

The Daily Barometer

CAMPUS

Earth Day at OSU

OSU faculty members give tips and advice for how students can remain sustainable on Earth Day and year round. 6

CITY

'The Last Supper, Final Plates'

The Corvallis Museum is hosting its first temporary art exhibition to honor the late Julie Green and their work through July 3. 18

OSU HIRES FIRST FEMALE DEAN IN COLLEGE OF AGRICULTURAL SCIENCES AFTER 'UNHEARD OF' SUPPORT

By SAM MISA
News Contributor

Staci Simonich has been appointed the new dean of the Oregon State University College of Agricultural Sciences, making history as the first female dean in the College of Agricultural Sciences.

Prior to her start as dean, Simonich had been serving as the stand-in for former Dean Alan Sams, who left the college in January. Previously, she was executive associate dean, and in total she has worked with OSU for over 20 years.

Simonich officially became dean on March 28. According to Simonich, the job has been busier than before her promotion, but still similar to her previous responsibilities. Her first week included various interviews and meetings with people outside of the university.

"I'm very humbled to be in this position," Simonich said. "When I was a first-generation student, growing up in Green Bay, Wis., never did I think that all these years later, I would be sitting in the chair I'm sitting in right now."

In the selection process for replacing Sams, he was not able to have a say in selecting the new dean, but did serve as a reference and recommended Simonich for the role.

"I was asked if there were any people who I felt would be potential internal candidates. I said yes and provided a few names [including Simonich]," Sams said. "I was also asked to suggest people that should be included in the interview schedule for candidates to meet with. I had the best knowledge of key stakeholders and partners, particularly outside OSU, that needed to be included in the process."

According to Sams, he is happy Simonich is his replacement due to her unique qualifications and the time they worked together when Simonich was executive associate dean, shaping the college's new vision as well as helping initiate new programs.

"During that time she demonstrated excellent leadership skills and developed positive relationships across the college as well as with stakeholders outside OSU including industry, donors and elected officials," Sams said. "She helped develop the college's new vision and many of its programs initiated during that period."

Sams also said Simonich has the needed

balance to be the dean.

"Deans need to move through so many topics and levels on a continual basis every day and need to maintain balance across it all," Sams said. "She has the technical knowledge to understand topics across the college. She can span the range of detail from academic bureaucracy to dealing with the general public. She has a good sense of the multiple objectives and constraints facing the college. She is an excellent leader."

In addition, Sams said Simonich knows how to navigate the College of Agricultural Science's various audiences.

"She is an excellent communicator and does a great job moving between the College's many audience's in doing so, from students to fac-

AGRICULTURE DEAN
Continued on page 2

ulty and

staff,

as well



One weekend ends in four broken school records for OSU Track Team

By SAM MISA
Sports Contributor

Three Oregon State University records were broken by the OSU Track and Field Team on Feb. 26, at the PAC-12 Invitational in Seattle, Wash., paving the way for the success of the upcoming outdoor season.

The three records that were broken include records in the 800-meters, 3000-meters and the 4x400 relay, with some times being qualifying times for the NCAA nationals, which will be held in Eugene, Ore. at the University of Oregon. An additional record was broken for the Distance Medley Relay one day prior.

Senior Mari Friedman's time in the 800-meter event was clocked at 2:07.56, which helped her beat her previous time for the 800—2:08.43—and set a new school record.

Junior Kaylee Mitchell took first in the 3000-meters event, setting a time of 8:58.39 for a new Oregon State record. Redshirt-junior Grace Fetherstonhaugh followed close behind, finishing third overall in the event, posting a time of 9:00.87. Both Mitchell and Fetherstonhaugh surpassed the previous record of 9:01.74, which was set by Fetherstonhaugh on Feb. 12.

In the 4x400 meters event, Friedman, sophomore Adael Scatena, redshirt-sophomore Paige Sefried and freshman Jada Hurley posted a time of 3:47.08, surpassing the previous record of 3:49.88, which was set back in 2019.

Head Track and Field Coach Louie Quintana was pleased with the teams performance at the invitational, and saw what his team was capable of ahead of the national tournament.

"We're now starting to see their talent come to fruition," Quintana said. "[Such] great character, phenomenal team players, really good energy and chemistry within this

TRACK AND FIELD
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WANYU ZHU | ORANGE MEDIA NETWORK

Staci Simonich standing in front of Strand Agriculture Hall on March 30. Simonich is the first female dean of the College of Agricultural Sciences at OSU.

AGRICULTURE DEAN
Continued from page 1

as audiences both internal and external to the University,” Sams said.

One additional qualification that Simonich gained in recent years includes getting an MBA while still working as a professor in chemistry and toxicology. During that time Simonich also maintained a position as an administrator at OSU.

Sams said it was the support from all of the department heads and experiment station directors that landed her the position.

“As soon as we heard that the dean was leaving, [the department heads and I] all got together and wrote a letter to support Dr. Simonich not just to step in as acting depart-

ment, acting dean, but as permanent dean,” said Department Head of Food Science and Technology Lisbeth Goddik.

Simonich said the spontaneous support she had might have surprised the provost and Goddik agreed.

“It’s really unheard of,” Goddik said. “Department heads normally have unique opinions and strong opinions. But to have every single department head within the College of Agricultural Sciences say we want Staci as dean, that’s a pretty strong statement to how capable she is.”

According to Goddik, Simonich cares deeply about the mission of the College of Agricultural Sciences as well.

“She’s very interested in us working with the stakeholders throughout the state of Oregon,” Goddik said. “So [working with] farmers, food industries, consumers and everybody who’s

touched by food and agriculture in one way or another.”

Included in the list of stakeholders are 13 experiment stations across Oregon, all of which are accessible to students for pursuing their own research.

“Now that we’re out of COVID-19, or getting out of COVID-19, the dean and also the faculty, staff, students—we need to get out in the state and be seen,” Simonich said. “We need to see folks, listen to them and talk with them.”

According to Goddik and Sams, they are delighted Simonich is the first female dean of the College of Agricultural Sciences.

“I think it’s significant,” Sams said. “That helps her understand and support all members of the college family but particularly women, underrepresented or marginalized groups. She is committed to supporting everyone.”

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COVER: Staci Simonich sitting in Strand Agriculture Hall. As of March 28, Simonich is the dean of the College of Agricultural Sciences at OSU.
By Wanyu Zhu, OMN Photographer.

OSU annual Out of the Darkness walk will support veterans

Event to feature Push-up Challenge that will honor those lost to suicide

By KATTERLEA MACGREGOR
News Contributor

Content warning – story contains mention of depression and suicide.

Oregon State University's annual Out of the Darkness walk event, which focuses on removing the stigma around suicide and mental health, will emphasize veterans in the community this year.

The Out of the Darkness event, which is free to participate in and will take place on April 9, is being hosted by the American Foundation for Suicide Prevention, Counseling and Psychological Services and OSU, to bolster community healing and fundraising. The opening ceremony will start at 11 a.m. in the Student Experience Center Plaza.

"Suicide is a topic shrouded in shame and stigma," said Tessie Webster-Henry, the mental health promotion and suicide prevention coordinator for CAPS. "Most people want to talk about it. It's a very hard topic. But when we take it out of the darkness and shine some light on it, then people can start

getting support."

According to the AFSP, 45,979 Americans died by suicide in 2020. Nearly 1,100 college students die by suicide every year. It is also the second leading cause of death for people ages 10 to 34.

While the Out of the Darkness event is intended to bring light to all encounters with suicide, there will be an emphasis on veterans within the OSU community. Every day, 22 veterans die by suicide.

"We have a little event [called the 22 Pushup Challenge, which] we do every year in the military," said Ray Sullivan, a director of ceremony for the walk and the student veteran coordinator for Associated Students of OSU. "So, we're going to bring that here... This is something that is very near and dear to our hearts across the United States."

The 22 Push-up Challenge features military personnel completing 22 push-ups to reflect and honor those lost to suicide. The OSU Color Guard, uniform displays and guest speakers will be included in the event to further represent the veteran community.

"It takes so little to give a group, no matter

who they are—veterans, LGBT, DACA students—anyone who struggles with something, people need help no matter who they are," Sullivan said. "It's not exclusive to one part of the world."

The veterans theme falls near and dear to the organizers' personal lives this year. Lucianne Ryan, an OSU alumni and representative of AFSP, recently lost her uncle, a veteran, to suicide.

"It's tough to talk about, but I feel like we need to, especially with veterans," Ryan said. "He didn't have a community where he felt like he could have talked about his feelings with. If he had, if most veterans did, I feel like—it sounds so stupid—they wouldn't feel so alone, they'd feel supported."

Ryan said she's also a survivor herself. Ryan had to drop out of school during that period of her life. Upon rejoining the OSU community, Ryan stumbled upon her first AFSP Out of the Darkness walk.

"I found this community of people my age who were passionate about the same things I was passionate about, who really cared about mental health and about people," Ryan said. "I felt like I had lived in a world where people didn't care about that stuff."

The fundraising goal for this event is \$10,000.

"Half of the money that we raise goes to the National Foundation for Suicide Research," Webster-Henry said. "Half the money comes to our local community for local suicide prevention."

By meeting the \$10,000 fundraising goal, CAPS will be able to fund internal programs such as the Interactive Screening Program without using the CAPS budget.

Upon arrival at the event, participants will receive beaded necklaces in an assortment of colors, each with their own meaning. For instance, silver represents the loss of a military

personnel or first responder.

After a resource fair and the opening ceremony, the honor bead ceremony will take place. During this time, participants are prompted to raise up their beads as each color is called and accompanied by a moment of silence. People can identify others who've had similar struggles by the color of their beads.

"Green is the color of a personal struggle, seeing almost everyone hold up the color green, there was really something about it," said Karree Lee, the co-chair of the committee. "You really weren't alone."

During the walk, participants may also place painted rocks around campus and Corvallis, Ore. The rocks are meant to be found at a later time and evoke positive emotion for whoever finds them. Some rocks have been hand painted prior to the event, but there will be an opportunity for participants to paint their own rocks during the event as well.

"I just want people to know... One decision, one person, is not insignificant," Ryan said. "It really can make a huge difference."

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY
	4	5 SAAM Day of Action ■ Virtual Event 4 p.m.	6
10 Softball vs. Arizona ● Kelly Field 11 a.m.	11 OMN Open House ▲ SEC Plaza 11 a.m. - 4 p.m.	12	13
17	18 Baseball vs. Gonzaga ● Goss Stadium 5:35 p.m.	19 Baseball vs. Gonzaga ● Goss Stadium 5:35 p.m.	20 Baseball vs. Gonzaga ● Goss Stadium 5:35 p.m. Ask Alumi Social 2022 ■ MU Main Lounge 3 p.m.
24 Baseball vs. Washington ● Goss Stadium 5:35 p.m. Earth Day at The Thyme Garden ◆ The Thyme Garden 11 a.m. - 4 p.m.	25	26	27 DAM Proud Day ■ MU Quad 11 a.m. - 2 p.m.

COMMUNITY CALENDAR

THURSDAY	FRIDAY	SATURDAY	EVENTS INFORMATION
<p>7 Noche De Juegos ■ Central Cultural Cesar Chavez 5:30 p.m.</p>	<p>8 Softball vs. Arizona ● Kelly Field 6 p.m.</p>	<p>9 Softball vs. Arizona ● Kelly Field 4 p.m. Corvallis Half-Marathon ◆ Reser Stadium 8:30 a.m. Out of Darkness Campus Walk ■ Virtual Event 10 a.m. India Night 2022 ■ Virtual Event 10 a.m.</p>	<p>Most Oregon State University virtual and in-person events require registration in order to attend or participate. All April events and event descriptions, as well as registration information can be found on the OSU Events Calendar website or on the Oregon State University Alumni Association website.</p>
<p>14 Baseball vs. Long Beach ● Goss Stadium 5:35 p.m.</p>	<p>15 Baseball vs. Long Beach ● Goss Stadium 5:35 p.m.</p>	<p>16 Baseball vs. Long Beach ● Goss Stadium 5:35 p.m. Women's Soccer vs. Western Oregon ● 3:00 p.m. Covallis Outdoor Farmers Market ◆ 1st Street & Jackson Avenue 9 a.m. - 1 p.m.</p>	<p>LEGEND</p> <p>■ OSU EVENTS</p> <p>▲ OMN EVENTS</p> <p>● SPORTING EVENTS</p> <p>◆ CORVALLIS EVENTS</p>
<p>21 CHS "Mamma Mia!" Opening Night ◆ Corvallis High School 7 p.m.</p>	<p>22 Baseball vs. Washington ● Goss Stadium 5:35 p.m.</p>	<p>23 Baseball vs. Washington ● Goss Stadium 5:35 p.m. Covallis Outdoor Farmers Market ◆ 1st Street & Jackson Avenue 9 a.m. - 1 p.m.</p>	 <p>Use a QR code scanner or Snapchat to view Oregon State University's Events Calendar in full</p>
<p>28 OSU In Memorium ■ SEC Plaza 5:30 p.m.</p>	<p>29 Locals Live Presents The Deans ▲ SEC Plaza 11 a.m. - 4 p.m. Matilda the Musical Opening Night ◆ The Majestic Theatre 7:30 p.m.</p>	<p>30 Covallis Outdoor Farmers Market ◆ 1st Street & Jackson Avenue 9 a.m. - 1 p.m.</p>	

Earth Day events, activities hosted on OSU campus

By RILEY LECOCQ
News Reporter

Oregon State University celebrates the week leading up to Earth Day with sustainability events and advises students on how they can be sustainable year round.

Community Engagement and Leadership will host the Beyond Earth Day week-long event that will start with a day of service on April 16, the Saturday prior to Earth Day on April 22.

