

THE LINN-BENTON COMMUNITY COLLEGE

# COMMUTER

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JUNE 10, 2020

**NO ONE  
IS FREE  
WHEN  
OTHERS ARE  
OPPRESSED**

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JAKOB JONES



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THE LINN-BENTON  
COMMUNITY COLLEGE

COMMUTER

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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:

#### Address:

The Commuter  
Forum 222  
6500 Pacific Blvd. SW  
Albany, OR 97321

#### Web Address:

LBCcommuter.com

#### Phone:

541-917-4451, 4452 or 4449

#### Email:

commuter@linnbenton.edu

#### Twitter

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### Our Staff

#### Adviser

Rob Priewe

#### Editor-in-Chief

Mckenna Christmas

#### Layout Designer

Rebecca Fewless

#### Managing Editors:

Davis Ihde  
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Katie Littlefield

#### Sports

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#### Contributors

Bowen Orcutt  
Isaiah Haqq  
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Mckenna Christmas  
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# FINDING INNER PEACE

Follow Subbappa Ribeiro's Story as he Immigrated from India and Now Teaches Yoga

#### STORY AND PHOTOS BRENDA AUTRY

With everything happening in our world today, it is not uncommon for many of us to be feeling heightened levels of stress, anxiety and depression; all of which can be detrimental to your health. During a global pandemic, staying healthy is more important than ever. Yoga is a great way to help reduce stress and boost your immune system. Lucky for us, LB is home to a world class yoga instructor -- Subbappa Ribeiro.

"Coming to the United States was hard. It shocked me," said Subbappa Ribeiro, a yoga instructor at LBCC. "Before coming here I lived an isolated spiritual life. I think even if I had gone to a big city in India I would have been shocked."

Ribeiro is from Mysore, Kanataka in the southern part of India. He started practicing yoga in high school at age 16 and got serious about it a few years later when he met his teacher, B.K.S. Iyengar. He soon began dedicating more time to his yoga practice and moved into his teacher's ashram where he spent 10 years of his life.

"I started out working as the head of the kitchen. I ordered the groceries and things like that," Ribeiro explains. "Then I started assisting my teacher [Iyengar] doing things like cleaning the studio. But this was just a couple hours a day."

"During my free time I studied, worked on my yoga practice and attended spiritual gatherings. I was searching for truth. I was learning to control my body and mind and searching for the connection between myself and god or the supreme being. Then the opportunity came for me to teach."

"Not everyone in India was familiar with yoga," Ribeiro said. "At the time I began, it was only used as a form of medicine. People in the U.S. often think that yoga is part of religion, and some people use it for that, but when you remove religion, yoga is just therapy."

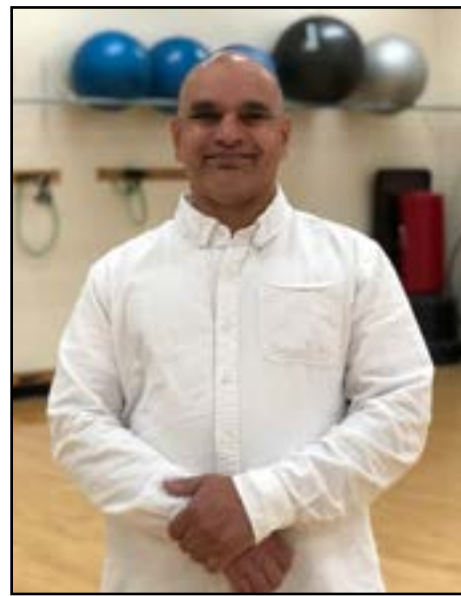
The type of yoga that Ribeiro teaches is Iyengar yoga. This type of yoga was founded by his teacher, Iyengar, who was considered one of the foremost yoga teachers in the world until his death in 2014 at the age of 95. Iyengar yoga focuses more on detail, precision and alignment in its postures. Also, Iyengar was the first yogi to use many props such as blocks, blankets and belts, which allow beginners, the elderly or individuals with disabilities to benefit from the practice as well.

During the time he was teaching yoga in India, Ribeiro met his wife, Michelle Ribeiro.

"She was studying abroad and she started coming to my class," Ribeiro said. "The first year we didn't pay much attention, but then she left. After a while she came back to see me and we fell in love."

"I was impressed with her servitude. Even my mother was impressed with her. She told me 'Subbappa, if you need a wife, she should be like this girl.'"

Michelle was working on her



Subbappa Ribeiro in his studio at LBCC

doctorate in psychology and had to return to the U.S. For the next year, the couple kept in touch as best as they could through phone calls and letters. Then Michelle's mother became ill with cancer and told her daughter she wanted to meet Ribeiro before she died. So, in 2000 he immigrated to the U.S.

"It was difficult because they didn't want to give me the visa," Ribeiro recounts. "My first application was rejected, so I told my wife I could not come. She talked to her father who then sponsored me and my second application was accepted."

