

COMMUNITER

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MAY 1, 2019

A NUTTY COMPETITION

See Page 5



PHOTO: CAILEY MURRAY

Preparing for the judges of LBCC's annual Hazelnut Recipe Competition, Nuo Cheng puts his final touches on his dish.

WELLNESS WEDNESDAY

This is a Deck nones imolupt aquibus, arum quamus restiss itatenit, sequos sintem.

What might be a part of your every day?

1. Eating breakfast. Skipping breakfast is linked to Coronary Heart Disease, the leading cause of death and disability in the United States.

- Bagel and cream cheese?
- Microwave an egg for 1 minute?
- Cereal/oatmeal and milk?
- Leftover pizza or dinner dregs?

2. What is a big task you can take on and break down into small parts? Commit to 15 minutes a day. In a week, skipping one day, you have just spent an hour and a half focused on a goal. I need to clean my closet--something else always interferes. But, if I set a timer and actually do 15 minutes of cleaning, bit by bit it looks better and it feels like I'm making progress. One organization strategy that I've learned is "don't leave the room." Have baskets or boxes of things that go elsewhere. If you take stuff to its "home" every time you unearth a treasure, you'll end up wandering the house and distracted. Stay in place.

3. Practice gratitude. Some folks keep a gratitude journal. Before bed (or whatever routine works for you) write down 3 things you're grateful for in that day. Research indicates focusing on what we are grateful for is a good thing.

- Health
- A roof over your head
- Connection to family
- Ability to help someone else
- A dog who makes you smile (thanks Fenway)

4. You can't until you can, and when you can you will. I don't know if that is someone else's quote or I made that up. But it's like that. If you could _____, you would. I believe we are each doing the best we can at this given moment. Don't fret. "It's not a matter of letting go - you would if you could. Instead of let it go, we should probably say 'let It Be.'" Jon Kabat-Zin. What can you let go, or let it be today? This is the moment to practice your deep breathing technique for 10 seconds... deep breath in, count to 3, slow breath out for a 5 count.

- In traffic?
- With a whiny child, partner, student or colleague?
- You didn't do _____ yet?
- The _____ broke or didn't work as you expected?

Who can believe it's already May? Stay springy.

COURTESY: LISA HOOGESTEGER

THE LINN-BENTON
COMMUNITY COLLEGE



COMMUTER

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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What's your favorite thing to do when the weather gets nice, and why?



DUSTIN KOHEN
CRIMINAL JUSTICE

"HIKING, OR CAR MEETS AND CAR SHOWS."



JAMES ATKINS
CRIMINAL JUSTICE

"I LIKE TO GO SURFING, WHICH IS ROUGH IN OREGON. IT'S JUST KIND OF A HOBBY, I GO DOWN TO CALIFORNIA ONCE OR TWICE A YEAR TOO."



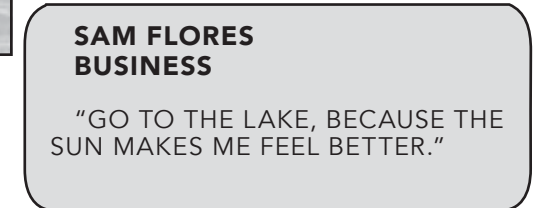
WALDO FRENCH
FRENCH

"SLEEP IN THE SUN NEXT TO THE RIVER, IT'S THE MOST RELAXING THING EVER."



BREONNA NORTH
ENGLISH

"HONESTLY, I HAVE A FRIEND WHO GOES TO OSU AND WE SORT OF DO HOMEWORK OUTSIDE, BUT REALLY WE GO TO THIS PLAYGROUND AT THE BENTON CENTER AND CLIMB AROUND."



SAM FLORES
BUSINESS

"GO TO THE LAKE, BECAUSE THE SUN MAKES ME FEEL BETTER."



STORY AND PHOTOS: RUTH NASH

A SLICE OF HISTORY

Anthropology Club holds a presentation on medieval swords Friday, April 26



STORY AND PHOTOS BY
ALEX GAUB

“This is our presentation on swords, if you’re looking for the D and D Club, that’s down the hall,” said Alice Yeager, the Anthropology Club president.

Have you ever wanted to learn how to hold a sword like Jon Snow? Well, Tessorio Melendez has you covered. Melendez, however, would most likely have a few corrections for our hero of the North.

Melendez, a member of the Anthropology Club, held a presentation on Friday, April 26, that was focused on medieval swords and armour. He set out to explain how swords developed to deal with developments in armour technology, and the techniques that worked in conjunction with weapons of the time to defeat opponents.

