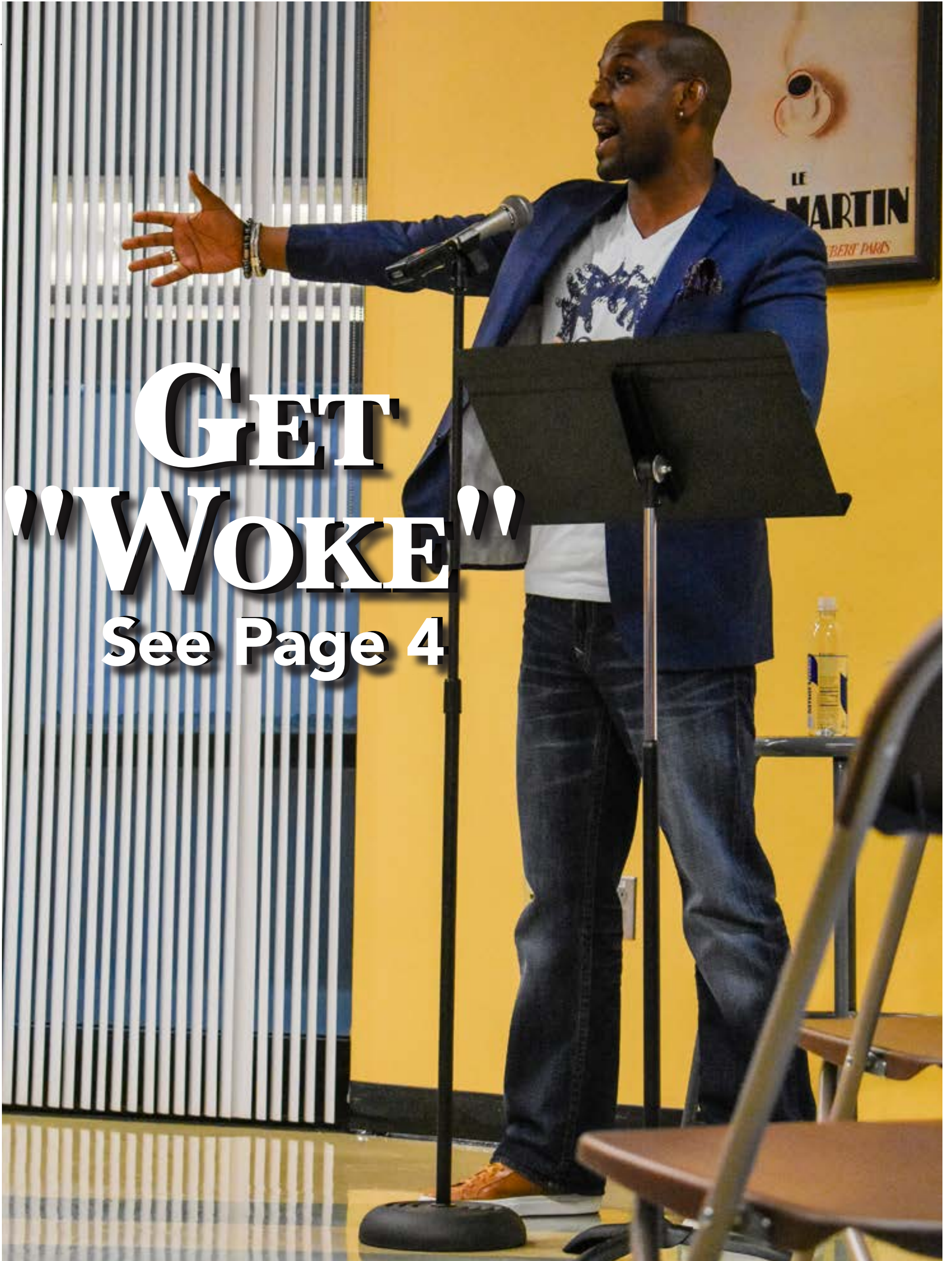


COMMUNITER

VOL. 50 EDITION 23



APRIL 10, 2019



GET "WOKE" See Page 4

PHOTO: RUTH NASH

Benjamin Glen performs his spoken word poetry during the event "Woke" at LBCC Hot Shot Cafe on Mon. April 8.