The two were married within a month of his arrival and after spending the first few years of their marriage living in Brunswick, New Jersey, Michelle was offered a teaching position at OSU. The two moved to Corvallis, along with their two children, in 2005.

Ribeiro continued to dedicate his life to the practice and teaching of yoga. He taught at several studios in New Jersey, and when he moved to Corvallis he opened his own studio, Iyengar Yoga Center of the Willamette Valley, and began teaching yoga in educational settings. He taught at the Bala-Vihar Indian Children's School in Corvallis, created several DVD's for OSU on yoga in higher education and in 2012 he began teaching part-time at LBCC.

He currently teaches three classes in fall, winter and spring term at LBCC: two one-hour sessions of "Yoga" at 8 and 9 a.m. on Monday, Wednesday and Friday; and one 90-minute session of "Yoga Strength" at 8:30 a.m. on Tuesday and Thursday. This year, he is also teaching an online class summer term on Tuesdays and Thursdays from 8:30 - 9:20 a.m. through LB's Extended Learning.

Gayle Rushing, the administrative assistant for the athletics department at LBCC, has known Ribeiro since he first started teaching at LBCC.

"He is a very friendly person and has a great sense of humor," Rushing says. "He's always smiling and has a very calm demeanor. As an instructor, you can tell that

he is very invested and he really wants his students to succeed."

"He is a very nice man who genuinely cares about people and he's very passionate about yoga and his discipline," said Linda Dompier, who has taken Ribeiro's class every term since he started in 2012. "I like that he's so careful about making sure people can do the positions right and offers modifications for those who need it."

Dompier had taken yoga with other instructors in the past but says she prefers Iyengar yoga over "flow" yoga.

"I think this type of yoga gives you more of a chance to get in the pose and do it correctly. You work up more of a sweat with flow yoga, but this yoga works your muscles deeper and it's great for balance and flexibility."

"I enjoy teaching students because I am a learner. I like learning and I like to accept challenges. Teaching students is a challenge," Ribeiro said with a laugh. "Making students realize the benefits of yoga and making them serious is an art. It requires knowledge and skill to prove it to them."

Ribeiro demonstrates his skills during his classes. He carefully examines his students to ensure they are doing each posture correctly. If not, he gently corrects them and offers modifications when necessary. More than once during his class, he imparted some of his knowledge to his students while they rested in pose, telling them how yoga will improve their digestion, agility and their life as a whole.

Aside from teaching students at LBCC and his studio in Corvallis, Ribeiro dedicates a lot of time to working with individuals with terminal illness and neurodegenerative diseases such as ALS.

"The practice of yoga with degenerative diseases can bring a lot of benefits. Every day when I see serious cases it challenges me and I become more serious," Ribeiro said. "I have taught several ALS students. The longest period was maybe 15 years, and it made me realize how numerous symptoms can be managed or prevented."

Ribeiro has published several papers on his work and the benefits yoga has for ALS patients. ALS Worldwide also offers several articles and podcasts on their website about the benefits of yoga for individuals with ALS. One podcast states: "Meditation, massage and yoga are beneficial forms of self-care for everyone, but for a person with ALS, they become essential and important resources."

"Whether you have a disability or not, yoga can be very beneficial for everyone," Ribeiro continued. "Even if you're not sure, try it. It can help with pain, depression, restlessness and has been proven beneficial at relieving stress and anxiety, which many students suffer from."

"Even if you have no problems you can benefit. We are all divine beings and yoga leads a person to reach the true nature of the person. When we reach that state, love, brotherhood and compassion follow."



*The main entryway and exit into the LBCC gardens calls for a dramatic pause when entering and leaving. The overgrowth within is on the verge of terrifying yet beautiful.*

# A TIME OF CHANGE

*LBCC's Horticulture Program Has Been Cut and Relies on Community to Tend to the Veterans Garden*

STORY AND PHOTOS  
**GEORGIA DUNN-HARTMAN**

Sometimes in order to change we need to release what has been, lay it to rest, let it compost and then pick it up again with a new point of view. To put it simply, this is the process that the LBCC Horticulture Department is going through.

Due to a budget reassessment and cut in 2019, the Horticulture Department has been put on suspension, says our LBCC Dean Kristina Holton. As for the



*On the way out from the green houses the raspberries are almost about to start ripening for the summer picking.*

Horticulture Club, that is always an option and opportunity for students to continue once the campus is opened up to students and the public, they will just need to find an advisor to work with them on campus.

As of right now, LBCC is still under Governor Kate Brown's executive order for higher education, meaning that the campus is closed to all public and students unless authorized as needed.

"LBCC administration is working to develop a path towards reopening, but we must coordinate with the Oregon Health Authority and the Governor's Office before we can do so. When we can bring people back to campus, we will consider what opportunities we might be able to make available for tending the Veterans Garden."

