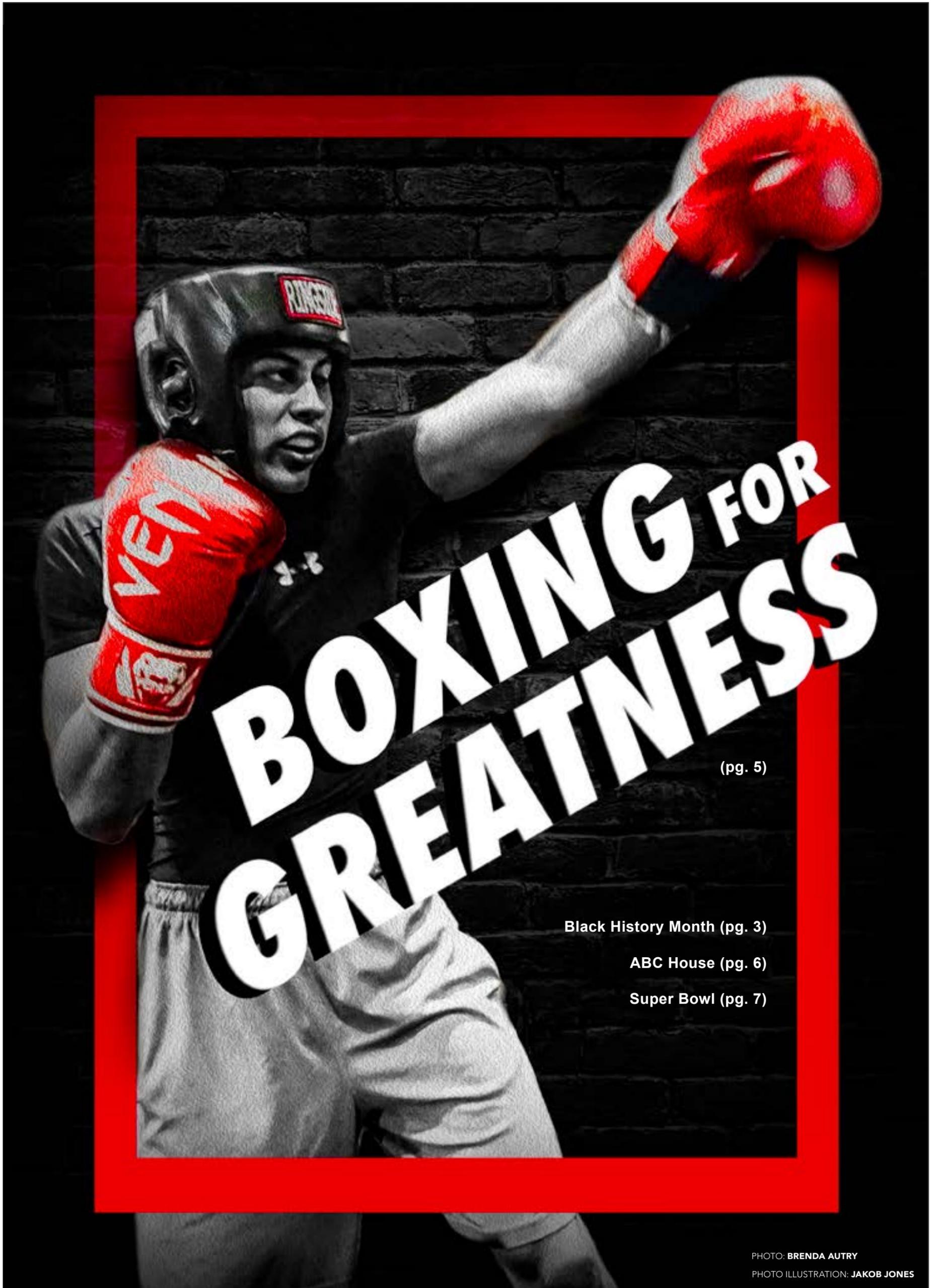


COMMUNITER

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BOXING FOR GREATNESS

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Black History Month (pg. 3)

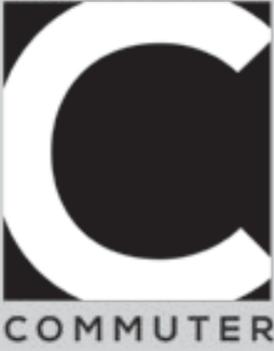
ABC House (pg. 6)

Super Bowl (pg. 7)

PHOTO: BRENDA AUTRY

PHOTO ILLUSTRATION: JAKOB JONES

THE LINN-BENTON
COMMUNITY COLLEGE



The Commuter is the weekly student-run newspaper for LBCC, financed by student fees and advertising. Opinions expressed in The Commuter do not necessarily reflect those of the LBCC administration, faculty and students of LBCC. Editorials, columns, letters, and cartoons reflect the opinions of the authors.

LBCC is an equal opportunity educator and employer.

Letters Welcome

The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues. The Commuter attempts to print all submissions received, but reserves the right to edit for grammar, length, libel, privacy concerns and taste. Opinions expressed by letter submitters do not represent the views of the Commuter staff or the College. Deliver letters to:

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To the Struggling Student,

Everything is stressful, chaotic, and nothing is adding up right, literally and figuratively. Breathe. This is okay and perfectly acceptable.

