

# COMMUNITER

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GRAPHIC BY REBECCA FEWLESS

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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LBCommuter.com

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# EXTENDED LEARNING WORK STUDY POSITION AVAILABLE

Work study position available in Extended Learning on Albany Campus, apply by Oct. 19

## COURTESY OF LBCC EXTENDED LEARNING

This work study position pays minimum wage, located within Extended Learning. Designed with flexible hours to work around your schedule, build your job and employment skills while you work towards your educational goals.

The position is a clerical position assisting the Extended Learning team. Duties will include customer service in person and on the phone, data entry in various computer-based software, creating packets for classes or workshops, assisting in the registration process, tracking data, and more.

Applicants must be currently enrolled for a minimum of six credits and maintain a 2.0 GPA. This position

## ADDITIONAL INFORMATION

For more information, call Tina Leonard at 541-917-4841 or visit Willamette Hall, Room 120.

allows up to 20 hours per week, a maximum of eight hours a day. Extended Learning is open weekdays 8:30 a.m. to 5 p.m. Applicants must be flexible within business hours.

The Extended Learning department includes five programs: Community Education, Driver Education, Corporate Training & Professional Development, Small Business Development Center, and Fire Training Council. Extended Learning offers about 85 percent of all non-credit education on LBCC's campuses.

# CAMPUS VOICE

What is something that is popular right now that annoys you?



#### SYDNEY VOGT UNDECIDED

" 'FORTNITE'. AND THE 'FORTNITE' DANCES."



#### OLIVIA ACKER UNDECIDED

"I GET A LITTLE ANNOYED BY THE BIG MOTH AND LAMP LIGHT SOURCE MEMES."



#### ZACHERY EDWARDS WRITING

" 'FORTNITE.' "



#### KEESHA TUNEY BIOLOGY

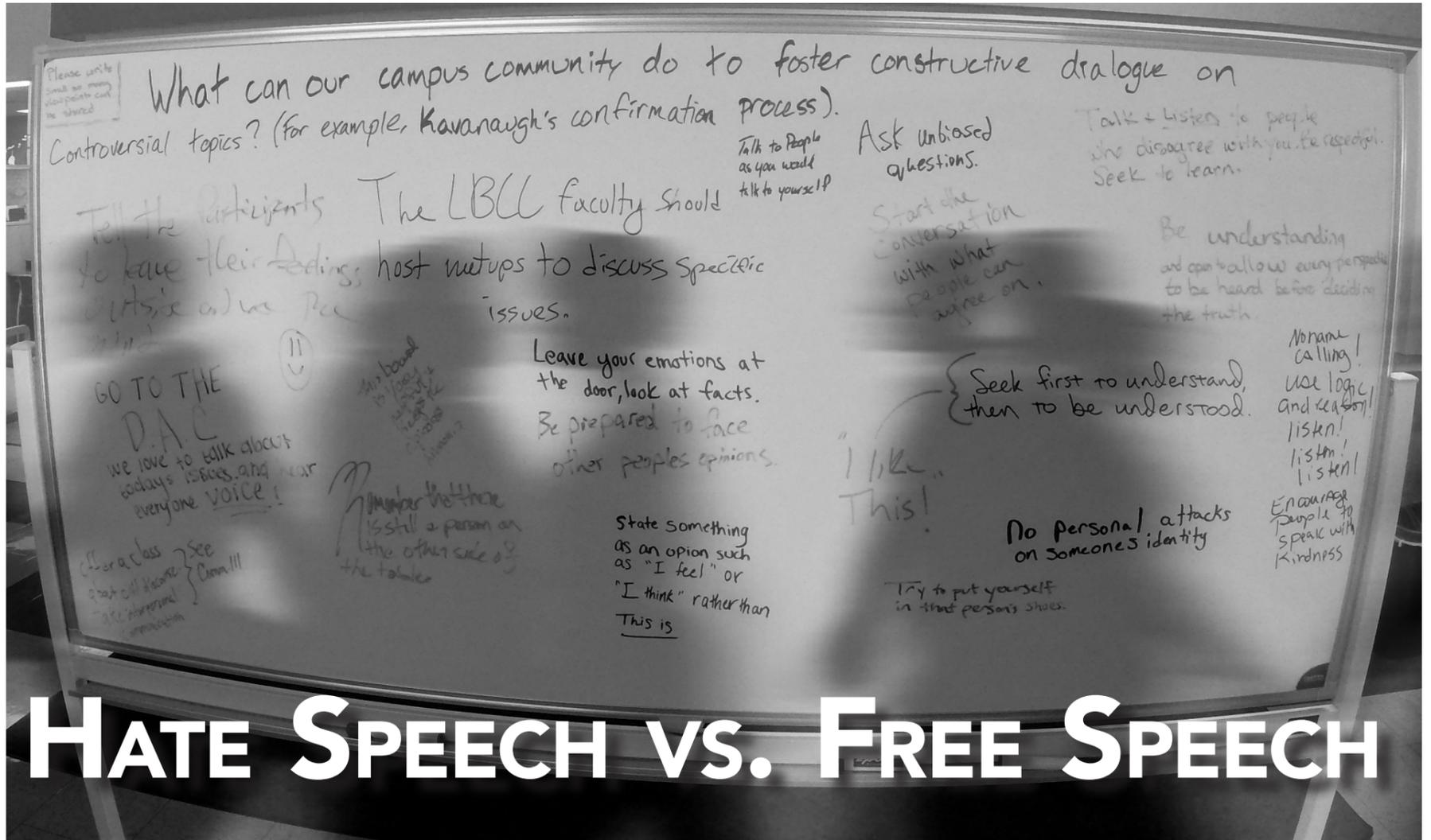
"PROBABLY THE 'FORTNITE' DANCE CHALLENGES."