Swords evolved from more rounded tipped, wider bladed, slashing instruments to more narrow bladed, and pointed tipped, stabbing instruments.

“As chainmail became more prevalent, swords became more tapered to be able to pierce through the rings and split them apart,” said Melendez.

Melendez spent time during his talk to dispel misconceptions that people might have regarding medieval combat.

“There is a technique called half-swording, where you grab the blade of the sword-- yes, many people think that this isn’t a thing, but it is a thing. If you grab it and don’t shift your hand on it, you won’t cut yourself,” said Melendez.

If you are interested in learning more about the Anthropology Club, they meet every Monday at 2 p.m. in IA 223. Or contact Lauren Visconti, their club advisor for more information-- visconl@linnbenton.edu



The Anthropology Club put on a presentation on Friday, April 26, that discussed medieval swords, and attempted to dispel common misunderstandings of combat during that time period.



Connor AmundsenKuester demonstrates the ‘Ox’ position, or a stance intended to target an opponent’s face or neck.



Tessorio Melendez and Franklin Bowers show how some of the stances and attacks discussed in the presentation might be put to use during a medieval sword fight.

Are you looking for work..

- ✓ That fits your school schedule?
- ✓ Earns a competitive wage?
- ✓ Earns credits toward your degree for work experience?

FOR CURRENT JOB LISTINGS AND APPLICATION GO TO:

<https://lbccwejobs.blogspot.com/>
http://bit.ly/LBCC-ATI_CWE-Application

MINIMUM QUALIFICATIONS:

- Min 2.0 GPA
- One completed term of applicable college courses
- Pass drug screen & background check
- Legally able to work in the United States
- Registration in CWE program at LBCC
- Prefer a one-year or longer commitment

CWE

Questions? Contact Lena Carr at CWE@linnbenton.edu
linnbenton.edu/cwe



**EVERY WEDNESDAY
\$1 ANY SIZE
HOUSE COFFEE**

LOCATED IN THE FORUM BUILDING BY THE
COURTYARD AT ROOM F-127

SERVICE HOURS
MONDAY - FRIDAY
7:30 AM - 2:30 PM



BUILDING HOURS
MONDAY - FRIDAY
7:30 AM - 4 PM



PHOTO: DAVIS IHDE

Student Theatre Club member Falyn Lazarus talks after Dr. Jesus Jaime Diaz opens the floor up to community comments. Lazarus opened up a discussion about the 2018 Linn Benton play "We Got Guns" and the audience that it caters to.

LBCC Celebrates 10th Annual Unity Celebration, Thursday, April 25.



PHOTO: DAVIS IHDE

Dr. Jesus Jaime-Diaz was the evening's keynote speaker. He talked about his journey to earning his PhD, which began after he made a promise to his deceased brother that he would attend Oregon State University. "Our greatest enemy is not each other, but the wall of ignorance that divides us," said Jaime-Diaz during his presentation.



PHOTO: EMILY MEYERS

Jasmin Pulido (left) embraces Dr. Ramycia McGhee after reading her Black History Month Essay Contest entry. Pulido was one of three student winners who shared their work during the event. Later in the night, LB Poetry Club members performed a few of their poems.

PHOTO: DAVIS IHDE

SLC Vice President Marta Nuñez talks during Jaime-Diaz's keynote address. For more information on Dr. Jaime-Diaz's speech, check out "I Want To Be A Beaver" at lbcommuter.com.



PHOTO: DAVIS IHDE

Incoming SLC President Patricia Simon earned the student Analee Fuentes Unity Award for demonstrating commitment to advancing diversity and social justice. Jane Sandberg won the faculty Analee Fuentes Award and Albany's chapter of the American Association of University Women won the Gary Westford and Robin Havenick Community Connections Award.

PHOTO: EMILY MEYERS

Students, faculty, and community members gathered to celebrate LBCC's 10th Annual Unity Celebration. The event was catered by LBCC's Culinary Program.



Organic Vegetables
Flowers
House plants
Hanging Baskets

\$\$\$ Great prices!

Bring your friends and family. Open to the public.

Bring a box for your plants

Fuchsia's

**WED MAY 8
10 AM - 1 PM
MOTHERS DAY
ANNUAL
PLANT SALE**

In the Greenhouse on the main LBCC campus
With support from Peoria Gardens



PEPPERS, TOMATOES,
ONIONS, MARIGOLDS,
CUBAN OREGANO,
SQUASH, GERANIUMS,
LETTUCE, FLOWERS

A NUTTY COMPETITION

Culinary students prepare their best dishes for a shot at cash prizes in LBCC's annual Hazelnut Recipe Competition



Elliot Walker chiffonades Thai basil.



