

# COMMUNITER

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*Flying High*  
*With* **NASA**  
*Pages 6-7*

PHOTO: ELLIOT POND

Delphine Le Brun Colon, mechanical engineering student at LBCC, was selected for the NASA Internship Program.



Sun, Sand, and Saving the World

**Biology students head to Belize for an educational spring break.**

Pages 4-5



International Student Drowns

*"He had tremendous potential and a zest for science. Our community has lost a wonderful human being..."*

Page 12

THE LINN-BENTON  
COMMUNITY COLLEGE

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# TERROR IN PORTLAND

Stabbings on Portland's TriMet MAX train raise concerns about growing white supremacism

On Friday, May 26, white nationalist Jeremy Joseph Christian, 35, stabbed three people in Portland, Oregon, killing two. The stabbing victims came to the defense of two teenage girls, one of which was wearing a hijab, being verbally attacked by Christian. Witnesses recount Christian yelling various slurs at the girls, including anti-Muslim insults.

Rick Best, 53, a 23 year U.S. Army Veteran and father was killed while heroically confronting a belligerent Christian. Taliesin Myrddin Namkai Meche, 23, a recent graduate from Reed College in Portland was also killed while intervening. Micah Fletcher, 21, a poet and PSU student, was the lone survivor. Fletcher was present at Christian's arraignment on Tuesday, May 30, sitting defiantly in the front row.

"If you live here, move here, or if you want to call this city home - it is your home. And we must protect each other like that is the truth, no matter what the consequences," Fletcher told ABC on Tuesday, May 30 before Christian's arraignment.

Christian yelled into the courtroom

several times during his arraignment, saying things like, "You call it terrorism, I call it patriotism."

Upon entering the courtroom Christian yelled, "free speech or die, Portland. You got no safe place. This is America, get out if you don't like free speech."

Christian is a well-known white supremacist in Portland, being shown in videos of "free speech" rallies attended by far-right Trump supporters, doing the Nazi salute, spewing racial slurs, and brandishing a baseball bat.

Christian's Facebook account shows many violent and racist statements, along with references to alt-right terms such as "kekistan," "autist" and "libtard" from both Christian and communications with friends on Facebook. Christian does reference support for left-leaning candidates like Jill Stein and Bernie Sanders but reveals the facetious nature of his claims by also identifying as a political nihilist and espousing many views contrary to that of those candidates.

The Portland attack is the latest in a recent string of terrorist attacks carried out by white supremacists with

racial and religious motivations. In 2015, Dylan Roof opened fire inside Emanuel African Methodist Episcopal Church in South Carolina killing nine unarmed churchgoers, all of whom were black people.

On May 20, Lt. Richard Collins III was stabbed to death in an unprovoked attack by white supremacist Sean Urbanski.

On April 30, a white gunman opened fire at a pool in La Jolla, a neighborhood in San Diego, California, injuring seven people and killing one. The crowd was predominantly comprised of people of color. Witnesses and victims said his motivation was racial, although police said there was no evidence suggesting that was the case.

On March 21, self-identified white supremacist James Jackson stabbed and killed 66 year old Timothy Jackson while he was collecting bottles. Jackson later said in an interview that he wanted to kill as many black men as possible and frequented the same racist websites as Roof.

Continues on page 3

## CAMPUS VOICE

If you could say anything to the victims or families of the victims of the Portland Max stabbings, what would you say?



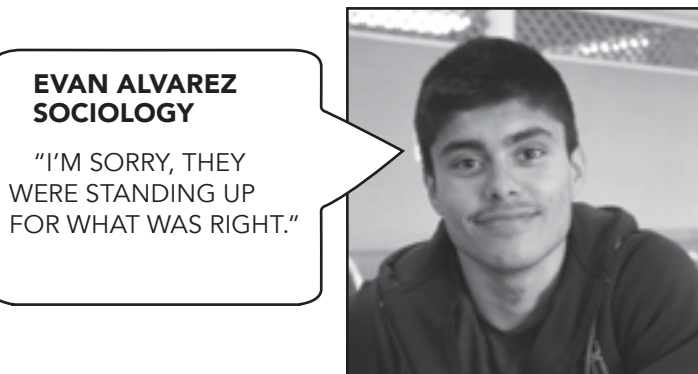
**EVAN MCDONALD**  
WELDING AND APPLIED  
ARTS

"I'M A COMPLETE STRANGER, BUT THEY'VE BEEN IN MY THOUGHTS. WHAT HAPPENED TO THEM IS ABSOLUTELY EVIL."



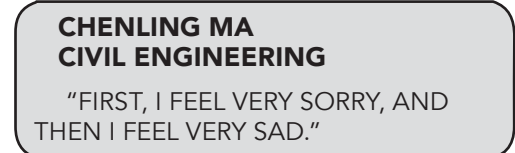
**CHRISTIAN GUERRERO**  
MUSIC EDUCATION

"MY HEART GOES OUT TO THEM, AND I SEND THEM PRAYERS."



**EVAN ALVAREZ**  
SOCIOLOGY

"I'M SORRY, THEY WERE STANDING UP FOR WHAT WAS RIGHT."



**CHENLING MA**  
CIVIL ENGINEERING

"FIRST, I FEEL VERY SORRY, AND THEN I FEEL VERY SAD."



**JEANNE MICHAELS**  
PSYCHOLOGY

"BE PROUD OF WHAT THEY STOOD UP FOR AND KNOW THAT OTHERS ARE GRIEVING WITH YOU."



STORY AND PHOTOS BY  
HANNAH BUFFINGTON  
@JOURNALISMBUFF

# LBCC STUDENT CHARGED IN MULTIPLE STABBINGS

*An attack on five Corvallis residents allegedly perpetrated by a man enrolled at LBCC*

On Monday morning, May 22, a man set fire to a Corvallis residence at 413 N.W. 27th St. and broke into the home, attacking five residents and stabbing several. The man charged with the attack, Benjamin Leland Bucknell, attended at least one class at LBCC's Benton Center. Bucknell is currently being held at the Benton County jail.

On Tuesday, May 23, an LBCC instructor recognized Bucknell's picture in the news as a student attending class this term and immediately notified the school.

"It often takes somebody who knows who the person is and can say something about it. The police won't necessarily automatically contact us," said Dale Stowell, LBCC's executive director of college advancement.

The following day an LBCC Public Safety officer told the class that Bucknell had been officially removed from enrollment in the class and has been "no trespassing" from LBCC campuses. Students expressed both shock and concern.

Stowell confirmed that Bucknell has been administratively withdrawn from all of his classes at LBCC.

"We have a threat assessment team," said Stowell. "Anytime there is a case like this it goes to members of that team which includes both people on campus and an area of law enforcement and they layout a plan of action, not only in a case where someone has allegedly committed a crime, but even if there's a reported threat where a crime hasn't yet been committed. They do an assesment and and create a plan that the rest of the school follows."

Bucknell plead not guilty to 20 charges in Benton County Court on Tuesday, May 23, and faces a \$1.1 million bail set by Judge Locke A. Williams. Charges included three counts of attempted murder, three counts of attempted felony murder, three counts of first-degree assault, two counts of second-degree assault, one count of first-degree burglary, one count of resisting arrest, and one count of second-degree criminal mischief.

Senior Deputy District Attorney Amie Matusko read a statement at the hearing from a victim's father and requested bail at \$3 million, according to the Gazette Times. Albany attorney Thomas Hill has been appointed to defend Bucknell.

According to court records Bucknell was released from the Benton County jail on conditional release just four days before the stabbings. He'd been charged on May 16 with second-degree burglary, first and second-degree criminal mischief after allegedly breaking into The Retreat in Corvallis and damaging property. The Retreat offers off-campus housing for students near OSU, and is one of the most popular student living spaces in the area.