#### STEPHEN GABBERT FORESTRY

"I SEE A LOT OF PEOPLE IN CLASSES ON THEIR PHONE. YOU CAN DO WHAT YOU WANT, YOU'RE PAYING FOR THE CLASS, BUT STAY OFF YOUR PHONE."

STORY AND PHOTOS: ALEX GAUB



# HATE SPEECH VS. FREE SPEECH

Graphic: Angela Scott

Comment on Civil Discourse Club whiteboard sparks controversy regarding free speech

STORY BY **ALEX GAUB, MILLICENT DURAND AND SARAH MELCHER**

The question was simple. “Do you feel comfortable to freely express your views here at LBCC -- why or why not?” One answer has caused controversy.

One anonymous response said, “No: OSU has too many Muslim women in ‘body bags’ -- what’s underneath?”

Shortly after this writing was posted on the board, library staff had a serious discussion on what they should do with the board. “Richenda [Hawkins], Jane [Sandberg], and I talked for several minutes about what we thought would be the appropriate response to this hateful language,” said Bryan Miyagishima, one of LBCC’s librarians.

“Leave it up and let students respond themselves, and perhaps make our Muslim students feel less safe here at the college? Take it down immediately, perhaps, acting counter to our shared values of free speech?”

In the end, the library decided to move the board from public view, and contact the Civil Discourse Club directly.

In response to the incident, the Civil Discourse Club has implemented new policies.

“We have updated and clarified the code of conduct outlined on the etiquette poster that accompanies the whiteboard,” the club leadership said in a statement. “This new wording includes details about how the club officers will evaluate comments and the actions that may be taken if a similar situation occurs in the future.”

Brandon Calhoun, president of the club, added it is “not a freedom of expression club, we are a civil discourse club. We want to create a learning environment.”

However, the fact that this message was written on the board has raised several questions among community members about attitudes regarding Muslim students at LBCC.

“If you look at it, there is a theme in higher ed which shouldn’t be happening. There are huge incidents taking place with diversity and inclusion,” said Seemab Hussaini, an organizer for Unite Oregon. The group is focused on building a unified intercultural movement

“These comments don’t help achieve goals as a Civil Discourse Club.”

- Brandon Calhoun

for justice.

Hussaini, himself a Muslim, is worried about the impact that not addressing comments, such as those made on the LBCC whiteboard, and how they can adversely affect the Muslim community, while emboldening those who seek to purvey a message of hate.

“If these incidents are not mentioned as something the school does not stand by ... that’s not responsible,” said Hussaini.

Around campus students, shared their thoughts on the comments made on the whiteboard.

“I feel like that is what is actually creating the sort of conflict that makes us need to question whether or not we can be comfortable expressing ourselves. Honestly, I think that’s harmful,” said Keziah Robbins.

Jennie Link said, “I don’t get why somebody would write that. Why is it relevant to the question that was asked.”

“It’s a self choice of what they wear, and how they dress,” said Larissa Williams.

Since the comment appeared on the whiteboard The Civil Discourse Club has taken action to make sure that proper etiquette is adhered to when providing comments. The club has put up guidelines to keep the conversation civil, reserving the right to wipe away any hateful comments.

“We are trying to make sure that with our board students feel safe,” Calhoun said. “These comments don’t help achieve goals as a Civil Discourse Club.”

In a written statement addressing the issue, library faculty wrote, “And because we try to be a home to all, there are some things that we cannot allow. Explicitly hostile public expression that directly targets particular groups of people is one of those.”

For the full LBCC Library statement visit [LBCommuter.com](http://LBCommuter.com)



PHOTO: ALEX GAUB

Following the controversial remarks made on the Civil Discourse Club’s whiteboard last Thursday, the club put up ethical guidelines for future discussions.