“This year is the 52nd anniversary of Earth Day,” said Clark Chesshir, the special projects coordinator at CEL. “In 1970, communities came together across the country to collectively address the many environmental crises the country faced. Here at OSU, students hosted an entire week of events and a public recycling collection event, efforts that led to a campus wide recycling collection program that served as a model and driver for recycling efforts at OSU, in Corvallis, for the state of Oregon, and even across the country.”

This year’s week of celebration will have a Beyond Earth Day Community Fair on April 19, bringing together campus partners focused on Earth’s ecosystems, social equity, social justice and wellness.

“At the Community Fair, local organizations will provide interactive and engaging activities,” Chesshir said. “On-campus groups who have registered include the Society for the Advancement of Chicanos/Native Americans in Science, Waste Watchers, PERIOD @ OSU, OSU Surplus Property and Transportation Services.”

Lily Butler, the outreach program assistant for Materials Management at OSU, said their participation in the community fair will include a booth to learn about or join Waste Watchers club as well as a chance to win prizes such as reusable containers and stickers.

Chesshir said speaking with these groups is a great way for students to get involved and learn more about sustainability on campus.

According to Maria Arellano, the CEL program specialist, this year is exciting not only because the event returns to an in-person format but also because many of the groups joining the fair are new.

“We strive to provide students with opportunities that help them grow such as leadership workshops and immersive programs, in addition to providing volunteer opportunities with no requirements to build connections with other students and the local community,” Arellano said. “At CEL, we believe that everyone’s actions matter and all OSU students have the ability to shape the world.”

According to Andrea Norris, the marketing and development coordinator for OSU Materials Management, there are many ways students can get involved with sustainability on campus.



CHRIS KEIPER | ORANGE MEDIA NETWORK

Freshman Nina Brady (Left) and Brianna Santillan spend their sunny afternoon hammocking in McNary field on March 30. Josh Norris, the director of the Adventure Leadership Institute, said spending time in green spaces can be important for a student’s mental health and wellbeing.

“There are a ton of clubs whose work supports sustainability,” Andrea Norris said. “Key players on campus include Materials Management and the Waste Watchers club for waste reduction; Associated Students of OSU for advocacy work; Transportation Services for alternative transportation... I would also encourage students to take sustainability-focused classes or consider the Sustainability Double Degree to engage through your time in the classroom at OSU.”

One place students can engage in sustainability and green spaces year round is through the Adventure Leadership Institute. The ALI hosts classes and trips in a variety of excursions simply to get students out into nature.

“In all of our classes, both the introductory and advanced ones, we talk about practices that make it easier for our environment to carry a heavier load of human interaction or traffic,” said Josh Norris, director of the ALI.

According to Josh Norris, it is important for everyone but especially student’s mental and physical wellbeing to simply spend time in green spaces.

“Building affinity towards those natural spaces we know builds allegiance and builds behavior change, so in that way, we are trying

to invite people towards how they want to connect with a natural space,” Josh Norris said.

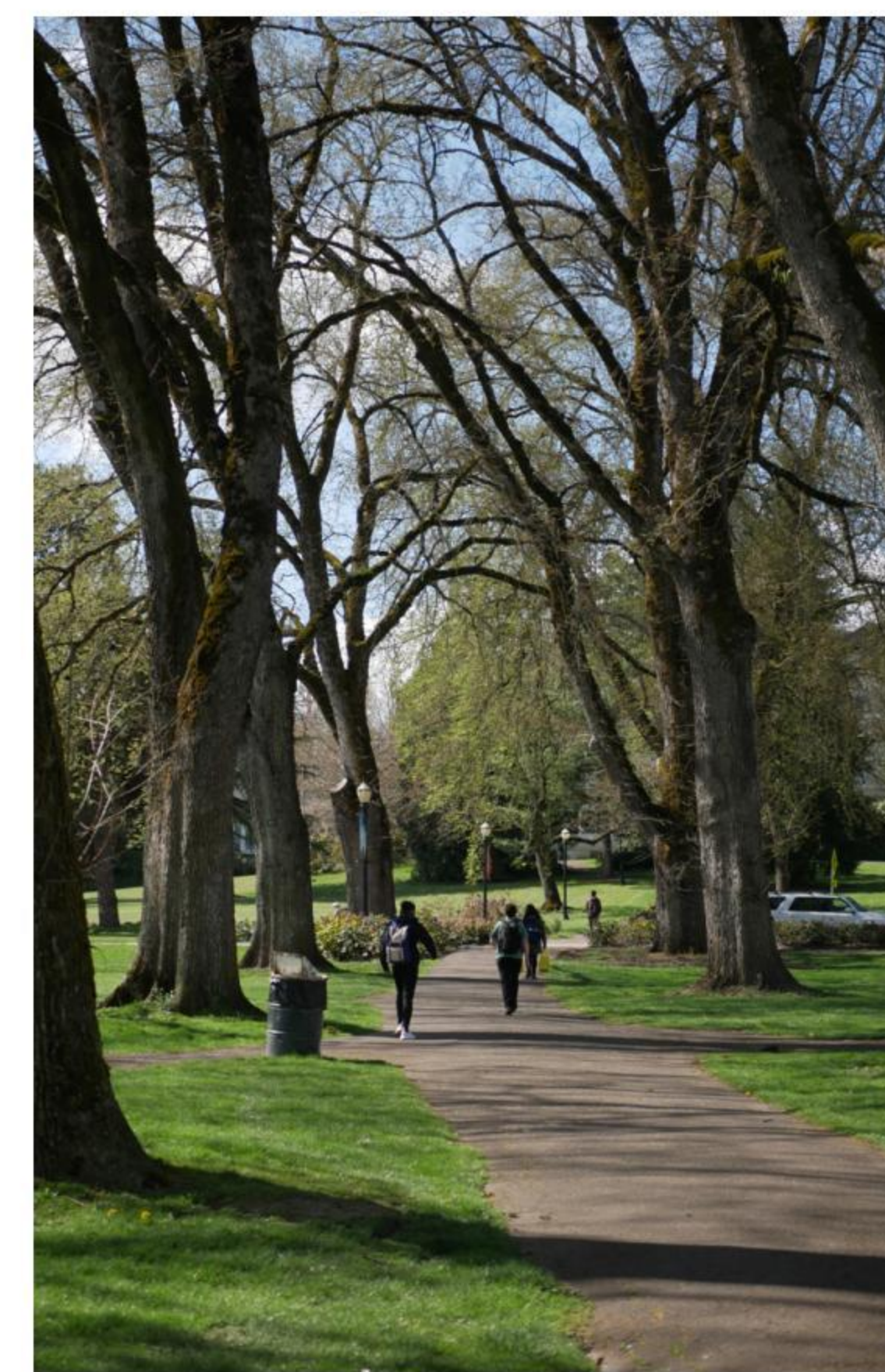
While ALI may not host any specific Earth Day events, they offer another way for students to get involved with sustainability on campus outside of Earth Day.

“[It’s important to] remember not just what we are here trying to advocate for, but also how we are taking an active part in interacting with that in a way we can sustain,” Josh Norris said.



CHRIS KEIPER | ORANGE MEDIA NETWORK

Skylar Nack (left) and Josh Switzer spend March 30 hanging out in the fresh air outside Tebeau Hall. Oregon State University offers many benches and grass fields to enjoy the outdoors.



CHRIS KEIPER | ORANGE MEDIA NETWORK

Students spend time walking through Oregon State University’s Corvallis, Ore. campus on March 30. This year, OSU will hosting a week of celebration for Earth Day that will include a Beyond Earth Day Community Fair on April 19.

Baccalaureate core reform possible at OSU

By RILEY LECOCQ
News Reporter

Oregon State University's Baccalaureate Core class requirements may be decreased from 45 to almost 30 credits with the possibility of removing the health and wellness requirement in the course revision process.

The Bacc Core is a 45-credit set of course requirements that students of all majors must fulfill in order to graduate. The current requirements students have to complete are the same as when the requirement was first implemented back in 1991, making the Bacc Core more than 30 years old.

"The needs of students and employers has changed quite a bit the past 30 years," said Kaplan Yalcin, co-chair of the faculty Bacc Core committee and assistant dean for the College of Earth, Ocean and Atmospheric Sciences.

"The state of Oregon requires that every public institution in the state accepts the common package of 30 credits towards the general education requirements," Yalcin said.

According to Yalcin, the common package includes courses such as writing, arts and literature, social sciences, lab science and math to make credits more transferable across universities. This means, however, any course not in this group is up for debate, such as the health and wellness requirement.

Ellen Smit, the associate dean for Academic and Faculty Affairs and professor of epidemiology in the College of Public Health and Human Sciences, said the health and wellness requirement is not only necessary, but requested by students as health is a priority for them.

"The proposed templates that were presented in June 2021 to the faculty senate did not contain any requirement in health and wellbeing," Smit said in an email. "This was very disappointing. We [CPHHS] do not want this removed as we feel like this is important information and application for students to learn and engage with while also helping to keep our campus focused on student's well-being during college and beyond."

The Bacc Core reform committee, led by John Edwards and Lori Kayes, has been seeking input from students, faculty and groups on campus in what they call "roadshows" to

sort through possible topics to include in the revamped Bacc Core.

Smit and the CPHHS have been collecting data on students' opinions of the currently required health class, which Smit believes shows students want to keep health and wellness as a part of the Bacc Core requirements.

"Seventy-six percent of students in the last five years said a course in personal health, nutrition, mental health and physical activity was very important or extremely important," Smit said.

According to Edwards, in the undergraduate student roadshow, no plans have been finalized. These are merely ideas and research to find what best serves students' preparation for life skills.

Edwards also said the process is a lengthy and complicated one that involves decisions agreed upon by the faculty senate and course changes.

"We want it to be set for a vote in the faculty senate by the end of [spring] term but it will take two years to get it implemented," Edwards said.

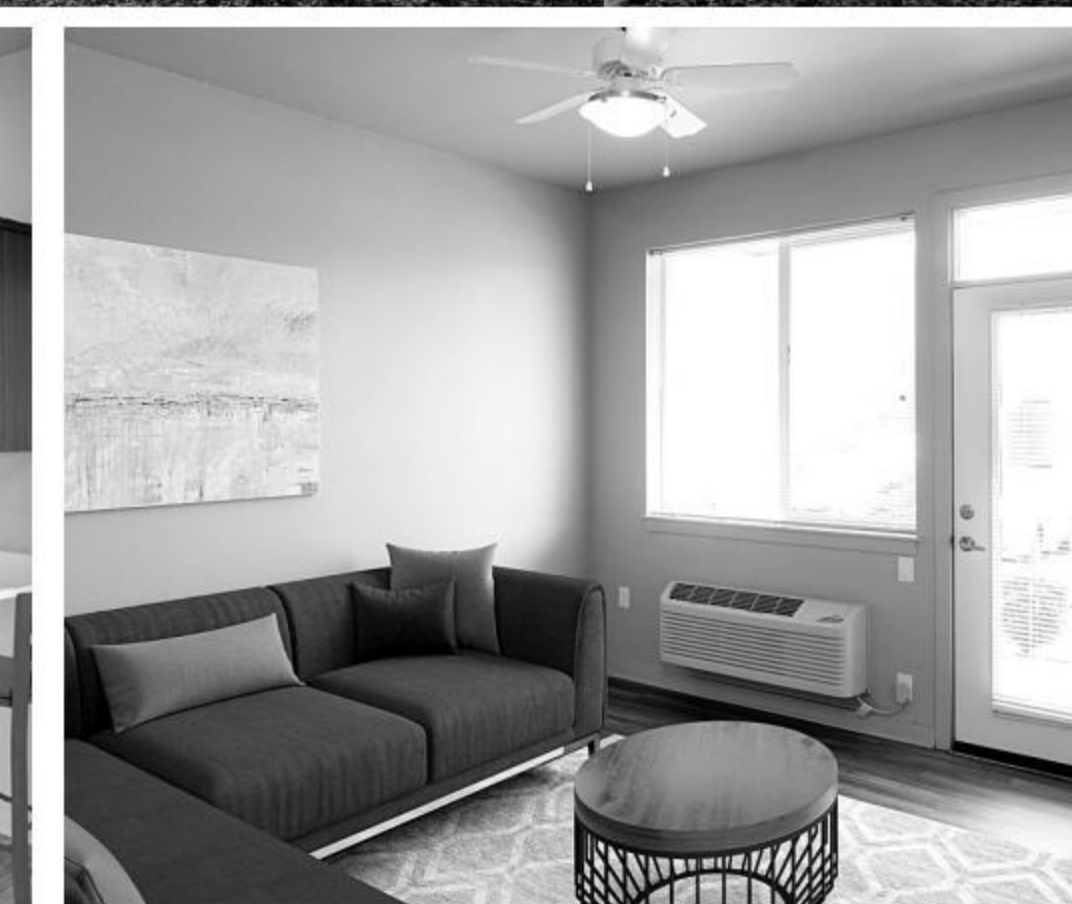
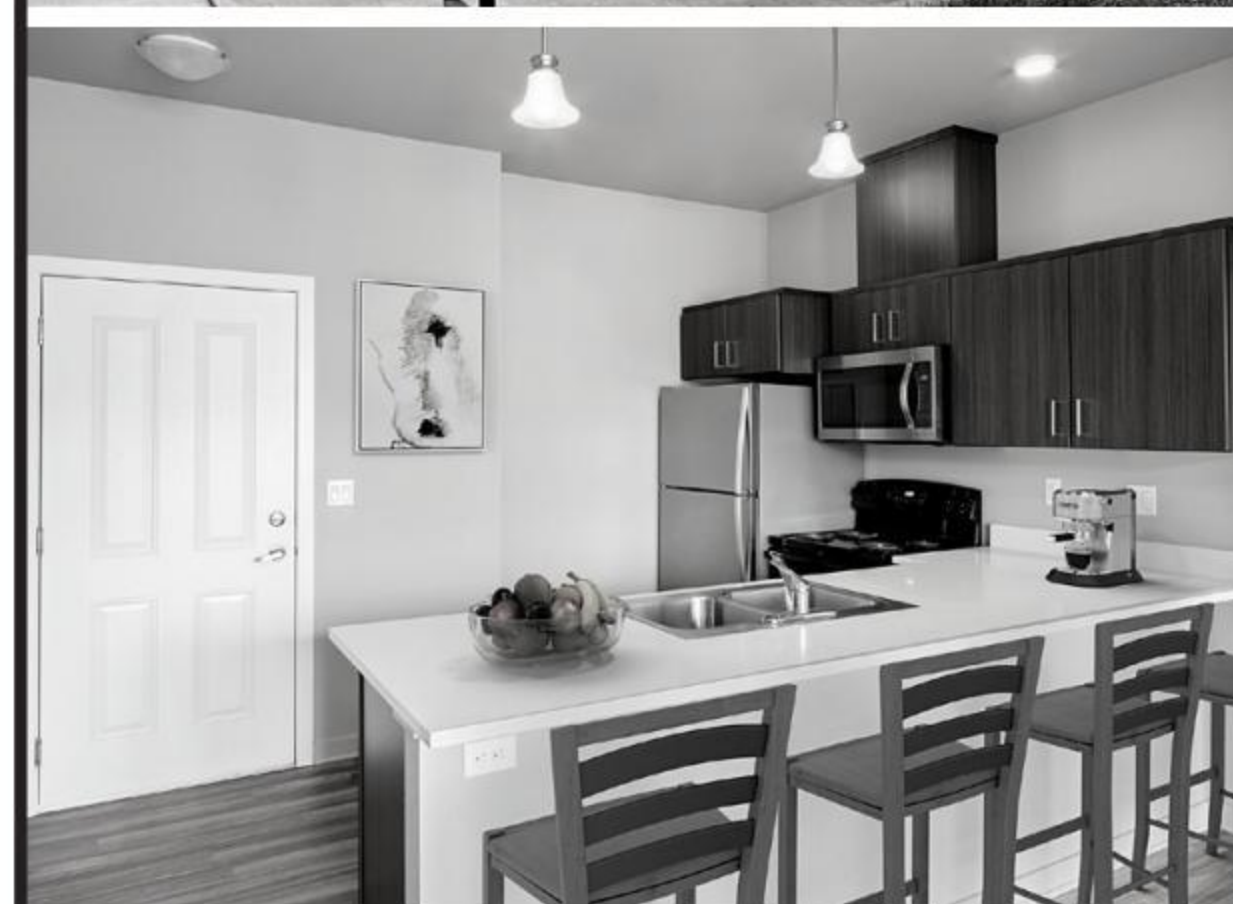
Smit said students should know their input is important in the decisions currently being made. A survey made by the committee and Bacc Core director McKenzie Huber is available for students to provide their own input and be a part of the conversation.