PHOTOS: CAILEY MURRAY

Nuo Cheng slices eggplant in preparation for his dish



Christopher Fabbi prepares his dough for his hazelnut recipe.



Members of the culinary program who participated in the Hazelnut Recipe Competition. From left to right: Christopher Fabbi, Tony Franco, Tirrah Garofallou, Katelynn Omete, Elliot Walker, Nuo Cheng.



Elliot Walker crusts lamb chops with a hazelnut blend.

Linn-Benton Community College

International Culture Night

國際文化晚會 Noche Internacional de Cultura ليلة الثقافة الدولية

A Global Talent and Fashion Show

FRIDAY, MAY 3, 2019

TRIPP THEATER, ALBANY CAMPUS

Door opens at 6 pm | Show starts at 7 pm

FREE ADMISSION

Questions? Email ipambassadors@linnbenton.edu



Tony Franco plays with fire, while practicing his flambé.

FULL STEAM AHEAD

Roadrunners prepare for final series of regular season



STORY AND PHOTOS BY
CAM HANSON

LBCC Men's Baseball was able to finish 2-2 in their series with the Chemeketa Storm. The Roadrunners now have an overall record of 26-9 and a conference record of 16-4. The Storm will walk out of the series holding a record 23-15-1 overall and a conference record of 10-10.

The Roadrunners started the series at home, and played with the crowd behind them, securing two victories 7-5 and 10-2. LBCC had a three-run sixth inning in their first battle with the Storm, which gave them the edge in the close contest. The next game, LBCC picked up where they left off and scored 10 runs in the fourth inning to crush the Storm and take the advantage. Coach Andy Peterson and his team are ranked fourth in the latest NWAC coaches poll and remain at the top of the south division with their record in conference. After their success against the Storm at home, they were close, not once, but twice, in escaping Salem with a victory, losing 9-8 and 5-4.

Some playmakers that showed up during the Roadrunners series against the Storm were Jacob Melton, Dequan Dennis-Lee, and Richie Mascarenas, who each



Richie Mascarenas scored five total runs in the series against Chemeketa. Mascarenas has been a threat on offense all season.

got two hits in game one. Maxwell Long stepped up to the plate in game two and contributed to the victory, going 2 for 2 (including a solo home run) with two RBI's. In their first loss, Richie Mascarenas had three runs, complimented by two a-piece from Dennis-Lee and

Melton. Eric Hill recorded three strikeouts at pitcher, and Ethan Whitney contributed by adding two of his own. Jacob Melton led the team in runs in their second loss with two. Caden Hennessy was the only pitcher for the Roadrunners, and finished with three strikeouts.

After a close match-up with their region rival, the Roadrunners get a bye-week to rest. They will look to cap off the regular season in a series against the Clackamas Cougars, who have an overall record of 8-24 and a division record of 5-11. LBCC currently holds the top spot in the division by a four-game margin, and will stay there, barring an absolute collapse in the final series. The Cougars have had a down year themselves and sit at second to last in the NWAC standings. The two teams previously faced off to start the season on March 3, with LBCC winning both contests in dominant fashion. The scores were 16-1 and 13-3.


Under Coach Peterson, the Roadrunners have continued a mindset as well as an expectation; success and winning. Peterson's first season as a head coach got the ball rolling again after LBCC's extraordinary 42-4 season in 2018.

The Roadrunners will start their final series of the regular season on Friday, May 10 and look to head into the postseason with a head full of steam.

Marcus Lydon fields the ball and chucks it to first in the second inning. Lydon finished the series with two runs total.



The Roadrunners are shaping up to be the premier team from the southern division this postseason, but have to play one more series first.




Graduation Reception in Honor of LBCC Student Veterans

Do you know a graduating LBCC veteran student? LBCC invites all graduating LBCC Veteran students and their family to a graduation reception in their honor. Veteran LBCC students graduating that attend the reception receive:

- ❖ A "Commemorative Cord" that can be worn over one's cap and gown at Commencement
- ❖ There will also be food
- ❖ A keynote speaker, Veteran Gus Bedwell


When: Tuesday, May 7
Time: 4 PM
Location: Fireside Room, CC211
RSVP at: <https://tinyurl.com/y2zaomdo>

Any additional questions contact:
Jaya Lapham at laphamj@linnbenton.edu
or
Javier Cervantes at cervanj@linnbenton.edu




Made Possible by:
OREGON DEPARTMENT OF VETERANS' AFFAIRS
Department of Institutional Equity & Student Engagement
Linn-Benton COMMUNITY COLLEGE

