

# COMMUTER

THE LINN-BENTON COMMUNITY COLLEGE

VOL. 48 EDITION 1, JULY 20, 2016

ALL THE  
RIGHT  
MOVES



Photo by Elliot Pond

Steven Olson and Carmela Scafidi were the king and queen of the royal chess affair.

Chess Club captain Carmela Scafidi wanted something significant to celebrate the conclusion of the 2015-16 school year. Scafidi figured that people are fans of anything life-sized, so she collaborated with the Student Leadership Council to present LBCC with a game of human chess.

The match took place in the Courtyard on June 3, in the sweltering heat. Participants stayed cool with ice pops and bottles of water provided by Scafidi's mom, amenities that were much appreciated as the game progressed.

Each player was decorated in large pieces of red felt with a wooden slate over a red fabric...

FULL STORY ON  
PAGE 8



Photo by Emily Goodykoontz

The Atomic Funguys feel the glory at the Benton County Fairgrounds.

## ODDITIES RACE AGAINST THE ODDS

With a collective creak, rattle and groan of resistant wheels, 13 vibrant sculptures bounced across the dirt lot of the Benton County Fairgrounds. Teams of pilots and pit crews hit the first leg of the 2016 Graand Kinetic Challenge to the cheers of abundant fans and sweet sounds of marimba music, propelling them towards finish line or failure.

The Graand Kinetic Challenge has long partnered with Corvallis Da Vinci Days, a festival celebrating science technology, engineer, arts, and mathematics (STEAM). Though the festival took a three-year hiatus to gather funds and reinvent itself, its return loaded the race sidelines with crowds of children and adults.

Shouts of "For the Glory!" could be heard from judges, volunteers, participants and spectators as the kinetic-and-imagination-powered sculptures set out on a two-day race along a course fraught with challenges.

Structures prepared to withstand roadways, a 90-degree turn on top of a sand dune, a cruel mud bog and a steep boat ramp slide into the Willamette River at the Crystal Lake Sports Park, where they powered down the river on their second-to-last leg of the journey...

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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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# 33RD ANNUAL RIVER RHYTHMS STARTS OFF STRONG

Music Appreciation in the heart of Albany

Summer fun and Thursday evenings of dancing, street food, and music appreciation have arrived in the town of Albany. The 33rd annual River Rhythms event took place late last week.

River Rhythms at Montieth Park kicked off on July 7, featuring artists of the brass, blues and Beatles variety.

Concerts are free and begin at 7 p.m. Individuals can start laying down blankets for the concert at 5:30 p.m.

Samantha Fish, a blues guitarist, was featured as the first act on July 7th. Rainy weather didn't stop Fish from performing her top hits from her newest album "Wild Heart." Fish is a guitarist with four albums to her name; "Wild Heart" (2015) is her newest album, along with "Black Wind Howlin'" (2013), and "Runaway" (2011). She took place in the three part album "Girls with Guitars," featuring Fish, Cassie Taylor, and Dani Wilde. Her performance ended with a post-Fourth of July fireworks show courtesy of Lassen Toyota.

"Her guitar ability is amazing and her singing ability is astounding and makes me wish I could sing that good, and she kind of expresses herself like Taylor Swift," said Andrea Nelson, a local resident of Albany.

Kellie Pickler, country music artist, and television personality, was also featured on July 14th. Pickler's origins began during season five of American Idol, where she made it to the top 6. Post-Idol, Pickler released four albums, and made an appearance on the television show "Dancing with the Stars." Her

four albums consist of "Small Town Girl" (2006), "Kellie Pickler" (2008), "100 Proof" (2011), and "The Woman I am" (2013).

The location of Pickler's performance was moved to the Linn County Fairgrounds in lieu of the Linn County Fair.

"Her sound is great, so strong, and her southern charm make for a great concert," said Sheryl Parker, an Albany Resident.

This upcoming Thursday The New Breed Brass Band will play. New Breed Brass Band is a New Orleans band that infuses funk, rock, jazz, and hip-hop into it's brass band sound. The band made their debut in November of 2013, and have since gained popularity amongst people across the nation.

The Fab Four is a Beatles tribute band performing July 28. The Fab Four was created in 1997 by Ron McNeil, a John Lennon impersonator. California based, they travel all over the U.S. to perform Beatles hits such as "Yellow Submarine," "I Want To Hold Your Hand," and "Hey Jude."

Canaan Smith is a country music artist, who has toured with Darius Rucker, Dierks Bentley and Florida Georgia Line. He moved to Nashville, Tennessee to pursue a career as a country music artist. He co-wrote a song for the band "Love and Theft" and Smith was also a reality television contestant on the 15th season of "The Amazing Race."

The closing act for River Rhythms is the Australian band Little River Band. The band started in March of 1975 with members Beeb Birtles, Ric Formosa,

Graham Goble, Roger McLachlan, Derek Pellicci and Glenn Shorrock. Little River Band has sold over 30 million records as well as six studio albums which reached the top 10 on the Australian Kent Music Report.