"Two years ago, HHS 231 was voted by students as the best Bacc Core course," Smit said. "I feel hopeful that there is a place for a required course that addresses physical and mental health and well-being within the new categories."



ALEX KOETJE | ORANGE MEDIA NETWORK

This illustration depicts a backpack with folders containing labels for common Bacc Core classes such as math and biology. Other previous Bacc Core classes like health may no longer be included in the Bacc Core requirements.









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Hō'ike event aims to educate community, celebrate the diverse culture of Hawai'i

By RILEY LECOCQ
News Reporter

Oregon State University's Hui O Hawai'i club is changing the name of their student-led event from luau to Hō'ike with the aim to better represent the culture of Hawai'i.

Hō'ike will take place on April 16, with tickets going on sale at the beginning of spring term.

The annual event has been put on by the Hui O Hawai'i club for nearly 67 years and has been known to celebrate the culture of Hawai'i with food, festivities and dance each spring.

This year, however, both the name and for-

mat of the event has shifted to better showcase and educate Hawai'i's culture.

"The name change was brought up after the 2018 show, brought up by other officers and we made a unanimous decision," said Jalen Nishihara, a Hō'ike co-coordinator for Hui O Hawai'i. "We all agreed we liked the name change, it steers away from the stereotypical luau... They do see the luau dancing but they don't really get the education behind Hawai'i or even how hula came about. Hō'ike is just so much more meaning."

HŌ'IKE EVENT
Continued on page 9



GRANT HURD | ORANGE MEDIA NETWORK

Nainoa Seatris (left) and Joseph Baniqued talk during practice on Feb. 12 in the Kaku-Ixt Mana Ina Haws for the Hō'ike event. The Hui O Hawai'i club at Oregon State University has been hosting the event for 67 years to celebrate the culture of Hawai'i.



GRANT HURD | ORANGE MEDIA NETWORK

Joseph Carran (left), Caitlin Taga and Zuri Ratto practice their dance routine on Feb. 12 in the Kaku-Ixt Mana Ina Haws for the upcoming Hō'ike event. The new name of the event translates literally to the term exhibit or a show, according to Chara Kekona, the Hui O Hawai'i club president.



GRANT HURD | ORANGE MEDIA NETWORK

Members from the Hui O Hawai'i club practice their dance routines on Feb. 12 in the Kaku-Ixt Mana Ina Haws as they prepare for the Hō'ike event that will take place on April 16. Practice has been held on weekends in the Kaku-Ixt Mana Ina Haws for those who will be participating in the event.

HŌ'IKE EVENT
Continued from page 8

According to Chara Kekona, Hui O Hawai'i club president, the misunderstanding of what a luau is dates back to when foreigners would visit the islands and be greeted with a taro leaf and big feast, causing them to think of a luau as the special event that was happening, when luau actually translates to a part of a taro leaf.

In Hawai'i, Kekona said, when something is called a luau, that implies food is the main event, not the show that is being put on.

"Hō'ike, the new name, literally translates

to the term exhibit or a show," Kekona said. "That is more reflective of what the event is."

This year, the event aims to tell the story of hula through the ages, Ke Au O Ka Hula. The story plans to move from the ancient Hawai'i kahiko era—kahiko being the traditional form of hula that was once banned—to the overthrow of Queen Liliuokalani then into the Hapa Haole era, which is when the islands became a tourist destination and English was more heavily incorporated into songs. The story concludes at the Modern Auana with forms of dance seen today.

"As the largest student-run event on campus, it gives us a really good platform to educate people," Kekona said. "Some other

schools across the west coast are also making that name change."

Hō'ike Show Coordinator Michaela Manuel-Sagon said she wanted to put on a show like they do in Hawai'i, complete with a cohesive story to educate community members about the history of Hawai'i, in part so they can be more mindful and informed when visiting the islands.

"I just want everyone to enjoy the show, I want them to feel like they are a part of our culture and make them feel like they are in Hawai'i," Manuel-Sagon said.

The menu, which is also changing this year to

match the theme and better represent Hō'ike, will include many rice-based and Asian fusion dishes.

"We created it to be more of a local spin, it's not just going to be traditional lau lau and kalua pig, it's going to be more stuff that was brought over from all the different cultures," Manuel-Sagon said.

The coordinators and Hui O Hawai'i club members have been planning this year's event since the beginning of the academic year and began learning the dances in late January.

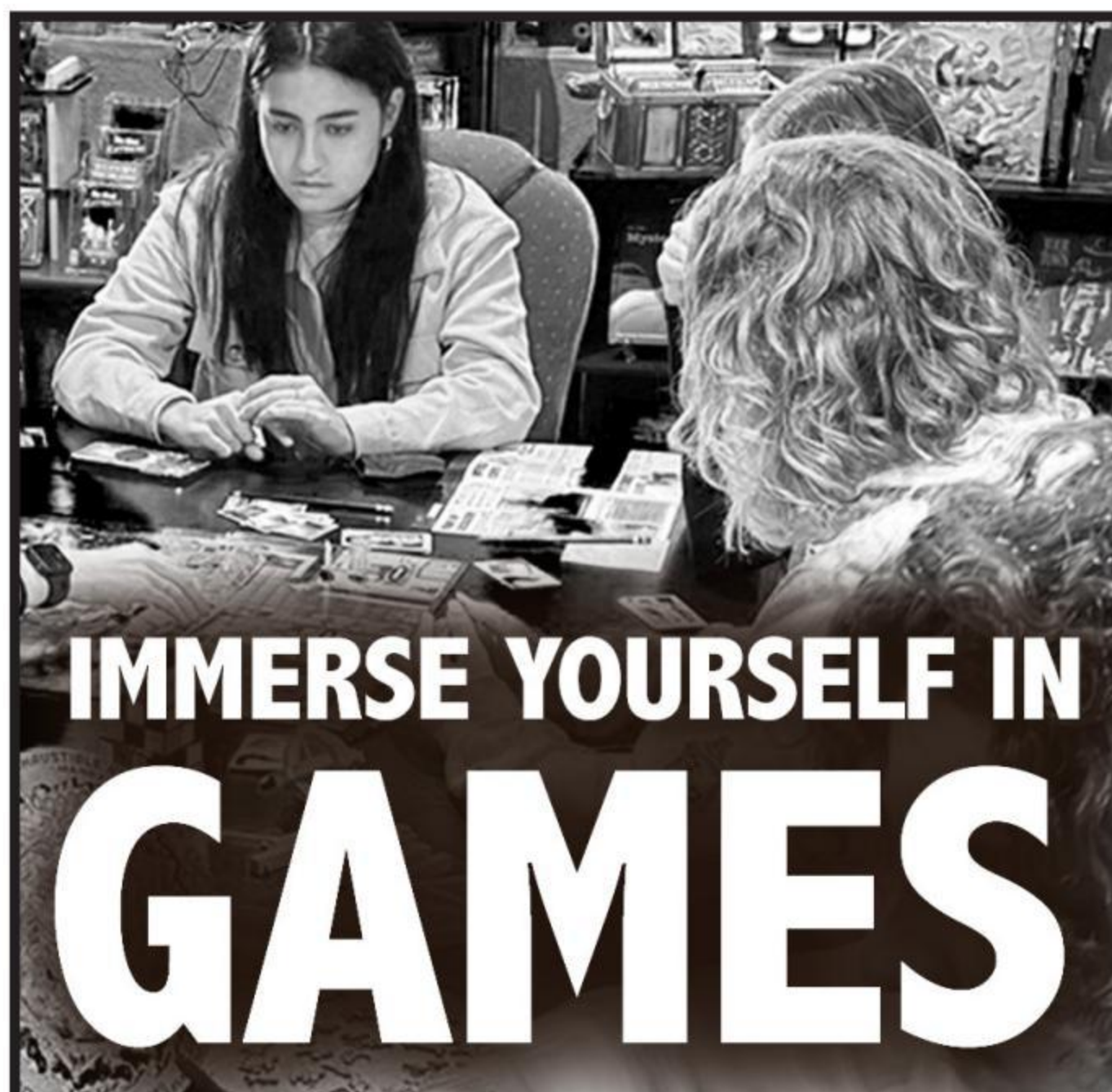
"This is a really big event for the Hui O Hawai'i club," Nishihara said. "A lot of people don't know a lot about Hawaiian culture or Hawaiian history so I think this is a really big and important event. It's cool because it isn't just students, its community members in Corvallis. It really brings out a sense of pride for everyone who was born in Hawai'i."



GRANT HURD | ORANGE MEDIA NETWORK

Hui O Hawai'i club member Kiana Manuel practices on Feb. 12 in the Kaku-Ixt Mana Ina Haws for a performance that will take place at the club's largest event of the year, Hō'ike. The name of the event was changed to Hō'ike this year to better reflect the purpose of the event.

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Select on-campus cafes offer 50 cent discount with use of reusable mugs

By EMMA COKE
News Contributor

Students who bring reusable mugs to the e.Cafe or Cascadia Cafe on the Oregon State University Corvallis, Ore. campus can now save 50 cents with their drink purchases.

The Waste Watchers club at OSU, an on-campus club run by Campus Recycling that aims to reduce waste, is running a test pilot that started on March 28 to encourage students to avoid using disposable coffee cups. For now, only e.Cafe and Cascadia Cafe are participating in this pilot.

According to Lily Butler, recycling program assistant and Waste Watchers coordinator, students who do want to use a single-use cup at these two coffee shops will be required to pay 15 cents for it, but students who bring in their own reusable mugs will save 50 cents on their drink purchases.

For other coffee shops on campus, Waste Watchers has been working with their sustainability colleagues, as well as University of Housing and Dining Services, to reduce the use of disposable cups on campus by rewarding students who bring reusable mugs with a 35 cent discount, which started in February.

This discount is available to students at all on-campus coffee shops except for e.Cafe and Cascadia Cafe.

“Data from the past several years shows that discounts are not always effective at persuading folks to bring their bottles and mugs,” Butler said.

According to Traci Melton, general manager of Retail Sales at UHDS, on-campus coffee shops have also had more people participate in the past than they currently have now.

Melton said when the COVID-19 pandemic began, OSU had to stop allowing students to use their own reusable mugs due to health and



CHRIS KEIPER | ORANGE MEDIA NETWORK

Pictured is a coffee drink in a reusable mug and a croissant from the Cascadia Cafe on March 8. Two on-campus cafes, e.Cafe and Cascadia Cafe, are now offering a 50 cent discount for drink purchases with reusable mugs.

safety reasons.

“We are just now getting back to a place where we can start using reusable cups again,” Melton said. “We are starting to get this information out to campus and we have seen a few more people start to use their own cups again.”

According to Andrea Norris, the marketing and development coordinator of Campus Recycling Surplus Property, this return to reusable mugs was coordinated by Waste Watchers and guided by a desire to focus on solutions that prevented waste materials being created in the first place.