During these uncertain times it truly seems as though no leaf is left unturned in regards to working on how to keep the garden tended. Not much has been said about the LBCC farm but it would be fair to assume that the care of this larger area is also on everyone's consideration list.

I took a walk through the veterans garden just yesterday on Sunday, June 7th and took some photos to document where we stand now. Naturally due to our beautiful mixture of rain and intense heat and sun over the springtime weeks all plants are blooming and growing immensely, however it has left us with sights of enormous overgrowth that need to be tended to sooner than later. Considering that all classes are held online now and for the near future, horticulture instructors have not been as active,



*As there is a large amount of different medicinal plants in the garden, this one has taken particularly to the full growth and space available.*

including tenured Horticulture Instructor Miriam Edell. Edell has expressed concern along with others about how the garden and farm will be taken care of, but as we all are having to do in this time, she is working on rolling with the tumbleweeds and making the most out of being laid off and tending to her own land.

Dean Holton's primary remark on where LBCC stands in supporting agriculture students is seen here: "Let me be really clear on this point: Agriculture has always been, and will continue to be, a strong part of LBCC's educational offerings -- including great options for students in Agricultural Science, Animal Science, Equine Science and Agriculture Business. LBCC works with agricultural partners throughout our community that help us develop and continuously evolve programs so that our students graduate and find great jobs. In the future, horticulture may take on a new form within our Agriculture meta-major at LBCC, in some capacity or another, but that will be determined in the future. For now, we are continuing to help current horticulture students complete their program, and then support future students interested in plants, farming and agriculture within our other offerings."

We can all hold hope and creativity for attending and caring for the abundance of land that LBCC has in the farm and



*In the adjacent greenhouse of about 10x20 feet the beauty and abundance of the dark purple, soft pink and bright pink collection of Doubtful Knights' Spur will take your breath away standing at about 5.5 feet tall.*

veterans garden. I encourage each and every one of you to reach out to LBCC administration and campus care takers if you feel called to get out re-create the agriculture set up on LBCC. As you can see from the photos there is a mix of some exquisite beauty and a calling for tending and support.



*Through the small apple trees to the right one will discover a path leading to a small 6x10 greenhouse, waiting to be filled with starts in an unknown future date.*

# EXPLORING ONE OF THE SEVEN WONDERS OF THE WORLD

*Take a Trip To Machu Picchu: Home of the Indignious Incas, Filled with Rich History and Breathtaking Sights*

STORY AND PHOTOS  
**BRENDA AUTRY**

My heart sank as we reached the top of the path and gazed down into the valley at a pillowy white wall of clouds that threatened to ruin a moment I had awaited for years. I spent hours researching the perfect timing to avoid the calamity that lay before me. I sank to the ground among the llamas and other forlorn travelers to see if I could wait out my misfortune.

As the sun began to peak over the mountains to the east, its rays cut small slits in the airy barricade allowing glimpses of deep green and earthy brown below. The crest of Huayna Picchu broke through and with each inch of dissipation my excitement rose to where it had been an hour earlier on the zig-zagging bus ride up the mountain.

Suddenly, the sun broke free; flooding the valley with golden light and vanquishing the last remnants of cumulus shroud. I jumped to my feet, ran to the edge of the cliff, and finally drank in the sight I'd waited so long for -- Machu Picchu!

The view was even more stunning than I imagined. Built on the edge of a remote cliff high above the Urubamba river valley and set against the lush background of a landscape caught between the Peruvian Andes and the Amazon basin, the 550-year-old Inca city is a true architectural marvel.

The city contains more than 200 houses, squares, palaces, temples and observatories. The Inca built the city using stones cut so precisely that no mortar was necessary. The stones fit together so tightly you can't even fit a credit card between them. Machu Picchu is built on two active fault lines. Because of the Inca construction method, the stones bounce in place during an earthquake, but the buildings never crumbled.

Because of the tough mountainous

terrain, the Inca, being the master engineers they were, surrounded the city on all sides with a system of terraces. The smaller terraces help prevent erosion, and larger terraces were for growing food. The city also has an exceptional irrigation system that allows for drainage and fresh-flowing water throughout the city.

The beginning of the path through the city is one of the highest points overlooking it and provides the best place to get a photo of the entire area. To conserve the site, new rules were enacted in January 2019 that only allow 2,500 visitors a day. Entry into Machu Picchu is staggered throughout the day by a timed ticket system. This new system helps to reduce the crowds, but you still may have to wait in line for your photo op.

Another rule that went into effect is that visitors must enter with a guided tour, or hire a private guide. Both options can be booked ahead of time, or at the entrance. Not wanting to be rushed through the city, or overwhelmed by other visitors, I chose to hire a private guide.

Before making our way down into the city, our guide took us to the end of the Sun Gate trail. The narrow path offers dramatic views down into the Urubamba river valley and a glimpse up at the Sun Gate which, even though it is a two- to three-hour trek from Machu Picchu, is the official end of the Inca trail.