STORY BY  
HANNAH BUFFINGTON  
@JOURNALISMBUFF

## River Rhythm's upcoming acts:

1. The New Breed Brass Band: Thursday, July 21
2. The Fab Four: Thursday, July 28
3. Canaan Smith: Thursday, Aug. 4
4. Little River Band: Thurs, Aug. 11

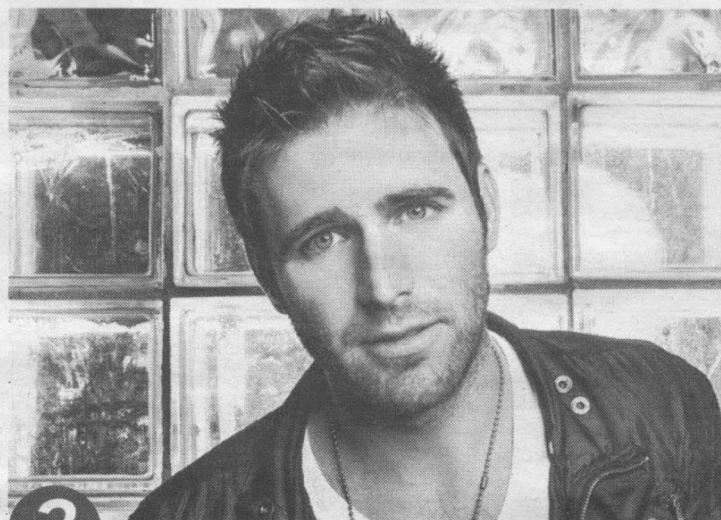
For more information, log onto <http://riverrhythms.org>.



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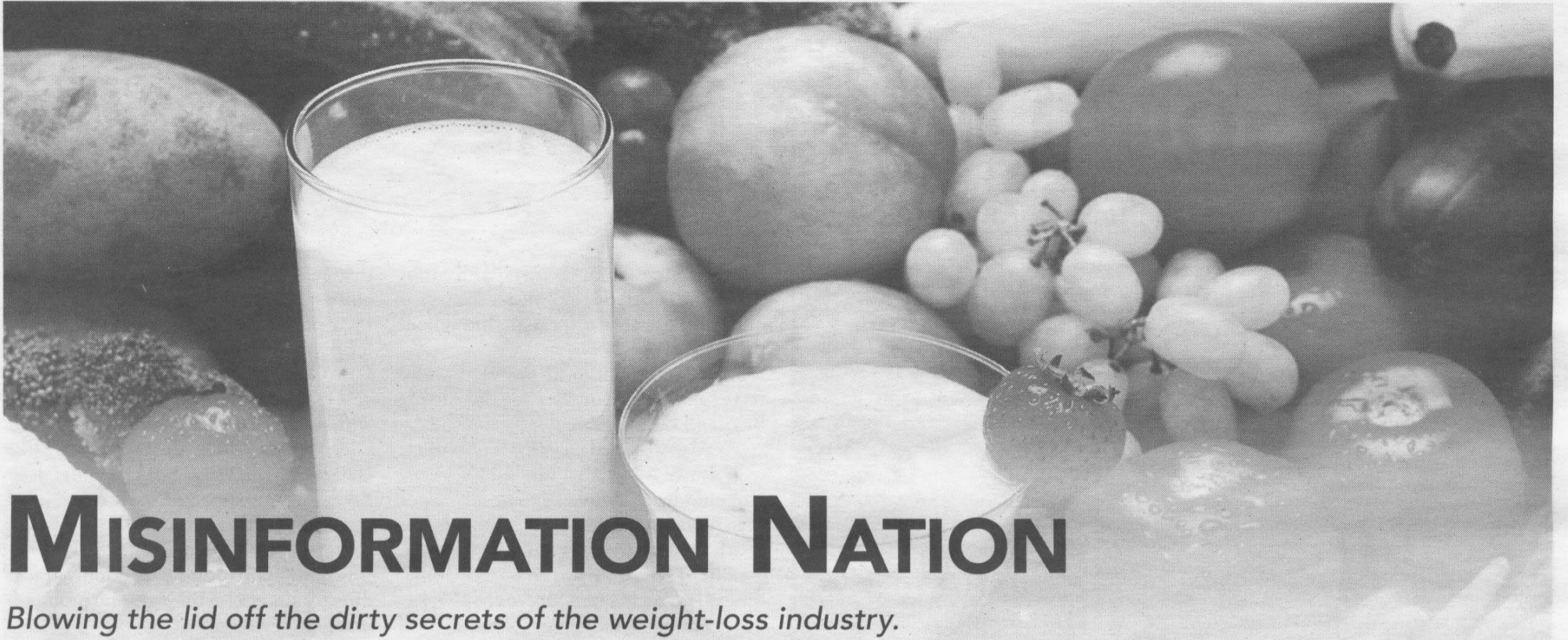


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# MISINFORMATION NATION

*Blowing the lid off the dirty secrets of the weight-loss industry.*

As a young kid, I was always overweight. I was picked on, made fun of, and had all kinds of health problems that were associated with being fat. What caused this awful state of affairs for me and about 35 percent [based on 2011-2012 statistical analysis] of American adults in the 21st century? In a word: misinformation.

Misinformation has kept you overweight and unhappy because as long as you are fat and sick and too busy yo-yo dieting and following misleading information to notice just how bad you feel, you are the industry's cash cow.

About two years ago I decided to do something about it and went from 279 lbs to about 160 lbs in seven months. In this article I will share with you the wonders of how I accomplished such a feat and the secret to being as thin and healthy as you

First thing's first, let me get this out of the way:

**90% of everything that you've heard or learned about weight loss is absolute bullshit.**

want for the rest of your life.

Yes, you heard me right, it's garbage. Carbs are not the problem. Gluten is not the problem (as long as you are not a celiac or have allergies to it). Fat is not the problem. Protein is definitely not the problem; in fact, it may well be the solution. No whole food or even any food that is relatively healthy for you is necessarily the problem.