“The majority of the climate change and

environmental impact of disposable cups is not from the act of throwing them away, but all the resources—water, energy, natural and non-renewable resources, etc.—that go into their manufacturing and transportation,” Norris said. “In other words, by the time a customer receives a single use cup, the majority of the negative impact has already occurred.”

Butler said OSU was estimated to produce about 1.35 million disposable cups per year prior to the pandemic.

Norris said the disposable cups are also commonly found in recycling, which can cause issues by contaminating recycle bins because no kind of cup is accepted regionally for recycling.

For those who do not like coffee or tea, or simply want to do more to support the effort to reduce waste on campus, there are other opportunities to do so.

“On a collective level, students can join the Waste Watchers club to work with their peers on events and campaigns to reduce waste at a larger scale on campus,” Norris said.

According to Butler, students can also shop at local and second-hand stores in Corvallis.

“Check out the OSUsed Store for second-hand, affordable school supplies,” Butler said. “Finally, you can learn more about waste reduction and sustainability in general by taking a sustainability class. Many of them fill basic core requirements and they apply to all majors and interests!”



ZEVA ROSENBAUM | ORANGE MEDIA NETWORK

This illustration depicts a grocery bag full of veggies. Finding affordable, healthy food can be confusing and challenging as a college student with limited time and resources.

Free food resources available to students on OSU campus, city

By RILEY LECOCQ
News Reporter

With the rising cost of college, some students may be facing barriers in getting their basic needs met, but food resources on Oregon State University’s Corvallis, Ore. campus and in the city can help students find nutritious, budget-friendly meals.

The Human Services Resource Center Food Pantry at OSU offers free food boxes for pick up every Wednesday from 10 a.m. to 3 p.m. at Champinefu Lodge, located at 1030 SW Madison Ave., with alternate pick-up times available by appointment.

The HSRC also runs the Healthy Beaver Bag program where student ID holders can pick up a bag of ingredients to make a given recipe for the week. The bags are distributed every Friday from noon to 2:30 p.m. at the back porch of Champinefu Lodge.

The HSRC also runs a Twitter account that alerts students to free food opportunities on campus at the handle @eatfreeOSU, as well as occasional cooking classes advertised on their social media accounts.

Some other on-campus options, including Mealbox, Full Plate Fund and Food for Thought, offer Corvallis campus students discounted fresh and pre-packaged meals at campus dining halls. To apply for these programs, students simply need to fill out OSU’s Food Assistance Application for consideration. This application will also screen students for the Supplemental Nutrition Assistance Program, a federal resource for food security.

Aside from on-campus resources, the state of Oregon has expanded eligibility for SNAP benefits, meaning many students are able to gain benefits not previously available to them.

Other food banks outside of campus, such as Linn Benton Food Share and South Corvallis Food Bank, can support community members and students with access to food.

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TRACK AND FIELD
continued from page 1



COURTESY OF BEAVER ATHLETICS

Oregon State redshirt-juniors Kaylee Mitchell (left) and Grace Fetherstonhaugh (far right) line up to compete in the NCAA Championships on March 11 in Detroit, Mich. Fetherstonhaugh finished ninth and Mitchell finished twelfth in the 3000 meters event, and earned Second-Team All-America honors.

team. So that's kind of why I think we're starting to see some national level performances within this group."

Alongside the new records set in late February by the team, the DMR team finished fourth in the NCAA Indoor Championships on March 11 in Birmingham, Ala. The team was composed of Fetherstonhaugh, Friedman, Mitchell and Scatena.

The time the DMR team posted in Birmingham was just one second short of breaking the school record the group set in Seattle, as they clocked a time of 10:58.76.

Friedman was part of the record-breaking DMR at the PAC-12 Invitational for the 800-meters leg of the relay as well as the athlete who broke the 800-meters record the following day.

According to Friedman, she knew she could break the record, having done so during the DMR, but because it was only one leg in a relay, she would have to prove it again during the 800-meter the next day. The only difference was that she would have to do it on tired legs.

"I got to watch Mari," said junior Kaylee Mitchell. "She broke her 800-meters record, which was fun. And then our 4x4 broke the school record."

Mitchell herself was part of the relay team for the DMR as well as the runner who broke OSU's 3000-meters record, breaking the record she had previously set in late January. Mitchell is a transfer from Seattle Pacific University.

"When I first transferred here, I was injured," Mitchell said. "So I redshirted indoor track and then COVID-19 happened... I have four cross seasons, four indoor seasons and four outdoor seasons, and I've only used two of each so far."

According to Quintana, the distance runners including Mitchell actually got better during COVID-19 rather than worse.

"In that period of time, they were just able to run a little bit more, able to recover better, able to take care of themselves a little bit better," Quintana said. "Because they just had nothing else to do, but kind of trained like a professional runner."

Other parts of the track team didn't fare so well according to Quintana—currently in his fifth year as head coach of OSU's track and field—but they are doing better now with about 18 months of active training and competing.

"It's not like you can go to the park and throw the javelin," Quintana said. "You have to have facilities to do that. So those kids' development got a little bit stunted."

This month will see seven meets for the women's track team, with most of the meets taking place in the state of Oregon. The only meet that the Beavers will travel to is outside of the state of Oregon is from April 13-16, when they will travel to Walnut, Calif. to compete in the Mt. Sac relays. There will be two meets in Eugene at the University of Oregon campus, taking place from April 21-23 and May 6-7, and one meet at home on April 29 and April 30.

"I think our team needs to keep believing in ourselves, each other and what hard work can accomplish," Fetherstonhaugh said. "Oregon State hasn't been seen as a strong track and field program until recently, so having the confidence that we belong amongst the best in the NCAA is very important."

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Cochener aims to break barriers for transgender athletes

By GEORGINA PAEZ
Sports Contributor

With a new gender, new pronouns and new identity, it takes a brave individual to live out their changed identity in a world that is not quite as open-minded as one would like it to be.

Oliver Cochener is Oregon State's first and only transgender cheerleader. He is a 22-year-old student on the pre-med track, hoping to attend medical school after his time at OSU.

Cochener began his journey as a collegiate-level cheerleader during his first year at a university on the opposite side of the sidelines.

"I used to be in the marching band at the University of Oregon," Cochener said. "I was sitting in the stands during a football game, and I saw the cheerleaders down at the edge of the field. I was like 'Oh, that looks fun!' So, I decided to quit marching band and became a college cheerleader."

Even though his entrance into the world of cheerleading happened somewhat recently, Cochener knew he was a part of the LGBTQ+ community early on in his life. When asked about when he knew he wanted to be different from what he was born biologically, Cochener answered with "always."

"I just enjoyed boy's toys as a kid and always wanted to dress masculine," Cochener said. "I

think I knew for sure that I wanted to [transition] around the age of 12. I initially went to private school all the way up until middle school, so I didn't really know that the LGBTQ+ community was a thing."

So now, Cochener, who identifies as male and uses he/him/his pronouns, is a proud cheerleader. But despite the good times he has experienced living his life authentically,



LILY MIDDLETON | ORANGE MEDIA NETWORK

Oregon State University cheerleader Oliver Cochener posing in the OSU cheer locker room in Corvallis, Ore. on March 30. Cochener is OSU's first and only transgender cheerleader, and hopes to bring awareness towards transgender athletes around the country.

there have been plenty of hardships as well. Aside from the many injections and surgeries he went through to physically transition, when asked what the hardest part about the transition process was, he said that it was the judgment of others.

"No matter what age it's been, no matter where I go or what I do, people always have nasty things to say," Cochener said. "Of the things I've gone through, it's just a constant thing, you know? You see it when other athletes succeed, you're gonna see it anywhere and everywhere. Even if it's not about you. It's kind of about you."

This can be seen in the backlash trans athletes experience in the world of sports. A well-known example is Lia Thomas's experience as a transgender woman and athlete. Thomas was a Penn State University swimmer who became the first transgender athlete to win a Division-One National Title.

Cochener said he believes that those advocating for transgender athletes to be prohibited from competing are actually contributing to the problem.

"My biggest thoughts are with such regulations on all of those things that people seem to want, it's actually affecting the women in those sports more than it's helping in any way that they see fit," Cochener said. "I mean,

you're seeing women being turned down from being able to compete because they have too high levels of testosterone that's naturally occurring. So, I think it's a little ridiculous that people try to gatekeep those kinds of things when obviously, the NCAA has done their due diligence to already best serve the transgender community."

Something that has helped Oliver with the trials and tribulations has been the sport itself.

"I have found that every time I go do cheer, nothing else matters," Cochener said. "Like what you're doing at that moment, really is what's important. So, it's easy to forget about those kinds of things. It's been a pretty welcoming community overall to go into."

In regards to any athlete who wants to transition, but is nervous or scared, especially as a student-athlete, Cochener said they should just do it.

"I know that it's terrifying and there's moments where you really question a lot of things," Cochener said. "But you never know until you do it. Every single day will present a different kind of challenge. And if you already feel that way internally, you're either going to have to sit in the discomfort of feelings that way and never transition. Or you're going to find comfort in yourself and experience slight discomfort from those around you."

OSU women's soccer looks toward spring schedule

By SAM NICKOLUS
Sports Contributor

OSU's women's soccer program is preparing for their upcoming season with supportive coaching staff, new goals, new plans and reignited passion for the sport.

Following the '20 season, a new coaching staff including Head Coach Lauren Sinacola was hired. The program instantly found success, starting the season 8-0, with three shutouts and a six-goal performance against the Yale University Bulldogs. Suddenly, the Beavers found themselves ranked in the top-25 nationally, and the team looked like it did a complete 180 from the previous year.

While the Beavers went on to battle in the PAC-12 and set



ALEX KOETJE | ORANGE MEDIA NETWORK

An illustration of someone playing soccer. The Oregon State women's soccer team opened up their spring schedule against the University of Portland in Portland, Ore. on April 2.

program history after taking their first road win against the #7 Stanford Cardinal, the team ended their season with a five-game losing streak and did not get the chance to compete in the NCAA tournament.

However, compared to last season, the team more than doubled the games they won.

Following the success of the '21 season, Sinacola said the program as a whole must keep pushing.

"Anytime we get to put our uniform on and compete and represent Oregon State we want to win," Sinacola said.

With next fall approaching, Sinacola hopes to reach the next level. She feels this team is very competitive, and has the potential to be great.

"We want to go compete for championships," Sinacola said. "We want to make it to the NCAA tournament and actually perform in it."

One of the main struggles the team had last year was passion, according to Sinacola. Though the passion was already there, Sinacola said she feels as if she brought life back to the game of soccer.

"It was something that the players already had [in them]," Sinacola said. "We were really lucky to take over a program with a lot that was already there."

Oregon State junior forward Amber Jackson said when Sinacola first arrived on campus, the coach helped her find her love for the sport of soccer once again.

"Our team struggled before because we didn't really feel supported, and lost love for the game in a way," Jackson said. "When Lauren got here and her whole coaching staff, the biggest thing they brought is loving the game."

Oregon State junior goalkeeper Hailey Coll said the last year's coaching staff and this year's coaching staff have defi-

nitely changed for the better.

"It was a 180 from our old coaching staff to the new coaching staff," Coll said.

Most members of the Oregon State women's soccer team said Sinacola is a coach of tremendous character.

"It's really important to be able to connect with everybody individually on and off the field," Coll said.

This connection is important to the players because they said it shows Sinacola cares about them.

"She really cares about who you are as a person and a player," said Oregon State graduate defender Caroline Duncan.

Whether it was line dancing, making fresh food or just going out together, the team made a concerted effort in the offseason to get close and make their team chemistry stronger.

"It really feels like a family here," Duncan said.

While some of last season's success can be attributed to the coaching overhaul, some team members said COVID-19 restrictions had a large impact on the '20 season.

In the four-win 2020 season, like many other OSU sports programs, the Beavers played without fans.

This spring the Beavers headed out to Portland, Ore. on April 2 to play the University of Portland and the University of Puget Sound.

Two weeks after that, on April 16, the Beavers will host Western Oregon at 3 p.m. on Paul Lorenz field, the soccer field that is on Oregon State's campus. On May 14 the Beavers will host the Westside Timbers Women's Premier Soccer League. Finally, the spring schedule is capped off by a rematch with the in-state rival Oregon Ducks in Eugene, Ore. on May 21.

"I think one specific goal is to go undefeated for spring," Sinacola said. "If we're gonna compete we're gonna compete to win."

Women's basketball broadcaster reflects on Beaver Athletics, life

By HANNAH MITCHELL
Sports Contributor

Ron Callan of Tigard, Ore. is a busy man. Between being a father of three, a singer of foreign national anthems and a bartender on the weekends, Callan has also covered Oregon State women's basketball since 2007.

"You want to call a fair game and you want to be fair to both teams, but hey, you know, I cover the Beavers," Callan recalled when asked about what it was like covering for Oregon State. "When we make a three-pointer, I'm probably a little more excited than when the other team does."

After the last couple of years of broadcasting during a pandemic and temporarily changing his job, Callan enjoys being around people again.

"In 2020 I had to call all the home games from up above Gil [Coliseum], could not interact with the players as far as interviews and things like that and you know, road games, I had to do them off television on the fourth floor of Reser [Stadium]," Callan said.

Callan was unable to work outside of Corvallis, Ore., covering games in the city until he was able to go to Eugene, Ore. in the 2020-21 season, and later that year covered the NCAA tournament in San Marcos, Tex. Callan

said he was thankful he didn't have to be in the bubble and eating out of paper bags like the team was, and tried to make the best out of a bad situation.

"COVID-19 was a huge challenge, but I think the team handled it well last year and the same with this year," Callan said. "As far as COVID-19 goes, I think the Beavs won over COVID-19 this year."