LBCC had not been notified by law enforcement of the burglary charges, said Stowell.

"We're still in a country where you're innocent until proven guilty; it's not a violent crime," said Stowell. "Certainly if a situation like that came to light, it would probably trigger a conversation with our threat assessment team and they'd make a decision on what to do."

Two of the five victims of the May 22 attack are current



Benjamin Leland Bucknell

OSU students, and one a former student. Bucknell attended OSU as a forestry major and was enrolled in fall term, reported the Gazette Times.

"The whole thing [attack] lasted about, you know, maybe two minutes," Nolan Butuso told KVAL News in a live interview. "Doesn't seem like super long but it felt like an eternity."

Butuso, a current OSU student and resident of the home, described himself as "one of the lucky ones," receiving far less severe injuries than others during the attack. Three other victims remain in hospital care and have undergone several surgeries but are in stable condition.

Other injured victims include Catherine Elizabeth Lisman, Dan Rinkevich, Evan Burns and Jesus A. Valencia-Camacho. Nadav Mouallem is the victim of a criminal mischief charge against Bucknell.

Valencia-Camacho was life-flighted to a Portland hospital with a severe eye injury.

"He's the nicest guy I've ever met," said Butuso. "It's kind of like the last person you'd ever expect it to happen to was this man."

Rinkevich, a victim of attempted murder, suffered approximately 22 different cuts and stab wounds and speaks about the experience in a phone interview with KATU News.

A GoFundMe with a goal of \$100,000 has been set up to relieve the financial burden the victims will face.

Butuso describes his roommates as a close group intending to support each other throughout the ordeal.

"I think that's really the most important thing— is getting through this together," Butuso told KVAL.



STORY BY  
EMILY GOODYKOONTZ  
@SHARKASAURUSX

Terrorism Center. The toll has increased since the study was released in 2012."

Portland Mayor Ted Wheeler has called for the revocation of permits for two upcoming alt-right events planned in Portland. There has been no word yet on whether or not the events will take place.



STORY BY  
K. RAMBO  
@K\_RAMBO\_



## UPCOMING EVENTS

May 31

Courtyard Lunch

- 11:30 a.m. to 1 p.m. Hosted by Student Veterans Club. Price is \$4 a student.

Asian Street Food Tour

- Hosted by LBCC Culinary Students, located in the Commons

June 1

108th Annual Lebanon Strawberry Festival

- June 1 to 4, Located at Cheadle Lake in Lebanon, for more information call 541-258-7164.

Lebanon Farmer's Market

- 2 p.m. to 6 p.m. located in downtown Lebanon.

June 2

Third Annual LBCC Drag Show

- 7 p.m. to 9 p.m., located at the Russell Tripp Performance Center at LBCC

June 3

Albany Saturday Farmers' Market

- 9 a.m. to 1 p.m., located in downtown Albany

June 5

CTE Open house

- At LBCC, starting at 4 p.m.

June 8

"Horizons" Spring Performance

- LBCC Choir will perform their spring concert "Horizons", starting at 7:30 p.m. at the Russell Tripp Performance Center

### Continued from page 2

Professors Charles Kurzman and David Schanzer discussed a rise in white nationalist terrorism in a 2015 opinion piece published in The New York Times, titled The Growing Right-Wing Terror Threat.

"The 20 plots that were carried out [by Islamic extremists] accounted for 50 fatalities over the past 13 and a half years," Kurzman and Schander explained. "In contrast, right-wing extremists averaged 337 attacks per year in the decade after 9/11, causing a total of 254 fatalities, according to a study by Arie Perliger, a professor at the United States Military Academy's Combating



PHOTO COURTESY: LBCC BIOLOGY DEPARTMENT  
The LBCC and Belizean student research team.

## BIOLOGY IN BELIZE

*LB students spend spring break conducting environmental research and cultural exploration in Belize*

Four LB students and their instructor, Diana Wheat, participated in a nine-day educational course in Belize over spring break called the “Belize Marine Ecology Program.”

The expedition was presented through the Ecology Project International (EPI), a nonprofit, educational organization that works with both high school and college teachers.

Students and instructors stayed on Belize’s Turneffe Atoll for five days to learn about the effects of coral bleaching, how to identify and monitor it, examine reef populations, and analyze the effects of invasive species on the ecosystem.

“Belize is one of the very best places to study coral and coral reef communities,” said Wheat. “The Belizeans are now saying after this year, that because of what’s happening in the news in Australia that they now reside on the largest living coral reef in the world. Prior to that it was the great barrier reef but over 50 percent of the great barrier reef died this year because of [ocean] warming because of stress.”

During days six and seven they headed to Cockscomb Basin Wildlife Sanctuary in the Belizean rain forest, where students were taught how to set up and check on remote cameras as part of a jaguar monitoring project. Wheat and her students then spent the remaining time learning aspects of traditional Mayan culture at the Mayan Cultural Center, learning things like how to make homemade tortillas and chocolate.

“It was definitely a cultural experience, it was a biology experience, and it was a lot of fun,” said Wheat.

For the full length of the trip, the LB students were combined with six students from Galen University, Belize. Wheat and her students were hosted by the University of Belize and made temporary home at the field station site on the Calabash island on Turneffe Atoll.

The entire trip consisted of over 40 hours of coursework and 20 hours of fieldwork through which students learned snorkeling techniques, some for the first time, even learned how to swim in open



PHOTO COURTESY: LBCC BIOLOGY DEPARTMENT  
LBCC students Taylor Davis (left), Xuhang Zhou, Jordan Glass, Jennie Link.

**“It was definitely a cultural experience, it was a biology experience, and it was a lot of fun.”**

water. Usually taking two trips per day and in between classroom time and activities, the students spent about four to five hours in the water, conducting research and learning new techniques. At one point during the trip, students and instructors participated in community service, gathering trash for one hour in the morning.

“We collected over 200 pounds of trash,” said Wheat.

Taylor Davis, a biology major hoping to become a teacher, was one of the LB students to take part in the trip.

“I gained a new love and appreciation for ecology. It has never been my favorite but being out there was just amazing,” said Davis. “It also opened my eyes to the dangers of people not taking care of

our Earth. We saw so much trash on the beach and out further towards the reef.”

The days also consisted of eating an early breakfast, interacting through a team-building activity, and learning research techniques in both an outdoor and indoor class setting.

According to Wheat and the New York Times, the current coral reef collapse in the Great Barrier Reef located in Australia is 30 years ahead of schedule. This issue is of huge concern for scientists and researchers, and could lead to a mass ecological extinction of marine species.

Wheat made the conscious decision to plan a trip for her specifically to Belize because although it would be more costly to go to Australia, Belize offers a reef that is yet to be affected by coral bleaching.

“Belize hasn’t been as affected by coral bleaching, which is what is killing the reef in Australia, but this is a world-wide phenomena, it’s happening everywhere in the tropics but for whatever reason primarily related to geography and geology, Belize is more resilient - it’s reef is surviving,” said Wheat. “We went there in order to learn about the reef, to learn about coral bleaching and to learn about invasive species.”

Not only is coral bleaching a main concern to scientists, but invasive species are as well. Invasive species are species that are not native to a specific location and have a tendency to spread and cause damage to the environment, human economy, or human health.

“We got to do some citizen science work with the invasive lionfish,” said Wheat, “which is a really cool-looking fish but it doesn’t belong in the Caribbean. It’s from southeast Asia and it was introduced, some people say intentionally, some say accidentally, about 15 to 20 years ago and it has spread and is a serious problem throughout the Caribbean.”