Request for Special Needs or Accommodations
Direct questions about or requests for special needs or accommodations to the LBCC Disability Coordinator, RICH-103, 6500 Pacific Blvd. SE, Albany, Oregon 97321, Phone 503-812-6739 or via Oregon Telecommunications Relay TDD # 5-800-735-2905 or 1-800-735-1232



LBCC Civil Discourse Club:

Tuesday, May 7th
12 - 1 pm
Takena-205



Mind
Your
Media

A discussion about social media's influence on mental health and interpersonal relationships



COURTESY: IMDB.COM

MOVIE REVIEW:

Avengers: Endgame

DIRECTOR: Anthony and Joe Russo (Based on characters from Marvel Comics)
STARRING: Robert Downey Jr., Chris Evans, Chris Hemsworth, Mark Ruffalo, Jeremy Renner, Scarlett Johansson, Brie Larson, Danai Gurira, Karen Gillan, Don Cheadle and Paul Rudd with Bradley Cooper and Josh Brolin
GENRE: Action, Adventure, Fantasy
RATED: PG-13
OVERALL RATING: ★★★★★



STORY BY
 STEVEN PRYOR
 @STEVENPRR2PRYOR

“Avengers: Endgame” is the fourth film in the “Avengers” series, and the latest entry into the Marvel Cinematic Universe. As the finale to the last eleven years of storytelling, directors Anthony and Joe Russo deliver an excellent finale to the first decade of stories for Marvel Studios and easily one of the best superhero films to be released since the series began with the first “Iron Man” in 2008.

The film takes place after the events of last

year’s “Avengers: Infinity War.” As the world tries to adjust to the aftermath of the finale of the previous film, the remaining heroes must find a way to undo the actions of Thanos (Josh Brolin) and restore peace to the universe. The result is a mind bending and emotionally-powerful 182-minute epic that is easily one of the best endings to a beloved film saga since “The Lord of the Rings: The Return of King.”

Combined with last year’s “Avengers: Infinity War,” the film sports a record \$400 million budget that not only offers a myriad of visually-stunning action scenes and colorful special effects; but also puts a unique spin on the events of the previous movies released under Marvel Studios. Without spoiling

anything, many of the twists and turns the movie takes may surprise you even if you’ve been following the narrative from the start. The film brings the story arc to an emotionally-involving end while also marking a new beginning (“Spider-Man Far From Home,” a sequel 2017’s hit “Spider-Man Homecoming,” is on track for this July).

As the finale to what is now known as the “Infinity Saga,” “Avengers Endgame” has kicked off the summer movie season with a spectacular start. With the film shattering numerous critical and box-office records, it’s well worth seeing and is highly recommended.

CROSSWORD PUZZLE

- ACROSS**
 1 Record
 4 Women’s Army Aux. Corps (abbr.)
 8 Footless
 12 Amer. Bar Assn. (abbr.)
 13 Blood (pref.)
 14 Tiber tributary
 15 3 (Rom. numeral)
 16 Sweet spire
 17 Protuberance
 18 Jap. sword
 20 Dravidian language
 22 Festival
 25 Popular girl
 28 Afr. gazelle
 31 Russ. range
 33 Office of Economic Development (abbr.)
 34 Turkish caliph
 35 Whiff
 36 Exclamation

- 37 Angry
 38 Amer. Natl. Standards Inst. (abbr.)
 39 Ground (pref.)
 40 Buddhist saint
 42 Noble (Ger.)
 44 Ecuador (abbr.)
 46 Land of Croesus
 50 Empty
 52 Created
 55 Scot. alder tree
 56 Star (pref.)
 57 Woden
 58 Roofing slate
 59 Social climber
 60 Hindu cobra
 61 To or from a distance (pref.)

- DOWN**
 1 Non-cleric
 2 Fetish
 3 Lope
 4 Pule

ANSWER TO PREVIOUS PUZZLE

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

- 5 At the age of (Lat.)
 6 Soul or spirit (Fr.)
 7 Heddles of a loom
 8 Talus
 9 Queen of Ithaca
 10 Mountain (pref.)
 11 Drop
 19 Africa (abbr.)
 21 Skillful
 23 Rotate
 24 Undo
 26 Guide
 27 Lover of Narcissus
 28 Ceylonese langur
 29 Whistling swan
 30 Yet
 32 Tart
 35 Braz. armadillo
 39 Thickness
 41 Astringent
 43 Queen of Italy
 45 King of Judah
 47 Pointed missile
 48 “Dies _____”
 49 Anglican (abbr.)
 50 Low (Fr.)
 51 Army service number (abbr.)
 53 Amer. Dental Assn. (abbr.)
 54 Grub

1	2	3		4	5	6	7		8	9	10	11
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50	51				52	53	54			55		
56					57					58		
59					60					61		



5/1 to 5/7

Wednesday 5/1: Chile Verde w/Pork*, Chicken Cordon Bleu, Spinach Lasagna w/Garlic Bread. Soups: Tom Kha Gai*, Beer Cheese. Salads: Green Salad w/Huli Huli Chicken OR Tempeh.