After two years in a pandemic, Callan said he is grateful to be back in his usual routine with the Beavers.

"This year has been great in the fact that, hey, I travel with the team again, broadcast the game, do my pregame interviews right after their shootaround with the assistant coach and one player, and of course, I talk to Scott Rueck about 45 minutes before tip-off each game," Callan said.

Callan makes the trip from Tigard multiple times a week during the season.

"I'm used to I-5, I make it down there in about an hour and 10 minutes each way, I got friends down there to stay with if I need to stay," Callan said.

During the trip, Callan also delivers beer for a friend from Oregon City to locations to be sold in Corvallis, including China Delight and Market of Choice.

Another thing that keeps Ron busy is his



SOLOMON MYERS | ORANGE MEDIA NETWORK

Long-time Oregon State broadcaster, Ron Callan, can be seen reporting on the Oregon State versus Portland State women's basketball game in Corvallis, Ore. on March 20. Since becoming a fan in 2007, Callan has been broadcasting women's basketball for the last 15 years.

three kids, aged 39, 30 and 23. His eldest daughter is a writer for a marketing firm in Washington, his middle son is also in Washington at graduate school and his youngest daughter is still in Portland, Ore.

Callan had the opportunity to begin covering women's basketball at Oregon State during

RON CALLAN
Continued on page 14

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RON CALLAN
Continued from page 13

the 2007-2008 season.

Callan recalled being in a meeting in Portland when the job was offered up and jumped on the opportunity.

"I raised my hand before anybody else," Callan said. "I don't know if anyone else was that interested because if you've ever listened to sports radio, women's basketball rarely gets any attention."

Despite the sport having less air time than other sports, Callan had covered women's basketball before in Seattle, Wash. for the University of Washington, and had enjoyed the way the game was played.

"I found out that women's basketball is different from men's basketball, but it's just as good," Callan said. "It's just a different style and the teamwork and the passion for the sport is there as well."

As far as next season goes, Callan is hopeful for the roster that the Beavers have now and thinks they will be able to build off of what they have accomplished this season.

"I think the thing is Scott's [Barnes] recruit and the stature of the program has grown," Callan said.

Callan remembers the exact date Rueck came to the Beavers, July 1, 2010, and has a tremendous amount of respect for what he has done for the Oregon State program.

Since Callan loaned his equipment to Terry Jonz, a fellow play-by-play broadcaster who covers the University of Oregon, Callan had equipment being shipped from Las Vegas's PAC-12 tournament to reach Corvallis in time for him to cover the Womens National Invitational Tournament.

"I would never say no, I wouldn't matter what TV he was for, but it was a beaver working with a duck," Callan said. "He was so thankful. The same thing has happened to me where I've needed to search out help. The broadcasting community is really small, women and men. It's a really interesting group of people."

Over the years, Callan has also sung the national anthem for players who are from outside of the country.

"It's been really exciting to do and the fans expect it now and it's become kind of a thing," Callan said.

Callan said this tradition started when he noticed how Ruth Hamlin, a Canadian player from the national team, stood for the United States' national anthem every game.

"I've been a singer my whole life," Callan said. "I like the Canadian anthem, but I've never sung it. So I said, I'm gonna sing the anthem for Ruth."

Afterward, another Canadian player, Colby Orum, requested that he sing the Canadian anthem again for her senior day game. Since then, Callan has sung the German anthem, the Polish anthem and the Serbian anthem.

"It was nothing that I intended to happen, but it's happened and it's been really exciting and fun to do," Callan said.

Corvallis Earth Day events encourage more learning, celebration of 'society and planet'

By ASHTON MCCrackEN
News Contributor

The Thyme Garden and the Corvallis Sustainability Coalition will host events to recognize and celebrate Earth Day this year in Corvallis, Ore.

Earth Day, which takes place on April 22, is an annual event first initiated by EARTHDAY.ORG. According to EARTHDAY.ORG, the event aims to "diversify, educate and activate the environmental movement worldwide." This year's Earth Day theme is "Invest In Our Planet."

The Thyme Garden, located at 20546 Alsea Hwy in Alsea, Ore., will host its Earth Day Celebration on April 24 from 11 a.m. until 4 p.m. According to Thyme Garden Event Manager Emily Stimac, the Thyme Garden began the free annual event in 2007 to celebrate the Earth and encourage sustainability practices.

Throughout the event, visitors will participate in an Earth Factoid Scavenger Hunt and have access to various workshops and a food booth featuring a potato and nettle soup made in the Thyme Garden kitchen that acts as a spring tonic for the body. At 11:30 a.m., the Thyme Garden will host local author Amoris Walker to read her book "You and Me in the Trees." Later, at 1:30 p.m., local herbalist Jaci Guereña will lead a Spring Herb Walk.

Stimac said the information presented differs each year, but this year's Earth Day Celebration is especially important as a way to energize the healing process after the COVID-19 pandemic, including a circle of wellbeing ceremony led by Diane Beck.

Stimac said she hopes the event fuels visitors through its emphasis on sustainability and appreciation for nature on the Thyme Garden's property. Over the garden's 32 years of operation, Stimac said they have beautified the property to encourage the message: "Stop, look around and appreciate the Earth."

Stimac said they use sustainability practices at the Garden, such as reusing as many resources as possible as well as working on a salmon stream restoration project.

"Just being here in the spring, seeing the plants reawaken is a really powerful experience, and it's amazing to be immersed in nature... It's a perfect way to reawaken the appreciation we have for the Earth," Stimac said. "Part of appreciation is thinking of how you can live lighter on the land in a more sustainable lifestyle."

Stimac said farming and working with nature is a lot of work as a small business, so introducing people to sustainable methods and natural experiences makes it worthwhile.

The Corvallis Sustainability Coalition, a network of community partner organizations, will host several events organized by various volunteer action teams in recognition of Earth Day.

"[The CSC's] mission is to promote an ecologically, socially and economically healthy city and county," said Annette Mills, facilitator of the CSC.

The CSC Water Action Team will host the Four Creeks for Earth Day Bike Tour on April 22 from 1 to 5 p.m., Mills said. The Bike Tour raises awareness about dysfunctional urban creeks in Corvallis by biking by the Action Team's regeneration projects at Lamprey Creek, North Branch Dunawi Creek, South Branch Dunawi Creek and the Mill Race.

Mills said the CSC Waste Prevention Action Team will promote resources for their No Food Left Behind program from April 4 to 8, during Food Waste Prevention Week, in an effort to prevent excessive food waste. On April 19 from 11:30 a.m. to 3 p.m., Mills said the CSC Food Action Team will have a table at the Beyond Earth Day Community Fair at the OSU Student Experience Center Plaza to promote the consumption of local foods and support for local food producers.

"At the Beyond Earth Day Community Fair, on- and off-campus organizations provide interactive and engaging activities related to sustainable ecosystems, social progress and justice, and a healthy economy," said Clark Chesshir, a student organizer of the Beyond Earth Day Community Fair. "This event is a great opportunity to network with students, groups, and organizations, and to learn about and celebrate our society and planet."

Both students and the broader community can register for a booth at the Community Fair by April 8. Or, anyone can attend the event free

of cost and without registration.

Furthermore, the CSC Education Action Team will participate in a Planet Palooza in downtown Corvallis in the parking lot across from the Eric Scott McKinley Skate Park from 12:15 p.m. to 3 p.m. on April 16. According to Mills, hands-on activities will encourage children's awareness and appreciation for the Earth.

Mills said the CSC Transportation Action Team will host an Electric Vehicle Show—tentatively scheduled for April 30—to encourage the switch from fossil-fueled transportation to electric transportation.

"[Earth Day] is a time to recognize that the Earth is our life-support system and that we must do everything within our power to mend our relationship with the Earth," Mills explained. "It's critical for us to learn what each of us can do, individually and collectively, to move the human species in a different direction."

Salah Miller, an OSU student and member of Sunrise Corvallis, said large corporations and groups are responsible for the majority of pollution, so Earth Day is an opportunity to shift environmental protection and action from a focus on individual actions to collective action.

Individual sustainability practices are very important, Miller said, but an emphasis on community action to protect the environment would be even more effective.

While Miller said Sunrise Corvallis will not host Earth Day-specific events, the organization continually works to implement the Corvallis Green New Deal in a youth-led effort to regulate community pollution and carbon dioxide emissions with a focus on local social climate justice.



OLIVIA METCLAF | ORANGE MEDIA NETWORK

About 16 miles outside of Corvallis, Ore. lies the Thyme Garden Herb Company. As of now, the garden is temporarily closed for the winter, but after preparing for the new season, the Thyme Garden will reopen on April 15 in time for Earth Day events.

Common Fields comedy shows become monthly, offering 'a comfortable environment to laugh'

By RILEY LECOCQ
News Reporter

Common Fields food truck pod and tap-room has been bringing comedy to Corvallis, Ore. since its opening and now features free monthly Friday night shows.

According to Shelby Johnson, Common Fields marketing director, they started out doing weekly comedy Tuesday nights, but recently shifted to be monthly events, taking place at 8:30 p.m. as an after hours 21+ show.

Jacob Oliver and Cherish Oliver co-own the Common Fields business, which opened just over a year ago in downtown Corvallis. They quickly incorporated comedy into their events after they opened.

"This place is all about being a place people can hang out, eat, drink and have something to do," Oliver said. This concept of a community space made adding comedy shows to their regular programming a no brainer, according to Oliver.

The company Soul of Wit has partnered with Common Fields in the past to run

trivia events with a stand-up comic. When the Olivers wanted to expand to regular comedy shows, the connection was organic.

"It's a unique landmark for the community of Corvallis in that there is no other place to my knowledge that has been consistently doing regular either weekly, bi-weekly or monthly [comedy] shows," said Ty Boice, comedian, founder and producer for Soul of Wit.

According to Boice, Corvallis has been a unique place to produce entertainment for as there are so many demographics in one continuously growing place.

"If [Soul



JESS HUME-PANTUSO | ORANGE MEDIA NETWORK
Comedian G Wade performs at the Common Fields Comedy Show in Corvallis, Ore. on March 4.

of Wit] had a mission statement, it would be to bring diverse experiences and diverse stories to diverse communities," Boice said.

As producer, Boice is in charge of the setup of the show, getting the comics' schedules, ensuring the venue is good for the comic, vendor and audience alike.

"I think [Common Fields] does a really great job, I think it is a unique place to go watch comedy, and it's outdoors, but they have done a really wonderful job facilitating that year round," Boice said. "They have provided a really comfortable environment for people to go and laugh."

According to Johnson, the venue offers heated seats, fire pits and an open outdoor space so many people who

may not be comfortable being in a small comedy club can come be comfortable throughout the pandemic.

While the Friday events have only just begun with the first Friday of March, the event brought in a crowd of about 35-45 people, despite the temperamental weather. This winter attendance makes Oliver hopeful that the summer will bring even bigger crowds, especially now that the event has been moved to Fridays.

"Part of our place is we want to have a lot of cool things for different people, from doing our music and trivia to drag shows and comedy," Oliver said. "Having a stage and thinking how we can utilize this stage, and we very much liked the idea of having free shows."

Oliver and Johnson are excited to see more community attendance at the Friday events as they continue to offer Corvallis an experience it had been lacking with shows year round.

"Watching somebody forget about the pressures and anxieties about their lives and sit down in a room full of people in a community and laugh, it really feels like a secret superpower," Boice said.

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Here we go again: 'Mamma Mia!' returns to Corvallis High School after COVID-19 cancellations

ABBA musical showing at CHS from April 21 to May 8

By SAM MISA
News Contributor

Cut short in 2020, Corvallis High School is now set to reopen its doors for showings of the musical "Mamma Mia!" from April 21 to May 8.

Based on the work of playwright Catherine Johnson, the musical features the music of Swedish pop group ABBA. The story follows 20-year old Sophie as she tries to find her father based on her mother's diary entries from the year she was conceived.

Sydney Hoffman, CHS dance captain and the actress playing young Donna, who is Sophie's mother, said one of the most difficult parts of this production was figuring out what could be salvaged from the 2020 play and what needed to be changed.

"We originally opened this show [in] February 2020," said Laura Beck, director and producer of the play and theater program

director for the Corvallis School District. "We had a three weekend run. We did two weekends... When we came in for our pickup [rehearsal] they told us to go home, there's something going on."

With COVID-19's arrival in the United States, Oregon schools switched to virtual teaching for the rest of the 2019-2020 school year and most of the following year. For Beck and the rest of the cast, it was a couple of years before they went back into the theater.

"So we came back in [and] the sets, the costumes, the props, everything had just been sitting here for two years," Beck said. "So we thought, 'You know what, let's do new auditions and just mount the show again.'"

COVID-19 made preparing for the show difficult for Beck because it was hard to hear people through their masks. Having masks also made it easier for the dancers to get winded while wearing them.

For Stage Manager and Assistant Director Sarah Schoeffler, her work was less

affected by COVID-19.

"It hasn't really affected anything in my department, it's pretty much the exact same, we're just in masks," Schoeffler said. "It definitely hinders who can be at rehearsal and who can't, which is challenging when trying to schedule things, but not much else."

Beck has been the head of the CSD's theater program for 15 years, and she stressed the importance of viewing the productions not as high school performances but as professional productions with high school actors.

"We bring in the best in the business of choreographers, scenic artists, everybody so that these kids actually get industry standard training," Beck said. "We even have audience goers... And we may have 10,000 people see a performance of a very popular musical."

When the play was being produced in 2019, Beck had been experimenting with turning the

"So we came back in [and] the sets, the costumes, the props, everything had just been sitting here for two years. So we thought, 'You know what, let's do new auditions and just mount the show again.'"

- Laura Beck, director and producer of "Mamma Mia!"

MAMMA MIA!

Continued on page 17

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MAMMA MIA!
Continued from page 16

musical into a community collaboration project.