There are only two ways to get to Machu Picchu: A train from the Sacred Valley to Aguas Calientes and from there a bus or hike to the entrance. Or, a 26-mile trek from Cusco, which takes four days to hike and reaches altitudes upwards of 14,000 feet before reaching the Sun Gate on the final morning. From there, the hikers are rewarded for their efforts with a front row seat to watch the sun rise behind Machu Picchu from the sky-high vantage point. As romantic as this



**Terraces surrounding Machu Picchu were used for agriculture.**

trek sounds -- and I fully intend to attempt it one day -- I took the train.

On the way down into the city, our guide explained how it was laid out. The Inca were scholars and most of the city was dedicated to education -- some researchers believe this is why the city was built. Many of the houses around what is believed to be the university building are thought to be student housing.

The Inca were religious and worshiped several gods, the most important of them was Inti, the sun god. The Temple of the Sun is one of the most important structures in Machu Picchu. Only priests and nobles were allowed in. The temple has two main windows that priests used for religious purposes and which align perfectly with the sun during the summer and winter solstices. The circular temple was constructed without a roof so Inti could always see inside.

The Inca were also advanced astronomers. One of the things I found most impressive at Machu Picchu were the water mirrors. Two small stone bowls which, when filled with water, allow you to look at the reflection of the sun, watch an eclipse, or study the constellations through



**The Sun Gate Trail.**

magnification. The Inca used their knowledge of astronomy mostly for religion and farming, but it also allowed them to measure time and the seasons.

Even though the Inca were amazing engineers, farmers, architects and astronomers, they had no written language. Everything we know about them today has been passed down through hundreds of years, or discovered through archeology.

It took us about three hours to make our way through the city. We stopped to see the observatory, the Temple of the Condor and to admire the incredible view. There are so many interesting things to see and learn at Machu Picchu. Pair that with the incredible vistas and it's not hard to see why this is one of the seven wonders of the modern world.

**The main square in the citadel.**



**The star mirrors were used to study the stars and sun.**



**Arabella and Brenda Autry pose in front of Machu Picchu.**



# WILD WONDERS IN THE WEST

*This Collection of Photos Exposes the Natural Beauty of Various Locations the West Has to Offer*



**Grand Canyon National Park, Arizona.**  
September 2019

The National Park Service manages 400 national parks, which includes seahorses, battlefields, monuments, and historic sites. In 2019, there were over 300 million visitors spanning the wide array of park localities. The National Wildlife Federation observes there are over 600 million acres of shared ownership of land and water for Americans to enjoy through public use. Conservation and reclamation practices remain hot topics when it comes to public use and overcrowding, maintaining further protection of these lands and the wildlife within. These concerns existed from the time the lands were set aside for preservation, with recognition and respect shown as the homeland of our indigenous population. Additionally, lithics uncovered show dating to at least 2,000 years ago by Native Americans. This area avoided huge amounts of logging which plagued certain locations of our country and is an example of one of the largest areas of low-elevation old growth forests in the Cascades. An advantage of visiting areas such as Opal Creek is supporting active programming for the education of future generations.



PHOTOS AND STORY: ERIKA DONNER

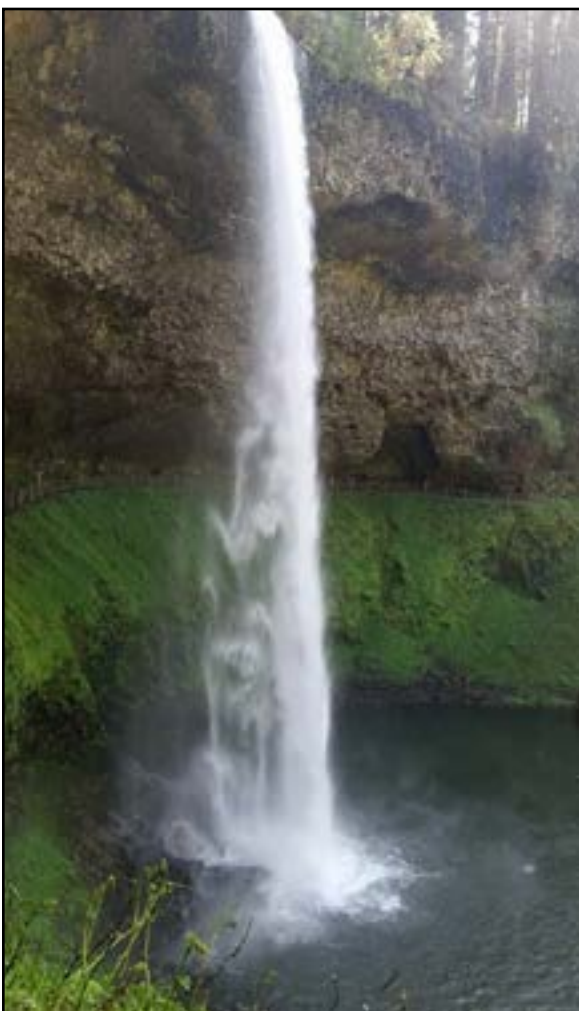
**Torrey Pines National Reserve, San Diego, California**  
March 2018