Thursday 5/2: Pork Adobo over Rice, Grilled Salmon*, Tofu Broccoli Stir Fry over Rice. Soups: Borscht, African Sweet Potato* Salads: Tonkatsu (Japanese Deep Fried Pork), Tofu-Katsu (Japanese Deep Fried Tofu)

Monday 5/6: Classic Eggs Benedict, Swedish Meatballs, Heuvs Racheros* Soups: Chicken Noodle, Split Pea* Salads: Beef Taco, Mushroom Taco

Tuesday 5/7: Hungarian Goulash, Grilled Pork Loin*, Thai Tofu Curry w/Steamed Rice*. Soups: Pazole*, Corn Chowder w/Green Chilies. Salads: Vietnamese Steak, Tofu Spring Rolls.

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

* Gluten Free

SUDOKU

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

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HUMANS OF LB



Mason Lux:

Mason Lux is an Environmental science major who plans to transfer from Linn Benton Community College to Oregon State University. Mason is from Vancouver, Washington and moved all the way to Albany in order to attend Linn Benton. He works at Ciddici's pizza part time while being a full time student. Mason has enjoyed his time here at Linn Benton and likes the campus as he said "it's a really nice and comfortable place to come and learn." When Mason is not working, nor attending classes he likes to spend time playing video games, Apex Legends specifically. Mason is most passionate about his favorite sports team, the Philadelphia Eagles; not only does he dream of living in Philadelphia to facilitate attending games, but one of his fondest memories was in 2017 when the Eagles beat the New England Patriots in the Super bowl. Mason said "he celebrated for nearly a week" and could not be happier that his favorite team were Super bowl champions.

STORY AND PHOTO BY **NICO WOLFF**

Lauren Meader

"Why are you here?" was the first serious question I presented to Lauren on the beautifully soggy Thursday morning. She came to Corvallis/Albany to pursue her degree in Marine Studies, while also taking an interest in filmmaking natural environments, and education in natural resources and anthropology. Specifically in the Pacific Island region, because of her Hawaiian heritage. In fact, Lauren told was explaining to me how she stopped one of her instructors to clarify information he was giving lecture on. Despite having not grown up in Hawaii, she takes great pride in her family's history, having travelled there several times to stay with family. Even on campus she participates in Hula dance club that meets 3 times per week. Lauren is a bright smile and a beaming personality, not afraid to stand up for what she knows.

STORY AND PHOTO BY **MITCH MATTHEWS**



Daniel Thomas

Daniel is a full time student at Linn Benton, and is pursuing a general associate's degree that will hopefully be able to turn that into a Bachelor's later on in his life. Daniel has a passion for writing and recording music. He enjoys listening to music infused with soul and gospel, which inspires him to get down on the keys. He was in a band that he created in his home town called "The Downtown Fools." He was the keyboarder for his group and played in different concerts downtown McMinnville. Daniel described his interest in film cameras and thrifting with friends. He would like to shoot with his film camera



more, capturing unique concept design photos as he gets more free time.

STORY AND PHOTO BY **RYAN REICHENBERGER**



Alexis Lundy

"If you asked me when I was four, I would have told you I wanted to be a ballerina movie star" came the sweet response of Alexis Lundy in our interview when I asked about her childhood dreams.

While a ballerina movie star would be a very suitable career for Alexis, she is now on her way to becoming a bio-engineer. Alexis is in her second year at LBCC, and when I asked what it was like to be a women in an engineering major she went on to say that "it was difficult, I am one of three girls in my engineering class this term, with a room full of boys." The difference is apparent to all, but she is excited to forge the way for female engineers. As a bio-engineer, Alexis would be making and fixing medical equipment, and producing artificial hearts for people. Her step dad is an engineer, and though he is not a bio-engineer, having his influence in her life from a young age helped shape who she wanted to be. "Getting to see the projects he was working on, what he was doing and getting to shadow him at work was a really great opportunity for me to get involved in engineering at a young age." Like many, Alexis's favorite thing about LBCC is the class sizes. "I love getting to really connect with the students and staff here and get more help during class."

STORY AND PHOTO BY **CAILEY MURRAY**

