but I don't think I would let myself believe it. Growing up in a small rural town, it was really difficult. It took me a lot longer to realize than it would've just because it didn't seem like an option." Over the summer, Doyle was beginning his freelance career around the same time as the Orlando shooting in June. This was the spark that led Doyle to begin to question his sexuality and really look into who he is. "[The Pulse nightclub shooting] hit me a lot harder. I'm always outraged when there are mass public shootings, but this one

was different. I knew why, but I didn't really want to say it." Doyle continued, lost in his own thought, "Maybe if I lived there, I would have chosen to go to one of those clubs. I'm feeling this way almost because I could have potentially been in that situation, but it's also terrible."

Over the summer, Doyle had to learn how to become comfortable with who he is. This was a major change for him and he had a lot to process. "That week was wild because nearly all of my roommates were gone. It was actually perfect timing. I spent the week deep in thought. When they came home I was like 'hey! You've been gone for a week, I'm gay!' but I didn't have the courage to say it quite like that."

Doyle soon began to tell his roommates, family and friends. He recalls his dad's response to the situation, "I think my dad was like 'I don't care. Just use a condom anyway.'" The conversation was both humorous and comforting as Doyle states his dad's words upon coming out were, "Well that's not your identity. You're Nevan. That's your identity." After a handful of equally compassionate conversations, Doyle learned how fortunate he was to have this support system, "I feel really lucky to have the people I do have in my life."

Doyle then learned how to really be himself and carry himself with pride. "The biggest thing since coming out is just learning to be comfortable with myself and not censoring aspects of my personality that I didn't realize I was censoring." This experience caused many internal revelations. One lesson Doyle embraced was the fact that

"self-care ultimately is super important. That leads also to just like being true about yourself with others. Then you can build stronger relationships with those around you."

Creativity will forever serve as a source of expression for Doyle. At times it has represented the identity struggle that swelled up through his life. "Some of my favorite pieces have definitely been in moments where I just felt so internally conflicted or like confused. And it's not even like with intent always... When you're in that state whatever happens, happens."

Although Doyle conquered his own identity confictions, he does not feel like he can speak for every person who has gone through or is going through the same confictions. "I don't know if I like, qualify to give advice... For me, it's definitely a huge part of me but it's not like, my identity. I would consider myself an artist and a creator, not like 'oh there's the gay guy,'" Doyle chuckled about carrying the title as an all-defining characteristic. He remarked that after embracing who you are "you can just be a lot more successful, like in all realms of life."

Doyle did what all students should do. He found a passion in design and pursued it with reckless abandon. Along the way he found himself. Now he can move forward in the world and contribute great creations. Ultimately, you have to learn how to love yourself, so others can love you and you can love others. ♦

Title: Water's Edge

Find Nevan on

Instagram: @nevandoyledesign

His website: nevandoyledesign.co

BRINGING NEW PERSPECTIVES INTO LIGHT

WRITING **KAORI KOBAYASHI**
PHOTOGRAPHY **VALERIE MAULE**

As an international student, adjusting to an American school can be a challenge. To fully understand the international experience, Beaver's Digest had the opportunity to chat with Nathalie Then, an international student from Malaysia, to learn about her experience at OSU.

Where is your hometown and what is your major? How long have you been in the US?

I am from Malaysia and my hometown is Kuching. It's actually on Borneo island, the third largest island in the world. I am majoring in Civil Engineering, and have been in the US since the fall of 2014.

Why did you choose to come to OSU?

I chose to come to OSU because I got a partial scholarship from INTO OSU. OSU has such a beautiful campus and has great academic programs.

What do you like most about the United States and OSU?

The free food and interesting events held all across campus, i.e. cultural night. I like that there are so many different people that are sharing their cultures with the OSU community.

What do you like least about the United States and OSU?

I dislike the constant change in weather throughout each day. I feel like I have to change my clothes way too often. I love chilly days that are a little cloudy and have no rain.

What do you miss the most about your home country?

Definitely the food. The food here is great and different and all, but nothing will ever compete with food from home. I'm going back home for winter break and I'm so excited to eat. I also definitely miss my three dogs at home.

What has been the most challenging thing for you as an international student in the US?

The first time I came here I was by myself and I have such a big and close family in Malaysia. I struggled for a while with missing home. I love it here, there are so many nice people and great opportunities compared to in my home country, it's really different. Eventually, I embraced it. New experiences come everywhere we go.

How have you overcome those struggles?

There's a Malaysian Student Association here on campus and being part of it made me feel more at home. I am a very sentimental person. After taking a couple of trips back home to satisfy my urge to be home, plus being around the company of other Malaysian students whom I celebrate traditions with, I feel great!

What are the biggest differences you see between the university experience here and in your home country?

I have only ever attended university here in the states, but the education and learning process is very different.

People here ask more questions instead of keeping to themselves. The way things are explained and the constants that are used in classes are also very different! There are a lot more resources here; the CLC, the mole hole, worm hole, CAPS, all the things our incidental fees pay for. My hometown is not as advanced as our capital city, so there are not a lot of opportunities like these.

How has your experience here helped you improve academically or personally?

The quarter system is more stressful, but it has made me realize that the best way to learn is to do so constantly, every day, even for just one hour. Also, I learned that I can always ask for help, that solving problems in groups brings new perspectives into light. Being in the US I have come to realize how nice people are, and the open-mindedness that is common in this western world has expanded my ways of thinking. I feel like I am a more accepting and mature person, Asian countries are different that way.

What are your goals in life? What are you planning to do after you graduate? Are you planning to go back to your home country?

I plan to work here in the states for a couple years after I graduate, for exposure. I do plan to go back home eventually and work under my parents' company. I love my country and despite its political scandals, the culture, people and environment are beautiful.

Are there any problems you want OSU, teachers or domestic students to know about international students? How do you want OSU to support international students?