Outside of the state, hiking Torrey Pines State National Reserve is a worthwhile option near San Diego, California. There are miles of loop trails leading from the parking lot to the cliffs overlooking the coastline and the view of the Pacific Ocean is endless on a clear day. Having a place such as this near a major city helps protect certain species of plants and animals struggling to survive. Reading books and listening to teachers in classrooms discussing aspects of our natural world complements experiencing these marvels first-hand.



**Opal Creek Wilderness, Willamette National Forest.**  
Oregon. July 2019

Outside of the state, hiking Torrey Pines State National Reserve is a worthwhile option if near San Diego, California. There are miles of loop trails leading from the parking lot to the cliffs overlooking the coastline and the view of the Pacific Ocean is endless on a clear day. Having a place such as this near a major city helps protect certain species of plants and animals struggling to survive. Reading books and listening to teachers in classrooms discussing aspects of our natural world complements experiencing these marvels first-hand.



**South Falls, Silver Falls State Park, Oregon**  
October, 2019  
Silver Falls State Park, located east of Salem, Oregon, is reopening for limited camping beginning June 9th, as are several other state parks throughout the state. South Falls, an almost 200-foot cascading sheet of water, draws visitors to Silver Falls State Park from around the world with its mesmerizing beauty. It's a part of the Trail of Ten Falls, a seven-mile loop which allows hikers to walk behind the waterfall, offering a unique experience. If campsites are available, relaxing around a campfire in the evenings after active days exploring is a nice change from typical home life -- and without the glare of city streetlights clouding the night sky, you'll be gifted to a treat just by looking up. There's a possibility of following not only the outline of a constellation, but perhaps also a glorious, fleeting shooting star.



**Bonneville Salt Flats, Utah**  
September 2019

An area not known by many is the Bonneville Salt Flats near Salt Lake City, Utah. As far as the eye can see -- 30,000 acres -- there is nothing but white. Managed by the Bureau of Land Management, the environment is extremely fragile. Not much is able to survive, and the extremes in temperature present further challenge. The experience is awe-inspiring in comparison with the surrounding landscape.

Other jewels of the Southwest include Grand Canyon National Park in Arizona and Horseshoe Bend located within the Glen Canyon National Recreation Area, which covers land in both Arizona and Utah. Horseshoe Bend has been carved by the Colorado River for over 5 million years, and an overwhelming sense of wonder fills the soul as one gazes upon this canyon. Boundaries blur in the management, as the territory is tightly woven among the city of Page, Arizona; St. George, Utah; Grand Canyon National Park; Glen Canyon National Park; and the Navajo Nation. Visitors by the millions traverse this space each year. Gentle reminders of "leave no trace" grace the landscape to help preserve this land for multitudes of years to come.



# 'ECHO ARENA' REVIEW

REVIEW BY  
**JOSHUA BLOEDEL**

We love outer space! It's a vast and endless world with many planets and stars. Another fun aspect about it is the lack of gravity in space which became the focus of developers at Ready at Dawn for their VR game, "Lone Echo."

Work on the game began in 2015, when the Oculus Touch prototypes were released to developers. A year afterward, Ready At Dawn did a five-day game jam, a contest where participants make games from scratch. This led to a game called "Echo Arena," a sports game that uses zero gravity similar to "Lone Echo."

The team then split to work on both "Lone Echo" and "Echo Arena." On July 20, 2017, "Lone Echo" and "Echo Arena" were released. Jump to the Electronic Entertainment Expo on June 10, 2019, when the team announced they were working on bringing "Echo Arena" to the Oculus Quest. On May 5, the game opened the beta version of the Oculus Quest to the public.

The gameplay of "Echo Arena" is quite simple. You and several other robotic players in your team have to get your disc into the opponent's goal in an anti-gravity arena. In order to navigate through this anti-gravity arena you use jets that are on your wrists. You can stun your enemies by punching them in



PHOTO COURTESY: **OCULUS**

the head, which will also drop the disc if they have their hands on it. A player may also block themselves, which will stun the enemy if he attempts to punch you as you block.

As you gain experience every match and level up, you get colors and decorations to customize your robot in the hub.

In the "hub," you can practice your skills at throwing the disc, stunning enemies, and can also customize your robot. This is also where you can join games. The hub is a great place to get

familiar with zero-g.

This game is also an amenity to staying active. In a review for this game from VR Fitness Insider, Sonya Haskins, a journalist in VR esports for VR Fitness Insider, wrote that she burned about 169 calories in a 30-minute session using a Samsung Gear Fit 2. She said, "I've not only had terrific fun playing this game, but I've also lost about 45 pounds playing regularly so it is definitely a great workout option."