It may not seem like it in any way, shape, or form, but the struggle is what helps us become a better student, worker, person, and a betterist in general. I almost wish I could go back to freshman struggles. Almost. But I am always grateful for them. Yes, I'm grateful for the searing frustrations, tears of liquid hate, the almost pulled... ripped out hair and bruised forehead. Without the struggles I've gone through, I wouldn't be able to do the things that I can now with such ease.

Struggle = Knowledge

Struggle = Patience

Struggle = Learning

All the things I've learned through struggling, I've learned better than the things I haven't struggled through. So keep on struggling. It will get better.

- A Lifelong Struggler

WELLNESS WEDNESDAY: NOT QUITE ADULTING



STORY BY
LISA HOOGESTEGER

Gotta love that "adulting" is a verb. Do you "adult?" Is it hard? Does it hurt?

Why is it that this big opportunity is making me sick to my stomach? I miss the days when going to school was my only responsibility. Talking about Friday night plans on Monday.

So, it turns out being an adult is mostly just googling how to do stuff at 18: if I can be home by 4 a.m. I can still do the 6 a.m. shift. Now: what do you mean go to the 9 o'clock show? I would like to know why adulting means everyday feels like a Monday.

There's a book by Richard

Settersten and Barbara Ray: "Not Quite Adults: Choosing a slower path to adulthood and why it's good for everyone." Many 20 and 30 somethings have chosen to delay finishing college, buying a house and getting married. Some choose to live at home with parents which can help save money and build job credentials. What's the hurry?

A few colleges are offering "Adulting" courses (University of California - Berkeley, University of Colorado - Boulder) to teach skills in budgeting, nutrition/cooking, time management, car buying. Mundane, yet necessary activities. In Portland Maine they have an "adulting school" to teach you all the things you didn't get in high school or from your parents. Think of it as modern day survival. From getting a loan to using a pressure cooker.

Here are some warning signs of Adulting:

- 5 pts: Bought a couch
- 5 pts: Acknowledged you are doing an "adulting" activity.
- 10 pts: Did taxes already. 2 bonus points if you didn't cry.
- 10 pts: Frequently pack your own lunch with real food you made yourself.
- 15 pts: Adopted a cat or dog and actually read the whole "being an animal owner packet."
- 20 pts: Bought a car with your own money. (and figured out how to transfer the title).
- 25 pts or more: Reward yourself with a cartoon, and a hotchocolate with marshmallows. Be kidlike! Skip across the courtyard, be silly, tell knock knock jokes, wear mismatched socks. Enjoy!

BLACK EXCELLENCE ON CAMPUS

Raven Womack Reflects on His Time at the EDI for Black History Month



STORY BY
KAREN CANAN

On Tuesday, February 11 Raven Womack will be speaking on "Life After LBCC" for Black History Month. As a former LBCC student and staff member, Womack is returning to home turf, having worked in the Equity Diversity and Inclusion (EDI) center where he will be speaking.

Javier Cervantes, director of the EDI, explained, "He's a unique individual. You don't often see tall African American men apply for jobs on campus. He and I had lots of conversations about that. So in those conversations we were just saying, 'It would be great for you to share your story as an African American on the job hunt in Oregon.' I think that's a compelling story that we have a lot to learn from." Womack will be one of five speakers speaking throughout the month at the EDI, which is located in Forum 220.

Cervantes said, "I call ourselves the campus living room. We are like the campus living room, because you get it all: good, bad and indifferent."

Cervantes went on to recall an anecdote about the EDI, formerly known as the DAC, from when Womack worked there.

The EDI strives for complete



PHOTO: JAVIER CERVANTES

Raven Womack and Javier Cervantes pose together during Womack's graduation in Spring 2018.

inclusivity on LB's campus since its inception. During Black History Month of 2013, a Commuter columnist, Dale Hummel, asked Cervantes, "Why isn't there a white history month?"

"Every month is white history month," replied Cervantes.

Womack, overhearing the exchange, took a different approach. He encouraged Hummel to use the space to host an event about white history, as long as the student organized the event himself. The EDI (DAC) has served as a haven for freedom of speech and press on campus; if a student organizes the event the EDI can host it.

"I think he [Hummel] was surprised that we opened the doors so readily and freely to his event," said Cervantes, "But that's the spirit of what we are trying to do."

Cervantes is proud of the diversity the EDI brings together, saying that his first sight that Wednesday on coming to work on February 29, was seeing a couple of the EDI student workers happily working together as they went from building to building on campus. Though the students have very different backgrounds, said Cervantes, they have found common ground in their studenthood at LBCC and work at the EDI.

AT A GLANCE

For more information about Black History Month or other events held in the EDI, contact

Javier Cervantes 541-917-4299

Heather Morijah 541-917-4297

Tania Mendez 541-917-4292

LBCC's EDI, or Institutional Equity, Diversity and Inclusion Center, is located in Forum 220.

WHO: Raven Womack

WHEN: Tuesday, February 11th 12:30 -2 p.m.