## LBCC NON-DISCRIMINATION, NON-HARASSMENT STATEMENT

LINN-BENTON COMMUNITY COLLEGE PROHIBITS UNLAWFUL HARASSMENT AS WELL AS ANY FORM OF DISCRIMINATION BASED ON RACE, ETHNICITY, RELIGION, NATIONAL ORIGIN, SEX, GENDER, MARITAL STATUS, DISABILITY, VETERAN’S STATUS, AGE, SEXUAL ORIENTATION, OR ANY OTHER STATUS PROTECTED BY FEDERAL, STATE OR LOCAL LAW, IN ANY ACTIVITY OR OPERATION OF THE COLLEGE.

# I THINK, THEREFORE I AM

*Philosophy Club emphasizes open dialogue and conversation to create understanding*

STORY BY **JOSH STICKROD**

What is free will? What is freedom? What is purpose? Is everything predetermined, or do things just happen randomly? Is freedom a relative concept? If God were to exist, would they have free will?

For hundreds of years, philosophers have asked fundamental questions not unlike these to help make sense of humanity's place in the universe. These questions stem from the Socratic method, which looks to stimulate critical thinking and draw out new ideas and thoughts to help shape the way we view our world.

This is the basis of both the field of Philosophy and also LBCC's Philosophy Club, which seeks to promote free-thinking and open dialogue to anyone looking for it.

The club was brought back from its dormancy by Jacob Tudor, a Psychology student at LB and OSU. Tudor, who was looking to join the Philosophy Club when he arrived at LB a year ago, was surprised to find out that the college no longer had one. It was here that he decided to take matters into his own hands and make one himself. He reached out to Adjunct Philosophy instructor Joey Tuminello to discuss starting a club on campus that used the Socratic method to engage in open dialogue.

"I thought that I could brand the Philosophy Club, and by brand I mean give motive to achieve big conversations in an open dialogue format so that people could get along and understand not only each other, but all of life around us," said Tudor.

"The act of dialogue is dialogos— two logics, thoughts, wisdoms, two minds coming together. Really that's where we grow and how we understand life."

Tuminello, a PhD candidate researching food ethics at the University of North Texas, was all for starting the club back up when Tudor contacted him.

"He [Tudor] said he wanted to bring it back and they needed an advisor so I agreed to do it after he reached out to me. We met up in January and started brainstorming, completed all the paperwork that we needed, and then started recruiting," said Tuminello.

The group holds its meetings on Fridays from



**Club president Jacob Tudor keeps the discussion going with Club Advisor Joey Tuminelli by interjecting questions rather than commenting directly.**



**Frank Gaillardet reads a quote from former Vice President, John McCain regarding free will and press.**

1:30 to 3 p.m. in the DAC. The meetings are set up as a conversation that starts with one topic but is open to branching out into different discussions.

"We try to keep the topics general because part of it is seeing where the conversation goes. We're not doing formal debates we're really just a group of people sitting around talking about a particular topic," said Tuminello.

For the club's most recent meeting on Oct. 5 they discussed the concept of free will and questioned whether we as humans can truly know if we make our own decisions, or if everything we decide is already predetermined in some grand design.

Tudor wanted to emphasize that the weekly meetings are meant to be as open as possible and that himself and Tuminello aren't there to provide answers, rather to raise questions around participant's fundamental thinking.

"We're not there to stampede anybody, we're not trying to tell anybody how it is, we don't expect anything from anybody, by all means just come and listen," said Tudor.

"It's just a place to talk about anything that's important to you. We have these headings [topics] like free will only as a touchstone to begin conversation and to begin the thinking process before people arrive."

The club has several other weekly events that people can look into. Tudor leads meditation and mindfulness sessions on Mondays, Wednesdays and Fridays from 9 to 10 a.m. in the courtyard outside of the Memorial Union at OSU. These are designed to help people learn embodied practices that align with topics the group discusses in their regular meetings.

Tudor also holds "Let's Talk" sessions in the LB Albany Campus courtyard on Fridays from 11 a.m. to noon. These are structured similarly to the regular group meetings but are more open on the subject matter. Tudor



**Ryan Alletson attended his first philosophy club meeting and discussed the implications of free will within his religious theory.**

encourages people to stop by and have a conversation with him about whatever they feel like.

Tudor has several ideas for the direction of the club moving forward. This includes collaborating with other similar groups on campus like the Civil Discourse Club and Campus Ambassadors' Circle of Reason. He mentioned plans to work with the Campus Ambassadors to acquire media equipment so that all clubs at LB can create podcasts and upload them onto LB Live or YouTube.

"If you've watched any of the recent YouTube videos there's a big movement towards the long format interview style conversation pieces... We would do that in between meetings on subject matter that the philosophy club members find interesting. We could go and reach out to academics or politicians and just have conversations on that platform," said Tudor.

Tudor stated that this process is already underway.

"Daniel Pace at Campus Ambassadors, he and I are meeting next week to facilitate an application for that equipment. So if that equipment comes then we'll put together a package to present to the Council of Clubs," said Tudor.

Overall the club is looking to help people challenge their way of thinking by asking them to question what they think they know.