## So what's the secret?

Why do some diets work for some people but not others? Why are some people thin as a rail their whole lives and others can't lose weight to save their own asses? Why is it so hard to keep the weight

off once you've lost it?

**In a word: calories. In a few more: it's complicated.**

This is a multi-layered issue with no easy answer. Many would have you believe weight loss is a matter of "calories in" vs "calories out," and at the end of the day, it is. But to make this sustainable, several other factors need to be taken into account.

## Insulin, Leptin, Ghrelin, Amylin, and Peptide YY.

These hormones are created in different places throughout the body by various organs and cells. Insulin and amylin are produced by the pancreas in response to an increase in blood sugar after eating foods that can be converted directly to glucose. Insulin is a storage hormone responsible for moving energy and nutrients into cells. Amylin is co-secreted with insulin, inhibiting glucagon secretion, delaying the emptying of the stomach, and acting as a satiety hormone.

This is why diets that try to control insulin so much generally tend to fail. Both insulin and amylin act as the body's metronome and internal metabolic ticker, telling it when certain biological processes should start and stop.

Leptin and ghrelin are produced by fat cells. Leptin decreases hunger levels, whereas ghrelin increases hunger levels. These hormones are manufactured and released in response to feeding or lack thereof.

In people whose bodies have good control over these hormones, it's not a big deal. Some people produce too much ghrelin or are leptin-resistant. Both happen in the body in response to caloric overload and too many simple-sugars included in the diet. This however is only a symptom, caused by another symptom.

## The Protein-Leverage Hypothesis.

The Protein-Leverage Hypothesis states that the more protein a person consumes, the less carbohydrates and fat they will eat. This is important; both

fat and carbohydrates do not account for additions in lean body mass, not directly anyway.

Fat contributes to hormone production and amino-acid control mechanisms, and carbohydrates are converted to glucose and burned in place of protein.

What this boils down to is that both fat and carbs, while important macronutrients, are not nearly as important as protein in the grand scheme of things for both health and weight loss.

High-protein diets are touted as bad for your kidneys, causing toxicity, etc, but that's misleading. Provided that protein is not taken to over 50% of your daily caloric load for an extended period of time, no damage has ever been proven and every single study on weight loss has shown us consistently that high-protein diets produce a metabolic environment that is much more conducive to fat loss, sustainably.

Protein is the only macronutrient that can be used exclusively to build and preserve lean body mass while in a caloric deficit. Protein stimulates the production of both Insulin and Glucagon, so it helps to control blood sugar much better than the other two macronutrients. Moreover, protein has been shown to resensitize the brain to Leptin, keeping you feeling full. It has been further shown to stimulate the production of Peptide YY in the ileum and colon, reducing appetite and mitigate the effects of Ghrelin.

This is a powerful combination of hormonal effects and it makes protein the go-to macronutrient of choice for many of the most successful dietary protocols. I personally recommend that you obtain about 35% of your calories from protein every day; between .5 to .7 grams per pound of your bodyweight, whatever feels good to you.

**High-protein diet does not mean an all protein diet.** Human beings are not adapted to burning protein as a source of fuel and it is absolutely critical for your health that you eat enough carbohydrates or fat to support your fuel needs respectively, so eat your whole-grain oatmeal.

## Issues with HFCS, sugar, and metabolic disorder.

Sugar does not occur in the wild as we know it today. It generally occurs as fructose, which by itself is not bad, but taken in large quantities can have adverse side-effects on the human body.

For starters, fructose is not directly assimilable by muscle tissue (as they lack the enzymes required to break it down) and is transported to the liver through circulation where it is either stored as glycogen in the liver itself or transposed into pyruvic acid.

Pyruvic acid is then converted to a triglyceride for fat storage.

This issue is compounded as the sources of fructose are stripped of their fiber and other nutrients, in the form of High Fructose Corn Syrup. Table sugar can still have deleterious effects on the human body and metabolism including the development of things like insulin resistance and type 2 diabetes.

By controlling the sugar in your diet, you control your blood sugar highs and lows, and can help to keep your internal regulatory processes more even-keel; less prone to disease and metabolic disorder.

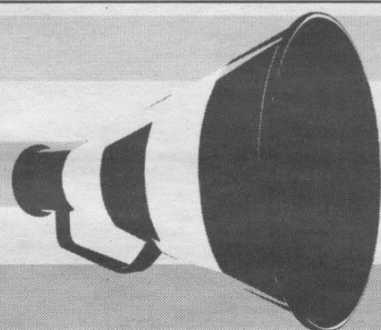
## All the issues connected

Every last issue associated with undesired weight gain, inability to lose weight, glucose mismanagement by the body, insatiable hunger, thyroid problems, and even type 2 diabetes can be traced back to one root: diet. The ailments that ceaselessly plague us can be triggered by what we eat and how it affects us on a fundamental level.

So when it comes to health, what advice IS actually good? Well, listen to your grandparents: drink your coffee black, eat your vegetables, go for a walk, don't skip breakfast, and above all get enough sleep. Make whole, natural foods that grow in the ground the lion's share of your diet and you will be well on your way to lasting health.

COLUMN BY  
NICK LAWENCE

COMMUTER



Get the word out!

Advertise with the Commuter [commuterads@linnbenton.edu](mailto:commuterads@linnbenton.edu)



# DISC GOLF DRIVES HOME

LBCC helps the Albany community grow the sport



Chris Singer congratulates Jesse Grasse on his Ace.

During the Race For The Cup series, Jesse Grasse crushes a drive on hole No. 16 at Bryant Park 294 feet for the ace, Aug. 17.