“Many of the actors are community theater actors,” Beck said. “In fact, many of the leads are adults. We were able to cast the characters who would normally be teenagers—they’re played by teenagers, and the characters who would normally be played by adults are played by adults.”

For members of the cast, including Janessa Minta who plays the protagonist Sophie, the musical feels more like a community production.

“All the adults are so supportive, and happy to foster this professional but happy environment for the students,” Minta said. “I think it’s a wonderful thing. It’s adults, elementary school kids, middle school kids and people of all ages.”

According to Beck, the plot of the musical is more “cute” than deep. Because the music during the play is from ABBA, Beck also plans to have the lyrics displayed on the wall so the audience will be able to sing along.

“The music is universally happy,” Minta said. “It’s just one of those shows that instantly boosts your serotonin because the whole lesson of it is to be light-hearted and enjoy life. I think that’s how people feel when they’re leaving the theater.”

To view dates and buy tickets to “Mamma Mia!,” information is available on Corvallis Theater Entertainment’s website.



SAM MISA | ORANGE MEDIA NETWORK

Jonah Smith (left) and Elena Wright rehearsing for the Corvallis High School production of “Mamma Mia!” on March 8. The two hold roles as dancers for the musical, which is showing at CHS from April 21 to May 8.



SAM MISA | ORANGE MEDIA NETWORK

The shortlist of cast members rehearse for “Mamma Mia” at Corvallis High School on March 8. The musical will be showing at CHS after two years of the COVID-19 pandemic preventing it from happening.

Former Corvallis business owner invents prototype mobile shelter to help houseless

By SAM MISA
News Contributor

Korean War veteran and retired Corvallis, Ore. business owner Vern Stuewe is giving back to the local houseless community with a mobile shelter prototype.

Stuewe has been living at the same Corvallis address for over 40 years now. According to Stuewe, sweeps of houseless camps performed by the city prompted him to take action by making a mobile shelter prototype for houseless people.

Stuewe said all one needs to do is go into town to see how bad things are for the houseless community in Corvallis.

"It's terrible the way they've shuffled them—the city is shuffling them around," Stuewe said.

The mobile prototype shelter is 40 inches by 90 inches and red and white, but Stuewe hopes the completed version will be 6 feet by 12 feet, which is slightly larger than the prototype. Both versions include an area for storage in

its backside. The completed version will also include space for a table.

Other features the shelter has are meant to help the user, as well as to aid in the production of the shelter itself.

"The idea is to build this on a railroad track," Stuewe said. "Right, about 100 feet long so that you assemble it just like you do automobiles... you can build these en masse."

According to Stuewe, the shelter has a canvas roof that can be rolled up to let the sun in during the summers and unraveled to help insulate the shelter in the winters.

On the experiences that helped inform designs for his shelter prototype, Stuewe mentioned his drafting experience from high school as well as his military service as an engineer during the Korean War. Stuewe worked in the engine rooms of two different vessels—the LST-1141, which earned four battle stars, and the LSM-419, which earned five battle stars during the conflict.

According to Stuewe, he hopes to bring his prototype shelter to market so someone

else can take the design and run with it. The cost of creating the prototype was about \$800 and Stuewe said he has a greed factor like anyone else.

"I'm 90 years old, my wife is in decline and I have to care for her," Stuewe said. "I'd love to get some money back out of this thing. I do have debts to pay and all that like everybody else."

The only help Stuewe received in creating this prototype shelter was from a man named Jonah Gates who helped him in the beginning of the process for about a week. The entire project took about four to six months.

"It was quite a project, it wore me out at times but a good wear out," Stuewe said.

Aside from working on the prototype mobile shelter, Stuewe has also been working on a tornado shelter and enjoying riding his recently completed electric bicycle.

"Electric assist is the best thing ever invented," Stuewe said. "Especially if you get old and you need some assistance. You can make good time and I can keep up a good pace."

In a letter he sent to his neighbors and friends, Stuewe stated he would like to turn over authority and ownership of the prototype to any company or organization willing to move forward with his vision.

"This is a start," Stuewe said. "So that'll get them out of the weather. [It's] better than a tent."



CHRISTOPHER KEIPER | ORANGE MEDIA NETWORK

Longtime Corvallis, Ore. resident Vern Stuewe sits in front of his prototype homeless shelter. The prototype homeless shelter sits on display in the garage surrounded by tools and other projects.

Corvallis Museum holds exhibition by the late Julie Green

By KATTERLEA MACGREGOR
News Contributor

In its first temporary art exhibit, the Corvallis Museum hosts the final 200 plates of Julie Green's "The Last Supper," which was donated by the Last Supper Trust and will be viewable until July 3.

Green, who was a professor at Oregon State University for 20 years and a respected artist, passed away in October 2021 due to ovarian cancer.

One of their biggest projects, "The Last

Supper," features second-hand ceramic plates painted with the last meals of inmates on death row, along with the date of their execution and the state where it occurred. Through their work, Green brought attention to the history of capital punishment in the United States.

Green was originally inspired by reading about the final meals of inmates in an Oklahoma newspaper. In their artist statement, Green said Oklahoma has higher per capita executions than Texas, though final meals in Texas are more highly publicized, highlighting the prevalence of death row in states that are not as publicized.



SHANE LYNETTE | ORANGE MEDIA NETWORK

Part of "The Last Supper: Final Plates" exhibit by the late Julie Green at the Corvallis Museum in Corvallis, Ore. The exhibit honors Green's work, who was a professor at OSU and respected artist.

According to the Death Penalty Information Center, which Green originally referenced in February 2021 in their artist statement, at that time, more than 1,500 inmates have been executed in the U.S. since 1976, with 112 of those being in Oklahoma.

Over their lifetime, Green painted about 950 plates with cobalt-blue mineral paint representing the final meal requests of inmates from 36 states. Information about the last meals was obtained through newspapers, prisons and books. According to their artist statement, Green hoped to "end the series when we abolish capital punishment, or at 1,000 plates, which ever happens first."

Almost 1000 plates later, capital punishment and the death penalty have been abolished in 23 states as well as the District of Columbia.

"Why do we have this tradition of final meals, I wondered, after seeing a request for six tacos, six glazed donuts and a cherry Coke," Green wrote in their artist's statement. "Twenty-one years later, I still wonder."

"Julie Green was committed to this art project/social justice commentary for over 20 years," said Mark Tolonen, the curator of exhibitions for the Benton County Historical Society. "Julie is gone, but their work continues to inspire reflection, conversations and maybe one day, legislation."

"We were approached by the gallery that has represented Julie Green in the past; they really wanted to see Julie's final works shown

in Corvallis, as did their husband," said Jessica Hougen, executive director of the Benton County Historical Society.

After serving the Corvallis community for so long, the gallery wanted to show Green's collection of work in the city it was created.

Green's work has been shown on National Public Radio, The New York Times and at a few other galleries, including the Bellevue Arts Museum in Washington. Their work has not been shown by either of the museums operated by Benton County Historical Society before, but has been featured in other locations around Corvallis.

This exhibition will be the first, but not last, temporary art installation at the Corvallis Museum, according to Hougen. Prior to this exhibit, the Corvallis Museum featured permanent exhibits that were centered around local history as it is operated by the Benton County Historical Society.

"We have always felt that art is an integral part of the community and indeed has a place in community history," Hougen said.

The Corvallis Museum is located at 411 SW Second St. and is open Wednesday through Saturday from 10 a.m. to 4:30 p.m. and from noon to 4:30 p.m. on Sundays.

Admission to the museum is always free for Benton County Historical Society Members, youth 18 and under, as well as OSU and Linn-Benton Community College students. Valid ID is required for students seeking free admission.

Reflecting on a lost basketball season



Ryan Harlan
Here's my two cents

Many questions keep me awake at night, such as, are we alone in the universe? What is the meaning of life? And what

happened to the Oregon State Men's Basketball Team this season? I'll do my best to answer that last question for you.

So how did we get to the worst season in Oregon State Men's Basketball history?

Before the start of the season, it wasn't out of the question that we would see a similar performance to last year's run in the NCAA March Madness Tournament. However, as the season progressed it became one to forget, highlighted by two double-digit losing streaks, culminating in a 3-28 season.

I think the blame resides with both the players and coaches for the shortcomings this season. Sure, you can blame Head Coach Wayne Tinkle, which is the easiest to do because he's the head coach, and it's his job to bring this team together regardless of personnel. However, after a certain point, the players also must buy into the culture that Tinkle and the coaching staff have set at Oregon State.

The culture that had been built by the coaching staff over the past seven years during Tinkle's tenure was noticeably absent this year. What makes teams successful is having players play together as a team and be selfless; this includes teams that Tinkle has coached in the past. However, this team did not show any signs of that this year, which led to a lot of struggles in the season, most notably when closing out games with a lead against University of California, Davis.

There also wasn't a true leader on the team, unlike last year with Ethan Thompson and Zach Reichle filling those roles on the team during the Elite Eight run. However, if you gave me the roster this year I couldn't point to a single player as being a leader on this team. The losses of Thompson and Reichle in the offseason, and then Gianni Hunt mid-season also proved to be big losses for the team, which

ultimately led to a leadership vacuum.

When the team started to struggle, some players did step up, but I don't know if their messages got across in the locker room—that talent alone wasn't going to win games. Talent only gets players so far. If you can't play together as a team halfway through the season, then there's a problem and the coaches can only do so much to remedy the situation on their end.

I think it's a result of losing so much during the season, but you'd think they'd pull together while facing adversity. I'm not knocking a lack of effort from the team by any means, as they fought to the end in games such as the double overtime-loss to University of Southern California. A loss, yes, but a moral victory for the team.

However, moral victories don't cure everything that ails a team. When you consider what the team went through with injuries, COVID-19 and departures of players mid-season, it's all you can expect from the team, which is still reeling from these issues on top of losing games during the season.

The season ended with a whimper in a first-round exit in the PAC-12 Tournament and has not won a game so far in 2022. We'll see a new team with new players take the court next season. Tinkle will be back next year, much to the dismay of people wanting him fired and criticizing the contract extension. I will say this, it would've been unprecedented if he did not get a new contract after last year and since the contract was new, there was no way that he would have been let go either.

I digress; I do think this season appears to be a one-off and that this historically-bad performance won't repeat itself next year. However, out of the players that can return next season, I don't know who will stay after a season like this one.

There is one thing to expect this offseason and that is a lot of transfers as well as departures this year, as key players from last year's Elite Eight run might also be gone. We will just have to wait and see if the Beavers right the ship and get their first win of 2022 at the start of next season. If not, I expect more changes to come next year, and hopefully more wins than this year.



JASON MAY | ORANGE MEDIA NETWORK

The men's basketball team locks arms during the national anthem against the University of Oregon on Jan. 10 inside Gill Colliseum. The Beavers finished the 2021-22 season with a record low of 3-28 after making it to the Elite Eight in the NCAA Tournament the previous season.

Corvallis can and should benefit from local talent

City should invest in house shows, local bands



Sam Misa
*Modern Issues
Scrutinized Accordingly*

While Corvallis, Ore. may not have any formal venues to host big-name musical talents like Eugene, Ore. has with McDonald Theatre, the

city can and should invest in music.

What I am talking about are all the grassroots sources of musical talent which can be found both on and off the Oregon State University campus; from KBVR-TV's Locals Live to house shows hosted locally. Corvallis has a lot to offer.

Something that can be infinitely more beneficial both to residents and the city itself is simpler than many of us may think.

Corvallis should be investing in organized festivals for local musical talent that can continue to make the city more attractive to prospective students of OSU. While festivals may not work in the winter, Oregon summers are perfect with warm weather and blue skies.

We already are able to see similar benefits of music in places such as Bombs Away Cafe, located at 2527 NW Monroe Ave. According to the owner of the Corvallis restaurant, Jeffrey Sawyer, featuring local music has been good for business.

"I'm all for grassroots-style events," Sawyer said. "Most of the talent we have on stage and everyone who operates our shows are local. Hosting big name acts would take the 'local' part out of the music scene around here."

In the month of March alone, the business has 21 live performances scheduled. That's about four to five nights out of the week, and Sawyer said Bombs Away Cafe is always looking to add more. Live performances are mutually beneficial; it's the entire reason why movie theaters exist.

If we take this concept and expand it to a larger scale, Corvallis could see an increased interest in local tourism, and more people spending time in the city means more people spending their money on local businesses.

A member of the production team for KBVR-TV, Cole Keady, is in agreement with this sentiment as well. KBVR-TV, which is part of Orange Media Network alongside The Daily Barometer, is OSU's TV station and produces weekly episodes of "Locals Live," which brings local talent from both Corvallis and Eugene to make music videos with them.

"I always think there's room for improvement especially in the case of OSU in hosting, like musical events and that sort of thing," Keady said. "I think that would be cool to kind

of bolster that a little bit and in the area."

Keady also said it makes sense that Corvallis lacks a venue to host big name talents, as Eugene is both larger and close enough that OSU students regularly go there to see their favorite artists.

Corvallis has a great opportunity to make this situation work for them, in that they can have their cake and eat it too, in a sense. Lots of problems, including traffic and noise pollution, come with hosting concerts year round that Corvallis residents don't have to worry about, and yet they don't have to go far to access those concerts.

While Corvallis may not have the capacity or infrastructure to host concerts, live music and more importantly, local music, can and should be available within the city's limits. Whether it be festivals or just small outdoor musical events, the city should be supporting local music.

There are plenty of problems, like an inability to shelter houseless people, that Corvallis has to deal with before they should focus on this situation, but when the time comes, it's clear which route they should take.



LILY MIDDLETON | ORANGE MEDIA NETWORK

Local band Minor Anomaly performed at Bombs Away Café the night of Oct. 22, 2021. Bombs Away is located at 2527 NW Monroe Ave. in Corvallis, Ore.