LB student Jordan Glass, an Agriculture Major, says that this trip has taught her many things, from “ecosystems and interactions between their members, and [even] about the Belizean culture.”. Going on this trip has opened her eyes to the many environmental issues that we are faced with, including pollutants.

“I was struck by the amount of garbage I saw everywhere,” said Glass. “I would like to do more to reduce the amount of trash and pollution getting into our rivers and oceans.”

LB student Jennie Link, a double major in Human Biology and Art Illustration, was immediately interested in participating in this trip not only because she is a Bio major, but because the jaguar is her favorite animal and her family is also from Belize.

“Once I found out more about the research and sites we’d be going to, I was hooked,” said Link. “Especially about the (slim) possibility of seeing jaguars. They’re my favorite animal.”

Link’s depiction of the trip is an

overall success and that her biggest takeaway from this trip was “the overall learning experience.”

Link says she learned many things she did not know beforehand, like “learning about the animals and multiple ecosystems, more about my family’s country, gaining more perspective about the delicate relationship between humans and nature, myself and my career goals, and the real-life application of what we learned through the 200-level Biology courses,” she said.

Wheat is thinking about recreating this experience or something similar in the future in order to educate and allow students to get hands-on experience beneficial to their careers.

“The reason I chose to spend my spring break doing this is because I want to help young students who are at the beginning of their career to make some decisions that can be very impactful in a positive way -- for their careers but also for the environment because there isn’t a more timely issue than this one right now,” said Wheat.

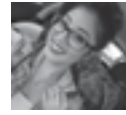
As a scientist or researcher, the more field knowledge and experience, the better.

“Any work at a field station as a biologist

is beneficial for career development,” said Wheat. “Having a field experience in the tropics during this time of coral bleaching is going to put them on the map in terms of future undergraduate research so because they’ve already had a taste of research, it’s my hope that it will propel them to want to learn more and to work with people when they transition to university.”

To participate in an opportunity like this you do not have to be a Biology major -- just an inquisitive person. If you would like more information about this program or have any questions, contact Diana Wheat at wheatd@linnbenton.edu.

“[Overall,] getting people to be excited about coral and wanting to learn about it and have an attitude of ‘what can I do to make a difference?’ is the big picture,” said Wheat. “The truth is, what you can do isn’t in Belize, what you can do as an American [is] be conscious of your choices.”



STORY BY  
SAMANTHA GUY  
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Belize is located on the coast of Caribbean Sea in Central America.

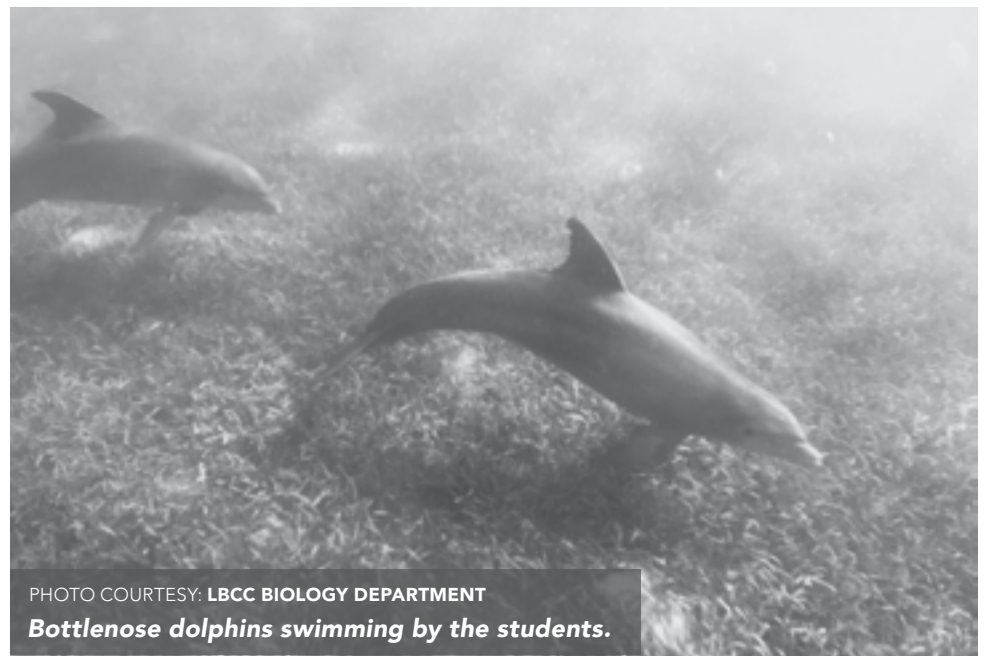


PHOTO COURTESY: LBCC BIOLOGY DEPARTMENT  
Bottlenose dolphins swimming by the students.



PHOTO COURTESY: LBCC BIOLOGY DEPARTMENT  
Biology professor Diana Wheat grinds corn.



PHOTO COURTESY: LBCC BIOLOGY DEPARTMENT  
LBCC students and Belizean students pose for a photo.



PHOTO COURTESY: LBCC BIOLOGY DEPARTMENT  
The students categorize species in order of their appearance in the evolution timeline.



PHOTO: ANGELA SCOTT

Delphine Le Brun Colon discusses observations during the High Altitude Balloon launch at the Albany campus on Saturday morning.

# LIVING HER DREAM

LBCC student Delphine Le Brun Colon accepts NASA internship

Deep within the winding hallways of the Industrial A building on the Albany campus of LBCC sits a small room dedicated to LB's Space Exploration Club. In here lie both current and past projects of the group — payloads and rockets sit atop a labyrinth of tangled wires. In a sense they serve as trophies; reminders representing the hard work put into each project by the club.

For one of the club's most dedicated members, Delphine Le Brun Colon, they represent the rediscovery of a childhood dream.

Le Brun Colon is currently majoring in mechanical engineering at LBCC with a minor in aerospace engineering. She is the second LB Space Exploration Club member to accept a summer internship at NASA. She will be heading down to Marshall Space Flight Center in Huntsville, Alabama to work on the RS-25 engine, the strongest rocket propulsion system in the world.

Le Brun Colon was born on the west coast of France and grew up in a small island community called l'Île d'Yeu. She moved around quite a bit throughout the course of her life and says the constant moving helped her understand the importance of being able to adapt. She had always dreamed of being an astronaut, but admits that she buried that idea at a young age, believing it to be too unrealistic.

She eventually made her way to Oregon by way of New York City. At the time, Le Brun Colon was seeking an education in ecological engineering, and OSU was one of three universities in the country offering an ecological engineering undergraduate program. This led her to attend college at LBCC and on Welcome Day 2014 she met Parker Swanson at the Space Exploration Club booth. After talking with him and seeing some of the projects the club had worked on, she knew that she had to sign up.

"Life has a funny way of bringing you back to your path if you let it," said Le Brun Colon.

In 2015, Le Brun Colon got the opportunity to work with the group on designing a payload that flew on board a NASA research rocket from Wallops Flight Facility in Virginia. This experience only further confirmed she had found her true calling.

"Experiencing a rocket launch sparked something in me. I knew I wanted to work in aerospace," said Le Brun Colon.

She went on to lead the group's project in 2016, where they created an ambitious rocket-borne payload that was designed to measure polarized energy from gamma rays in space. Levi Willmeth, colleague and friend of Le Brun Colon and current project manager for the Space Exploration Club, praised her leadership ability and attitude.

"My favorite part of working with Delphine is that she is relentless, selfless, and able to step back and see the bigger picture. She identifies problems months in advance, but will also cancel her weekend plans or pull a late night build session to solve a team emergency. Delphine is an excellent team member in any capacity, either giving directions or following them. Filling both of those roles is a difficult and rare quality," said Willmeth.