"Our critical thinking is never done as humans. Doing philosophy instills this kind of humility and it calls on us to be open to the possibility that we may be wrong about everything we think we know," said Tuminello.



PHOTOS: ANGELA SCOTT

**Members of the Philosophy Club get ready for dialogue surrounding free will.**

## ADDITIONAL INFORMATION

- For more information on how to get involved in the LB Philosophy Club contact club advisor **Joey Tuminello** at [tuminej@linnbenton.edu](mailto:tuminej@linnbenton.edu).
- Future topics for club meetings will revolve around death, time, the meaning of life, reality, medicine, reason & emotion, and intelligence.

STORY AND PHOTO BY BRENT ROBINSON

# HUMANS of LB

## Stephen Pettinger

"I am a student at Linn-Benton Community College who is currently studying Computer Science. After I finish up at Linn-Benton, I plan to transfer to University of Portland in order to finish my degree at a school with a renowned program. I would like to venture into video game design independently, specifically at Blizzard, where I have connections at. During the last few years, I have dabbled in creating games already. I was influenced by [my] mother, who has always been tech-oriented. She has taught me almost everything I know. Growing up, my siblings and I would always play video games together, which also helped inspire me to create games myself."



STORY AND PHOTO BY LEE FRAZIER

## Eric Stone

"I'm 39 years old and have been here at LBCC for nearly three years. As a child I was beat by my dad and put down by my mom almost daily, but I came out if it a stronger man. Now I focus on putting others first and helping people know their potential and worth. One way I do this is by being a Gideon. I help hand out bibles to young people and we've also spoke for the campus Crusade. I think everyone's college experience is different and it all depends on the friends you make. I love LBCC, it's very friendly environment."



the campus Crusade. I think everyone's college experience is different and it all depends on the friends you make. I love LBCC, it's very friendly environment."

STORY AND PHOTO BY RUTH NASH



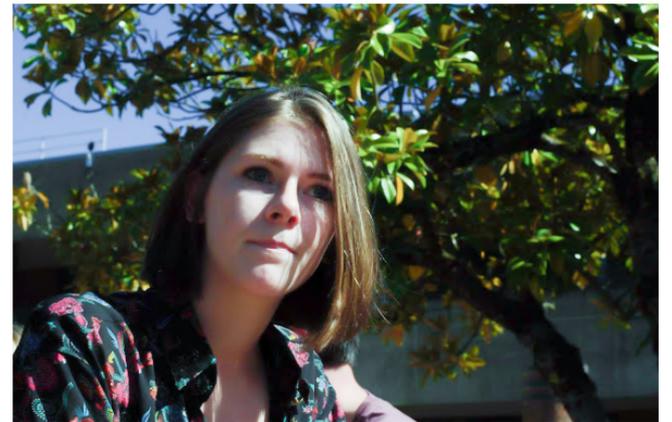
## Hannah Kinniburgh

"I want to be a 911 dispatcher, I was talking to my advisor and she said communication was a good route to take because it can lead to other jobs. I'm playing basketball here at Linn-Benton. I really like that it's a small campus here, so I won't get lost. My classes have been good. I really enjoy my communications class."

STORY AND PHOTO BY LEE FRAZIER

## Kayley Anderson

"I want to become an AG teacher and teach others about agriculture. I don't think enough people know where the items that they're using comes from. The clothes on their back, the food that they eat, even the flowers in your garden; everything around us involves agriculture and I think it's important for more people to know about that. If I wasn't working toward being an AG teacher, I would probably still go for a different AG degree; probably forestry because I love being out in nature."



# AAWCC DOLLAR CLOTHING SALE

The American Association of Women in Community Colleges hosted a \$1 clothing sale on Oct. 3

Kaelin Gerig (Left) and Amy Smucker enjoy shopping for \$1 deals.



The AAWCC drew a steady crowd during their \$1 Clothing Sale on Wednesday, Oct. 3.

PHOTOS: SARAH MELCHER

Gwen Cox (Left), treasurer of AAWC, and M'Liss Runyon (Right), AAWC board member of the LBCC chapter, help ring up a student at the \$1 Clothing Sale.



# LIFE FINDS A WAY



COURTESY: NBCSANDIRGO.COM

## MOVIE REVIEW: *Jurassic World: Fallen Kingdom*

**DIRECTOR:** JA Bayona  
**STARRING:** Chris Pratt, Bryce Dallas Howard, Rafe Spall, Justice Smith, Daniella Pineda, James Cromwell, and Ted Levine with BD Wong and Jeff Goldblum  
**RATED:** PG-13  
**OVERALL RATING:** ★★★★★

REVIEW BY **STEVEN PRYOR**

“Jurassic World: Fallen Kingdom” is the sequel to the massive 2015 hit “Jurassic World” and the fifth film overall in the “Jurassic Park” franchise. While not the best entry in the long-running series, it’s still an overall fun installment to celebrate its 25th anniversary.