LBCC has joined with the Disc Golf Club of Albany (DGCA) to support the growth of the sport and to continue to strengthen community ties.

As part of a cup series called "Race For

The Cup," the "Calapooia Classic" will be held at LBCCC, and Bryant Park Aug. 27-28, and spectators are always welcome.

The college has allowed the Albany Disc Golf Club to use the property temporarily to support the local group.

While many students don't know that there is a disc golf course on the campus, you can check out a disc and get a map

from the activities center with your student I.D. At this point, the course is only poles that are located throughout the fields area.

Scott Withers, a local pro player, also serves as a teen counselor for the Albany Boys and Girls Club.

"As an established player, it is important to be available to the youth," said Withers. "It could be as simple as some advice, or even donating a disc, but through the youth this family sport will grow."

The DGCA board has a member present at each event not only to play, but also to raise money for the local animal shelter, Safe Haven. Carl Cleem (Team Cherrybomm representative) runs the Safe Haven Shootout at each of the events during lunch breaks and after the tournaments.

"This was an opportunity for us to grow the sport by contributing back to the community with a fun event in addition to the tournaments," said Cleem. "We have raised roughly \$500 over the five events leading into the classic where one lucky winner will win a deluxe portable basket."

Summit Disc Golf is a local company

that is mainly focused on bringing disc golf into the elementary schools as part of their physical education programs. Chris Singer, the founder, is also on the Albany Disc Golf Club board.

"Our club would not be where it is today without the support of the community," said Singer. "Local businesses like Calapooia Brewery, and Pacific Jack Boots have supported our mission of trying to further educate the public on this great family game."

Fellow board member and tournament director Brandon Hill plays and promotes disc golf in Albany.

"It would be great to see LBCCC have classes on disc golf," said Hill. "We are very thankful for the use of the area, and how supportive overall they have been in our encounters."



STORY AND PHOTO BY BRIAN HAUSOTTER @BHAUSOTTER

# DA VINCI DAYS RETURNS

Festival celebrates science, technology, engineering, art and mathematics at the local level.

Last weekend Corvallis saw the return of its beloved festival Da Vinci Days after a three-year break from the fun.

Founded in 1989, the festival returns to the city to bring the community the works and teachings of local students, researchers, and staff of local educational institutions. Focused on science, technology, engineering, arts and mathematics, or STEAM, volunteers and educators set up shop at the Benton County Fairgrounds to educate, and hopefully inspire, both youngsters and adults.

Da Vinci Days has partnered with The Graand Kinetic Challenge for 24 years, a two-day land, mud and water race of spectacular kinetic powered sculptures. Combined with crowds from the races, the two events created a symbiotic environment encouraging the silly celebrations of all things geeky and glorious.

Daniel T. Ingersoll, the Director of the Office of Research Collaborations from NuScale Power was the keynote speaker, kicking off the festival on Friday, July 15.

His speech covered nuclear power's very origin at the discovery of fire, and then spanned over the next few thousand years, ending with the progress that NuScale Power has made.

There was a few protesters at the speech, handing out flyers against nuclear power plants and being present during the speech and question period.

However, the proceeding weekend-long festival went off without a hitch. Children flocked booths and exhibits. Local bands rocked their tunes at the mainstage while the smell of elephant ears and kettle corn wafted through the air.

Skip Rochefort, professor in Oregon State University's School of Chemical, Biological and Environmental Engineering is also a director of pre-

college programs. Rochefort has been doing STEM outreach for 20 years and brings 8,000 kids to tour the OSU campus each year.

"The main goal is to get kids to college," said Rochefort.

He and student volunteers ran an exhibit to teach children about the dangers of plastics in ocean waters.

Rochefort also brought along a Segway, and much to the delight of children and adults, he let anyone give it a go. It's his trick to attract young minds to engineering.

Michelle Stowell, a graduate student at OSU showed off specimens of deep sea creatures to curious onlookers.

"We're here to educate people about what we are doing at OSU," said Stowell.

The display included a presentation of research on radioactivity in albacore tuna, presented by research associate Jason Phillips, of OSU's College of Earth, Ocean, and Atmospheric Sciences. Phillips has been studying albacore tuna's relationship to the environment and tracking radiation levels from the 2011 Fukushima Daiichi nuclear disaster.

The research done by Phillips and his colleagues shows only minute increases in radioactivity levels, and they pronounced tuna "safe to eat."

As stated on the Da Vinci Days website, www.davincidays.org, "Da Vinci Days exists to showcase our community of artists, engineers, teachers, and visionaries in a weekend of wonder and fun."



"THE MAIN GOAL IS TO GET KIDS TO COLLEGE."

Michelle Stowell presents deep sea specimens to people of all ages.



STORY AND PHOTO BY EMILY GOODYKOONTZ @SHARKASAURUSX





Team Dragon Ass finishes the river portion of the challenge

# ODDITIES RACE AGAINST THE ODDS

Kinetic sculptures draw crowds of spectators in Corvallis' 2016 Graand Kinetic Challenge.

With a collective creak, rattle and groan of resistant wheels, thirteen vibrant sculptures bounced across the dirt lot of the Benton County Fairgrounds. Teams of pilots and pit crews hit the first leg of the 2016 Graand Kinetic Challenge to the cheers of abundant fans and sweet sounds of marimba music, propelling them towards finish line or failure.

The Graand Kinetic Challenge has long partnered with Corvallis Da Vinci Days, a festival celebrating science technology, engineer, arts, and mathematics (STEAM). Though the festival took a three year hiatus to gather funds and reinvent itself, its return loaded the race sidelines with crowds of children and adults.