Willmeth also accepted a NASA Internship for this upcoming summer and has worked closely with Le Brun Colon for three years now. The two applied for their opportunities through NASA's One Stop Shopping Initiative (OSI), which is designed for the selection and development of high school, undergraduate, and graduate students.

"I encourage everyone to apply. There are so many opportunities offered and internships at NASA are not restricted to science and engineering type projects, they look for business majors, communication majors, etc.," said Le Brun Colon.

Parker Swanson, adviser to the Space Exploration Club, is proud of both Le Brun Colon and Willmeth. He's thrilled that they received such amazing opportunities and says they are both well-deserved. He recounted the time he met Le Brun Colon at the Space Exploration Club booth in 2014 and explained that it has been his pleasure to watch her develop not only into an excellent engineer, but into an excellent manager and key member of the club.

"Delphine does everything with passion, including her engineering studies, her work with our team, several part-time jobs, and also having fun," said Swanson.

After her internship with NASA, Le Brun Colon



**"Don't let yourself be intimidated. Be curious instead."**



PHOTO: ANGELA SCOTT

Delphine Le Brun Colon stands with the Linn Benton Space Exploration Club, waiting to launch the High Altitude Balloon prototype.



PHOTO: ANGELA SCOTT

*The High Altitude Balloon is designed to broadcast on both satellite and a ham radio signal, sending and receiving coordinates and utilizing imaging technology.*



PHOTO: ANGELA SCOTT

*For unknown reasons the main satellite signal has failed; however, the backup ham radio signal was fully operational. (From left to right) Sophie Fangyi Zhu, Kyle Prouty, and Marshall Anderson discuss the information they were able to retrieve.*

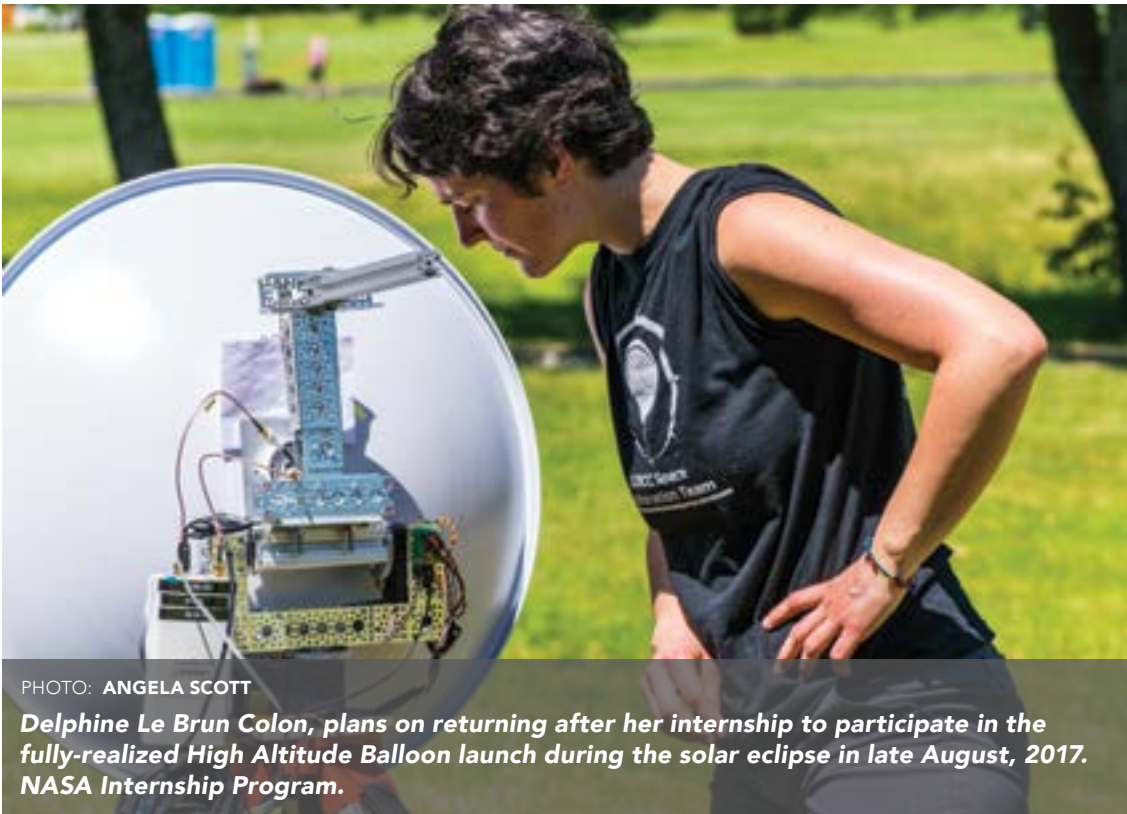


PHOTO: ANGELA SCOTT

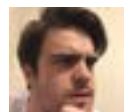
*Delphine Le Brun Colon, plans on returning after her internship to participate in the fully-realized High Altitude Balloon launch during the solar eclipse in late August, 2017. NASA Internship Program.*

plans to transfer to Oregon State to finish her bachelor's degree in mechanical engineering. She will also perform her own research with OSU's propulsion lab and plans to attend grad school as well.

For Le Brun Colon, it has been quite a journey. She talked about the invaluable experiences and people she's met along the way and praises the Space Exploration Club for giving her the hands-on experience to open up a path to a childhood dream.

"All the people I've met in the aerospace industry are humble and hardworking. There is something special about having to work together and trust each other to achieve something that is greater than all of us," said Le Brun Colon.

"My favorite things about the Space Exploration Club are the fact that it is open to everyone, the invaluable hands-on experience, the incredible projects I've had the chance to work on, and the people I get to work with. I didn't know anything when I started but I learned. Don't let yourself be intimidated. Be curious instead."



STORY BY  
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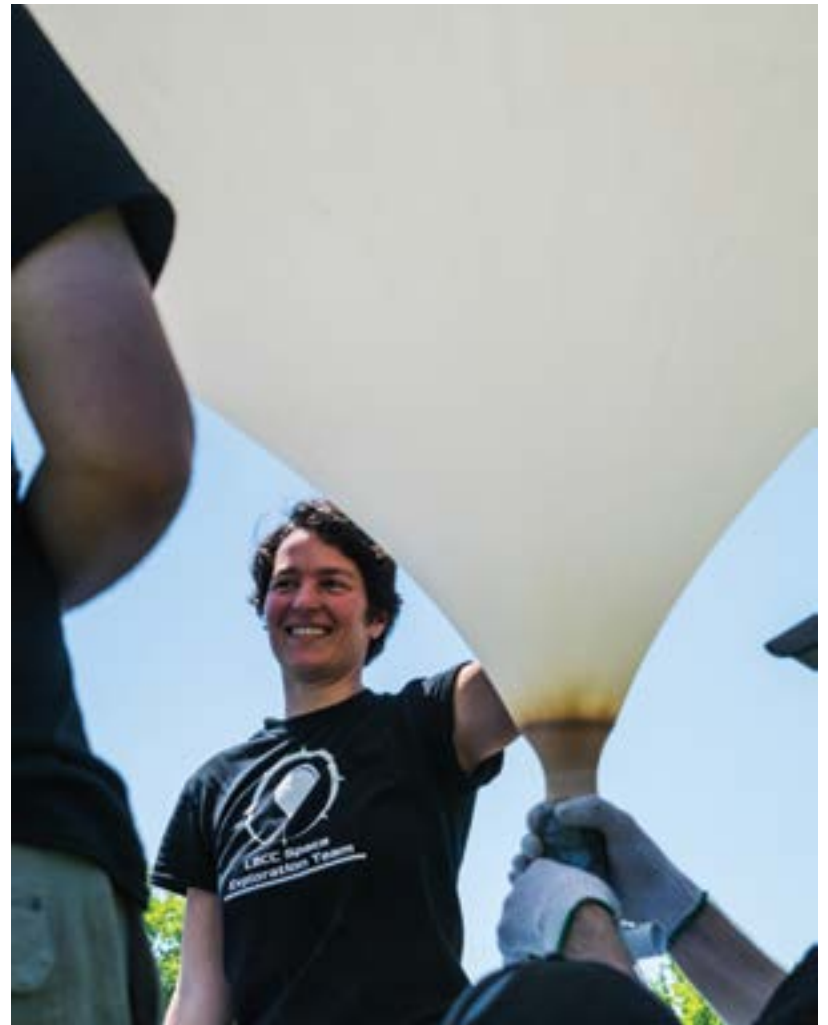