Overall, I had a ton of fun with this gameplay. So did Kellen Beck, an entertainment reporter at Mashable. He wrote that after he became comfortable with the controls he "almost completely forgot that I was in VR." It was also thanks to the realism of his fellow players. The game reacts to your head and hand movements. If you're waving your hand, your character is also waving his hand. There is an "element of humanity" that Beck really appreciated while playing this game.

I have two complaints concerning this game, however. The first is that despite you having to throw a disc in this game, you have to throw it like a ball instead of a frisbee. It really throws me off.

Another complaint is that it is a bit lacking. You can't do much other

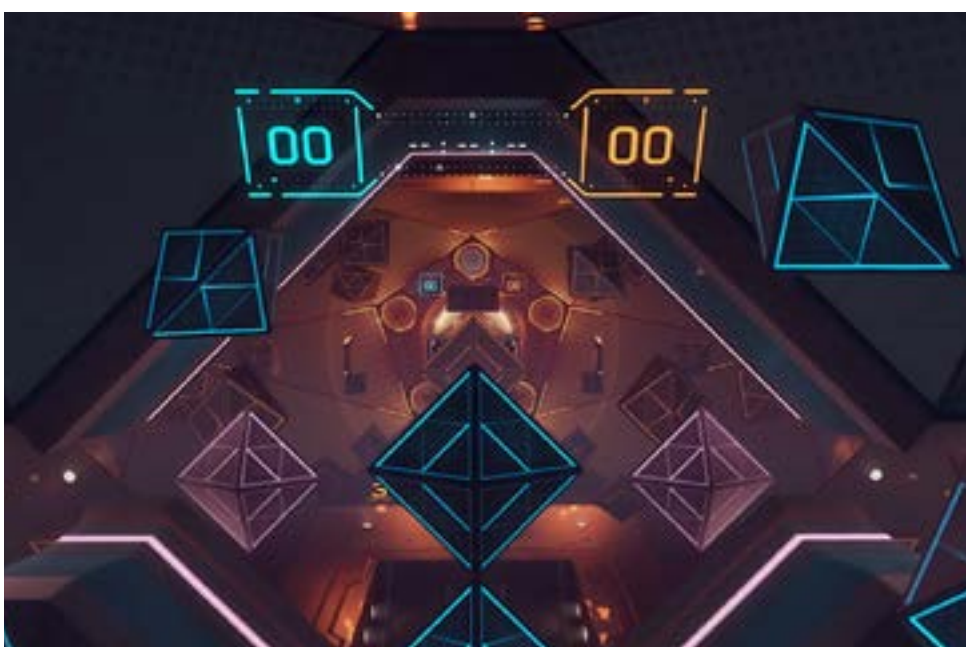
than play the arena and customize your character in the hub. It also lacks variety. There is only one arena where you can play the game.

Overall, the gameplay is immersive and entertaining. While it can be lacking and throwing the disc can feel a bit off, I enjoyed it. I give the gameplay an A-

There is no story whatsoever in this game so it gets an immediate C in that regard.

The soundtrack is subpar. Music plays as you play the game and in the main menu. Everytime someone scores, a guitar riff plays. There is no music in the hub, however. It isn't much, but it's nice that there is music in this game. I give the soundtrack a B-

To conclude, I had fun with this game. It is lacking in every other aspect besides gameplay. David Jagneaux, senior editor of Upload VR, who called this game "one of the best multiplayer VR games to date," thanks to its fast-paced and intense gameplay. I agree with this, however, it is mostly due to the fact there aren't many multiplayer VR games out there (or I am not aware of them). The game is free right now so I recommend giving it a shot. I give the game a 6.3/10.





# SLC UPDATE

Hello LBCC students! My name is Marissa Miles and this is my second year here at LBCC. I am studying political science and I will be officially dual enrolled with OSU this fall. This past year, I had the honor to serve on the student leadership council as the legislative affairs coordinator. This upcoming year I will serve a second year as the campus outreach coordinator. As the current campus outreach coordinator, I do daily tasks such as social media, marketing within the team, attend committee meetings to represent as a student, and advertise

for current SLC events. I am thrilled to be on the student leadership council team. My favorite part about LBCC is the community. If you are interested in being a part of SLC or just want to be more active on campus, we will soon be offering various volunteer opportunities. Some of the volunteer opportunities include beautifying our campus, helping out with events, helping out at a blood drive or even lobbying at the state capitol. You can reach out to my email, [slccampusoutreach@linnbenton.edu](mailto:slccampusoutreach@linnbenton.edu). The volunteer program will be constructed over

the summer time. If you know any community members/staff in need of volunteers for a duration or simply for an event, feel free to reach out.