Three years have passed since the events of “Jurassic World.” As a massive volcanic eruption threatens the land of Isla Nublar, Owen Grady (Chris Pratt) and Claire Dearing (Bryce Dallas Howard) must evacuate the dinosaurs there under orders from a mysterious financier known as Lockwood (James Cromwell). However, it soon becomes clear that a bigger plot is at hand in a film that challenges much of

the core mythology of the series.

Director JA Bayona (“A Monster Calls”) also gives a unique take on the action with the film’s \$170 million budget. While some scenes are over the top, others are among the darkest in the series and would not be out of place in a horror film. The final act in Lockwood’s estate centers around a fearsome genetic hybrid known as an “Indoraptor,” and is great proof for showing how an indie director can bring a unique look and feel to big budget action fare.

That said, the film definitely isn’t perfect. Without spoiling anything, not every plot twist in the film works, and the script (co-written by Colin

Trevorrow and Derek Connolly) does get heavy-handed at times. Still, the fact that the film has proven to be a financial success is a testament to the lasting appeal of the series. Despite mixed reviews from critics (49 percent Rotten Tomatoes rating as of this writing), the film made over \$416 million domestically and over \$1 billion worldwide, and a third installment is on track for 2021.

Even though it’s not perfect, “Jurassic World: Fallen Kingdom” still proves to be a solid sequel and an overall fun film. While Universal’s plans for the third movie in 2021 remain to be seen, a cameo from Dr. Ian Malcolm (Jeff Goldblum) says it best: “life finds a way.”

## CROSSWORD PUZZLE

- ACROSS**  
 1 Brit. Virgin Islands (abbr.)  
 4 Viking  
 8 External covering  
 12 Belonging to (suf.)  
 13 End (pref.)  
 14 Mississippi bridge  
 15 Compass direction  
 16 Maenad  
 18 Broad structural basin  
 20 Water nymph  
 21 Abdominal (abbr.)  
 23 Stair post  
 27 Sp. instrument  
 32 Annoy  
 33 Insect  
 34 Misrepresent  
 36 You (Ger.)  
 37 Hindu month  
 39 Female noble  
 41 Bird

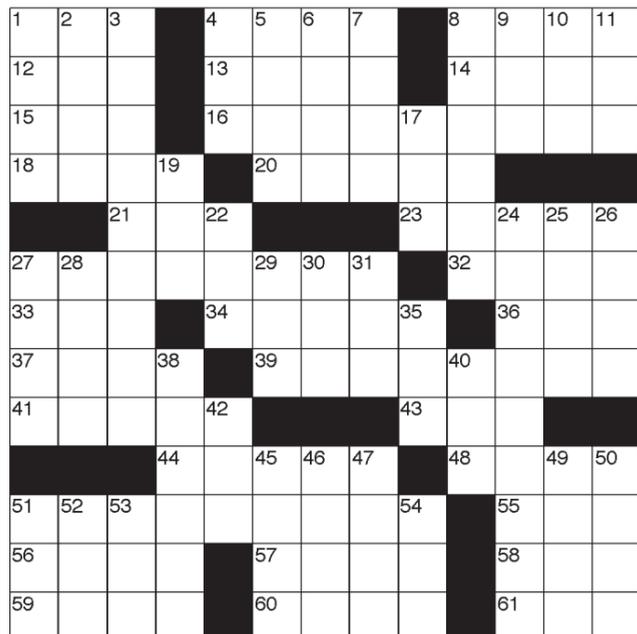
- 43 Eur. Economic Community (abbr.)  
 44 Trespass for game  
 48 Gamin  
 51 Puce (2 words)  
 55 Shoe size  
 56 “Uncle Remus” rabbit  
 57 7th incarnation of Vishnu  
 58 Cathode-ray tube (abbr.)  
 59 Convey  
 60 Black  
 61 Kilometers per hour (abbr.)

- DOWN**  
 1 Conquer  
 2 Anatomical duct  
 3 Limp  
 4 Off-track betting (abbr.)  
 5 Compact  
 6 Razor-billed auk

### ANSWER TO PREVIOUS PUZZLE

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

- 7 Central points  
 8 Dive  
 9 John, Gaelic  
 10 Banned pesticide  
 11 Compass direction  
 17 Chin. dynasty  
 19 Dance company (abbr.)  
 22 Cotillion attendee  
 24 Jab  
 25 Ancient Gr. city  
 26 Dregs  
 27 Heddles of a loom  
 28 Handle  
 29 Beak  
 30 Guido’s note (2 words)  
 31 Shooting match  
 35 Equal opportunity employer (abbr.)  
 38 Household linen  
 40 Nat’l Endowment for the Arts (abbr.)  
 42 Chin. pan  
 45 Rhine tributary  
 46 Crustacean  
 47 Blood (pref.)  
 49 Amer. Assn. of Retired Persons (abbr.)  
 50 Eng. spa  
 51 Abate  
 52 Yorkshire river  
 53 Race the motor  
 54 Israelite tribe



10/10 to 10/16

**Wednesday 10/10:** Beef Stew, Chicken Massaman Curry w/Rice\*, Stuffed Portobello w/Bearnaise\*. Soups: Creamy Chicken & Mushroom, Spicy Chickpea\*. Salads: Pesto Grilled Chicken Caprese, Portobello Caprese.