WHAT: "Life after LBCC"

WHERE: EDI, Forum 220

WHY: Black History Month

UPCOMING EVENTS

Wednesday, Feb 5th 11am-12pm: Dr. Tarron Anderson, Equity Associate at OSU will be discussing Black Men in Higher Ed.

Tuesday, Feb 11th 12:30pm-2pm Raven Womack, former LBCC student will be discussing Life after LBCC.

Wednesday, Feb 12th 12pm-1pm: Dorian Smith, former Beaver and former professional Canadian football defensive lineman. Currently, Coordinator of Black Student Access and Success at OSU will be discussing Black Men in College Sports and Life After.

Wednesday, Feb 19th 12:30pm-2pm: Alex Johnson, Albany's first black city council member will be discussing his journey to the Albany City Council.

Thursday, Feb 20th 11:30 am-12:30pm: Jason Dorsette, Director of Advancing Academic Equity and Student Success and current Vice President of the NAACP local Chapter in Corvallis/Albany will be discussing Black Men Serving Their Communities.

Essays are due **Friday, February 21st** for Black History Month Essay Contest: #blackboyjoy #BlackboyJoy is the celebration of Black Boys and Men.

To submit an essay, please request a prompt from **Dr. Ramycia McGhee** (NSH 213) or **Tristan Striker** (NSH 214). Essays are due Friday, February 21st. Sponsored by the English Department

CAMPUS VOICE

If you could kill any fashion trend, what would it be?

ISAAC GUZMAN
"SKINNY JEANS BECAUSE THEN NO ONE COULD BUY THEM FOR ME."



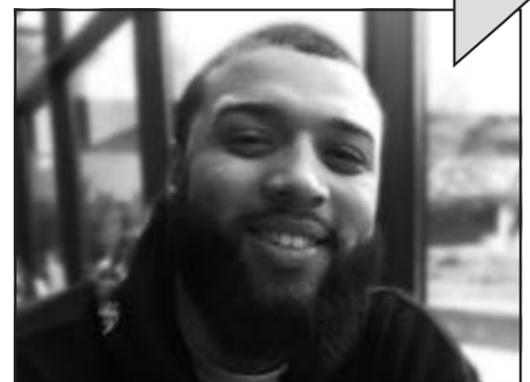
EMILY GUZMAN
"HIGH WAISTED MOM JEANS BECAUSE WHY WOULD YOU PURPOSELY WEAR THOSE JEANS TO LOOK THAT SHAPE? I AM THAT SHAPE PERMANENTLY."



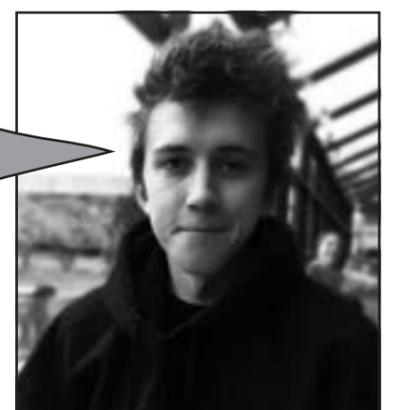
JAMES PARR
"I WOULD GET RID OF SHIRTS THAT SAY NONSENSE. I HAVE A SHIRT THAT SAYS 'FORTUNATE' ON IT, AND IT MAKES NO SENSE. PEOPLE ARE LIKE, 'OH THAT'S SO DEEP.'"



JOEHNIS JOYCE
"SKINNY JEANS ON MEN? COME ON, THAT NEEDS TO END."



JUDE CAREHART
"IT'S JUST GOTTA BE COUNTRY STYLE. COUNTRY BOOTS LOOK SO UNCOMFORTABLE TO WEAR, AND THE MUSIC CAN BE IMPROVED."



CORVALLIS SWING FESTIVAL

People of All Ages and Experience Come Together for Swing Dance to Live Jazz



STORY AND PHOTOS BY
MCKENNA CHRISTMAS

As we roll through another century, we cycle back around to the '20s trying to bring back the moxie and up-beat energy America once glorified by celebrating with champagne, golden parties, flappers, and live music. Although, years later it is easy to get lost in today's fads and negative media, one trend still stands just as strong as it did centuries ago.

Since the year 1895, jazz music has played a part as a form of human expression. With a range from the blues which portray a feeling of melancholy and remors while swing typically consists of a snappy beat with an allegro tempo. Live music brings a certain feel and freeness to a crowd that is something American culture cannot give up. Despite all the trends that have been lost and adopted throughout the years, we still insist on

keeping the art of swing, live music, and dance alive.

Corvallis Swing Dance Society celebrates its 10th anniversary with a weekend long jazz festival. The Odd Fellows Hall flooded with life as crowds came through to put their dancing shoes on while live bands such as Stealin' Apples Jazz Band with Jen Hodge, Cherry Blossom, and Breakers Yard set the mood with energetic swing music. Levels of all experience came though were welcomed with occasional lessons sprinkled throughout the weekend.