THE LINN-BENTON
COMMUNITY COLLEGE

COMMUTER

The Commuter is the weekly student-run newspaper for LBCC, financed by student fees and advertising. Opinions expressed in The Commuter do not necessarily reflect those of the LBCC administration, faculty and students of LBCC. Editorials, columns, letters, and cartoons reflect the opinions of the authors.

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The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues. The Commuter attempts to print all submissions received, but reserves the right to edit for grammar, length, libel, privacy concerns and taste. Opinions expressed by letter submitters do not represent the views of the Commuter staff or the College. Deliver letters to:

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LBCommuter.com

Phone:

541-917-4451, 4452 or 4449

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WELLNESS WEDNESDAY

What's going well?

This thought was shared with me from a colleague. The concept of starting with the positive in mind. Looking outward toward possibility. I think of how when students talk about the "89" they got on a test and they are bummed they missed the "A". Or of course the "69" that's not quite the "C" they needed to take the next class in the series. How do we push the "reset" button?

So in the Advising Center, the hallway discussion was, "what if we started every conversation with a student with "what's going well for you?" We know we'll get to the obstacles and what's not going well, but let's start by building up confidence, spirit and resilience. What's going well for you? What are you happy with? What successes have you had? Tell me something you feel good about. Humans are very good at critical analyses. We are wired to look at what is not working and to fix things. Notice with the speed of everyday life, we are quick to fault what does NOT work, and slow to relish the icing on the cake (perhaps I'm distracted in this analogy by wanting chocolate...).

I'm not trying to be Pollyanna-ish. I'm just saying put more attention on where you DO want to go. In river rafting, you don't point at the rock you

don't want to hit, you point toward the channel in the river you do want to follow. Why look at rocks when you can see the smooth waves ahead? Focus forward first.

In my experience, Spring is a fun, enlivening and difficult season. And I think of it in terms of running (rafting, kayaking or canoeing) a river. Fall term is the "set up" for the rapids. Scouting, preparing, making plans. Winter is "in the midst of it" turmoil and navigation to get through the rapids, choose the best route and stay in the boat. Spring is the "swirl, churn, drift, hang on and paddle like heck" season. It's sunny, go outside, it's rainy, do indoor stuff. It's graduation. It's prep for fall. It's excitement for summer. It's saying goodbye to students and plans for this school year. It's getting ready to start over again. It's reflecting on what happened, and thinking about how to do it differently next time.

Amidst the swirl (I picture the middle of a chocolate/vanilla twist cone from Dairy Queen...oops, chocolate reference again), take some time to reflect. What's going well?

STORY BY **LISA HOOGESTEGER**

If your house was about to flood and you could only take a raft full of your stuff, what would you take with you?



AUSTIN HUNSAKER
PSYCHOLOGY

THAT'S ACTUALLY A TOUGH QUESTION. FOOD AND WATER, PROBABLY SOME BOOKS, AND AN IPOD FOR MUSIC.



JENNY SMUCKER
MATHEMATICS

FOOD, AND GOOD CLOTHES THAT KEEP YOU WARM.

JOSH KNIGHT
COMMUNICATIONS

I THINK I WOULD PUT... OBVIOUSLY MY CLOTHING, AND SOME TYPE OF FOOD...ARE WE ALLOWED TO HAVE PETS?



COLTON SNYDER
PSYCH. AND CHEM.

"I'D GRAB SOME OF MY BOOKS AND PUT THEM IN A GARBAGE BAG."



CHRISTOPHER HAMILTON
MECHATRONICS

I WOULD GO OUT TO MY CAR AND TAKE MY TOOL KIT, BECAUSE I HAVE A FULL ONE AND IT WOULD COME IN HANDY.



STORY AND PHOTOS: **ALEX GAUB**

Q & A WITH SLC PRESIDENT-ELECT PATRICIA SIMON



STORY BY
ALEX GAUB

Student Leadership Council elections were held at the end of winter term, and now it's time to welcome our new president-elect, Patricia Simon. Simon won the election after Chris Bayers won the student vote, but conceded the election citing that he didn't have adequate time to fulfill the position. Bayers, however, will still serve as vice president for the upcoming school year.

Simon is a communications major, and has been a student at LBCC for three years. She plans to pursue a career in education or advocacy after her tenure.

Q: How long have you been a part of SLC?

A: The student leadership I started getting more introduced to the past year, but I haven't really started working with them until now. I joined the OSA, which is close to what they do, fall term.