PHOTO: ANGELA SCOTT

*The Space Exploration Club is gearing up for a High Altitude Balloon launch to take images of the sun during the solar eclipse in August, 2017.*



PHOTO: ANGELA SCOTT

*Sophie Fangyi Zhu inspects the satellite dish at the command center outside of the athletic building.*



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Left to right Damon Peters, Tate Cowden and Josh Congdon mentally prepare for the day's game.

# WHAT THE FUTURE HOLDS

*After an abrupt ending, LB prepares for next season*

Two years ago, the Roadrunners baseball team was brought back to LBCC. Head coach Ryan Gipson knew the pressure was on.

LB was able to work together and comprise a record of 30-12 this season and make it to the NWAC championship in Longview, Washington.

The team entered the playoffs with high hopes and one goal in mind: to win it all. Unfortunately, they were eliminated after the first two games against Walla Walla and Tacoma. Although unexpected, the team still had an amazing season to be proud of.

"It was a great season and we made huge strides as a team this year compared to last," said Catcher Jack Bauer. "Team chemistry was outstanding and we all had the same mentality towards winning. Although, we couldn't have gone out in a worse way at the tournament but that's baseball for ya."

Some outgoing players were able to leave a legacy before going on to different paths.

"I feel that this group did something that was kind of unexpected. We were a really raw, young group that individually was very talented," said outfielder Spencer DesPiens. "To win league the way we did was pretty special. Overall, this season was a big learning curve for all of us as we were all pretty different individuals that all had to sort of find our place where we fit together."

Other players, such as freshman Tate Cowden, also thought it was a great season.



Donte Glover throws a strike.

"As it was my first year of college baseball, I was fortunate enough to have it be with this outstanding group of guys. We all had the desire to get better and

win, day in and day out," said Cowden.

The players also believe the team can only progress moving forward.

"I think this group is going to be really tough to beat next year. They won't lose much from their starting lineup," said DesPiens.

Other players agree that next year's team will be a freight train. "We have another very good recruiting class coming in next year," said Cowden. "Therefore, my hopes are high. Making it back to Longview and winning the NWAC Championship will be very realistic for our team next year."

Coach Gipson was a part of the 2006 NCAA World Series championship team at Oregon State. He is used to being on the winning side and brought that same mentality to LBCC when he became the head coach.

"With how abrupt the season ended I feel most for our sophomores," said Gipson. "For our Freshman, the experience was invaluable, this freshman group will have another opportunity in Longview in 2018. Unfortunately, our sophomores won't have that opportunity. This group should be proud of their accomplishments. I'm proud of how they approached the game and how they've all grown as individuals in their own way."



STORY AND PHOTOS BY  
QUENTIN JEANS  
@QL\_ROSE



The team huddles in good spirits.



# KEEP AN ACTIVE MIND

LBCC's Counseling Center on what the Active Minds Club is all about

**Q:** What is the LBCC club "Active Minds" about?

**A:** "Active Minds" is a national organization to change the conversation about mental well-being. Too often there is a stigma associated with talking about mental health. People talk about "I twisted my ankle", or "I have the flu", but don't often say, "my depression is really keeping me down" or "I'm seeing a counselor because I've been struggling".

"Active Minds" at LBCC is a student club to promote awareness, education and advocacy for mental well-being.

**Q:** What kinds of things does the Club do?

- A:** Some activities we've done this year:
- "Relaxation Day" before Finals week: Movies, pizza and popcorn, presentation on mindfulness, and therapy dogs.
  - Co-sponsored the Chess Club's Life Size Chess Event
  - Rebranded "Dead Week" to "Quiet Week"
  - "Mindfulness and Self-Care" presentations
  - Tabling at college events/activities to talk about mental well-being
  - Collaborating with other LB student clubs to provide wellness information
  - Working with Student Leadership Council - we have a "Wellness Coordinator" position for next year. Yay!

**Q:** Why is mental health/mental well-being such a big topic right now?

**A:** Here is some data from the National Alliance on Mental Illness (NAMI) [www.nami.org/About-NAMI/Statistics-and-Facts](http://www.nami.org/About-NAMI/Statistics-and-Facts). Mental health issues are prevalent on college campuses.

- 75 percent of lifetime cases of mental health conditions begin by age 24.
- One in four young adults between the ages of 18 and 24 have a diagnosable mental illness.(2) More than 25 percent of college students have been diagnosed or treated by a professional for a mental health condition within the past year.
- More than 11 percent of college students have been diagnosed or treated for anxiety in the past year and more than 10 percent reported being diagnosed or treated for depression.
- More than 40 percent of college students have felt more than an average amount of stress within the past 12 months.
- More than 80 percent of college students felt overwhelmed by all they had to do in the past year and 45 percent have felt things were hopeless.

COLUMN BY  
LISA HOOGESTEGER

*Lisa Hoogesteger*

# STAY SAFE THIS SUMMER

How to stay safe near water

Swimming in the rivers and lakes is all a part of any Oregon summer. Make sure to have fun - but keep these tips, all sourced from recreation.gov, in mind.

Watch out for water temperature. Cold water flows near the floor of the river or lake, so even if the weather is hot and the water feels warm, watch out for frigid water flowing near the floor. This can tire out even the best swimmers quickly.

Be aware of currents and water hazards.

The current gets stronger near the middle of a river, and can tire you out quickly. In both rivers

and lakes, water hazards can lurk just under the surface, and still be hard to see. Be sure to look before you leap.

Wading or swimming near waterfalls is also dangerous. The current is much, much stronger here.

Keep an eye on any children or pets, and as always, tell someone where you're going and when you'll be back before heading out.

Stay safe, Roadrunners!