Many international students and domestic students often do not approach each other. I feel like there is a language barrier that causes this. International students come here for the experience. It would be great if international students and domestic students could mix around and learn about each other. Approach an international student when you see one. It would make their day to have a conversation with a domestic student. Also, keep in mind that language barriers will always be there. Embrace it! 💎

Even though there are some struggles for international students to overcome, it's important to continue putting oneself out there and exploring new things. Despite the unfamiliarity and potential language barrier, never hesitate to say 'hello' to fellow students around campus. OSU offer many opportunities for both international and domestic students to do so:

INTO OSU Cultural Ambassador Conversant Program

international.oregonstate.edu/osu-cultural-ambassador-conversant-program

Conversation Corners, International Student Social Justice Retreat

dce.oregonstate.edu/retreat

International Student Community Time

calendar.oregonstate.edu/20161031/event/119266/





Living *2* lives

The Mother and The Student

WRITING **MADELINE BRIGHT**

PHOTOGRAPHY **STEPHANIE KUTCHER**

Not all superheroes wear capes. Being a college student isn't easy and can feel like a full-time job, but imagine being a mother and a student going to college. Although they may not look like it, student mothers are superheroes.

Their dedication to their education and their love for their children is what keeps them going. "My kids, I am doing this for them so they can have a better life," said mother and International Oregon State graduate student Ragda Abuhadra. She chose to continue her education while raising children as a source of motivation, "I like to improve myself."

Abuhadra is one of the many mothers on campus. She loves being a mother to her two daughters and said it's rewarding, "It's a gift," she said. "You feel like you have a purpose in life."

As a mother, priorities change and being selfish is not an option. Every decision and each action must be carefully thought out and planned. As a student mother there is a new perspective on life. "I need to consider them," said Abuhadra, "How will that affect them?" So how is it that student mothers balance work, school and their children's needs?

Alexandra Gipson, a senior at Oregon State majoring in Psychology, and her husband have a three-year-old son and another baby on the way. Gipson tries to keep balance in her busy lifestyle, "My time-management has become impeccable since going back to school," she said. "Sometimes it's a lot of early mornings, late nights at school, but I try to do it all at school and not bring it home."

Gipson explained what motivated her to go back to school, "To show Parker the importance of an education, I only had a year and a few months left of my degree and I wanted to be able to tell him and both mom and dad have a degree," she said. "That was one of my main motivators, was just to show him what hard work looks like."

Gipson loves being a mother and loves watching her son grow up. "Just the things he says and the things he comes up with, he's obsessed with baseball and golf and he's actually really good at it."

Chelsea Gregory is another student mother on campus and is the mother to a 14-month-old baby girl, she is a senior majoring in Psychology. She is also pursuing two minors and plans to attend graduate school in Fall 2017.



Abuhadra's first-born, Joud



Abuhadra's younger daughter, Noor

One of Chelsea's favorite things that her daughter does is sing, "She loves to sing and talk, well she tries to sing," Gregory said.

Gregory explained her life as a student mother, "It's always go go go, but other than that it's wonderful, you just always need coffee," she said. "It's very challenging to be a full time student, work full time and be a mother. It's very hard, very rewarding though."

These are hard working student mothers, they juggle more than the average student and yet they stay motivated and positive for their families. Their love and devotion to their family is inspiring. ♦

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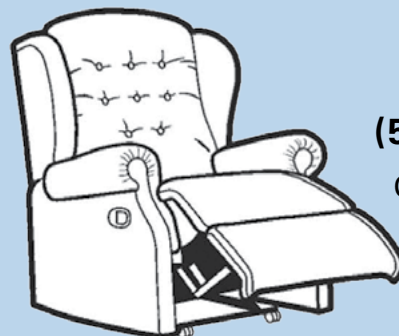
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COMBATING SEASONAL DEPRESSION

WRITING **MIKAYLA PEARSON & ADAIR PASSEY**
PHOTOGRAPHY **ZBIGNIEW SIKORA**

Winter is an exciting time of year, as it comes with holiday cheer, bright snow on the ground and countless excuses to indulge your sweet tooth. Despite these winter thrills, it can be a challenging time as well. Endless showers of rain paired with shorter, colder days can cause Seasonal Affective Disorder, also known as seasonal depression, which hits hard here in the Pacific Northwest.

A person's state of mind can become seriously affected by the absence of the sun. Not only is there a huge deficiency in vitamin D which causes fatigue and muscle weakness, but when exposed to less sunlight our bodies produce more melatonin resulting in natural sleepiness. On top of this muscle fatigue and tiredness, cold temperatures can just simply make people feel somber.

OSU student, Eve Meyers, began to experience seasonal depression her freshman year of college when she left the northeastern Oregon desert to come to the rainy Oregon State campus. In the desert, "winter was not synonymous with clouds and rain" so when fall approaches and the days become darker, shorter and colder, Meyer's


"mood mirrors the weather." She described her experience with seasonal depression as an "overwhelming sense of sadness" that makes getting out of bed a daily struggle.

Fortunately, OSU is aware of the severity of seasonal depression and provides many services to combat this issue. Counseling and Psychological Services (CAPS), offers individual, couples and group interpersonal therapy. Several different drop-in based support groups that help to improve moods and create a sense of community are available as well. Interpersonal therapy is in such high demand that CAPS can only offer each student ten sessions per academic year, but the support groups are unlimited.

In addition to therapy, CAPS also offers the mind spa. The mind spa is a quiet, peaceful room outfitted with a full body massage chair, biofeedback and a therapy light. Biofeedback electronically monitors your heart rate and focuses on helping students learn specific ways to relax and slow their breathing. It is an excellent option to help cope with depressed or feelings of anxiety. The therapy light is especially great at helping with seasonal

depression as it shines bright to mimic the sun. These lights help battle the excessive production of melatonin from lack of sunlight exposure and aides in stabilizing your biological clock. CAPS rents out light boxes to students for up to two weeks at a time that can be set up on a desk to provide rays of sun at one's convenience.