This summer SLC will be helping to host a blood drive by the Red Cross in both the Albany and Lebanon health occupation center on July 8th. The blood drive will consist only as appointment based. If you are interested in donating, also feel free to reach out so I can send you sign up information.

## SHARE YOUR THOUGHTS AND IDEAS - EMAIL US:

- President**  
• Angie Geno: [Slcpres@linnbenton.edu](mailto:Slcpres@linnbenton.edu)
- Vice President**  
• Nia Alvarado [slcvp1@linnbenton.edu](mailto:slcvp1@linnbenton.edu)
- Chieftain Of Events**  
• Jacob Cotterell: [slchiefeventp@linnbenton.edu](mailto:slchiefeventp@linnbenton.edu)
- Event Planners**  
• Miranda McCreary: [slcplanner1@linnbenton.edu](mailto:slcplanner1@linnbenton.edu)  
• Brenda Diaz Matias: [slcplanner2@linnbenton.edu](mailto:slcplanner2@linnbenton.edu)  
• Christian Pool: [slcplanner3@linnbenton.edu](mailto:slcplanner3@linnbenton.edu)
- Finance Director**  
• James Smith: [slcfindir@linnbenton.edu](mailto:slcfindir@linnbenton.edu)
- Clubs and Engagement Director**  
• Morgan Sylvia: [slclubsengage@linnbenton.edu](mailto:slclubsengage@linnbenton.edu)
- Campus Outreach Director**  
• Marissa Miles: [slccampusoutreach@linnbenton.edu](mailto:slccampusoutreach@linnbenton.edu)
- Legislative Affairs**  
• Johnny Media: [SLCLegAffairs@linnbenton.edu](mailto:SLCLegAffairs@linnbenton.edu)
- Executive Assistant**  
• Winston Montgomery: [slcasstpres@linnbenton.edu](mailto:slcasstpres@linnbenton.edu)
- SLC Guide**  
• Rob Camp: [Campr@linnbenton.edu](mailto:Campr@linnbenton.edu)

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### How will an 8% TUITION INCREASE AFFECT YOU?

The Student Leadership Council held a tuition hearings on June 4th and 5th. Check out the hearing here [\(Click here\)](#)

Share your thoughts. [\(Click here\)](#)

GRAPHICS: FREEPIK.COM

## CROSSWORD PUZZLE

- ACROSS**  
1 Noun-forming (suf.)  
5 Cry  
8 Languish  
12 "Arabian Nights" dervish  
13 Harem room  
14 Swami  
15 Anta  
17 Adjective-forming (suf.)  
18 Cheer  
19 Afr. gazelle  
21 Agent (abbr.)  
22 Irish church  
23 Misplaced  
25 Card-reader's card  
28 Lead telluride  
31 Heb. measure  
32 Federal Aviation Admin. (abbr.)  
33 Letters sound  
34 Two-footed  
36 Ionian island  
37 Track

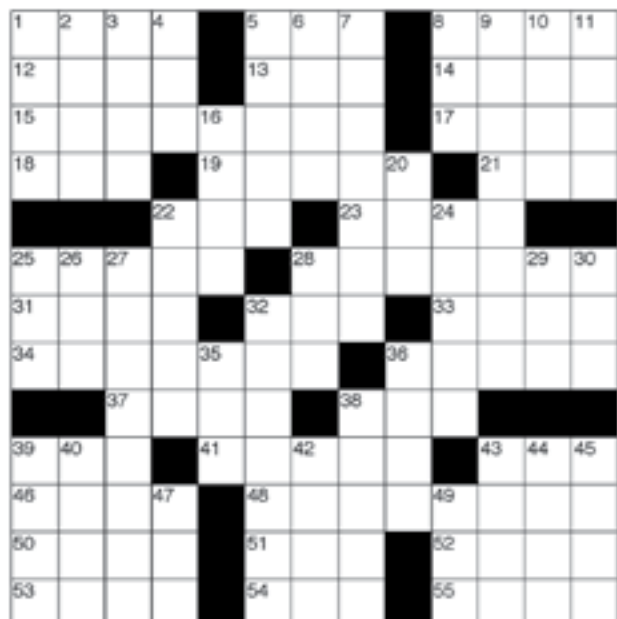
- 38 Ten decibels  
39 Fetish  
41 State (Ger.)  
43 Storage place  
46 Onionlike plant  
48 Cuban dance  
50 Jewelry setting  
51 Poetic contraction  
52 City in Judah  
53 Eng. statesman  
54 Electric reluctance unit  
55 Love of Able
- DOWN**  
1 Small goby  
2 Norse mythical hero  
3 Victory site of Nelson  
4 To be announced (abbr.)  
5 Yuccalike plant  
6 Polish border