STORY BY  
MORIAH HOSKINS  
@MORIAH\_HOSKINS

## Los Angeles Times Daily Crossword Puzzle

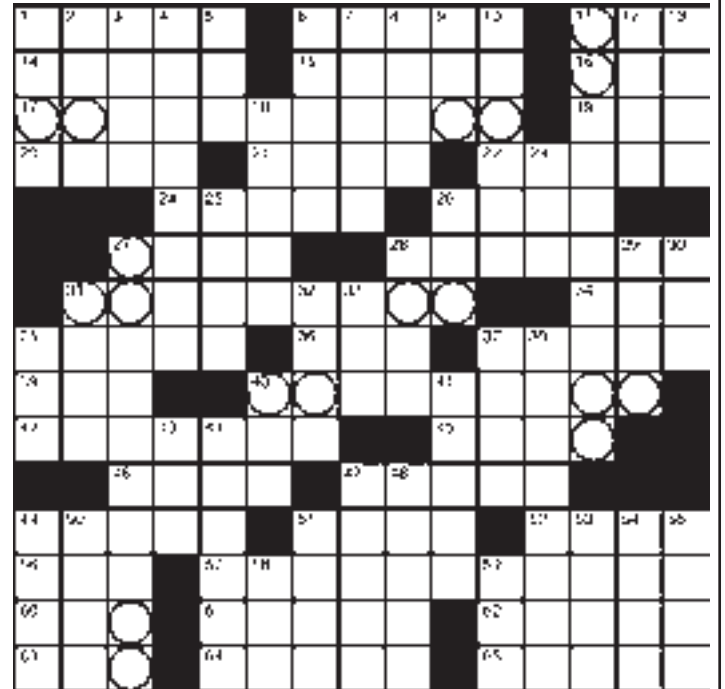
Edited by Rich Norris and Joyce Lewis

### ACROSS

- Seepage at sea
- King's tenure
- Attach a button, e.g.
- "Bye, José!"
- WWII sub
- "Go, José!"
- Easy-to-swallow gelatin pill
- Luau instrument
- Util. supply
- Gets a load of, so to speak
- Backpack part
- Daily Planet cub reporter
- Swab brand
- Pirate on the Jolly Roger
- Sydney natives
- Decorative piece behind a couch
- Cost-of-living fig.
- Sticks around
- Wish undone
- "For goodness \_\_\_!"
- European peak
- Aromatic burner made from vegetable wax
- Lake \_\_\_: "Prairie Home Companion" town
- Thin coin
- Colorado natives
- Valuable violin
- Persian Gulf emirate
- Refinery waste
- Arduous expedition
- Flow back
- Seafood selection suggested by this puzzle's circles
- Gibson of "Braveheart"
- Artist Rousseau
- Pisa place
- Pay dirt
- Out of the harbor
- Styles

### DOWN

- Slider's goal
- Recipient of bags of fan mail



By Gail Grabowski and Bruce Venzke

5/31/17

### Wednesday's Puzzle Solved

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

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5/24/17

- "That's \_\_\_!"
- Snuggled up on the couch, say
- PC "oops" key
- Mumbai money
- Jed Clampett portrayer Buddy
- Promissory notes
- Guy's pal
- Experimental bomb blasts
- Cucumber in brine
- Betty's role in "Hot in Cleveland"
- Have a brawl
- Desirable quality
- "\_\_\_ the season ..."
- Grassy expanses
- "\_\_\_ Sera, Sera"
- Bathtub popper
- Actor Guinness
- Fencer's sword
- Family nickname
- 1944 invasion city
- Presley's middle name
- Pay cash for
- Tool with teeth

- Fit of temper
- Acknowledges responsibility for
- "Mayday!"
- Maxim
- LAX listing
- Teahouse hostess
- Four-time Emmy winner Woodard
- Underworld society
- Tutorial feature
- Slangy prefix meaning "super"
- Phoenix cagers
- Place for a pothole
- Couture monthly
- Jinglers on rings
- Vietnamese New Year
- Poorly lit

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## LBCC Chess Club

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Thursdays: 2 p.m. to 4 p.m.

Gathers weekly in the Commons Cafeteria

**Beginners Welcome!**



# SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level:

- 1
- 2
- 3
- 4

SOLUTION TO LAST EDITION'S PUZZLE

9	5	4	7	1	2	3	6	8
7	3	2	6	4	8	5	1	9
6	8	1	0	3	4	7	2	
8	2	9	4	6	7	1	5	3
4	1	3	5	2	9	8	7	
5	7	6	8	3	1	9	2	4
2	4	8	1	9	5	7	3	6
1	9	7	3	8	6	2	4	5
3	6	5	2	7	4	8	9	1

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)

		4		2	8	6		
			5		6	9		
3								2
			2					1
	1		7	8	3		2	
7					9			
8								6
		2	6		4			
	5	1	8				3	



## ALBUM REVIEW:

**Logic****ALBUM:** Everybody**RELEASED:** May 5, 2017**LABEL:** Pro Era**PRODUCER:** 6ix, Logic, Bobby Campbell, C-Sick, Deats, DJ Khalil, No I.D.**COLLABORATORS:** Killer Mike, J. Cole, Big Lenbo, No I.D., Chuck D, Black Thought, Juicy J, Ansel Elgort, Alessia Cara, Khalid, Lucy Rose, Damian Lemar Hudson, Neil deGrasse Tyson**GENRE:** Hip-Hop/Rap**RATED:** Explicit**OVERALL RATING:** ★★★★★REVIEW BY **NICK FIELDS**

Robert Hall, or “Logic” as he’s known through his career, is a rapper hailing from Maryland. Born into poverty with a drug-using mother and non-existent father, Logic gravitated to music after dropping out of high school.

In 2009 he released his first mixtape titled “Young, Broke & Infamous,” and then proceeded to release three more mixtapes afterwards. His second mixtape was titled “Young Sinatra.” Next was “Young Sinatra: Undeniable” in 2012, and then “Young Sinatra: Welcome to Forever” in 2013, boosting Logic into the mainstream. Logic signed to Def Jam Recordings in 2013, and soon announced his first studio album titled “Under Pressure,” which was released in November 2014.

“Under Pressure” was met with mixed reviews, but left no doubt that Logic would soon become a household name. A year later, Logic released “The Incredible True Story,” which debuted at #3 on the Billboard Top 100. Logic’s third studio album titled “Everybody” was released on May 5, 2017.

If the title doesn’t say it clearly enough, the theme for this album focuses on Logic rapping from the perspective of everybody. The main themes on this album include racism, suicide, social media, and other controversial topics. Logic raps a lot about his experience with racism, being half black and half white. Although being part black, Logic has a very fair skin tone, leading to stories of him not being accepted by either the white or black community.

On the song “Everybody” Logic says:

“White people told me as a child, as a little boy, playin’ with his toys

I should be ashamed to be black

And some black people look ashamed when I rap

Like my great granddaddy didn’t take a whip to the back.”

Logic also speaks more on this in the song “Black SpiderMan” where he says, “I’m just as white as that Mona Lisa, I’m just as black as my cousin Keisha.” Logic throughout this album tries to preach a message of acceptance, of all races, religions, and sexual orientations.

On the song “1-800-273-8255” Logic raps from the perspective of somebody who wants to commit suicide. The title of the song is actually the number for the National Suicide Prevention Lifeline, and was actually done in partnership with the NSPL. The chorus features Logic singing as if he is the person calling the NSPL, saying he doesn’t want to be alive, and that he wants to die today. As the song progresses, the caller realizes that he does in fact want to be alive, and that he doesn’t want to die today. It’s a powerful song, and something Logic says he wrote due to the number of fans who said his music helped them through suicidal thoughts.

On top of a pretty heavy message throughout this album, this album is also extremely well produced. Executive producer “6ix” leads the helm on almost every song while also getting some help from legendary producer No I.D., DJ Khalil, C-Sick, J. Cole, and even Logic himself. The instrumentals on this album are insanely well diverse. On tracks such as “Killing Spree,” “Take It Back,” “America,” and “Ink Blot,” the beats are much more in-your-face and hard, bass heavy beats. On songs like “1-800-273-8255” and “Black SpiderMan,” the beats gets more melodic and free-flowing.

Logic also displays his usual crafty lyricism on this album, with lines like, “All alone in my room in the middle of the night, I don’t have the words but my stereo might,” off of “Black SpiderMan.” However, I personally felt robbed on this album. On multiple tracks Logic only gives us or choosing to focus more on skits that fit Logic tries to tell within the album track titled “Waiting Room” is a new minute skit featuring Neil deGrasse Tyson. While deGrasse Tyson is great, and tells a fantastic story, it left me wanting from this already short album.