With events starting as early as 1 pm and lasting as late as 12:30 a.m., Nina Jin and Nick Davis shimmied their way into teaching an hour long swing class and goofed their way through the lessons of a collegian shag type dance that originates from the 1920s between two partners dancing to uptempo at 185-250+ beats per minute. The class was held in the Odd Fellow Hall in downtown Corvallis at 6 pm last Saturday. The crowd followed Jin's and Davis' enthusiastic energy while switching off partners with all levels of experience.

The party then soon started after lessons when the dance floor flooded with a group of fearless people enjoying the night by lindy hopping all the way until the morning. People of all ages glided throughout the dance floor though the several venues such as Odd Fellows Hall, Imagine Coffee, Old World Deli, and the OSU Womens Building. Stealin' Apples Jazz Band and Jen Hodge stole the night



The Stealin' Apples Jazz Band with Jen Hodge open up the floor by warming up the room with smooth rhythms and memorable melodies.



Couples took to the dance floor hard as they dip, jive, and hop to the Stealin' Apples Jazz Band with Jen Hodge as the band serenades the eager crowd.

while performing live music with smooth swing compositions shortly after being played on by DJ Nick Davis which is just one of the many DJ's Corvallis Swing Dance Society was able to snatch for the weekend festival.

All collected donations collected are going back to fund the Corvallis Swing Dance Society as well as the musicians that helped create a lighthearted atmosphere with playful music as well as an environment that promotes an openness to anyone with the spirit and readiness to jump at the jay bird.



Nina Jin and Nick Davis demonstrate a collegian shag dance move in the Odd Fellows Hall on Saturday during an hour long dance lesson just before an open floor with live swing music.



The dance floor opens up as people slowly filter in to swing dance over the weekend for Corvallis Swing Dance Society's 10th annual celebration.



At the peak of the night, the Odd Fellows Hall had people lindy hopping shoulder to shoulder enjoying the live music.



BLACK HISTORY MONTH AT LBCC:

#BLACKBOYJOY

Schedule of Events & Speakers:

Wednesday Feb 5th 11am-12pm:

DR. TARRON ANDERSON:
Black Men in Higher Ed

Tuesday, Feb 11th 12:30-2pm:

RAVEN WOMACK:
Life after LBCC

Wednesday Feb.12 12pm-1pm:

DORIAN SMITH:
Black Men in college sports and life after

Wednesday, Feb 19, 12:30-2pm:

ALEX JOHNSON:
On his journey to the Albany City Council

Thursday Feb 20th 11:30am-12:30pm:

JASON DORSETTE:
Black Men serving their Communities



All events will be held in the 100, formerly known as the DAC! We hope to see you all there!

BOXING CLUB KNOCKS IT OUT

The Boxing Club at OSU Continues Its Success at a Warehouse Venue in Albany

STORY AND PHOTOS BY
BRENDA AUTRY

In an unlikely warehouse in the industrial area on Ferry Street in Albany, something unexpected is happening. When you open the warehouse's white metal door and hear loud thuds coming from within, you may expect to see large pieces of machinery or other industrial equipment.

Instead you are greeted by a large boxing ring, rows of heavy bags, weight equipment, and several sets of fists flying. This is where the Boxing Club at Oregon State University meets to practice four times a week.

Twenty-year-old Brandon Martin, a third-year business major who is dual enrolled at OSU and LBCC, is the club's veteran competitor. Martin started boxing two years ago and has had 12 bouts. He made it to nationals last year, but was eliminated in the first round. His two latest bouts were this past weekend at the Washington Athletic Club's two-night tournament, The Main Event, where he took one win and one loss.

"Whenever you lose, you learn something from it. You take that and keep going. That's how you get better," Martin said. "Boxing helps you become an overall better person. It teaches you grit and determination. I can take those lessons and apply them to my future jobs and my school work."

ADDITIONAL INFORMATION

Those interested in boxing can visit the Boxing Club at OSU inside CrossFit Power Valley at 2440 SW Ferry St. in Albany.

Days: Tuesday, Wednesday, and Thursday evenings from 6 p.m. to 8 p.m. and on Sundays from 1 to 3 p.m.

Who: Anyone, student or not, ages 15 and over.

Cost: \$30 a month (\$25 with a USA Boxing membership) with no commitment, and you can try a week for free.

Boxing in the United States is governed by USA Boxing (USAB). All boxing clubs, competitions, coaches, and active competitors are members of USAB. USAB sanctioned events (a list of which can be found at usaboxing.org) include small local shows hosted by any one of the hundreds of boxing clubs in the U.S., and larger state, regional, and national championships, such as the Golden Gloves.

Under the USAB umbrella is the National Collegiate Boxing Association (NCBA), which governs teams and competitions who are associated with a college -- like the Boxing Club at OSU. In order to compete in NCBA tournaments, you must be enrolled in a school that has a NCBA club and be a member of USAB.



Brothers Emilio and Lorccan Soderstrom Caldera are some of the boxing club's youngest members. They've been boxing together for nearly four years.

Martin attributes his interest in boxing to Manny Pacquiao, a Filipino professional boxer and politician currently serving as a senator in the Philippines.

"My mom is from the Philippines, and that whole side of the family loves boxing," Martin said. "When I was in sixth grade, I saw my first Pacquiao fight and I've watched every fight since."