**Thursday 10/11:** Braised Chicken w/Artichokes & Lemon\*, Fish-n-Chips, Macaroni & Cheese. Soups: Chicken Tortilla\*, Dilled Potato Chowder. Salads: Smoked Salmon Caesar, Vegetarian Caesar w/Avocado.

**Monday 10/15:** Chicken Paprikash, Roasted Turkey w/Cranberry Sage Veloute\*, Mushroom Risotto w/Kale chips\*. Soups: French Onion\*, Thai Curry Lentil & Sweet Potato. Salads: Larb (Thai Chicken), Roasted Cauliflower.

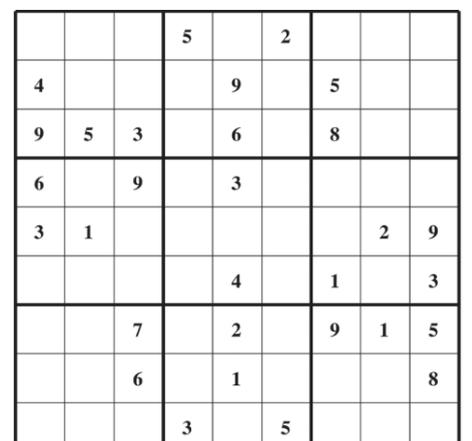
**Tuesday 10/16:** Shredded Chicken Enchiladas\*, Pork Schnitzel w/Apples & Bacon, Veggie Omelette. Soups: Chicken & Wild Rice\*, Broccoli Cheddar. Salads: Creole Shrimp, Creole w/Spiced Sweet Potato Wedges.

Monday to Friday - 10 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.



# SPIKED DRINKS, STRONG COMMUNITY

Two people hospitalized after Center of Rape and Domestic Violence benefit

STORY AND PHOTO BY **ANGELA SCOTT**

On Friday, Oct. 5, Rainbow in the Clouds hosted a fundraiser for CARDV (Center of Rape and Domestic Violence) at a bar and restaurant in Corvallis. They took over Downward Dog with a spirited drag show and costume contest deemed, "Hall O' Queens." Sometime after the evening began, two members of the LGBTQIA+ community were taken to the hospital.

Four minutes after winners of the costume contest were posted, at approximately midnight, RITC posted the following: "Y'all please be careful tonight to KEEP YOUR DRINK IN VIEW! We have some folks hospitalized due to drugging of drinks. Stay vigilant! If you see something say something."

"During our event on Friday, Oct. 5, it came to our attention that at least two peoples' drinks were drugged and two people were hospitalized due to this," said Dharma Mirza.

Mirza, an LBCC alumna, is an active and key organizer for RITC. RITC hosts a fundraiser/dance party every month, that supports LGBTQIA+ equal

rights and opportunities.

Mirza also founded Haus of Dharma in 2014, a local drag entertainment and event planning group and drag family based in Linn and Benton counties.

When describing the scenario that happened that evening, Mirza stated, "Our immediate response was to share the information amongst the organizers of the event and coordinate with bar staff to ensure they were aware of the incident as well."

But the organizers sense of urgency didn't dissolve over the course of one night. The next morning Mirza found herself among those within the LGBTQIA+ community vocalizing the extent of damage and also, the need for support.

"We did not have a set protocol for how to respond," said Mirza.

However, within a day, several communities were able to pull together to form a support system with organizers from RITC, OSU Pride Center, and OSU Diversity and Cultural Engagement. OSU Pride Center was open from 2 p.m. to 7 p.m. on Saturday and encouraged everyone to come by, regardless if they were a student.

RITC held a community event the same evening with representatives from Counseling and Psychological Services, and campus sexual assault services. RITC offered food, drinks, support and also offered to pay for any medical services for victims.

None of the victims filed police reports that evening.

"As with any situation involving assault or sexual predation it is important to allow the consent of survivors in seeking police attention/reporting. This is particularly vital for marginalized populations like LGBTQ+ individuals who may have trouble getting appropriate assistance from police and understanding the traumatic histories of marginalized folks with police," said Mirza.

According to RAINN, (Rape, Abuse and Incest National Network), spiking drinks and alcohol related sexual assault is the number one substance for assailants of sexual assault and rape. In a survey of 246 people created by alcohol.com, 65 percent of women and 58 percent of men do not feel confident that assailants will be held accountable by the law.

Data regarding spiked drinks is tough to gather, due to how hard it is to detect drugs commonly used in sexual assault. Information is even harder to gage when applying demographic and/or unreported instances.