Outside of OSU services, another way to address seasonal depression is through a support system of loved ones. Stephanie Shippen, a psychologist at CAPS, recommended that if your loved ones are suffering from seasonal depression, make sure to validate their feelings "even if [you] do not personally understand what that feels like. Really hear them and say, 'I hear you. How can I be there for you?'" She emphasized the importance of your loved ones "being reminded that they are not alone in feeling that way."

Above all, know that millions of people struggle with seasonal depression and these feelings are valid. After the holiday excitement comes to an end, winter term is in full swing and can become very difficult, but connecting with a support system, utilizing CAPS on campus or as Meyers suggests, sticking to a daily routine are all great steps to overcome seasonal depression. 



Reasons to Love Yourself

WRITING **EMILY DOHERTY**

ILLUSTRATION **ANNIE MITEV**

As the rainstorms become longer and the days grow shorter, we hear more and more about the need to stay healthy. You walk into every building and see signs recommending to get a flu shot or reminders to wash your hands to help prevent spreading disease. While all of this is important, our mental health is often overlooked when in fact, better mental health can lead to better physical health.

Learning to have self-love is a great first step in improving your mental health. It can be difficult to openly have appreciation for yourself and can seem rather narcissistic to remind yourself of what makes you great, but this self-admiration is vital. The benefits of loving yourself definitely outweigh the fears of sounding narcissistic or conceited.

We all have those days where we feel insufficient, yet people don't see how big of an impact doubting themselves has on their everyday lives. It can be a challenge for some, but there is an undeniable importance in being able to smile at the person you see in the mirror. Here are three reasons why self-love is important:



Improved Mental Health

Showing a little love for yourself can help you survive hard times throughout the term. As college students, we experience a lot of stress in our daily lives. Recognizing what makes you great can help prevent developing anxiety and depression while boosting optimism. Showing this kind of emotional support for yourself is key to improving your mental health.

Less Procrastination

College is a cycle of endless deadlines. Every week students usually have more than one important deadline to meet. Academic procrastination stems from a lack of time management and motivation. For most people, if you fall slightly behind it feels like a never-ending spiral that causes you to feel as though you will never catch up. Rather than binge watching Netflix, having a little self-love can actually motivate you by reducing the stress you feel that results in procrastination. Therefore, the more you love yourself, the less you will worry and the more homework you will get done!

Physical Health Benefits

Building yourself up rather than tearing yourself down can actually be beneficial to your physical health. It's been proven that when you're feeling low about yourself you don't take the best care of your physical well being. People tend to either over or under eat and exercise less. Giving yourself a boost of confidence can turn this all around. The power of positive thinking is an influential thing. Loving yourself can serve as motivation to be active and better your physical health. Exercising naturally releases endorphins that boost moods. So not only does loving yourself help you get fit, it also makes you happier. If you can be happy with your current self, there's nothing holding you back from reaching your physical goals.

So Beaver Nation, with gloomy days, mountains of homework and deadlines upon us, remember to love yourself as a part of your routine to take care of your overall health. You and your GPA will thank you for it in the long run! ♦



#GOBEAVERS



**ALWAYS
REPPIN'**





TAKES TWO TO TINKLE

WRITING **BRITTNI COOPER**

PHOTOGRAPHY **AARON TRASK, BRAD ANDERSON & ADAM WOOD**

Tres Tinkle, Oregon State Men's Basketball forward and sophomore student is living a completely different student-athlete experience than most. OSU Men's Basketball Head Coach, Wayne Tinkle, that's right, Tinkle, is not only Tres' coach, but also his dad.

The Tinkle family is comprised entirely of basketball players. In fact, both Coach Tinkle and wife, Lisa Tinkle, graduated from the University of Montana where they played collegiate basketball. Coach Tinkle later went on to coach at Montana before arriving at Oregon State University as Men's Basketball Head Coach. Tres isn't the only child prodigy, sister Joslyn Tinkle played basketball at Stanford University and sister Elle Tinkle currently plays the sport at Gonzaga University.

Beaver's Digest recently had the opportunity to meet with the father-son duo at the OSU Basketball Practice Facility to discuss some of their experiences together thus far. Here is a look into our great conversation with the Tinkles:

BD: Growing up, did [Tres] play any other sports? Did basketball ever feel expected?

Tres: I played baseball growing up. [Coach Tinkle] actually really wanted me to play baseball instead of basketball growing up, it was his first love for sure. I also played football. I probably would have played [football] my freshman year of high school, but I broke my left foot in the summer so I missed that

season and kind of put an end to that. Right now, I golf with [my dad] from time to time and other than that just basketball.

Coach Tinkle: We never really forced [basketball] on him though. Obviously, as I got into coaching, [the kids] were around it. They wanted to continue to play. My wife coached their YMCA, Kiwanis and AAU teams through grade school. So I think it was just something that they had been around and it was something that they wanted to pursue. Obviously, I don't think any of them had a clue when they were in grade school what it would lead to.

Why OSU? What really drew your family to want to be in Oregon?

Coach Tinkle: That's a good question because we had offers to go other places and you have to remember, [the University of Montana] was both my wife and I's alma mater. We loved being there. We were having success and we didn't think we were going to ever leave. As time went on, you start to look for new adventures, new challenges and I hadn't pursued any other job. When Oregon State came open, through my discussions with some people I knew that lived here, worked here and then with Bob De Carolis, the athletic director, I quickly was educated to the fact that Corvallis was very similar to Missoula. We quickly discovered that we could do things the way we were doing them at Montana, what we thought, 'quote-on-quote', were the

right way, and really try and develop student-athletes more than just winning games and championships. Knowing that doing it the right way, those things would take care of themselves. [OSU] was attractive to us because it was taking Montana, but to a higher level in the Pac-12.