Shouts of "For the Glory!" could be heard from judges, volunteers, participants and spectators as the kinetic-and-*imagination* powered sculptures set out on a two-day race along a course fraught with challenges.

**"These are human-powered, altering, amphibious vehicles,"**

Structures prepared to withstand roadways, a 90 degree turn on top of a sand dune, a cruel mud bog and a steep boat ramp slide into the Willamette River at the Crystal Lake Sports Park, where they powered down the river on their second-to-last leg of the journey.

Most would make it to the finish line. Others would win the hearts of the crowd, yet suffer dire breakdowns.

Corvallis-based team Rainbow Unicorn Butterfly Kitten received the heartiest cheers from the crowds as their sheer force of will pushed their Kitten through the mud bog. Beat up and muddy, a loud grating sound signaled a serious break soon after the team reached the boat ramp. They improvised with true Corvallis spirit, and the crowd helped port them into the river for their final float despite the ultimate mechanical



Crazy Train wins the crowd with flames to the sky.

failure of the Kitten.

When presented with the "Keep Smiling" award later that evening, pilot Jethro Bell said "I was completely unprepared. We broke down lots; it was tons of fun."

Dave Neiman, engineer at OSU's Ocean Observatories Initiative, operates the Corvallis Kinetic Lab where Rainbow Unicorn Butterfly Kitten was built. The lab is open to those interested in engineering their own spectacular sculptures of the kinetic variety.

"These are human-powered, altering, amphibious vehicles," said Neiman.

Working the crowd as emcee, Neiman couldn't keep

the puns from rolling off his tongue.

"If you think it's a joke to try and turn one of those machines 90 degrees in sand, I encourage you to build your own," he said.

The Graand Kinetic Challenge isn't just about making it par for the course. Although Rainbow Unicorn Butterfly Kitten didn't make it to the finish line, they were more than successful.

"It's truly all about the spectators," said Michele Estabrooks of Team Dragonfly Goddess.

Kinetic participants aim to create a connection with the crowd and inspire the spectators, especially the young.

"Kids can see it's fun to grow up," said Raan Young, whose inspiration brought the race to Corvallis and Davinci Days 24 years ago from where kinetic races originated in Humboldt, 1969.

This race isn't just about inspiring fun, unique creations either. It's about teamwork, trust, and community building.

"There's no rule book on how to make things work and do things. Everyone just comes together and problem solves," said Estabrook. "It really is family."

Over the years, participants and competing teams have built a community that values healthy, fun competition and strong camaraderie. Many participants have returned for over 20 years.

"There's a lot of camaraderie and support between racers," said Shirley Sesna, a Corvallis local and Kinetic volunteer.

Teams conspire to inspire and assist each other when the going gets really rough, and on this course it does. The course is both tough and tender, full of mad science jokes and laughter and colors that seem to bleed into the crowd.

Black Tie Affair, winners of the 2016 Grand Prize, possess total of 256 racing years between the four pilots. Three of the riders were 67 years old.

"If you all weren't here, we wouldn't be here," said Bob Thompson, team captain and participant since 1988.

**"We're all the winners here."**

According to Nieman, LBCC has competed with its own RoadRunner sculpture in the past. He surmises that the Alan Brown STEAM fund, a \$150,000 grant that funds much of the race, prizes and Kinetics Lab could provide funding for an LBCC team in the future. Much of the grant is available for high school robotics and kinetic sculpture interests.

"I would personally be delighted if we could use that money to also support an LB team," said Neiman.



Black Tie Affair clears the sand dune.