Given the current political climate surrounding confirmation of Jeff Kavanaugh into the Supreme Court this event was especially traumatic.

"This tragedy has highlighted predatory rape culture and how pervasive it is in our community even in safe spaces, even at a fundraiser for sexual assault survivors," said Mirza.

"Resilience means being responsive, empathetic

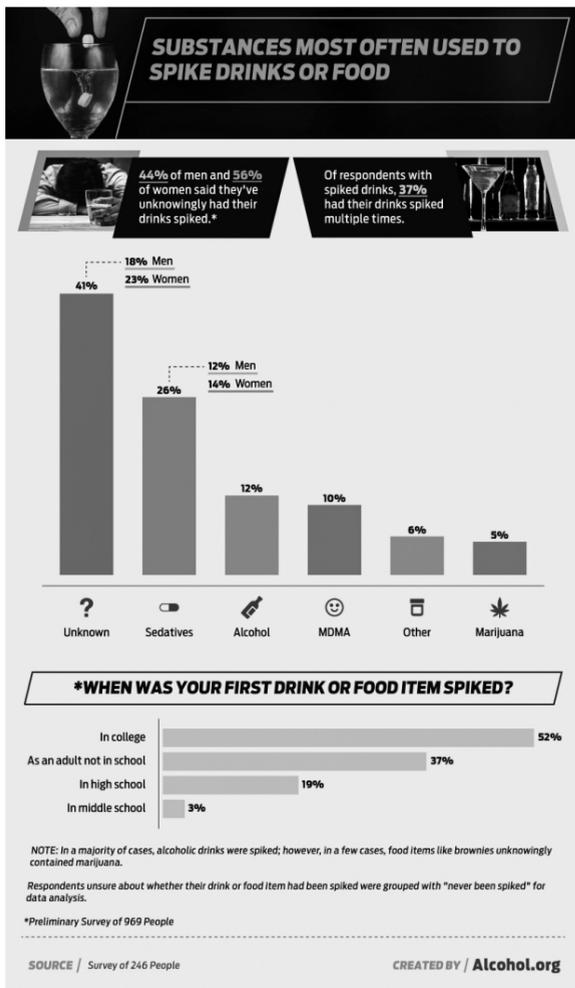


**LBCC Alumna, Dharma Mirza dances during a drag show in 2016 at Russell Tripp Theatre. She now advocates and helps organize LGBTQIA+ awareness throughout Linn and Benton counties.**

to victims/survivors and being vigilant in our security. It also means being transparent about events and letting folks know what has occurred, how folks can get support and creating spaces for healing and grieving. The most powerful non-violent response is solidarity, taking back our spaces and continuing to organize, express ourselves and be in community to show predators that we will not be swayed or deterred [when] faced of trauma and tragedy."

Mirza described how support is sustainable within her community and could be for others, "Be realistic, provide support resources not just illuminating traumatic events and work with community agencies to create response protocols proactively, not just when incidents occur."

Despite the hospitalizations, RITC was able to raise \$800 for CARDV. The next day RITC posted, "... We shall remain organizing, we remain connected, we remain loving one another. We are not defined by our trauma but we are resilient. The LGBTQ+ community knows how to heal."



# WELLNESS WEDNESDAY

Today's theme: *By the Numbers*

COURTESY OF **LISA HOOGESTEGER**

1. The average person takes about 15 breaths a minute. So, 15 x 60 (minutes in an hour) = 900 x 24 (hours in a day) = 21,600 breaths per day.

How many of those breaths do you pay attention to? Purposefully feeling air flowing in and out and your lungs expanding and contracting?

When I talk with groups, I often do a brief deep breathing exercise as a simple stress reduction, mini-spa, relaxation moment. It can be done anywhere to take a quick break from anything. It's like hitting the "pause" button. Essentially, count slowly to three while breathing in deeply, hold breath for three to four counts, then exhale slowly for five to six counts. Of course there are far more complex and duly researched modes of breathing (in particular as part of yoga). My point (in a

lot of the well-being information I share) is to give you an idea or skill that is simple, easy and doable. Here is another resource on deep breathing exercises: <https://blog.bulletproof.com/deep-breathing-exercises/>

2. Oct. 7 - 14 is Mental Illness Awareness Week.

Why is this important? One in five Americans is affected by mental health conditions. Stigma is toxic to mental health because it creates an environment of shame, fear and silence that prevents many people from seeking help and treatment. The perception of mental illness won't change unless we act to change it. Check out CureStigma.com or the National Alliance for Mental Illness [www.nami.org](http://www.nami.org)

3. 10,000 steps a day? Is that really necessary?

The Center for Disease Control (CDC) recommends adults get at least 150 minutes of moderate physical activity per week. The guidelines are to be active for

at least 60 minutes daily. Walking is a great way to get the physical activity needed, and doesn't require special skills, a gym membership or fancy clothes.