Q: What is the OSA?

A: [Oregon Student Association] You go to a board meeting once a month, and they talk about different things that are going on. Such as legislative issues— tuition for one example. They do things like lobbying.

Q: Has it been a good experience?

A: It has been a good experience figuring out what things they have been fighting for.

Q: What experience do you have in leadership?

A: I've been the vice president of Estudiantes Del Sol for the past year.

Q: What was that experience like?

A: So, we started off kind of small. We used to have a Latino Club, but we decided to bring it back. It's been hard trying to get people involved. We had a hard time beginning. We have gotten it to progress, working to get more involvement with the community— hosting slide



shows, and presentations.

Q: Are you going to juggle both positions?

A: Yeah, I'm going to try to. I still haven't figured out who is doing what next year, such as who is going to be the new leadership next year. A few members are staying, but we are losing about half our people next term. My hope is to still be involved in that club after this term, but I need to see how to I'm going to manage my new position.

Q: What do you see as your goal as SLC president?

A: I want to get students more involved in student leadership, I also want to improve diversity on campus. It's been doing well, though. It has improved a

lot since I've started here. But I think there is still more to be done. I've seen the SLC struggle to get more people to come in, anybody can come in, but I see that people stay away from it. Even I stood away from it, but now I'm more involved.

Q: How do you think that you and Chris Bayers are going to get along?

A: I think that we are going to get along really well. I see that he is a caring person, and he's motivated. I think that our personalities are going to get along well. I know that I want to make sure that some of what he wanted to get done, will still be done. I think we are kind of going to be co-presidents in a way.

Q: What changes do you think need to be made, or do you want to make within the SLC?

A: I know that the SLC struggles keeping members energetic after the start of spring term. Lots of them start to lose interest towards spring term with the summer coming. I think that's the one thing, just trying to keep our team together.

Q: Why are you interested in promoting student welfare?

A: I went to a conference during fall term and seeing everything that they [SLC] do, I feel that a lot of students don't know what goes on in the background. They were trying to make sure that the tuition didn't increase— I know in Portland they want to increase it to fifteen percent— we are trying to make sure that for LBCC students it remains affordable. I feel like it would be helpful for students to know that. I've always wanted to help people. Here [LBCC], I started out and my grades were very poor. I've gotten a lot better and more involved, and I want progress too.

Q: Do you think your grade increase was directly related to your involvement in the school?

A: I think it helps you feel more motivated and that school is a good place to be. I'd already been working on that, but coming to school and being in the club helps to give you a little bit more purpose.

PREPARING FOR YOUR FUTURE

Tips and tricks for getting the most out of this year's career fair



COLUMN BY
SARAH MELCHER

Whether you're attending the LBCC Annual Career Fair on Wednesday, April 17, 2019 from 10 a.m. to 2 p.m. to find work immediately, or just browsing for possible future job prospects, you'll want to be prepared. Here are some tips to get the most out of the career fair with.

If you're attending the career fair to find work immediately, you'll want to make sure to give a good first impression. One easy way to do that is to make sure to dress appropriately and pay attention to personal hygiene. Make sure attire reflects the seriousness in which you take job hunting. Make sure there are no holes or stains and that your clothes are clean and wrinkle-free. If you have a pet, you may consider bringing a sticky roller with you to remove any missed pet hair once you get to the event. When attending to personal hygiene, having clean hair and no body odor are important. Body odor is a sure way to leave a bad first impression. Clean hands and fingernails are important as well. - you'll be shaking a lot of hands.

Having a resume ready is key. Potential employers won't be able to tell if you're a good option to join their team if they don't know anything about you. Your resume will showcase your experience and skills in a neat and legible way - so long as you have a well organized resume.

Some basic resume tips include: keeping it short enough to fit on the front of one page,

use fonts that are not too elaborate and easy to read, if you have a lot of work experience, keep only what's most recent and/or most relevant, don't be afraid to use this space to drop some names of people you've worked with if it will help you get the job.

You may consider having a visit with your advisor or someone in the advising office to give you advice on how to put together a good resume. If you don't have time to meet with an advisor, check the internet for some good tips.