Tres: It was a dream of ours to play for each other, or me play for him and him coach me, but he wanted me to go to the top of what I could do and didn't want to hold me back. [My dad] was doing a great job at Montana, but he always told me, 'Go wherever you feel that's the most fitting for you'. Both of my sisters, they looked at Montana, but they didn't stay there because they wanted new experiences. I knew that was something I was probably leaning towards also and so when Oregon State opened up, it was just the best of both worlds.

When you moved here, what was it like adjusting to living in Oregon?

Coach Tinkle: It was tough because [Tres] was just finishing his junior year [of high school] when I got hired. When his school year ended he came out and spent some time [at OSU] in the summer, but then we had a tough decision to make: was he going to transfer and go to school here for his senior year? He thought about it, we told him we would support whatever he wanted to do. He had grown up with those kids [in Montana] since kindergarten and I don't know if he was coached up on

this, but the part that got me was when he said, 'It's more than basketball, I want to walk across that stage and get my diploma with the kids I've grown up with since kindergarten'. That kind of— (pauses and looks at Tres)

Did mom tell you to say that?

(Tres laughs and shakes head)

That was a really good point. That was a tough year. He moved in with some friends that had been long time coaches. He lived with them while [my wife and I] were [at OSU] and then when the [basketball] season started my wife went and stayed [in Missoula] for most of the winter. It was tough for me, I was balancing things [at OSU] and trying to get year one going and our family was kind of incomplete. One thing [Tres] said was, 'The girls got to go away for college, maybe this will be my year away and then we will have fun for four years together at Oregon State'. So it all came together, but that first year was such a whirlwind for me, individually, just trying to lay the foundation of our program and meet all of the people that make up Oregon State. It probably was a blessing that I was alone because I had a lot of time to do those things that maybe if the family was here, I couldn't have devoted so much time to.

Now that you're together at OSU, what has been your favorite memory here?

Coach Tinkle: Probably for me, the best memory was the whole [last] season kind of encapsulated by the fact that we got off to a rough start. You know, [Tres] was having a hard time dealing with the differentiation of 'dad' and 'coach' getting after him. Growing up, I had been critical and coached him, but

it had always been one-on-one or just family. Now, I'm doing it in front of his teammates and his peers. So there was an adjustment period that we went through. We had good discussion and some good conversations; I won't say arguments (laughs). So just watching him go through that process and what it led to, made me proud as a dad. That's life right? You deal with adversity and if you communicate and love each other up, you can get through it.

Tres, how do you balance being a son and a player? How do you know when to turn your family life off and playing/coaching life on?

Tres: At first, I never had him yell at me for doing anything, but that's the only way you can get your point across at such a high level. You can't really make these things sound simple and sweet; you've got to get your point across. So at first, I was like 'what am I doing wrong? My dad's yelling at me, not my coach' so like [my dad] said I had to go through the growing pains. Right now it's kind of more so, this is the best thing for the team, this is the best thing for me. I just have to stick with it and trust the process. At times, it still kind of comes off to me as my dad yelling at me, but then I just think, 'It's just my coach' and leave it at that. When practice is over, we'll go home, have dinner and try not to talk about basketball too much.

What is a typical day like at the Tinkle household, when you're all at home?

Coach Tinkle: Well, we're pretty competitive. Whether it's a game of basketball in the driveway, or cards, we're fighting, clawing and scratching to win. There's even times where we're all in different areas in cars and we're meet-

ing at home or somewhere, and it's a race to see who gets there first. We're very, very competitive that way, but we have a lot of fun. We have a lot of good times as a family. We've always been very open and honest with our kids. We almost seem like more friends than that line of authority figure and it's the way I was raised until my parents got really old and I was a man. That's when we kind of had a friendship. We wanted our kids to always feel like they could talk to us about anything. If we always spoke down to them as authority figures, we didn't feel like we would have that. I don't think anything would happen to our kids where they didn't feel comfortable telling us about it. So when we come together we really enjoy each other because of all of those things that we've gone through over the years. A typical day? The girls probably sleep in until noon, right? (looks at Tres laughing) We get up and do all of the house chores and yardwork (smirks). No, but you know, we play games around the house, we'll watch movies together, we'll go places, go for drives, take the dogs to the beach. We just enjoy each other's company, especially the last couple of years because we're not together all that often.

Tres: I feel like drives were probably the biggest thing growing up, with all of our basketball tournaments. We'd go from Montana to Seattle to Southern California to Vegas back home so we would spend the whole month of July driving around with each other. Sometimes it probably got to be too much and we got sick of each other, but you know it was always time to hang out with each other, share, talk and just build that connection. That's probably one of my biggest memories growing up is just being able to drive and having good, quality family time.



What is the most embarrassing moment you've had with your Dad?

Tres: Since I've been here probably, the Washington State game. I had a turnover, my fault obviously, but he got his point across and he said, 'Come on make smart passes!' and spanked me on the butt.

Coach Tinkle: Right then, the whole crowd went quiet. Right as I went, 'oh boy that was a little too loud—'

Tres: It was perfect contact and it was just like (claps loudly) a firecracker. I turned around and I was kind of upset because you could hear the whole crowd go, 'Oh my gosh!' We watched it on TV and you could hear it on TV.

Coach Tinkle: I turned and I was embarrassed for myself and for [Tres]. He got to the other end of the floor and he made eye contact and I just went (cups hands around mouth) 'I'm sorry'.

Is there anything else you want to share with BD? Any closing statements?

Coach Tinkle: We're living a dream come true. We're in a place that we love; we love Oregon State and Corvallis. I've got to remind myself from time to time, I don't always have to be coach and that we need to enjoy the process as father and son. I think we do that pretty well when we're off the court, but there are also moments on the court where we can enjoy some of that stuff too. I've got to maybe, 'let my hair down' a little bit so to speak, because these moments we will never get back and I certainly want to make sure we take full advantage of them while we're together. It sure helps that [Tres] is one of our hardest working and toughest guys out there. It makes it easy for me as dad and head coach to play him. He's very deserving of whatever comes his way. He's a great teammate. He really enjoys his teammates.