So where does the 10,000 step idea come from? It started with pedometers in Japan, marketed under the name "manpo-kei" which loosely translates to "10,000 steps meter". Thus this is the programmed baseline in FitBits and other wrist monitors. Have you walked the Wellness Trail round the perimeter of the Albany campus? It's beautiful, quiet and relaxing. Or walk around the Courtyard if you don't want to get wet.

4. What do these numbers trigger for you: 5, 7, 5? Yep, you got it. HAIKU!! Definition: a Japanese poem of seventeen syllables, in three lines of five, seven, and five, traditionally evoking images of the natural world.



# AFLATOONI DIGS INTO LBCC VOLLEYBALL SCENE

The Roadrunners will head back to LBCC this Friday to host the Clackamas Cougars and keep their momentum going.

The freshman looks to carry the momentum and skillset left from those before her

STORY AND PHOTOS BY CAM HANSON

Think of something close knit. Something or someone that holds a shared bond; one that seems everlasting and cannot fail. Whatever came to mind may have some similarities to the bond created by the Roadrunners volleyball team. Many can view a junior college team as a quick stop, a place an athlete can use to hone their skills and look forward to the next step, but not the Roadrunners. They currently sit at 22-9 and are undefeated in conference play, all in help from fantastic teamwork and communication. One member of the team that is contributing to this success is freshman Mitra Aflatooni, a native to Albany.

Aflatooni has lived in Albany her entire life and has been playing volleyball for eight years, finishing off her career in high school at Crescent Valley High School, which is in Corvallis. Once finished there, she decided to stay local and play volleyball here at LBCC.

"I stayed local because I realized I wanted to stay close to family. I also knew LBCC had a great volleyball program and that coach (Fraizer) was amazing," said Aflatooni.

Aflatooni was able to hone previous skills and gain new ones during high school, ones that quickly translated to the court in college. These all

reside in communication, teamwork, and of course, fundamentals. Success on a team can be determined by the trust you have in each other as a group, and no matter the outcome, shows when it's time to demonstrate said skills.

"College volleyball is much different than high school when it comes to the skill level, but the team dynamic is similar. There is definitely more competition and better players at this level. I have discovered a loyalty to this team and school like I did with my high school team," said Aflatooni.

The success is not new to members of the team that participated in the 2017 campaign as the Roadrunners went 36-13 overall and 12-2 in conference play, but it's brand new to Aflatooni. The factor in play to these results are not a secret to her, however, and have played a strong part in the whopping six game win streak for the Roadrunners.

"I love my team and we all get along very well. I think our success comes from the respect and love we have for each other. Our drive to win and determination has kept us on a winning streak," added Aflatooni.

Outside of volleyball, Aflatooni is still deciding on a concrete major, but has a few ideas in mind for what she wants. One path in Dietetics is a possible future for her.

"I honestly had no idea about what path I wanted to take," said Aflatooni. "Nutrition is a passion of mine that I wanted to pursue a career in, I also really wanted something I could help people with."

While her degree is something she is eager to focus on and achieve, volleyball is still the focus for Aflatooni, with a goal in mind for continuing her career on the court. While her college career is still very early in its story, the foundation for the future still resides in the back of her mind.

"My goal is to go to a university after LBCC and continue my love for the sport. I've taken a look at a few schools, but won't focus on it until I'm further down the road," said Aflatooni.

**(From Left to Right) Freshmen Grace Phillips, Ally Tow, and Mitra Aflatooni all use their communication skills in every match to make the most out of the opportunity.**



Mitra Aflatooni communicates pre serve to better prepare herself and her team for success out of the gate.



Mitra Aflatooni celebrates and bring the crucial energy that's needed to win throughout each and every game.

Despite this, Aflatooni's mind is still focused on the future, maybe just not that far ahead. Currently, she is focused on the Roadrunners upcoming match-up against the Clackamas Cougars on Friday, Oct 12. This will mark the return of the Roadrunners back home after a three game stretch on the road. The Cougars currently boast a 17-13 record, but hold a four game win streak for the time being. She's not treating the competition as a pushover, and wants to bring their momentum to a halt.

"They play a strong game. They're a talented team, just like the rest of the conference," said Aflatooni. "We want to come in prepared mentally, and are excited to get back that home court advantage after a stretch on the road. We need all the energy and support we can get," added Aflatooni.

The aforementioned 'close-knit' bond has been presented to the conference on court with determination, skill, and a love within the team that is shown each match, win or lose. Each team has a piece, and when every single one comes together, it can be truly magical. Aflatooni has added another dynamic to the puzzle, and has seem to fit right in within the scheme, wasting no time bonding with her teammates and creating chemistry that mixes to form a winning attitude and a record to prove it. The momentum has kept rolling for the Roadrunners, and the shared identity within the team hopes to foster even greater accolades in the future.

"We plan on making it to the NWCA's (playoff between top four teams from each region in the NWCA) and taking on tougher competition there. If we keep reaching our goals and practicing hard together as a team, it will pay off immensely in the end."