Employers aren't the only people who will have questions when looking for a new hire. You will likely have a few questions as well. Before attending the fair, jot down some questions you think you might have, and consider creating some specific questions for specific booths you want to visit. You can also go online to the LBCC Annual Career Fair webpage to see a list of sample questions. <https://www.linnbenton.edu/current-students/work/annual-career-fair.php>

Make good use of the time you have by mapping out which booths you want to visit first. This will allow plenty of time with the companies you're most interested in working for. You could also consider "warming up" with some other companies you may not be as interested in working for by speaking with them first if you have time to spare.

Make sure you have everything you need for the career fair. Take your resumes in a folder so they stay clean, dry, and unbent. Typing up and printing the list of questions you have is also a good idea. Make sure to take a pen and paper with you to jot down notes you may want to write down from each booth.

41st Annual
CAREER FAIR
Drop-in to get prepared!

<p>Work with Career Specialists on...</p> <ul style="list-style-type: none"> - Resume tips and tricks - How to stand out - Interview preparation - Dressing to impress 	<p>DROP IN!</p>
	<p>April 15th, 2019</p>
	<p>10am-12pm 1pm-3pm</p>
	<p>Fireside Room CC-211</p>

SNACKS!

Questions? 541.917.4780 · linnbenton.edu/career-fair





STAY "WOKE"

LBCC hosts Benjamin Glen for spoken word poetry event about social awareness

PHOTO: RUTH NASH



PHOTO: EMILY MEYERS

During the reading, poems were not only expressed through words, but actions too. As much as poetry takes over Glen's life, he has another business with some of his friends designing shirts and creating a clothing line.



PHOTO: RUTH NASH

A crowd of around 20 gathered in the LBCC Hot Shot Cafe to listen in on "Woke" a spoken word poetry show. Benjamin Glen read his work alongside members of the LBCC poetry club.



PHOTO: RUTH NASH

After the reading on April 8, Benjamin Glen spoke with many eager audience members, while a line formed behind them. Glen's poetry spoke about many of his life experiences and hardships, saying some poems took him years to write.

April 17
Noon-1 p.m.

Oregon Poet Laureate Kim Stafford

Russell Tripp Performance Center, Linn-Benton Community College
Taverna Hall • 6500 Pacific Blvd., SW, Albany



Righter
When things get awkward,
when silences abound,
when nations reel from troubles
and reality is crushed—
by writing, be the righter,
and see what can be found
for remedy and comfort
by writing stories down
on all our old connections,
then pass your blessings on—
for people long divided
on common, common ground.
Kim Stafford

Poetry Workshop with Kim Stafford
2:30 - 4 p.m.
Boardroom - Calapooia Center, CC-103

FREE &
Open to the Public

Sponsored by the Oregon Cultural Trust, LBCC's Poetry Club/Poetry Advisory Committee, and the English Department. Both events are free and open to the public.




Request for Special Needs or Accommodations: Direct questions about requests for special needs or accommodations to the LBCC Disability Coordinator, KCA 105-4500 Pacific Blvd., SW Albany, Oregon 97112; Phone 541.917.7479 or via Oregon Telecommunications Relay (TDD) at 1-800-775-2900 or 1-800-735-1233. Wake up! Language interpreting or real-time transcription requests 2-4 weeks in advance. Make all other requests at least 72 hours prior to the event. LBCC will make every effort to honor requests. LBCC is an equal opportunity educator and employer. LBCC Comprehensive Statement of Non-Discrimination: LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, sex, national origin, marital status, sexual orientation, gender, gender identity, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws. For further information, see Board Policy 712(1) or see Board Policies and Administrative Rules, Title 10, Section 1000 Scott Rules, CC-103; 541-917-4425; (voice) Fax: 541-917-4806; LBCC, Albany, Oregon. To report bias/sexism/sexual harassment, contact: equality@lbcc.edu



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Monday 4:32 PM

KYA KNUTH SIGNS WITH SOUTHERN OREGON

After a stellar sophomore season, Libero Kya Knuth looks to continue her career with Southern Oregon University



STORY BY
CAM HANSON

Linn-Benton Volleyball's own Kya Knuth recently signed her letter of intent to play for the Southern Oregon Raiders.

"I feel very accomplished and beyond blessed to be able to play at the next level," said Knuth.

SOU is located in Ashland, Oregon and currently plays in the Cascade Collegiate Conference of the NAIA. Landing an offer from SOU is no joke, as the volleyball team finished the season with a 29-5 overall record, which proved to be the best in team history. They finished the historic season at eighth on the postseason poll.