Beaver's Digest looks forward to cheering on OSU Men's Basketball, Tres Tinkle and Coach Tinkle in the future. #GoBeavs! ♦



BACK TO THE FLOOR

WRITING ALEX LUTHER

PHOTOGRAPHY JOSHUA LUCAS & JEREMY MELAMED

The thudding of a ball on the perfectly finished wood floor, echoing throughout an empty gym. The pounding of feet up and down the court. The swish of a nothin-but-net shot. Basketball is unmistakably one of the highlights of college sports, almost as recognizable as the sounds on the court itself. Oregon State Women's Basketball made school history last season by advancing all the way to the Final Four and the team is determined to do everything possible to conquer the best teams of this season to get that far once again.

FIGHT

After the 2014-2015 season, Oregon State Women's Basketball team was coming off as Pac-12 regular season champs, but without the Pac-12 title. Disappointment littered the end of the year with a 9-point loss to USC in the Pac-12 championship game.

No doubt there was a determination from the players to succeed at an even higher level for the 2015-2016 season. The season began with the team ranked 10th in the AP Top 25 and 9th by the USA Today Coaches Poll. The lady Beavs Basketball team entered the Pac-12 tournament as the number one seed team and were ready to go further than the year before. After a close call against Washington, they persevered and advanced to the final game versus UCLA. With an astounding 12-point deficit, Oregon State Women's Basketball won the Pac-12 Conference tournament and crushed UCLA's hopes of the title with a 69-57 victory.

Number one in the conference and hungry for more, the team set their sights on the NCAA tournament and the challenges it would hold. The team entered the tournament ranked 6th in the nation by both polls and held a 2nd seed slot for their corner of the bracket. Slowly but surely, the team pressed on. They won one game, then two games and then three games. They made it to the Elite Eight and battled out a 60-57 win over Baylor. Then came the Final Four: number one seeded UConn versus number two seeded OSU. It was a tough war and they fell with a 80-51 loss, however, the Women's Basketball team made school history and advanced further in the NCAA tournament than ever before. Not only that, but they finished the season ranked 2nd in the country. The team proved something about themselves and who they were; the players would not go down without a fight and proved they belonged in the Final Four.

FIRE

It is not over yet. Let's focus our attention back to the current 2016-2017 season. The team was ranked 17th in the nation heading into their first game and 5th in the Pac-12. They have an uphill battle to prove themselves once again and are not going to go down without a fight. Beaver's Digest had the opportunity to sit down and discuss a few facets of the upcoming season with sophomore point guard, Katie McWilliams.

McWilliams commented on the pressure this year due to making the Final Four last season and the determination to make this season just as spectacular and even more phenomenal than last. "I think there's a little bit of pressure just because people do expect a lot from us always, especially after last year," she said when asked about the outward tension to perform at an elite level. McWilliams went on to say, "They want us to be that good again and get that far, but it's also a big motivation because we are young and we are kind of the underdogs now....We're ranked number 5 going into the Pac-12 and that's a big motivator for us because we want to do better than that obviously and are striving to get that threepeat of the Pac-12 conference." With every battle, every victory, every triumph after struggle, the team has proved themselves in the past. This year the athletes only have more of an incentive to smash every expectation and prediction stacked against them, to prove once again the strength within themselves and the program.

FAMILY

One vital aspect to last season's success, and equally vital to this season, is the unity of the team. Without unity, McWilliams noted how every mistake can bring the team down as a whole and ultimately be detrimental to the team's progress. She also mentioned the close relationships the women have with one another. Part of this unity and family is attributed to a retreat the team took before the beginning of the season.

"The biggest thing we probably did [while on the retreat] was...share bags where you have five different questions," she described. She said the questions included, "...your favorite quote and why; your theme song and why, like what do you live by; the hardest and best times of your life; and why you're excited to be part of this family... It got super emotional, but it brought us a lot closer because we opened up and everyone told their whole life story so that was pretty cool and I just feel like we know each other a lot better now. I think that's gonna translate onto the floor. We have each other's backs and are playing for each other and as a team." The team understands the necessity of friendship in order to reach their goal and find the joy of playing along the way.

FUTURE FOUR

That brings us to now. A team set to be underdogs for the season compared to their previous success. A team with a chip off their shoulder. A team with a tight bond that sets them apart. A team ready to emerge above all to find themselves in the Final Four once again.

"You know, it was a journey in getting there last year and it's gonna be the same thing," said McWilliams on the goal of a consecutive Final Four appearance. "We're gonna face a lot of adversity and...there's gonna be ups and downs along the way. Everyone's gonna have to step up and play their roles. Everyone's [going to] have to hit big shots when they need to and we're gonna have to execute offenses pretty much to the highest level possible, and our defenses have to be locked down. But we're gonna have to play at an elite level in order to get there." The team is ready to grasp the challenges head on to become the elite, unified team needed to reach their goals and full potential. ♦

BACK TO THE FINAL FOUR



GO BEAVERS!

A LOVE HATE RELATIONSHIP

On October 8th, 2016 the Oregon State football team beat California 47-44 in one of the most exciting games of the past few football seasons. Some attribute this first win against a Pac-12 team since 2014 to the positive support of the fans throughout the game, as their excitement and optimism boosted the players' morale and performance. Yet, as most of us all know, the Beavers do not always have the most successful seasons. The relationship between the fan culture and the success of Beaver athletic teams is a two-way street; not only does the support of fans boost morale and drive athletes to perform at their best, but the success of Beaver athletics draws more into the fan base. This shows our support has an effect on how our athletic teams perform, which could lead to better seasons in the future.