This album also had a lot of features, something that Logic usually strays from. However, I can argue that the features subtract from the album more than they add. Names like Black Thought, Chuck D, Big Lenbo, and Killer Mike all sound good, but their contributions are mostly flat.

In particular, I was most disappointed in Killer Mike’s feature. One half of the duo “Run the Jewels,” Killer Mike has demonstrated, in recent years, a ridiculous flow to match with an uncanny set of lyrical skills. In this album, though, Mike is left to just rant on a speech at the end of “Confess.” Although the speech isn’t necessarily bad, I was very disappointed to not hear Killer Mike lay some bars down following along with the major themes of this record, as Mike normally tackles controversial topics.

Although the production is probably the best we’ve seen on a Logic album, the content in the album left me wanting much, much more. On four songs we only received one verse from Logic. On two tracks we had long monologues at the end of the song which add nothing from a musical perspective. We’re left with an album that feels more like an audio book than a rap album.

I’ll be the first to admit that I’m a huge Logic fan, and as a fan of him I just felt like this would be the album where he would blow me away. On “Under Pressure” and “The Incredible True Story” I felt like he was getting better, and I thought maybe his third album would be the same story. Unfortunately, I think Logic took a step back with this album.

Even though I applaud Logic for the message and theme of the album, it’s not enough for me to overlook my disappointment. Logic’s verses were pretty much all great, but on basically a 12 song album, we just weren’t given enough. As previously stated, the features just were

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## Minimum Qualifications:

- Min. 2.0 GPA
- Two terms of applicable college courses
- Pass drug screen & amp; background check
- Legally able to work in United States
- Registration in CWE program at LBCC
- Prefer a one-year or longer commitment

## How to Apply???

Apply online at:  
[http://bit.ly/LBCC-ATI\\_CWE-Application](http://bit.ly/LBCC-ATI_CWE-Application)  
Contact Lena Carr at  
[cwe@linnbenton.edu](mailto:cwe@linnbenton.edu) with questions?



### DID YOU KNOW?

Less than 33 percent of NASA’s current employees are women.

## THE COMMONS Cafeteria

... MENU ...

5/31 - 6/8

**Wednesday 5/31:** Theme Day (Asian Street Food Tour)

**Thursday 6/1:** Braised Lamb, Baked Salmon, Huevos Rancheros, Soups: Shrimp Bisque and Cuban Black Bean

**Monday 6/5:** Olive Oil Poached Cod with, Roasted Cherry Tomatoes and Leeks, Turkey and Spinach Meatballs with Roasted Garlic Bechamel, Sweet and Sour Tempeh with Steamed Rice, Soups: Egg Flower and Split Pea

**Tuesday 6/6:** Chicken Enchiladas, Grilled Salmon with Hollandaise, Vegetable Pot Pie, Soups: Albondigas and Beer Cheese

• Monday-Friday 10 a.m.-1:15 p.m. •

**Think About**

By Jasmine Lumpkin

The next time you look at your house, think about the young soldiers away from home for the first time all on their own. Think about them laying under the stars, missing mom while clutching tight their gun in hand. Think about the pain they see and at times have caused, the friends and loved ones they lost. Think about how they must come home from war, and life has gone on without them, as if they were never there to begin with.

Can you take the time to listen to them?  
To help them carry the burden they took on for you?  
Hold their hands, protect their hearts,  
show them it is here, their place is here.  
Whisper a prayer into their ear,  
hold them close and make sure it's crystal...  
it's clear.  
They belong, with us. HERE.

**Brighter than Moonshine**

By Tav Knight

Yeasts and sugars in the water  
let it sit and it gets hotter  
pop the corks and see it foam  
a taste, to let our spirits roam

twisting knobs and whirling dials  
tweak the sights ten trillion miles  
moonlit lasers for defense  
prime the couplings, strike the tents

hit the bricks and hit them hard  
chug the stout poured by the yard  
weave and bob and spin the world  
for those who drank so much they hurled

breaking banks for funding lights  
bright enough to see on nights  
three stars away where watchers waits  
or so they say, your slurring mates

shoot the stars with laser beams  
shoot the shit with drunkard dreams  
pulse the photons with precision  
scoffers laugh in hoarse derision

they'll rue the day you show them all  
the space guns' court is in your ball  
dancing waltzes, falling down  
twirling 'bout your robot clown

take another sip of red  
get less afraid to go to bed  
with shapeless forms from depthless black  
stumble to your cabin back

close the door and shut the shades  
slur about the slacking maids  
clumsy fingers garments drop  
heavy eyelids bedding flop

who is this thing from yonder stars  
that you picked up in local bars  
vision flutters, headache looms  
psychic whispers speak of dooms

party hearty all the humans  
while up above the focused lumens  
pulse away a message bright  
sent to the sphere of endless night

inviting back to Earth's domain  
things from realms that hurt your brain  
unless of course that's just the wine  
I don't think I can finish mine

slutter, stagger free from walls  
intoxication's crippled thralls  
gaze up at stars, they're such a sight  
two bodies down... out like a light.

**I Will Not Sing For This America**

By Patchouly McFarland

I will not sing for this America.

The one telling girls their skirts are too short,  
No matter that she's only fourteen.  
Angry old men with hungry eyes  
Trying to eat the souls of my people.

I will not sing for this America

Standing outside a planned parenthood  
Screaming at women.  
The America that refuses to let love be love,  
While they cheat and steal.  
Their greedy hands grasping at the life  
Of my people.

I will not sing for this America.

I will sing for the America that  
Opens its arms wide, accepting  
The lost and broken.  
Allowing the tired to rest on her bosom,  
To wash their feet in her rivers,  
And fill their bellies with food from  
Her land.

I will sing for America  
When her people remember  
The words written at her feet  
About those yearning to be free.

I will sing for America  
When there is an America to sing for.