Healthy coping mechanisms can help students make it through the school year



Zeva Rosenbaum
The Way of Things

As we begin another term, burnout already hangs around the corner like an old (not so good) friend, and it's important students take time to care for themselves and each other.

I know, taking care of yourself is easier said than done, but in the long run, you'll be glad you took the time to prioritize your wellbeing.

Personally, I find it difficult to just stop and let myself relax sometimes, but one thing that helps is consciously reminding myself that it's okay not to be working 24/7. It's absolutely necessary to take a few extra minutes to use that body scrub you love, or to lie down and take a nap, or do whatever relaxing activity you enjoy. Remember, self-care is healthcare.

Bonnie Hemrick, assistant director of Mental Health Promotion at Oregon State University's Counseling and Psychological Services and interim director of Prevention and Wellness for Student Health Services, said when you're feeling stressed, it's important to take care of yourself by stretching, deep breathing or meditating; getting enough sleep, spending time outside; and keeping up with your nutritional needs. She said it's also good to connect with others and talk with trusted people about how you feel.

"Seeking emotional support when you need it and helping others cope with stress can help normalize what you may be experiencing



MATTHEW MCKENNA | ORANGE MEDIA NETWORK

Second-year psychology major Sophia Fischer relaxes while wearing a facemask and cucumbers to soothe her mind while preparing for finals week at her home on March 9. It is important for students to take time for themselves to cool off and calm down, especially during the winter months which can be dark and dreary, physically and mentally.

and help you and those you care about feel less alone," Hemrick said. "If news stories are causing stress or anxiety, consider limiting yourself to checking the news just a couple of times per day and take a break from your phone, TV and computer screens when you feel these emotions coming up."

Therapy is super helpful and important to a ton of people, and it's a resource I highly recommend exploring. OSU even provides free mental health services to students at CAPS. There you can find short-term counseling, support groups, meditation information, medication management and more.

Janice Imel, a licensed professional counselor in Corvallis, Ore., said there are strategies to use to get through a stressful time, including asking for help and re-evaluating your expectations, but her main suggestion is breath control. She said taking deep belly breaths in a difficult moment allows you to step back from a problem or your own emotions.

"When we combine the diaphragmatic breathing with some type of positive affirmation, we can calm ourselves in the moment and allow ourselves to respond to a situation rather than react," Imel said. "Reaction comes from emotion while responding comes from our ability to choose."

Dr. Regan Gurung, director for the General Psychology program at OSU's School of Psychological Science and associate vice provost and executive director for the Center for Teaching and Learning, said it's important to try multiple methods and not to get stuck in a rut with one that doesn't work for you.

"There's no one magic bullet for coping," Gurung said.

According to Gurung, making quiet time for your mind free of screens and even music, just you and nature, can be beneficial.

Positive Psychology, a science-based online platform that provides information about positive psychology, has some great information detailing even more healthy coping mechanisms, and outlines some unhealthy mechanisms to avoid as well. After all, it can be hard to recognize something isn't good for you if you don't know it in the first place.

Some of Positive Psychology's recommended healthy coping mechanisms include meditation, engaging in progressive muscle relaxation, listening to music, aerobic exercise, going to the movies, reading, working on puzzles or playing games, going for a leisurely walk, relaxing in a steam room or sauna, spending time alone, socializing with friends, sitting outside and relaxing and engaging in a hobby you enjoy.

Some of my personal favorite healthy coping mechanisms are watching movies, doing a face mask, working on art projects and nap-

ping. I especially recommend art; it can be incredibly therapeutic and relaxing, and art therapy is a commonly used technique for all age groups. Art can come in many forms, be it drawing, painting, sewing, singing or tons of other options.

If you don't have the necessary supplies to do the art you want, OSU's Craft Center has

just about everything you could need, and they even have kits to check out and take home for a variety of art forms as well as classes in stained glass, pottery, woodworking and more.

When it comes to homework overload, if you're coming up on a deadline and you know you're not going to be able to make it, reach out to your professor. Odds are, they'll be flexible and give you an extension, even if it's just a day.

I highly recommend figuring out early in the term which of your professors are flexible and which ones aren't—sometimes it's as simple as shooting them a quick email to ask outright if they're willing to give you leeway when and if you need it.

Another important thing to keep in mind: get—and I cannot stress this enough—your sleep. It's not always easy to fit sleep into a crazy schedule, but if you aren't sleeping as much or as well as you need to, it will eventually impact your life in a lot of negative ways. If you have trouble sleeping like I have for the past decade-plus, talk to your doctor about solutions, supplements or medications that can help you get back on track.

"Seeking emotional support when you need it and helping others cope with stress can help normalize what you may be experiencing."

- Bonnie Hemrick, assistant director of Mental Health Promotion at OSU CAPS, interim director of Prevention and Wellness for SHS

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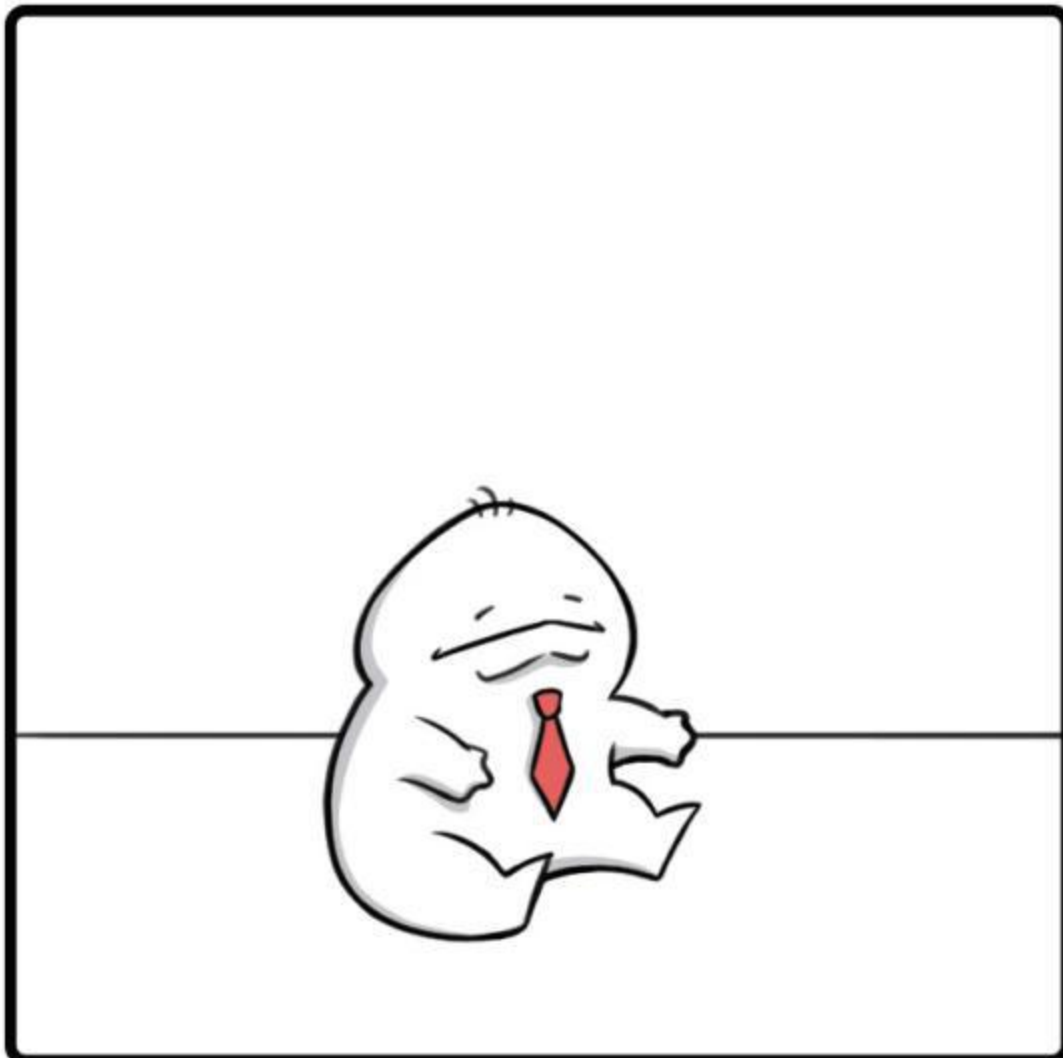
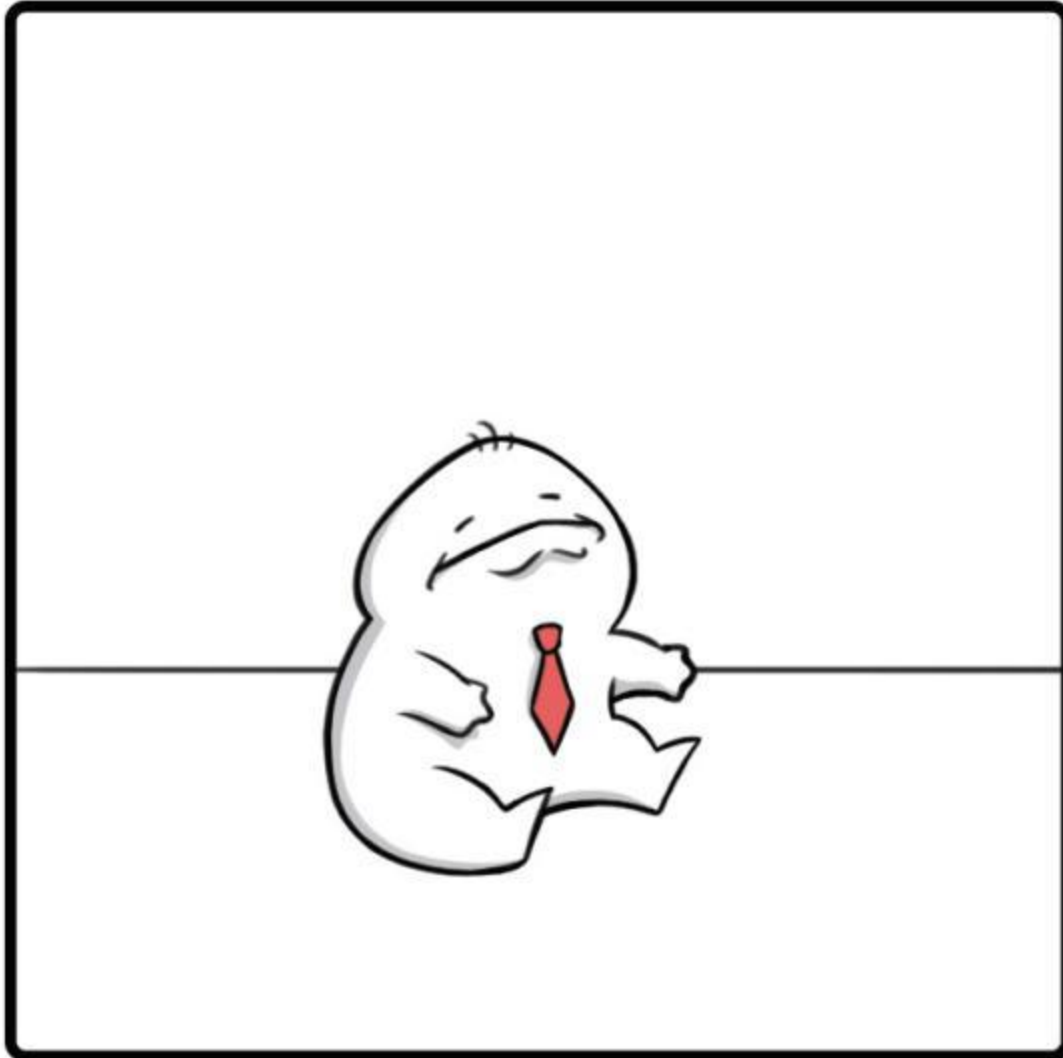
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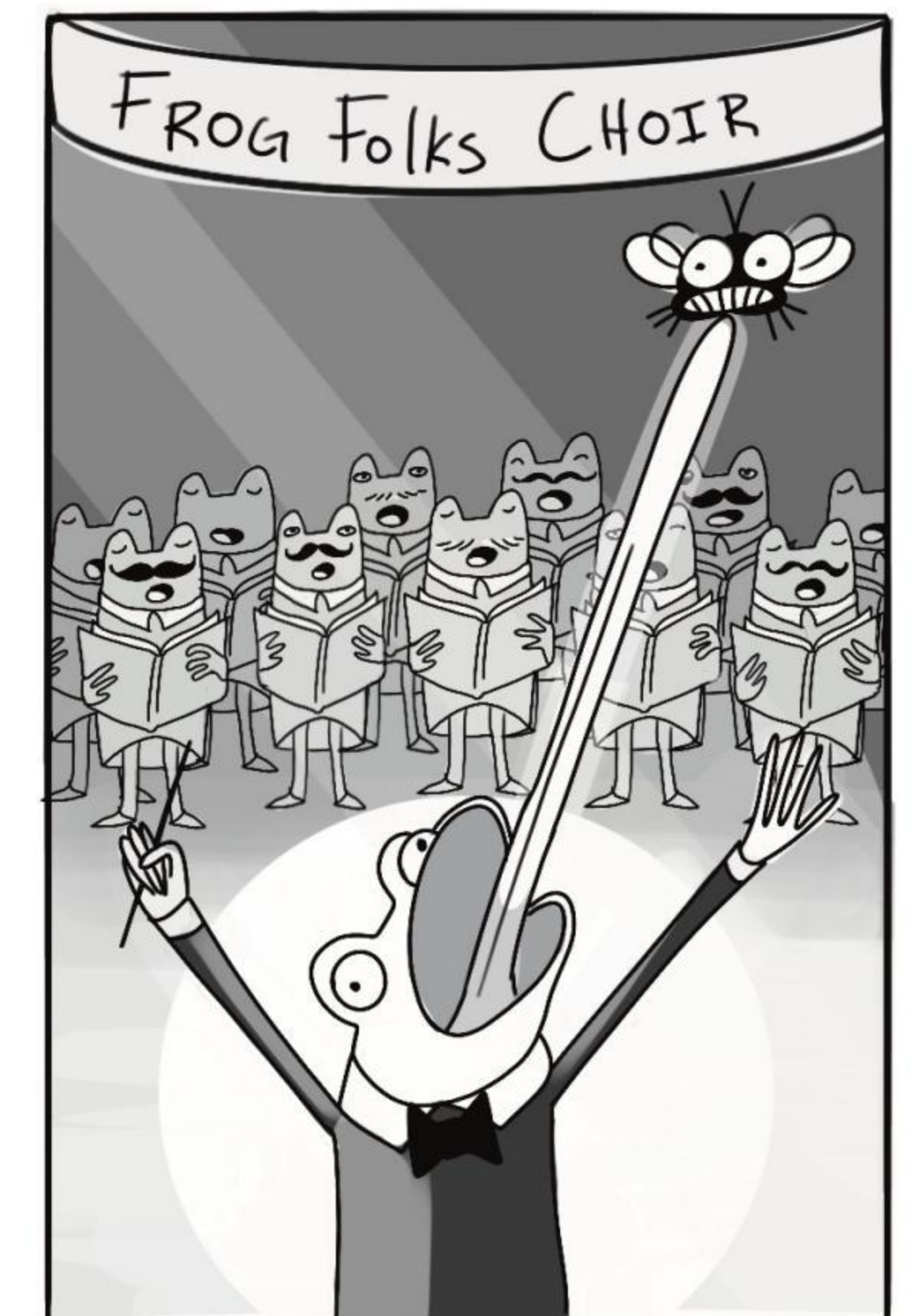
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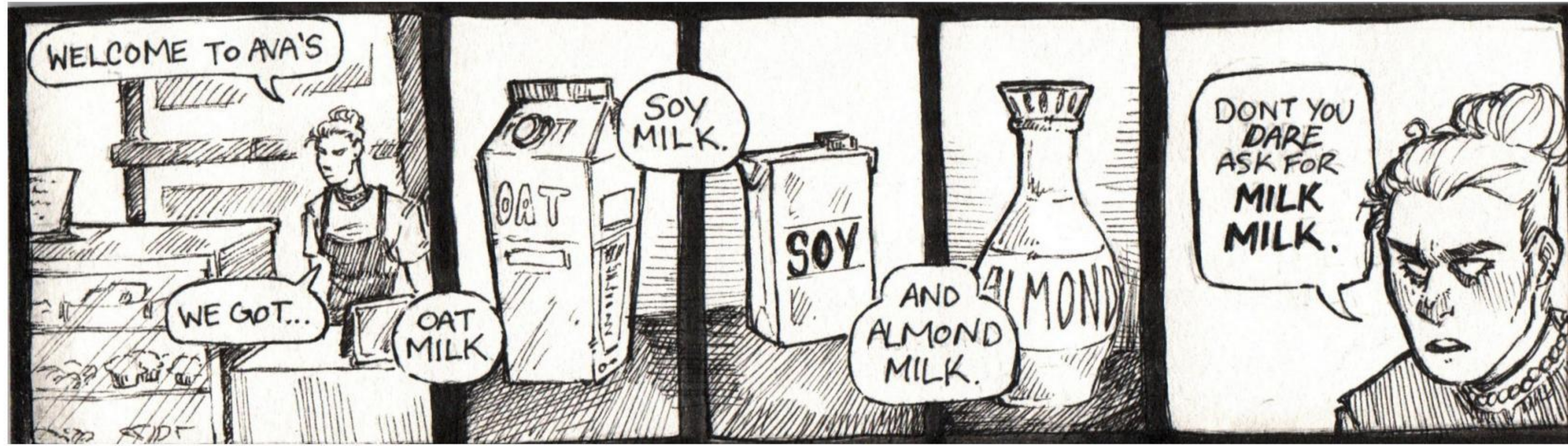