WRITING **JOSHUA SCHNEIDER**

It is hard to find a better example of a Beaver fan than Brenden Slaughter. Brenden is a Co-Sports Chief at The Daily Barometer, in which he frequently covers Oregon State football, baseball and both basketball programs. After becoming a journalist, Brenden says he had to "tone down the fandom." Yet, he still has a passion for the teams and is a strong believer that to be a true Beaver fan, you need to support them no matter what. "You're not a true Beaver fan if you only pay attention to one sport," he said, "You need to care about all Beaver sports - with a passion." Although he realizes not everyone may be as gung-ho of a "Beaver Believer" as he is, Brenden thinks that "Oregon State fans are very genuine; you'll never find a bandwagon OSU fan."

Cassidy Wood is a Multimedia Sports Reporter for Orange Media Network and has interned with Beaver Athletics under the Director of Social Media. Cassidy has written, spoken, posted photographs, etc. about the OSU football team. Growing up in San Diego, California, Cassidy didn't know about Oregon State until she applied to college. Since then, she has felt the "unconditional love" we have for our Beavers. When she moved here, Cassidy said, "I felt the culture and came to love the humble, wholesome people." This culture of unconditional love is what makes Beaver fandom unique.

Despite this general atmosphere on campus, football game attendance has decreased during the last couple of seasons. Brenden spoke about how "since 2014, attendance has dropped through the transition between Coach Riley and Coach Anderson, and building back up has been slow." According to him, this is probably not because of a lack of students going to games. "It is easy to get students," he said, "But it is more difficult to get people from Portland to drive all the way down [to Corvallis]. Kickoff times can play a huge factor - we have to put a good product on the field to make it worth getting back home after 1 a.m."

Despite this slump in numbers, Brenden is optimistic. "We have the right coaches in place for all sports to increase attendance. Oregon State is only one or two sports away from being one of the more complete programs in the Pac-12," he asserted, "In the future we could look at OSU and say 'they don't have any weakness', they could be a consistent winning powerhouse." To make this happen, we need to support our teams.

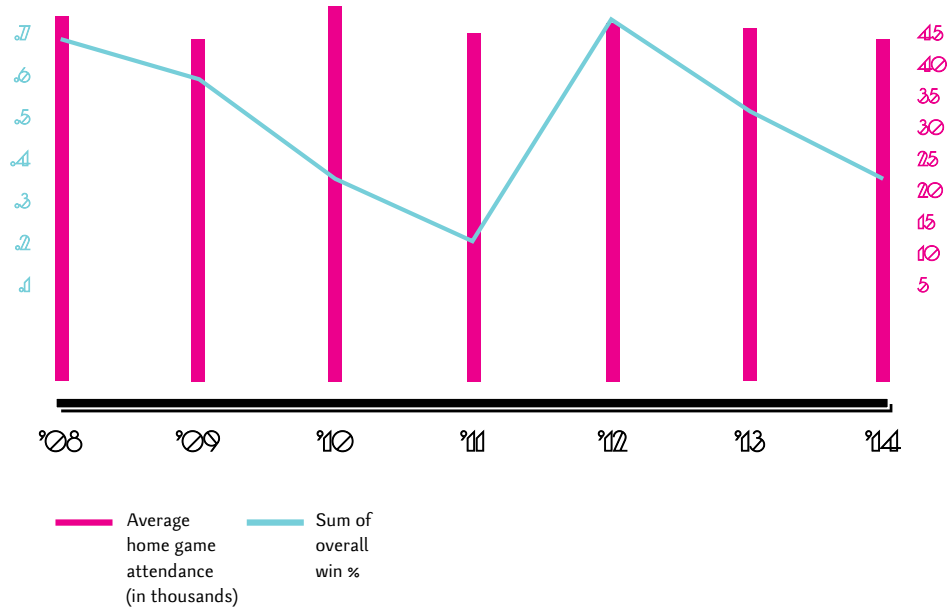
There is a positive feedback loop between the fan culture and the success of Beaver athletic team. Brenden said, "The positive atmosphere fans bring makes the players want to jump into the crowd at the end of a big game. Home field advantage can be a

game-changer - the noise and the passion - the players feed off it. It gives them an edge and pumps them up."

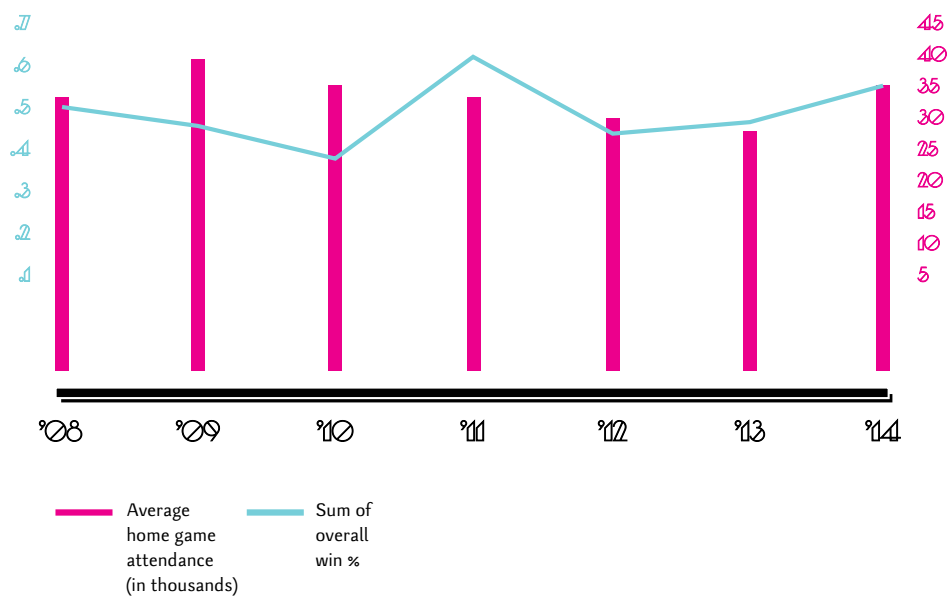
Cassidy thinks that this could very well have been a factor in Oregon State's big football win over California, where the Beavers won their first conference game since 2014. "Our energy and noise helped us win," she said, "We intimidated Cal's team." Cassidy said that as a fan you are just as important as the players on the field, "When you're supporting the Beavers, you're on the team."