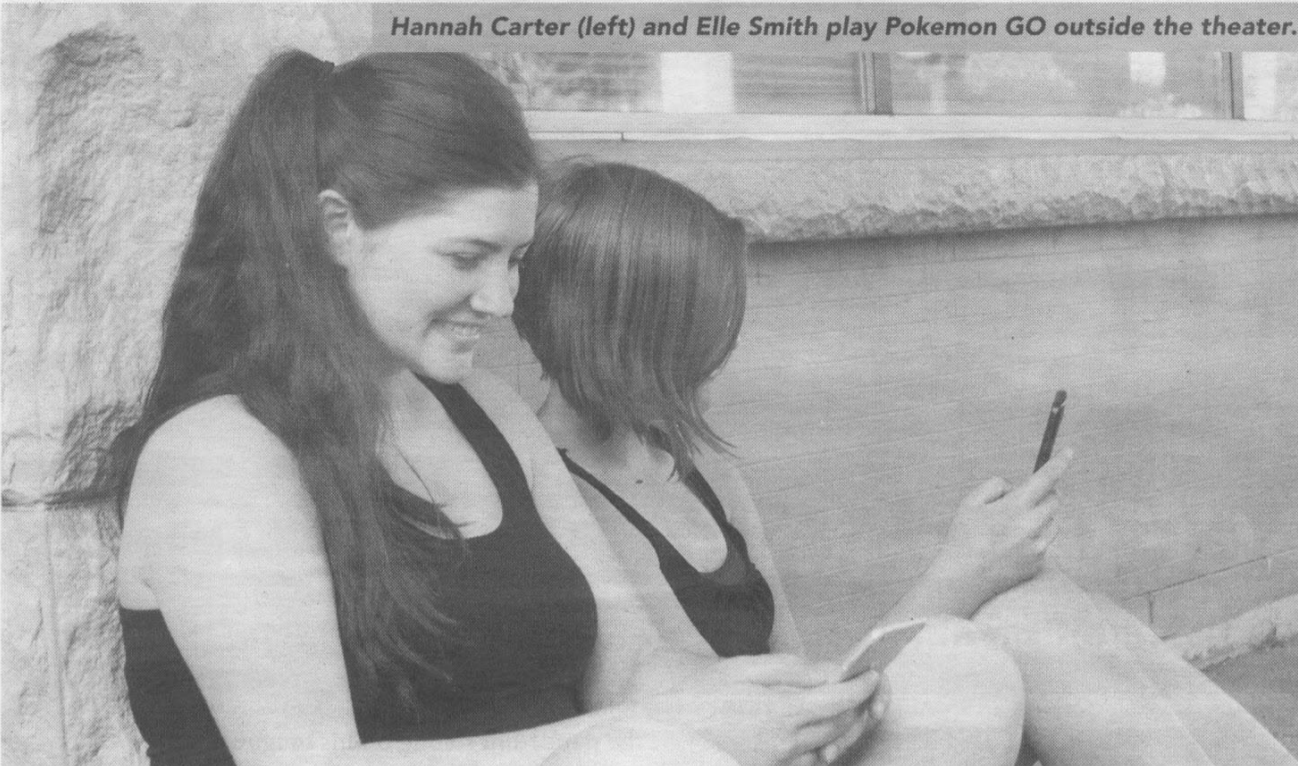


STORY AND PHOTOS BY  
EMILY GOODYKOONTZ  
@SHARKASAURUSX



# GOTTA CATCH 'EM ALL

Pokemon GO sweeps the nation as well as downtown Albany



Hannah Carter (left) and Elle Smith play Pokemon GO outside the theater.

The game revolves around an open world concept, except the map is our world. Using your smartphone, you can find a Pokemon superimposed in your bathroom, or outside your workplace, hanging out, waiting to be captured. You can battle against rival teams, or swing by a PokeStop for items in your local Starbucks, or a park.

This idea wasn't entirely new; the real-world map was copied from a previous game, Ingress. However, a real-time, real-map game combined with the nostalgia trip of Pokemon was the perfect combo for this game to go absolutely viral.

In Albany, the hotspot for Pokemon hunters and gym leaders alike is downtown. The PokeStops

are loaded with players, especially in front of The Albany Civic Theater.

Most PokeStops are located by landmarks such as flags or statues, most of which are by businesses.

"I think it's better for restaurants... people are more likely to go in," said Hannah Carter, a Pokemon GO player.

Justin Goff, manager of The Growler Garage has similar feelings towards the game.

"It's affected it [the business] in that a lot more people walk by. There have been some new faces," said Goff.

Other businesses on 3rd St are supportive of the game, but are feeling wary of having a gym right outside their door.

"I think they [players] need to be respectful of blocking doorways and displays," said a 3rd St. business owner.

Downtown isn't the only hotspot for finding your very own Pikachu, though. LBCC has a few PokeStops of its own. The clock tower and peace pole sculpture are just a couple, along with the bookstore and flag poles.

Linn Benton Community College has already run into a few problems with the game.

"The campus is a private property open to the public... nobody is allowed on campus after 10 p.m. for liability reasons," said Adam Weaver, a Public Safety Officer.

Campus is open from when classes start until a bit after they end. Campus usually opens at 6 a.m., but the firm cut off period is 10 p.m. for all aspiring Ash Ketchum wanna-be's.

Despite the late night attempts for ghost Pokemon in the courtyard, LBCC remains open to all prospective players during the daytime hours of operation.

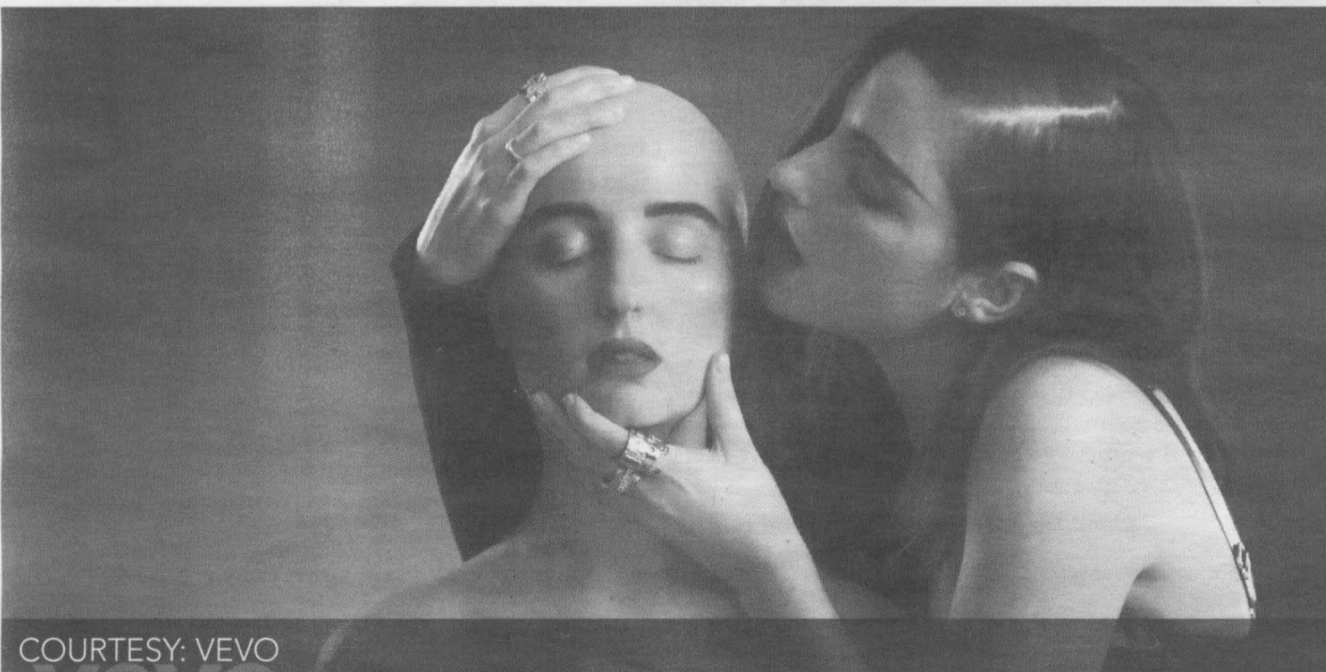
The Albany Police Department issued a statement on the Facebook page warning players that trespassing is still an issue, no matter where a gym or stop may be.