When you think about boxing, you may picture big flashy arenas in Las Vegas, where greats such as Muhammad Ali or Floyd Mayweather Jr. compete for millions of dollars. But these competitors didn't start out as professional boxers. Long before their pro debuts, they honed their skills in amateur boxing.

Muhammad Ali began boxing at age 12. He competed in 108 amateur bouts, and won a gold medal in the 1960 Summer Olympics before turning pro at the age of 18. Mayweather retired with a perfect pro record of 50-0, but before his first pro fight at 19 years old, he had an amateur record of 84-8, including three National Golden Gloves Championship wins and a bronze medal in the 1996 Summer Olympics.

The Boxing Club at OSU began in Corvallis about seven years ago in partnership with the Corvallis Boxing Club, which is no longer in operation. They moved to their Albany location this summer, and now train in partnership with the Hand Boxing Club. Michael Wynhausen, who has been with the club since its inception, has been one of the two volunteer head coaches for the last five years.

Unlike some National Collegiate Boxing Association (NCBA) clubs, the Boxing Club at OSU is not officially sponsored by Oregon State University. They are a student-run organization, and their only form of funding is the dues the students pay each month, which go directly to overhead costs. This means that Wynhausen and Andy Bean, the other head coach, are not only donating their time, they're donating their money as well.

"I purchased all the equipment, and we [the coaches] cover most of the team's travel unless it's being offered by the hosting school," said Wynhausen. "We've tried to work with OSU several times, but we can't even get any of the departments

to sponsor us as a club sport."

"I think it is important in the community to have something like this," said Wynhausen. "Boxing immediately requires discipline and dedication, and it helps build relationships with the people you compete with, and with your coaches that can last a lifetime. That's how I met Andy [Bean]. We boxed together at Santa Clara."

Wynhausen, a Linn County judge, and Bean, an attorney with Weatherford Thompson in Albany, have been involved with collegiate boxing since the early '90s when they competed together on Santa Clara University's boxing team. During this time, Bean won the NCBA National Championship in 1990, '91, and '92. After college, both attended law school, and even though the two hadn't seen each other since college, they both ended up practicing law in Albany.

One thing that differentiates boxing from other college sports, is that anyone can participate, no matter their experience. This means that the team covers all levels from beginner to veteran competitor.

Ali Herrera, a 21-year-old OSU junior, started boxing in November 2019.

"I love it! It's so exhilarating," Herrera said. "I wanted a good workout, and I wanted to try a combat sport, so I googled boxing clubs in Corvallis and found this. Now I come three or four times a week."

"It's a nice break from school. It's a good stress relief and I can leave my problems at the door," remarked Kasy Jutesen, a 19-year-old sophomore at OSU. Jutesen also began training in November and hopes to start competing next year. "I love Boxing. It looks super easy but it's not. There's a lot of technique. But it's really empowering. I tell my girl friends that I box and they're like 'Wow! You can do that?'"

It's not just college students you'll find training at the club, though. Their members range in age from 12 to over 40. Brothers Emilio and Lorccan Soderstrom Caldera, both Calapooia Middle School students, have been training for the past four years and are two of the club's youngest members.

"I love this sport," said Emilio, 14. "I come and train for about two hours,



Andy Bean and Michael Wynhausen have been boxing since the early '90s, and dedicate their time and money to making Albany's boxing club successful.

three times a week. Competing has been my goal since I was little."

"My dad encouraged me to start," said Lorccan, 12. "My parents used to drive us to a gym in Salem before we started coming here. I like boxing but I don't want to compete. I just want to stay in shape for football."

On the non-collegiate side, Rusty Hand is the head coach of Hand Boxing Club. Hand has been a professional boxer since 2008, has competed in amateur Mixed Martial Arts, and will be making his pro MMA debut on Feb. 22 at the Emerald Queen Casino in Tacoma, Washington.

Hand has coached boxing for several years, but just started his own club this summer. "I wanted a place for the young bloods to come and feel it," Hand said. "I wanted to have a place for them to get in the ring and experience boxing."

Brandon Martin offered this advice to anyone thinking about trying boxing, "Go out and do it. You never know what will click with you. Even if you don't want to compete it's a good workout and you'll learn some great character traits."

If you're interested in trying boxing, you can take advantage of the club's free week trial. Or, if you're interested in attending an amateur boxing event, the 2020 Oregon Golden Gloves Championship is happening on Saturday, Feb. 15 at the Salem Armory Auditorium.

A LIGHT IN THE COMMUNITY

ABC House Offers Free Training for Talking to Children About Sexual Abuse

STORY BY
MEGAN FREITAS

Talking to your children, or youth in general, about abuse and the anatomy of their bodies can be a very tricky subject. Fortunately, ABC House offers free training for parents and those that work with kids to help them with this difficult topic.

On Wednesday, Feb. 5 from 5:30 to 6:30 p.m, there will be an event titled "Darkness to Light: Talking with Children About Safety from Sexual Abuse Training," happening at the ABC House in Albany. This training also includes an optional tour of the new ABC House beforehand.

This training includes lessons on how to approach the topic of abuse and our bodies with children in an age-appropriate way, setting boundaries with our bodies, as well as how to listen to them and notice key signs when it comes to these difficult situations. This is a video and facilitator-led discussion.