According to Cassidy, this culture is key to understanding what it means to be a Beaver fan. She said we love our Beavers because "the relationship you personally have here, it encompasses your life. I get really passionate about things in my life, so OSU is a big part of my life and a big part of a lot of Beaver fans' lives. You spend four years here and you want to have something to hang on to. Personally, I want to leave with something more than a piece of paper!" ♦

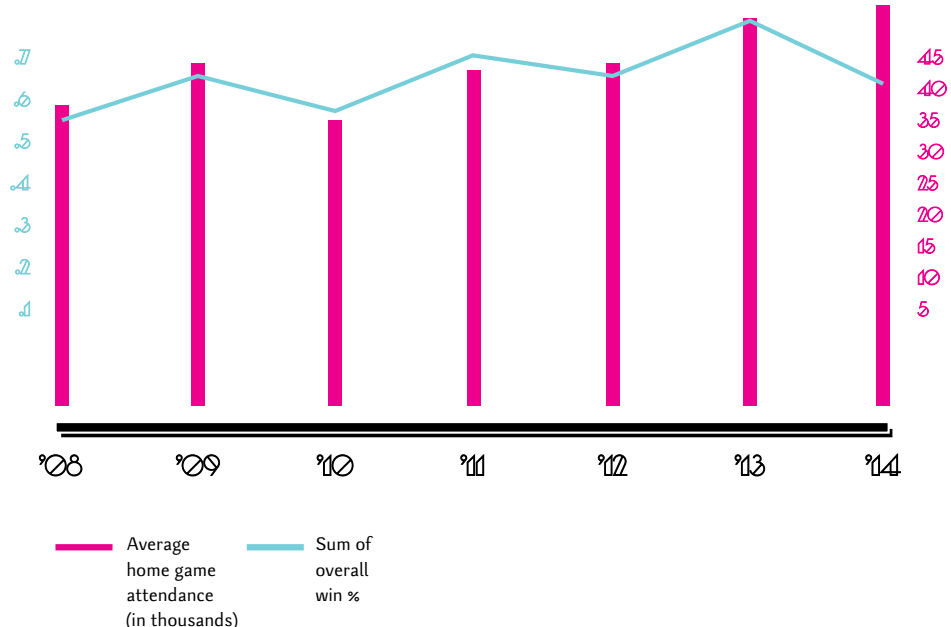
FOOTBALL



MEN'S BASKETBALL



BASEBALL

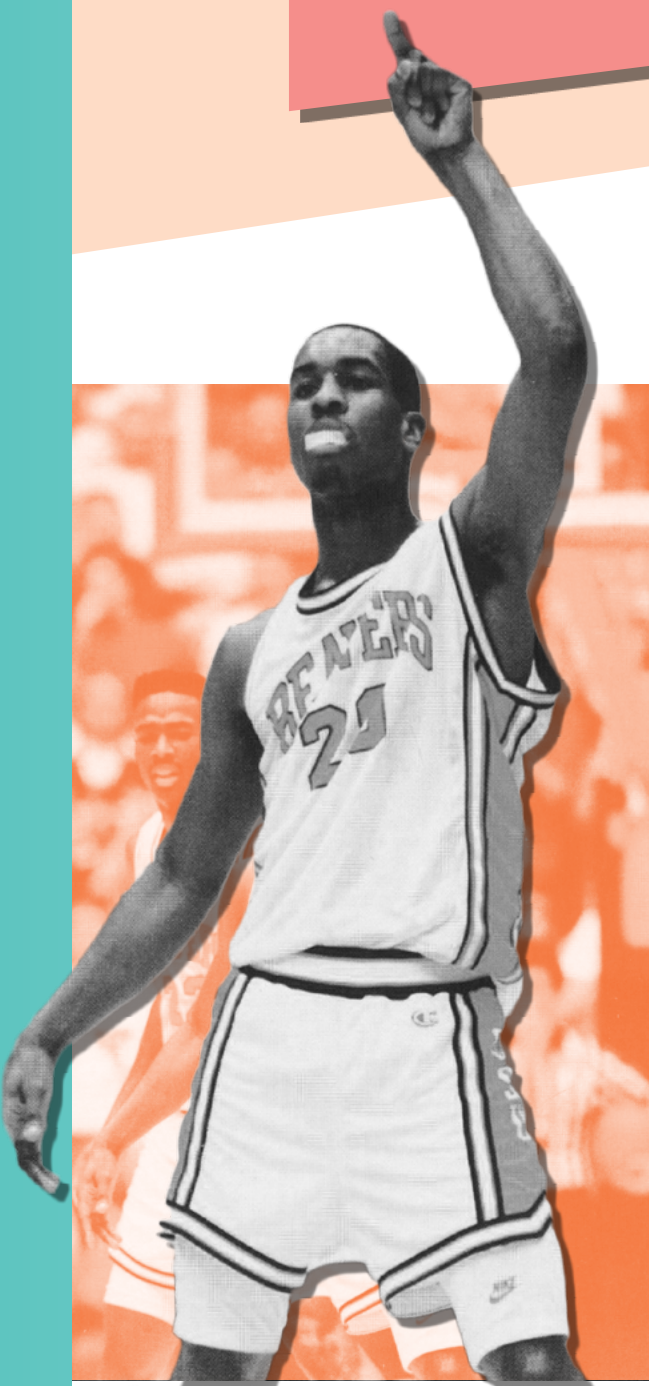


Beaver's Digest was unable to find data on female sports teams

THROWIN' IT BACK!