Southern Oregon's impressive run got them to the quarterfinals of the NAIA playoffs against Park University from Missouri. Knuth's exceptional talent should translate well to the higher competition level.

Knuth played a fantastic sophomore season, finishing second overall in digs at 597, and third in sets at 131. She was a huge part in LBCC's 30-12 season, which saw them falling early in the NWAC playoffs.

"LBCC has been one of the greatest decisions I've ever made. I love everything about our hard working culture and excellence," said Knuth.

Knuth got to be a part of a team that finished with only 12 losses overall and one loss in conference play. Coach Jayme Frazier led her team to finish fifth in the final NWAC rankings.



"Jayme put so much confidence in my abilities and my team is a huge part of my success. I've made some of my best friends here and although I'm sad to leave, I can't be more excited for what's to come," said Knuth.

Knuth also mentioned that growth as a player

is one of her major goals going forward.

"My goals are to keep growing as a player and as an individual. My main focus is to contribute to Southern Oregon and their successful program," said Knuth.

SHIFTING FOCUS

After the series against Clark was postponed, Roadrunner Baseball looks towards matchup with Lane



STORY AND PHOTOS BY
CAM HANSON

Deep black clouds and a sudden daylong downpour kept the LBCC Men's Baseball team from competing against Clark in a four game, home and away series this past Friday and Saturday, with two of the games being moved to April 15. The Roadrunners lose the opportunity to face Clark before their important series with the Lane Titans (12-8 overall, 6-0 conference) and will have to carry the momentum built by their series sweep against the Southwestern Oregon Lakers.

Lane has had almost as equally of a successful season under their belt thus far. Their 12-8 record netted them three votes from the March 27 NWAC coaches poll, barely being left out of the top ten. LBCC has stayed in the rankings for a few weeks now, coming in at seventh in last weeks poll. Lane currently sits at first in conference standings in the south, sharing an undefeated conference record with none other than the Roadrunners, who are 14-5 overall and have a 4-0 record in conference. Lane has faced Southwestern Oregon and the Clackamas Cougars in the south division, beating them with great offense with wins such as 12-0 and 11-7. LBCC faced Clackamas earlier in the season, beating them twice in wins 16-1 and 13-3. While Lane holds the edge statistically, LBCC has had games postponed and the opportunity for more than four wins thus far was taken from them.

"After getting our games postponed this past week, our guys are itching to get back to playing. Should be a lot of fun playing a quality team like Lane," said head coach Andy Petersen.

This four game series between the two teams will break the tiebreaker for first and set a division leader, barring a two win series tie. Lane has been on an tear since the start of conference play, winning eight in a row and surging to 12-8 after a 4-8 record. The Titans currently have 90 runs in the year with a .264 batting average

complimented by four total home runs. The Roadrunners themselves have been creating fireworks, with a six game win streak under their belt. LBCC currently has 162 runs on the season, which shows how effective Coach Petersen's offense has performed in his first season.

Two teams with undefeated conference records and hefty win streaks meet on the diamond this Friday, and the match-up looks to be dazzling. Coach Petersen and his team has had a very successful season thus far, and the first year head coach has remained cool the whole way through.

"There was a lot of anticipation build up leading into the first game of the season, with not really knowing

what to expect. One the team and I got that first game out of the way, it was back to playing baseball and having fun," said Petersen.

The first pitch against Lane will be thrown at home at 2 p.m. on Friday, April 12.

Eric Hill nabbed eight total strikeouts in their 11-0 victory against Southwestern Oregon, contributing to LBCC's stellar defense.



(Above) Colton Talton has hit three total home runs on the season with an RBI of 20.

(Below) Coach Petersen has led his team into the number seven spot on the NWAC poll in only his first season as head coach.





COURTESY: NINTENDO.COM

RETRO GAME REVIEW:
Final Fantasy VII

PUBLISHER: Square Enix
DEVELOPER: Square Enix
PLATFORM: Nintendo Switch eShop (Also available on Xbox Live Arcade)
RATED: T
OVERALL RATING: ★★★★★



STORY BY
STEVEN PRYOR
@STEVENPRR2PRYOR

In the year 1997, the release of “Final Fantasy VII” ended up redefining the franchise and the Japanese role-playing game genre as a whole for years to come; being highly acclaimed by critics and players alike. Now, twenty-two years after its initial release on the Sony Playstation; the game has seen its latest rerelease, and its first on a Nintendo platform via the Nintendo Switch eShop. Even after all this time, this latest

rerelease is the ideal way for longtime fans to re-experience this acclaimed title and for newcomers to get immersed in its world.