With a distinct lack of decorum, Conductor Earl halts rehearsal to take care of an annoying buzzing sound.

Coco's Adventures: Unpredictable
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THE Baro

YAYS & NAYS



The Barometer lists OSU's favorite and least favorite things this month.

YAYS

- Yay to spring term.
- Yay to sunnier days.
- Yay to seeing each other's faces again.
- Yay to trips to the coast.
- Yay to the reusable cup discount.
- Yay to Beaver Baseball and Softball.
- Yay to graduation in two and a half months.

NAYS

- Nay to graduation in two and a half months.
- Nay to finding housing for next year.
- Nay to not being able to find any parking in town.
- Nay to being fooled on April Fool's Day.
- Nay to taxes being due April 15.

HOROSCOPE

MONDAY APRIL 4TH, 2022

Aries (March 21 - April 19)

Today is a 9 — Wait to see what develops. Pay attention, as conditions keep changing. Don't get rushed into a financial commitment. Avoid assumptions or frivolous expenses. Consider consequences.

Taurus (April 20 - May 20)

Today is a 9 — Don't push yourself too hard. Routines get tested. Ignore worries for now. Focus on practical solutions. Energy surges are predicted. Favor endurance over speed.

Gemini (May 21 - June 20)

Today is a 7 — Take a deep breath before continuing. Make adjustments to restore integrity wherever missing. Reinforce basic support structures. Plan practical actions to realize your vision.

Cancer (June 21 - July 22)

Today is a 7 — Have patience with friends. Things are in a state of flux. Clean messes. Focus on long-term goals and shared dreams. Adapt to new realities.

Leo (July 23 - Aug. 22)

Today is a 7 — Anticipate professional changes. New opportunities hide in the revelations. You can see what didn't work. Consider options and choose the most stable path.

Virgo (Aug. 23 - Sept. 22)

Today is an 8 — Don't push. It's too early to get started. The news affects your decisions. Adjust plans around traffic or delays. Check reservations and logistics.

Libra (Sept. 23 - Oct. 22)

Today is a 7 — Stay objective in a tense situation. Avoid arguments and keep your agreements, especially regarding shared finances. Prioritize the basics. Collaborate for common gain.

Scorpio (Oct. 23 - Nov. 21)

Today is an 8 — Patience is golden. Don't push your partner or risk an argument. Adapt around recent changes. Wait to see what develops. Stay receptive and supportive.

Sagittarius (Nov. 22 - Dec. 21)

Today is a 9 — A disciplinarian keeps you on track. Slow for the tricky sections. Step carefully to avoid accidents. You can see what's missing. Adjust practices to adapt.

Capricorn (Dec. 22 - Jan. 19)

Today is a 7 — Let things unfold naturally. Clean up and set the stage. Misunderstandings abound. Take time to smell the roses. Relax and enjoy the ride.

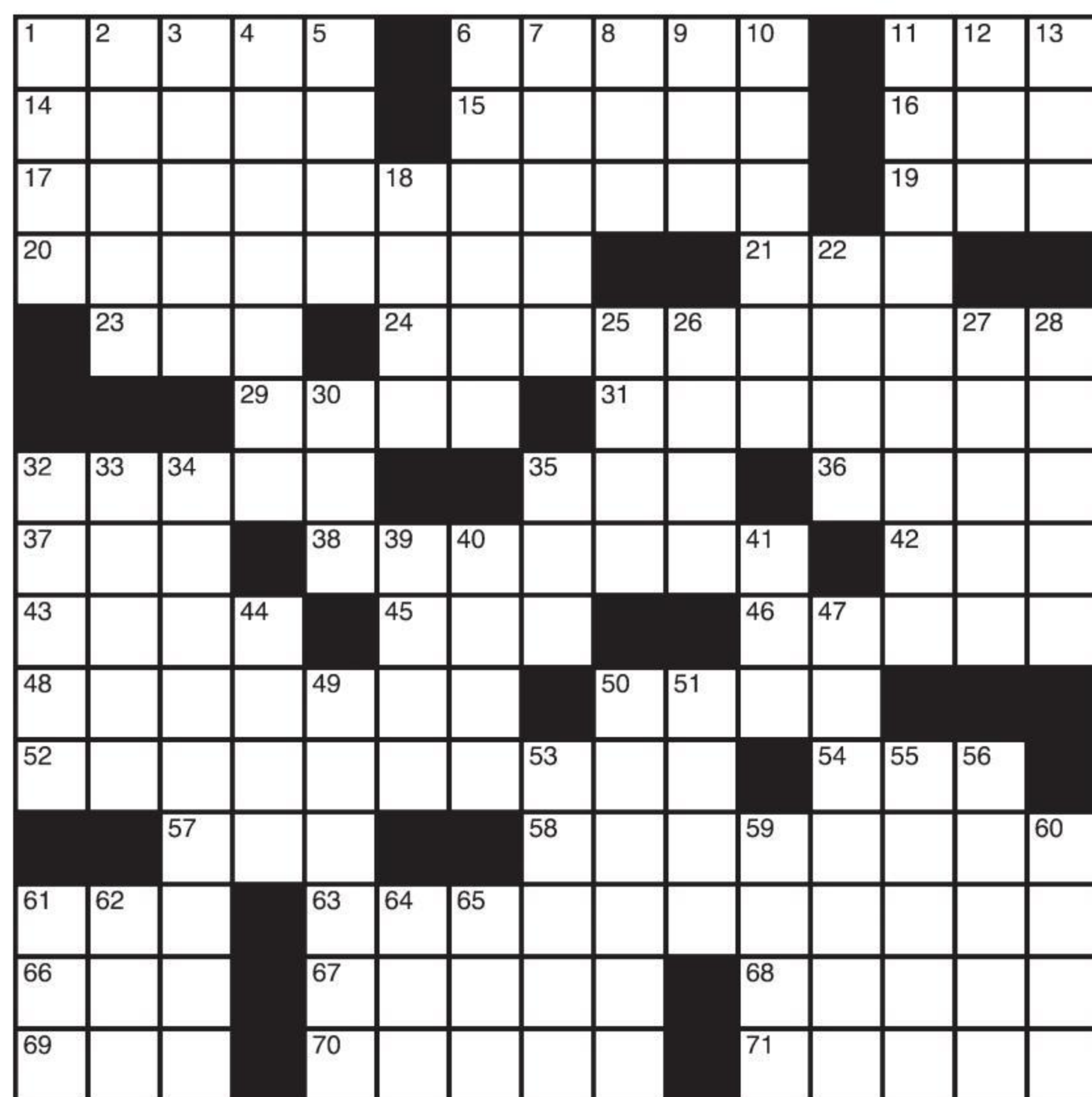
Aquarius (Jan. 20 - Feb. 18)

Today is a 6 — Adjust to domestic changes. Clarify family priorities to avoid misunderstandings. Get professional support when needed. Clean, sort and organize. Make home improvements together.

Pisces (Feb. 19 - March 20)

Today is a 7 — Stay cool. Carefully edit statements before posting. Tempers can flare. Ignore the trolls. Stick to fundamental truths. Revise and polish your presentation. Use persuasive charm.

CROSSWORD



Across

- 1 Japanese cartoon art
- 6 Search high and low
- 11 Bar with beers
- 14 Like kings and queens
- 15 Abode
- 16 Tina Turner's onetime partner
- 17 Rolling friction-reducing part
- 19 After taxes
- 20 Like a properly sized carry-on bag
- 21 Regret
- 23 Condo management gp.
- 24 Type of pants with a flared leg
- 29 Flag maker Betsy
- 31 Southern California Air Force base
- 32 Indy competitor
- 35 Fancy neck wear
- 36 Pay attention to
- 37 Punk rock offshoot

Down

- 38 "The Science Guy"
- 42 WWII command for
- 16-Across
- 43 Lowers, as lights
- 45 Grabbed a chair
- 46 Juárez coins
- 48 Still on one's plate
- 50 Shaft of light
- 52 Cotton-picking pest
- 54 Place to crash
- 57 Simpson trial judge Lance
- 58 Lashed out at
- 61 11-Across drink
- 63 Stubborn but fun-loving dog breed
- 66 "___ Misérables"
- 67 Prefix with face or lace
- 68 Visibly sad, say
- 69 Orchestra space
- 70 Trunk of the body
- 71 Twisty turns

Down

- 1 Some Wall St. traders
- 2 Opposite of o'er
- 3 Inuit home
- 4 Online viruses and such
- 5 Idris of "The Wire"
- 6 Oil-bearing rocks
- 7 WordPerfect producer
- 8 Apt rhyme for si
- 9 Admiral's org.
- 10 Sprout again
- 11 Forest cone droppers
- 12 Luau strings
- 13 Wager
- 18 Goes out, as the tide
- 22 Salt Lake state
- 25 Boxer Spinks
- 26 Person's yearly celebration, for short
- 27 "___ Joy": component of Beethoven's Ninth
- 28 Windows predecessor
- 30 Planet
- 32 Provide new audio for

- 33 Type of acid in proteins
- 34 Most attractive
- 35 Sandwich initials
- 39 "Ah, of course"
- 40 Daily Planet colleague of Kent and Olsen
- 41 MPG-testing org.
- 44 Rock ___: ice melter
- 47 Roman and British realms
- 49 Small-time
- 50 Unpretentious restaurant
- 51 In addition
- 53 Lowlands
- 55 Wanted poster word
- 56 Plow pioneer
- 59 "Laugh-In" regular Johnson
- 60 Prohibitionists
- 61 Austrian peak
- 62 Gift with an aloha
- 64 Game with Skip and Draw
- Two cards
- 65 Paper size: Abbr.



SUDOKU

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