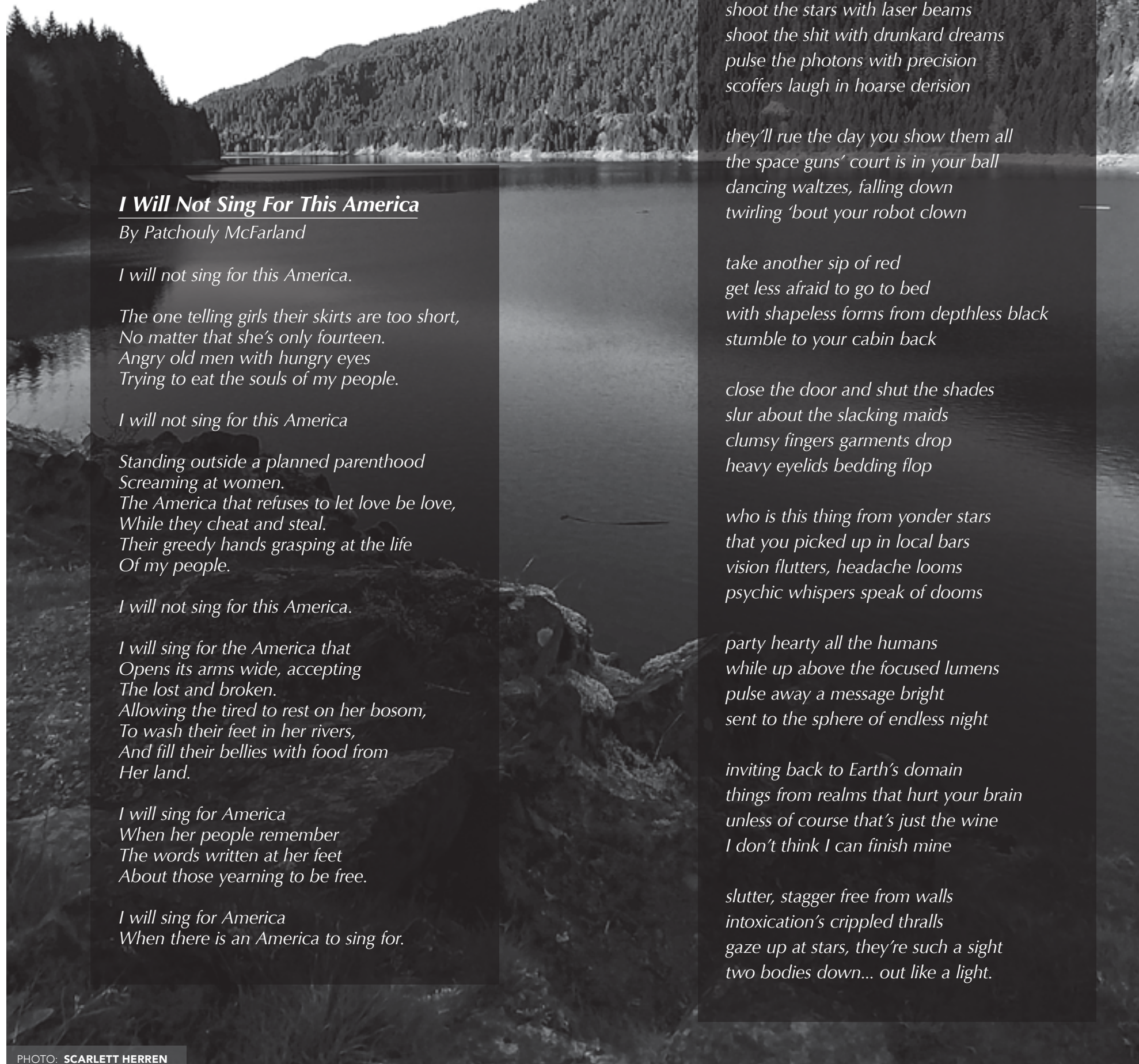


PHOTO: SCARLETT HERREN

# INTERNATIONAL STUDENT DROWNS IN ACCIDENT NEAR SALEM



*LBCC student and conservationist Kung Shing Yau lost his life on May 22 in the North Fork River*

The LBCC community faces a second tragic loss this year after the drowning of a beloved international student, coming quickly after the death of student-veteran Tom Dakota Tyger in April.

"Kungshi" Kung Shing Yau was an international student from Hong Kong studying science and conservation. He made many friends at LBCC and Oregon State University, attending both schools during his time as a student.

"He was very delightful, very kind, honest, and open," said Kim Sullivan, LBCC's international advisor, who worked with Yau during the winter and spring terms. "I feel really lucky to have met him; he was just a joy."

Yau lived in OSU's International House, a living community in Corvallis for students from around the world. Recently, Yau made his passion for "Mother Earth" abundantly known with an editorial published in the April 26 edition of *The Commuter* entitled "Key to the Future: Conservation."

"My name is Kungshi, a marine biology science student, and I believe in the power of nature," wrote Yau. "Mother Earth is full of potential and mysteries; she can give life or take it away as simple as a snap. However, I also believe mother nature needs to be conserved so as to maintain its awesomeness. It is every man's duty to protect the environment and save our planet."

Yau's childhood hero was television's crocodile hunter Steve Irwin, a world-famous naturalist and conservationist who lost his life while filming a documentary called "The Ocean's Deadliest."

Much like his hero, Yau passed while rejoicing in the natural world for which he cared so deeply.

On Monday, May 22, Yau went swimming at the Three Pools Recreation Site on the North Fork River east of Salem with several other international students and two of his roommates. During the excursion, at about 4:30 p.m., he jumped from a cliff into the water and did not resurface.

"He was just going to go up there and have a good time with some friends," said Sullivan. "They went there to swim but that water is way too cold right now."

Three Pools is a popular summer swimming hole located in the Opal Creek Wilderness, often becoming overrun with crowds of people during the hottest months. However, after long rains and snowmelt, the water is currently ice-cold and running high.

Marion County Sheriff's Department searched for Yau for two days, but the department suspended their search after Tuesday due to "high waters and treacherous conditions."

The Marion County Sheriff's Office released this statement regarding safety in recreational wilderness areas:

With memorial weekend closing in, the Sheriff's Office knows that our wilderness area will see an increase in visitors. Residents and visitors should be aware that river waters are still very high, cold and full of debris. If you are planning to visit these areas, below are a few tips you can use for a safe outdoor experience:

1. Never swim alone
2. Avoid alcohol and marijuana use around water
3. Wear a lifejacket
4. Know how to perform CPR
5. Know how and where you can call 911

"We located him this morning," said Marion County Lt. Officer Chris Baldrige on Thursday, May 25.

On Wednesday night a kayaker in the area called the county sheriff and alerted them to a body believed to be Yau's. At 9 a.m. on Thursday, a water rescue team, in cooperation with the Salem Fire Department and Jefferson Fire Department, retrieved Yau from the river.

"It is a tragedy," said Bruce Clemetsen, vice president of student affairs at LBCC.

Clemetsen has been working with the Marion County Sheriff chaplain and the Chinese Consulate to locate and notify Yau's family in Hong Kong.

Efforts are underway to collect memorabilia from campus related to Yau to send his family.

"When a student dies, the library purchases a book dedicated to the student and they purchase it within the field the student was studying. I'm sure they will pick something around conservation and environmental issues and then I will include the name of the book, title, and author in a letter to the family, so they know we have something here dedicated to him," said Clemetsen.

This term Yau was enrolled exclusively at the Benton Center and leaves behind an empty seat in three classes. Instructor Lalo Guerrero teaches two of those classes this term, and describes Yau as possessing a contagious smile and inquisitive mind.

"While I only knew Kungshi for a short period of time, I recognized that he had tremendous potential and a zest for science," said Guerrero. "Our community has lost a wonderful human being, and I know that I will carry my memory of his smile with me forever."

The many people on campus who knew Yau will

mourn both the loss of his life and his potential.

"I think in times like this it's really important to talk about your feelings towards him and share that with somebody who will listen," said Clemetsen. "Do that to both satisfy your own heart and celebrate his life."

Yau held a trusting and passionate outlook on life, according to Sullivan.

"I can still see him standing in my office," she said. He'd been robbed of an expensive laptop over spring break.

"I told him, 'Kungshi, you have to remember you can't trust everyone,'" said Sullivan. "He didn't let that [theft] get him down."

Sullivan asked him to attend a leadership meeting and share his experiences as a student from Hong Kong this past Friday.

"He was more than happy to come to campus at 8:30 a.m. to help," said Sullivan. "That's the kind of person he was."

Yau intended to dedicate his life to conservation and spreading the awareness and his love of nature to the people around him.

"I am an adventurer, and to explore pristine ecosystems, whilst potentially even discovering new species and aiding in the conservation of both endangered wildlife and Mother Earth would be my greatest achievement in life," wrote Yau.

Counseling services are available in Takena Hall and the Benton Center for students and staff experiencing grief; anyone needing an open ear is welcome, including students who may not have known Yau well but miss his presence in their classes.

"What I remember most about Kushi is that he loved his friends," said Jan Fraser-Helvin, his advisor last year. "He had said once to me how much he liked doing things with them. I can't help but think of him last Monday, out in the sunshine with the people he loved to be with."

A memorial was hosted in Yau's honor by his friends on Sunday at Avery Park.

According to Clemetsen, students interested in organizing a vigil at the Benton Center should contact Jeff Davis, LBCC's regional director for Benton County. The phone number for the Benton Center is 541-757-8944.

Further questions can be directed to [Commuter@linnbenton.edu](mailto:Commuter@linnbenton.edu).



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