It's also important to note that child care will not be available during the event time. Light refreshments will be available, though.

Before the training, there is also an optional tour of the ABC House that you have the choice to attend. At the end of the training, you will receive a certificate with your name on it. You may be able to earn CEUs from the training as well, depending on your profession! Registration is required to attend, which you can fill out on their official site.

The ABC House was established in 1997 with a goal to prevent child abuse. They offer assessments, treatment, and support services. They also have post-trauma counseling and adult educational programs available. They're a service that has impacted and helped thousands of children and families over the years.

Some of the individuals impacted by the ABC House have gotten the support they needed and helped in a variety of ways. Christina Marie, A mother of a child who has been helped by this service, is just one of many.



great program that can help anyone contribute and add to the community positively.

"I believe people should get involved to help children within their community to better themselves and help those affected by abuse to live positive lives after trauma," Cruze said and then stated, "You become part of their success story."

This event and the education it provides is something that can be helpful to anyone who works with kids, such as teachers, daycare providers, and youth sports coaches. Attending these kinds of events, though, even if you don't work with kids in your daily life, can help you to better impact lives around you and truly make a difference.

If you, a family member or anyone you may know is in a domestic, sexually violent or abusive situation, there are plenty of resources beyond ABC House. Other sources to contact are the Department of Human Resources, the National Sexual Assault Telephone Hotline, and the Center Against Rape And Domestic Violence.

There is also a place you can go here on campus to seek help, which is the Advising Center Reception in Takena Hall. You can also report any kind of abuse, harassment and threats you witness to the LBCC Campus Public Safety Office.

"They have been a huge support system as I am not receiving counseling yet and my daughter has just begun to," states Marie, "If I have any questions regarding anything, I can always call them." Their contacts can be easily found on their site and many other places online.

This event is a great opportunity for those with kids or even those with none at all, "teaching children about their bodies, especially the appropriate names for body parts, is something a lot of us parents are uncomfortable with. Teaching the ways to avoid abuse plus the signs of abuse is something we all need," Marie says.

Cassie Cruze, another mother who has gotten her family support and counseling through ABC House, believes that this is a

ADDITIONAL INFORMATION

ABC House is offering free training to the community to help people talk with children about sexual abuse.

WHERE: ABC House
228 SW 5th Ave, Albany, OR 97321

TIME: 5:30p.m to 6:30p.m
Wednesday, Feb. 5

CONTACT:
ABC House
(541) 926-2203
info@abchouse.org

OTHER RESOURCES:
Department Of Human Resources:
Salem: (503)945-5600
Corvallis: (541) 757-4201

National Sexual Assault Telephone Hotline:
(800) 656-4673
Center Against Rape And Domestic Violence:
(541) 754-0110
Office: (541) 758-0219

LBCC Advising Center:
(541) 917-4780

THE COLLEGE SKILLS ZONE

WH-225 in the Learning Center



Open to all students!
Each workshop lasts 50 minutes. Workshops are free and don't require any sign-up.
Just drop in to WH-225 in the Learning Center!

- ★ College Success
- ★ Study Smarter

WORKSHOPS 2/5 - 2/11

Thursday 2/5	Tuesday 2/6	Monday 2/10	Tuesday 2/11
No workshop. Feel free to stop by for any help! Open 8 AM - 5 PM	Prepare for Tests 10:30 AM	Textbook Reading Strategies 11:00 AM	No workshop. Feel free to stop by for any help! Open 8 AM - 5 PM
	Build a test-prep calendar and explore study strategies to up your test-taking game!	Decode the structure of a textbook, and learn to use it to create study guides, predict test questions to study smarter, not harder.	
	OTHER DATES: 2/24, 2/27, 2/28, 3/3	OTHER DATES: 2/18, 3/2	

If you cannot make a workshop time, contact us for an individual appointment that works with your schedule. (541)917-4611 | cszinfo@linnbenton.edu

ROADRUNNER BASKETBALL

February 5 vs. Chemeketa

Women's
5:30pm

Men's
7:30pm

linnbenton.edu/athletics

CROWNING THE CHIEFS KINGDOM

50 Years After their Last Super Bowl Win, the Kansas City Chiefs Take Super Bowl 54

STORY BY ISIAH HAQQ

In Super Bowl LIV, the quick-striking and explosive Kansas City Chiefs faced off against methodical, yet very successful San Francisco 49ers. As the game started to progress, both offenses began struggling due to the polished and consistent defensive gameplans of each side. The Chiefs came out victorious, however they started off the game on a slow start.

After a back-and-forth first half, the Chiefs found themselves trailing 13-10 near the end of the 3rd quarter. Last year's MVP Patrick Mahomes of the Chiefs threw an interception that wound up in the hands of 49ers line-backer Fred Warner close to the 50 yard-line. That play led to an offensive drive and eventually a 1-yard rushing touchdown by 49ers running back Raheem Mostert.

Shortly after, Mahomes threw another interception; this time tipped off the hands of wide receiver Tyreek Hill and into the arms of 49ers safety Tarvarius Moore. With just 12 minutes left to play and a comfortable 20-10 lead for the 49ers, the game looked as if it was coming to a close. It seemed like another year of disappointment for Kansas City as they came so close to their dreams once again.