WRITING **MADDIE BRADSHAW**
PHOTOGRAPHY **OSU YEARBOOK**

Winter sports have changed significantly since Oregon State University was founded in 1868. Currently, the winter sports are basketball, wrestling, swimming and gymnastics. Since the establishment of these sports, many All-American titles and championships have been earned. Each sport started as a small program and each was established during a different time period.



The only winter sport in 1893 was men's basketball. In 1909, the men's team won their first title as Northwest Conference Champions with just six men on the team. This was only eight years after the men's program was established. From 1980 to 1984, the men's team won the Pacific-10 championship four years in a row. They won it again in 1990 when Hall of Fame player Gary Payton lead the team to victory. However, he was not the only iconic athlete of his time.



Women's basketball made its debut in 1898 and the team of eight women won the conference championship that year. According to Oregon State University online archives, "The college became a national leader in gender equality by being one of three land grant institutions in the nation to offer scientific courses to women in 1890." Just eight years after women were allowed to attend the university, the women's basketball team won a championship. These women were heroes of their time and paved the way for many great female athletes to come.



The only all men's winter sport that still exists is Wrestling. Wrestling was established at OSU in 1909. Men's wrestling won their first championship in 1926, making history as OSU's first national championship ever. The team raised 90 All-Americans, 12 individual national championships and had five National Wrestling Hall of Fame members. Len Kauffman (1964-1969) is one of the best wrestlers in Oregon State history. He wrestled at 167 pounds and broke a school record twice in one season. He was a member of the 1966 U.S. World Championship team and placed second in the 1964 and 1966 Greco-Roman National Championships.

Swimming at OSU was one of the later established winter sports. It did not develop until 1922. The sport was developed, but did not flourish until the 60's when one of the greatest swimmers, Dr. Jerald Wille, came through OSU. Wille lettered at OSU from 1963 to 1966, earning All-American honors in 1965 in the 100-yard breaststroke, the first ever by a Beaver swimmer. He set the bar high for many OSU swimmers following him. Many athletes today have received scholarships to swim at Oregon State, hoping to break records.

Gymnastics at Oregon State were at the peak of success from 1975-1990. The program began in 1966 and flourished from there. Many great gymnasts shattered records and received All-American status. Heidi Stanovich, another well-rounded gymnast, competed for Oregon State for two years, captured the 1984 national championship on beam and earned two All-America honors as a Beaver. She also captured two regional titles in the all-around and floor, and in the same year earned Scholastic All-American honors. Not only is she a Beaver, but she is one of the most honored college gymnasts to this day earning seven overall All-American titles. ♦

NATIONAL AWARD WINNING MEDIA

We're a modern media network made up of 450+ students who run a TV station, radio station, newspaper and three magazines, social media and digital strategy, marketing, and advertising.

Students are advised and mentored by industry professionals, experts, and alumni. Here are the ways you can support this national award-winning, educational experience.

DAM
Chic

DAMchic—This quarterly fashion magazine is the authority on all matters of style at Oregon State University. Check out the latest edition at OrangeMediaNetwork.com



Prism—The quarterly literary arts journal features content created and submitted by student artists around the campus, including poems, paintings, sculpture, essays, and photography; and hosts an artist showcase each year. Check out the latest edition on racks now, and at OrangeMediaNetwork.com

PRISM

kbvr^{TV}

KBVR-TV—Ch.26 in Corvallis and livestream in HD at OrangeMediaNetwork.com, KBVR-TV is one of the only college TV stations with 24/7 student-made shows and programming. TV shows include live music and event coverage, game shows and talk shows, and the Emmy-nominated State of the Arts and daily NewsBlasts



WE ARE ORANGE

AWARDS

The Barometer
Best All-Around Daily Student Newspaper
5 state, Region 10
2014 & 2015
2-years in a row
Society of Professional Journalists

The Barometer
First Place, General Excellence
2015
Oregon Newspaper Publishers Association

KBVR 88.7 FM, Prime Time Sports
Pinnacle Awards, Best Sportscast
2015
College Media Association

KBVR TV, Ch. 26 "Locals Live"
Best Uniquely "Oregon" Program
2014
Oregon Association of Broadcasters

KBVR-TV Ch.26, Beaver News
Best Public affairs program
2016
Oregon Association of Broadcasters

KBVR 88.7 FM, "You're On"
Apple Awards, Best Radio Promo
2015
College Media Association

DAMchic Magazine, Blurred Lines
2nd Place Best Magazine Design
2016
College Media Association

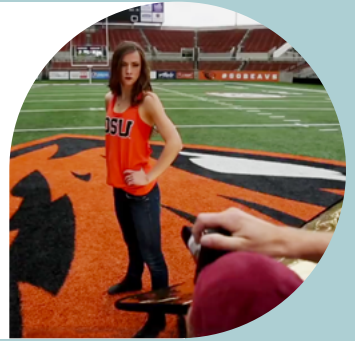
The Barometer, Brian Rathbone
1st Place: Best Sports Columnist
2015
Society of Professional Journalists



The Barometer—The 120-year-old campus newspaper of Oregon State University covers local news and events and brings awareness to important student and community issues. 15,000 copies of The Barometer are printed each Monday, and available on racks the same day. The Barometer is also delivered through The Gazette Times each Tuesday.



Beavers Digest—This quarterly magazine launched in 2014 and focuses on student life, food, style, and fun. Check out the latest edition on racks now, and at OrangeMediaNetwork.com



KBVR-FM—88.7 FM and livestream at OrangeMediaNetwork.com, more than 140 student DJs select what music they want to play, or topics they want to talk about, each hour. KBVR-FM can be heard anywhere within a 30-mile radius of the OSU campus.



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