**ANSWER TO PREVIOUS PUZZLE**

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UNCAS HBO LIE
GEODE ELM UNS
LIMAN DEARAIN
INBRED ASTUTE
      CACTUS
CBS ADA MACAW
ARIA ABE RAGA
BOCCA EYE BAC
      EGERAN
LEVANT STAPLE
ALA EAN ELIOT
WBN AAR NANNA
NAE UCA TEKEL
    
```

- 7 river  
7 Saltwort  
8 For your information (abbr.)  
9 Site  
10 Amalekite king  
11 Young female pig  
16 Sort comedy sketch  
20 Used to express negation  
22 Chosen nation  
24 Palmetto  
25 Afr. cotton garment  
26 Male friend (Fr.)  
27 Temporary relief  
28 Mulberry of India  
29 Child  
30 Woman: obs.  
32 Hesitate  
35 Hades  
36 Greek letter  
38 Confusion  
39 Gr. leather flask  
40 Bauble  
42 Rhine tributary  
43 Palm liquor  
44 Cleopatra's attendant  
45 Appoint  
47 Jap. game of forfeits  
49 Grandfather of Saul



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# SUDOKU

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

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

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# No Justice No Peace

*Demonstrators Gathered in Corvallis and Albany to Protest Police Brutality*



PHOTO: JAKOB JONES

**A groups of protesters line the streets of Albany for several blocks. Protesters could be heard chanting "No justice, no peace," some added: "Prosecute the police." This group was one of the loudest on the block, and gladly posed for a picture.**



PHOTO: GEORGIA DUNN-HARTMAN

**Those who shall not speak upon viewing misconduct are allowing it to continue in fear, protesters said.**



PHOTO: JAKOB JONES

**Before the protesters lined the streets of Albany, they gathered together for speeches. There were also stations of paper and markers for others to create their own signs if they didn't bring one.**

PHOTO: JAKOB JONES

**Many came to protest that Black Lives Matter in unity from different races, genders, and ages. There were many high school students from West Albany High School and South Albany High School.**



PHOTO: JAKOB JONES

**Police officers watch the ongoing protests from the Linn County Courthouse. They were visible on the sidelines of the protest, but were never seen in any kind of riot gear. The assembly of people had the support of local law enforcement.**



PHOTO: GEORGIA DUNN-HARTMAN

**Downtown Corvallis on 3rd there was a pause for coming together, a breath of strength before moving forward.**

PHOTO: GEORGIA DUNN-HARTMAN

**Up at the front this group among many others leads the protest down Harrison across 3rd, 4th and 5th Street towards the courthouse in Corvallis.**





June 4, 2020, Portland, OR. 6AM, shattered glass seemed to be a theme as people threw items through windows, or hit with rubber bullets. You can see how large the fracture is and the shattered glass all around it. Walking down this street in Portland, the amount of vandalism reflected that every business was affected by it. In almost every window, there's a hole. Every other business has boarded up its windows to try and protect itself from looters and shoplifters.

# POST-PORTLAND PROTESTS

Portland's Buildings Take a Hit After Looters and Police Respond to Protests



June 5, 2020, Portland, OR driving down Sandy Blvd later in the evening, protesters started gathering downtown near Hollywood Theater. Seeing this untouched building after all the vandalism in downtown was relieving. It was refreshing to see someone try to spread awareness of the situation at hand without being destructive or harmful to the city. Many businesses on the other side of the river were trying to draw attention to BLM by handing out flyers, posting signs, and everything in between.



STORY AND PHOTOS: PAIGE SEARLS

June 5, 2020, Portland, OR. Police had set up this fence to block the protesters from coming onto certain streets. This is the spot where several protestors were tear-gassed and shot with rubber bullets. The protest was peaceful. Protesters were tear-gassed so bad, one of one protestor couldn't even see to walk. Someone had to come to pick her up from the protest. There is a fence in front of the "Black Lives Matter" on the building ahead. Their voices have been muted. POC have been abused and unjustly murdered by the police force. To me, this is a visualization of what it might feel like to be silenced. Fenced away and blocked off from speaking out. I may never understand what it's like, but I stand with them.



June 2, 2020, Portland, OR. A closer look towards the justice building. Right outside looters have burned a car and tagged it and the fences that the city set up to try to stop the looters are set up across the street. This was a very important area for the protesters because this building is where the city of Portland holds all its records. They wanted justice for those who have died due to police brutality.

June 3, 2020, Portland, OR. I wanted a closer look at the justice building, so I went out and around the fencing, I had up. An officer asked me what I was doing and I explained my school assignment. He stayed with me until I was finished taking photos. In the back, it is dark and hard to see, but you can somewhat see the boards that are covered with graffiti. This all happened on the first night of protests when the fencing wasn't up.



June 2, 2020, Portland, OR. Walking towards the Justice building tagging and vandalism is visible that looters have done throughout the city. Peaceful protesting is always the start, but there's a smaller group inside the peacefulness that destroys the city. Authorities quickly responded quickly and set fences up around the property, threatening the tear gas or use any type of police force to keep the people away.