PoGo has affected Albany socially as well. "I think people are interacting more," said Elle Smith, as she carefully lobbed Poke Balls at a very angry looking Rattata.

All in all, as you play the game, have fun, be aware of your surroundings, and stay safe. Also, don't forget to activate your Lucky Egg before evolving the 20 Pidgeys I know you have in your inventory. You'll thank me later.



STORY AND PHOTO BY  
MORIAH HOSKINS  
@MORIAH\_HOSKINS



COURTESY: VEVO

Female artists have been emerging with hopes of spreading awareness on the importance of practicing self love and embracing the divine feminine within. Gems like singer-songwriter Banks have continued to empower women to see themselves in a higher light, by embracing the title, "goddess."

Her latest song, "Fuck With Myself," released on Tuesday, July 12, was accompanied by a video directed by Philippa Price. The theme reflects an all-too-familiar internal battle: The decision to continue being our own worst enemy; becoming a victim to our thoughts and holding ourselves back in fear of the opinions of others. Or, conversely, we could own who we are, be our own best friend, and reclaim our true power.

"Cause I fuck with myself more than anybody else/ It's all love/ I used to care what you think about me/ It's all love/ Cause my love so good/ So I fuck with myself more

than anybody else."

Whether you're disturbed by the video's creepy dancers, or by Banks tormenting and setting fire to a wax figure of her head, one thing's for sure: Listening to this song a few times will definitely have the lyrics engrained in your subconscious. It might even boost your self confidence high enough to make you feel like you can take on the world. Or, at least give you the desire to dance like you're the sexiest woman in the universe.

Originally from Orange County, Calif., Banks made her mark on the music and fashion world in September 2014 with the release of her debut album "Goddess." Inspired by the works of artists like Fiona Apple and Lauryn Hill, Banks is no stranger to experimenting with dark R&B sounds, eerie visuals, and enchanting lyrics.

"I need to feel completely ready with the music that I make, of course, and everything you know, visually,"

said Banks, during an interview with Zane Lowe, DJ from Apple Music's radio station Beats 1. "It's a whole world, you know, it just needs to have a bow on top before I set it free into the universe."

"Fuck With Myself" definitely takes a turn from the November 2015 song and video release of her former single "Better." Both are teasers from her upcoming sophomore album. A common theme that can be found in both videos is the idea of being reborn. Lyrically and emotionally, the essence of "Better" is a weeping serenade, while "Fuck With Myself" embodies a state of self realization and new found strength.

There hasn't been an official release date set for Banks' sophomore album, but from the recent teasers, fans can definitely expect nothing less than out of the ordinary. And that's definitely a good thing.

## MUSIC VIDEO REVIEW: "Fuck With Myself"

NAME: Jillian Rose Banks

AGE: 28

ZODIAC SIGN: Gemini

ALBUMS: Goddess, Goddess (remixes)

HOMETOWN: Orange County, Calif.

WEBSITE: hernameisbanks.com

OVERALL RATING: ★★★★★

REVIEW BY ALYSSA CAMPBELL



# ACCOMPLISHMENTS OF A SAINT

By Morgan Connelly

At what point are we no longer mortals?

Spirits in the sky,  
a consequence of faith in the unknown

The Great Mystery:  
What resides after mortality?

Your reflection of the Mystery:  
Love.  
A sweet forgiveness,  
a life of Divine Inspiration.

And then,  
over time,  
you  
fade  
away. . .

Death wasn't nice to you,  
it took it's time.  
Slowly devouring your soul,  
your being.

But you sit up in the clouds,  
**VICTORIOUS.**

Death doesn't conquer  
accomplishments of a Saint,  
it salutes them.  
a warrior, a hero, a friend,  
my Nana.

## / Period of Time II / 7.16 /

by Alyssa Campbell and  
Moriah Hoskins

Where is heaven for a  
Black  
angel —

Heaven is allegedly full of those  
who said I stole the rainbow from their  
sky.