Andy Reid, the coach of the

Chiefs and a fan-favorite, had been a head coach in the NFL for over 20 years and still had no Lombardi trophy to his name. This game seemed to be one of his last chances.

With just over 7 minutes to play at the end of the NFL's 100th season, Chiefs receiver Tyreek Hill made up for his previous drop-caused-interception by retrieving a 44 yard bomb thrown by Mahomes on 3rd&15. The Chiefs were now set up with a first down, and had just 21 yards separating them from a one-possession game. After multiple plays, ending in a 1 yard touchdown pass to tight end Travis Kelce, the Chiefs trailed by 3 points with 6 minutes left.

A quick stop by the Chiefs defense gave Mahomes the ball with an opportunity to take the lead in the 4th quarter of the Super Bowl. Kansas City's explosive offense found themselves in the end-zone again to take a 24-20 lead with 2:26 to go. One more stop by their defense, and Boom! Another Touchdown! This time a 38 yard lightning-fast carry by the running back Damien Williams who blew by every defender on the play. After scoring 21 unanswered points in the fourth quarter, the Chiefs led 31-20 with just over a minute of action left until they were crowned world champions. On the 2nd play of the next drive for San Francisco, Chiefs cornerback Kendall



PHOTO: JEFFREY BEALL

Chiefs quarterback Patrick Mahomes led his fledgling team to victory during the Super Bowl 54.

Fuller snatched the ball out of the air for the game-sealing interception, putting the dagger in the hearts of all 49er fans.

While down by 10 points with only 7 minutes to play, something ignited Kansas City into a remarkable spark that will forever be remembered. The Chiefs came back from behind in both of their playoff games prior to the Super Bowl, and even outscored Houston 51-7 after facing a 24-0 deficit. It's safe to say you can never count this team out of a

game, especially when it's playoff time. Kansas City has a great future ahead of them with the young and otherworldly talented quarterback Patrick Mahomes, who seems to be able to throw the ball anywhere on the field, from any place on his body. It was 50 years coming, and the Chiefs young and promising team delivered when they needed to most. Congratulations Kansas City on winning Super Bowl LIV!

CROSSWORD PUZZLE

- ACROSS**
- 1 Charity
 - 5 Ancient Gr. city
 - 9 Sheep's cry
 - 12 Build a ceiling
 - 13 Burrowing animal
 - 14 Alas
 - 15 Pretend
 - 16 Semitic deity
 - 17 Caucho tree
 - 18 Same (Lat.)
 - 20 Marsh tea
 - 22 Tray
 - 24 Electric reluctance unit
 - 25 Golf club
 - 26 Religious allegory
 - 30 Propeller
 - 31 Taradiddle
 - 32 S.A. sloths
 - 33 Coax
 - 36 Man's servant
 - 38 Aunt (Sp.)
 - 39 Crush
 - 40 Grape fern
 - 43 Idolatrous

- 44 Oriental potentate
 - 45 Eire legislature
 - 47 Endearment
 - 50 Circle segment
 - 51 Noble (Ger.)
 - 52 Yahi tribe survivor
 - 53 Shelter
 - 54 Manner
 - 55 Association (abbr.)
- DOWN**
- 1 Amer. College of Physicians (abbr.)
 - 2 Pope
 - 3 51st Psalm
 - 4 Unravel silk
 - 5 Live coal
 - 6 Earth
 - 7 Bantu language
 - 8 Vender
 - 9 Plaid fabric
 - 10 Amer. Civil

ANSWER TO PREVIOUS PUZZLE

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

- Liberties Union (abbr.)
- 11 Throat-clearing sound
- 19 Ten (pref.)
- 21 Guido's note (2 words)
- 22 Flat-bottomed boat
- 23 King of Israel
- 24 Mortar beater
- 26 Turnover
- 27 Alopecia
- 28 Stead
- 29 Ferrara patron of the arts
- 31 Florida (abbr.)
- 34 Summer (Fr.)
- 35 Crown
- 36 Geode
- 37 Abbey (Sp.)
- 39 Hall (Fr.)
- 40 Afrikaans
- 41 Monster
- 42 Carplike fish
- 43 Variegated in color
- 46 Pother
- 48 Exclamations of delight
- 49 Tenth of a sen

1	2	3	4	5	6	7	8	9	10	11
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53				54				55		

THE COMMONS

* CAFETERIA *

2/5 to 2/11

Wednesday 2/5: Chile Verde w/Pork*, Chicken Cordon Bleu, Curried Butternut & Chickpea Stew*, Soups: Tom Kha Gai*, Beer Cheese, Salads: Huli Huli Chicken OR Tempoh.

Thursday 2/6: Swiss Steak, Grilled Salmon*, Tofu Broccoli Stir Fry over Rice, Soups: Chili Mac, African Sweet Potato*, Salads: Smoked Salmon Caesar, Vegetarian Caesar w/Avocado.

Monday 2/10: Poached Chicken w/Hollandaise*, Spaghetti w/Italian Meatballs, Grown Up Grilled Cheese, Soups: Chicken Noodle, Split Pea*, Salads: Beef OR Mushroom Taco.