When  
will  
all

Lives  
really

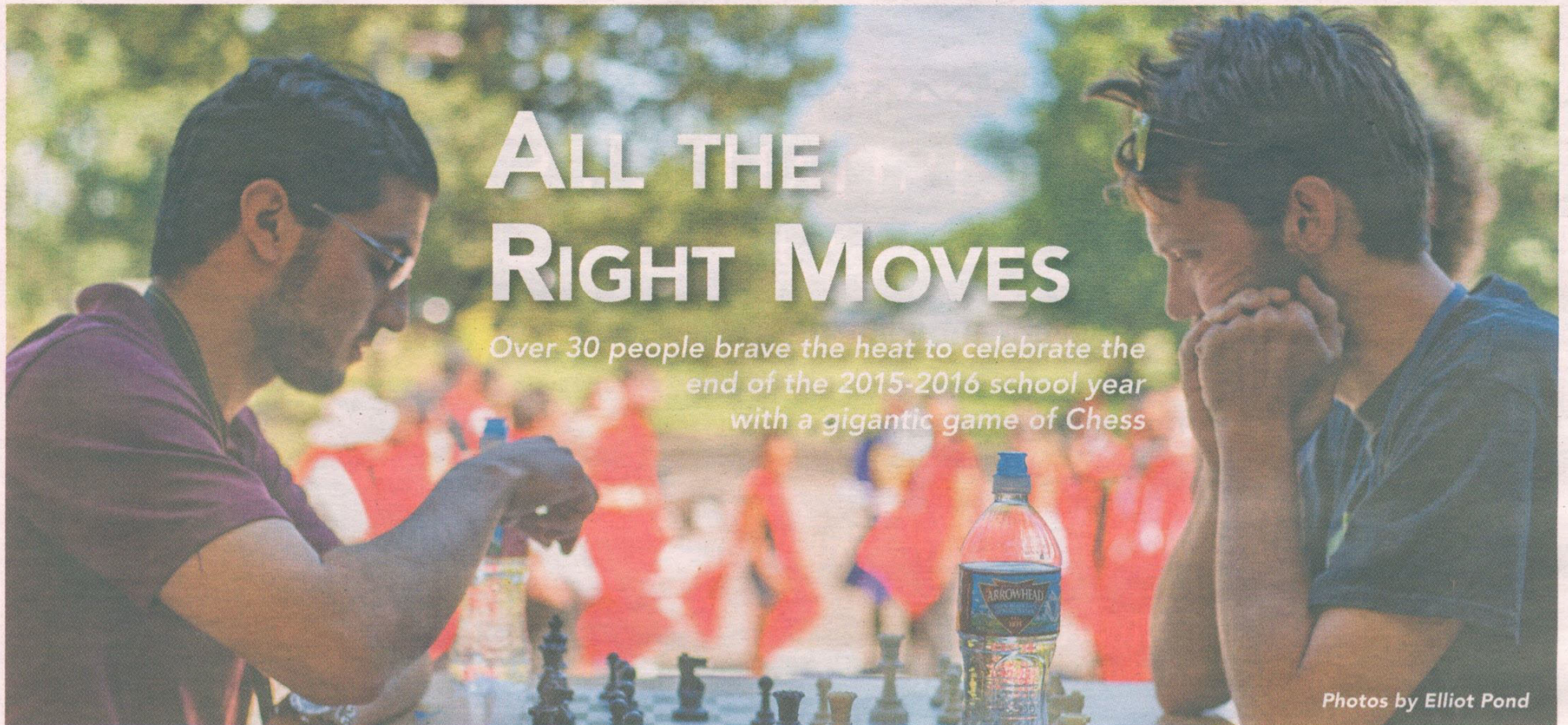
Matter —

Where is my sky,

when  
do

I  
matter?





# ALL THE RIGHT MOVES

Over 30 people brave the heat to celebrate the end of the 2015-2016 school year with a gigantic game of Chess

Photos by Elliot Pond

Chess Club captain Carmela Scafidi wanted something significant to celebrate the conclusion of the 2015-16 school year. Scafidi figured that people are fans of anything life-sized, so she collaborated with the Student Leadership Council to present LBCC with a game of human chess.

The match took place in the Courtyard on June 3, in the sweltering heat. Participants stayed cool with ice pops and bottles of water provided by Scafidi's mom, amenities that were much appreciated as the game progressed.

Each player was decorated in large pieces of red felt with a wooden slate over a red fabric, signifying the piece on the board they represented.

A couple of feet away, the "control board" was ran by the club's advisor Levi Fredrickson controlling the white pieces, and student Silvino Valderrama overlooking black. Narrating the event was SLC President Eric Slyter, who spared players and audience members from reading awful chess puns while the players made their moves cautiously.

Players and observers were treated to two live guitarists and a pair of food trucks offering Thai food and Hawaiian-themed cuisine. After group photos, the players settled onto the board, awaiting Fredrickson and Valderrama's moves on the board. The game was anything but a speed round, as Fredrickson and Valderrama carefully moved each piece around the board. One member of the white team said that his matches against Scafidi would regularly last 1-2 hours because of how much deliberation is involved with each move.

Because certain pieces like pawns come and go quickly in any game of chess, some players had the luxury of sitting out on the sidelines. But as time went on and heat tolerance shrunk, characters switched out. Some grabbed a bite to eat at the food carts; others were happy to seek oasis in the shade.

Around 4 p.m. the black queen playfully defeated the white king, and the 2016 Life-Size Chess Game was won under the command of Valderrama.

After savoring the sweet tastes of victory and street eats, the area was quickly cleared and returned to its regular courtyard state.

Scafidi is thankful for the turnout and hopes this gets more people interested in Chess.

"Chess Club will not be gathering through the summer, but we do look forward to resuming during Fall Term," said Scafidi.

And while her current troupe brings in about 20 people every week to play such a timeless game, there's always room at the board for more participants.



STORY BY  
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## ADDITIONAL INFORMATION

Stay updated with LBCC Chess Club through their Facebook: <https://www.facebook.com/LBCCChessClub/?fref=ts>.

Chess Club is currently taking a hiatus for the summertime, and meeting times and locations are still being determined.



Students engage in a battle of wits and wills.