Tuesday 2/11: Shrimp & Grits*, Grilled Pork Chop*, Tempeh Black Bean Enchiladas*, Soups: Beef Barley, Five Spiced Carrot*, Salads: Tuna OR Avocado Nicoise.

Monday to Friday Lunch - 11:15 AM - 1:15 PM

* Gluten Free

SUDOKU

Complete the grid so each row, column, and 3x3 box (in bold borders) contains every digit.

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3								

CLAWING FOR THE POSTSEASON

Despite a Great Overall Record, LBCC's Women's Basketball Team Battles to Make the Playoffs



STORY BY
CAM HANSON

Linn Benton women's basketball has successfully won four of their last six games, yet still sit at sixth in the Southern Division and find themselves on the outside looking in. With an impressive 15-7 record, The Roadrunners have suffered five of their seven losses in division, and face the struggle of a packed division where three teams take up the top five spots in the national NWAC coaches poll Umpqua (1), Lane (3), and Clackamas (4). Mt. Hood also finds themselves in the top ten, falling at number seven on the list. Linn-Benton received one vote in the Top 8 respectively.



PHOTOS: LBCC NEWS SERVICE

Amyr Lowe scored 20 points against Lane on Saturday, Jan. 9.

"The Southern Region is really good. We're arguably in the toughest division, as both Lane and Umpqua made it to the final four last year," said head coach Jerod Gibson.

Lane and Umpqua show no signs of slowing down from last year's success, with Umpqua being untouchable and managing a 22-0 record, Lane falls close behind with an 18-4 record and a 5-2 record in conference.

"There are six legitimate teams in the division, including us," added Gibson, "Two will have to live with being left out of the NWAC tournament, and each one is fighting for a spot."

While The Roadrunners have lost heat in conference play, they aren't out yet, and have a full seven games to rack up wins and sneak into a top four seed. While possible, this task will prove tough. Recently, the team lost to the #4 Clackamas Cougars 72-51, after a 25% shooting night where the Roadrunners just couldn't get shots to drop. The Cougars are the last team to fall behind against, ranking fourth in points and first in three pointers in the conference. Up next for the team are the Chemeketa Storm, who sit at 9-11 overall and hold the fifth seed over Linn-Benton. This game will be huge towards the teams playoff hopes, and look to get a surge from the home crowd to pull it off.

With eight of 11 players being freshman, what Coach Gibson and his team have been able to accomplish is quite amazing. Younger players stepping up as leaders and perfecting their fundamentals has been happening all season, and to play at a high level in such a packed league shows whatever is being done is being done right. One of these instant impact players is freshman Allison Killion. The 6'4 center is a force



Elizabeth Chavez (21) added 8 points against the Clackamas Cougars, Feb. 1.

on both ends of the ball, and fits well with the scheme the coaches have set in place, totalling a whopping 72 blocks this season alone.

"Allison has always been a great rim protector, but with the way we scheme our defense, it's allowed her to have a huge impact. It's why we not only lead the NWAC in blocks, but in PPG allowed (51.2)" added Gibson.

Among these great defensive stats are their second place spot in opponent FG% (38.2%). All of these elements combined makes the Roadrunners a threat to be reckoned with on defense, but all of that ultimately amounts to nothing if the team lacks shooting ability. After the battle with the Storm, LBCC faces Umpqua one last time before coasting into the final stretch of games that luckily deals with the bottom half of the division.

"We talk about staying the course, improving every little bit and

staying tight with our details," added Gibson, "What makes this part of the year fun is that we control our destiny in meaningful games, making each one important."

There's no doubt the upcoming games will be fun, but it's up to Gibson's young team to capitalize on opportunities, especially defensive rebounds, and translate them to points. This week's game on Wednesday, February 5 against the Storm will be played on faculty and staff appreciation night, and a victory would tie them in fifth, just one place away from a playoff berth along with being a needed confidence booster against the juggernaut that is Umpqua. LBCC will need some big wins and some uncanny losses to slip up two spots in the rankings, but we all know we've seen crazier things happen, and it'll be a great test for a young and upcoming team such as our own.

Global Connection Club
&
Student Leadership Council's
3x3 BASKETBALL TOURNAMENT

February 12 2020
Wednesday 4:30 PM @ Activity Center

\$75 AMAZON GIFT CARD PRIZE FOR WINNING TEAM

Pizza & Drinks Provided

Submit Form to International Programs Office in T-119 or
Sign up online now!
Tinyurl.com/int3x3ball

Sign up Deadline: 9 February 11:59PM

Questions? Email us at lpambassador@linnbenton.edu

Free Admission



Black History Month Essay

Contest: #blackboyjoy

#BlackboyJoy is the celebration of Black Boys and Men, who do not nearly get the credit they deserve in this society. It is a way to celebrate their smiles, accomplishments, work ethic, contributions to this country, and a way to reclaim the innocence of black boy childhood, which is often riddled with violence, discrimination, poverty and more.

To submit an essay, please request a prompt from Dr. Ramycia McGhee (NSH 213) or Tristan Striker (NSH 214). Essays are due Friday, February 21st.

Sponsored by the English Department