The story sees a group of young freedom fighters trying to save their home from the corrupt Shinra Corporation, who seek to plunge the world into chaos in their pursuit of a rare energy source known as “Mako.” They include the the swordsman Cloud Strife, the muscular gunman Barret and the brave young woman Tifa Lockhart. Facing the villainous Sephiroth and a group of mercenaries with ties to Shinra, the fate of the planet is at stake in an RPG that became the standard for all future installments in the “Final Fantasy” series and countless other games in its genre.

Though the game retains some artifacts from its original release (such as the supporting character of Aerith being romanized as “Aeris”), several tweaks have been made for the title to suit the jump to the Switch (as well as its fellow rerelease on the Xbox One). While the graphics do retain the blocky polygons from the original Playstation release, the frame rate has a faster option and the textures have been significantly been cleaned up from their original pixelated forms.

Even if the then state-of-the-art technology may now be a product of its time, the gameplay remains satisfying. Though the controls do take some getting used to, the exploration and combat are simple



enough to pick up and play; yet tough to completely master. The appeal of the story and characters has endured over the past 22 years, with numerous spinoffs and guest appearances in other game series such as “Super Smash Bros.” and “Kingdom Hearts” (a remake of the game has been in development since being announced in 2015).

No matter what console it’s played on, “Final Fantasy VII” remains a groundbreaking achievement for the series and JRPGs after all these years. As development on the current-generation remake continues, there has never been a better time for longtime fans to re-experience the game and for newcomers to check out for the first time.



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- Pass drug screen & background check
- Legally able to work in the United States
- Registration in CWE program at LBCC
- Prefer a one-year or longer commitment

CWE

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



COURTESY: IMDB.COM

MOVIE REVIEW:

Shazam!

DIRECTOR: David F. Sandberg (Based on characters appearing in DC Comics)
STARRING: Zachary Levi, Mark Strong, Asher Angel, Djimon Hounsou and Jack Dylan Grazer
RATED: PG-13
OVERALL RATING: ★★★★★



STORY BY
 STEVEN PRYOR
 @STEVENPRR2PRYOR

Following the massive success of "Aquaman" in 2018, the latest DC Films release has arrived with "Shazam." While Warner Brothers has faced many twists and turns in their shared cinematic universe over the last few years, this take on the classic character is a fantastic modern origin story that retains the optimistic spirit of its Golden Age comic book source material.

The story follows Billy Batson (Asher Angel), a mischievous but relatable young man who reluctantly joins a foster home in Philadelphia alongside Freddy Freeman (Jack Dylan Grazer). One day, an ancient sage (Djimon Hounsou) bestows Billy with the powers

of legendary heroes that can be activated with the invocation "Shazam!" This form gives Billy the body of an adult (Zachary Levi) that still retains his childlike spirit. As Billy tries to master his powers and adjust to his adoptive family, he clashes with the mad scientist Dr. Sivana (Mark Strong); who seeks to plunge the world into darkness with the aid of seven demonic beings.

Rather than try to shy away from the goofiness of its lineage, the film wholeheartedly embraces it. Over the course of 132 minutes, director David F. Sandberg gives the character his first feature length film adaptation that revels in the "golly gee whiz" idealism that's been a cornerstone of the material since his first appearances in the 1940s comics and film serials.

In essence, the film is like a superhero version of the Tom Hanks classic "Big." Instead of the dark

and edgy storytelling that previous DC movies have been known for, the film is a great example of gleeful childlike wish fulfillment that their longtime rivals at Marvel set the standard for. Much like the 1940s film serials and a host of TV adaptations over the years, the film manages to make its absurd setup work in the context of a \$100 million budget blockbuster. The heroic acts range from stopping a convenience store robbery to a spectacular final battle in a roadside carnival; with time in between to play Mortal Kombat and film viral videos while guzzling Dr. Pepper.

Overall, "Shazam" represents another compelling argument for the "Worlds of DC" rebrand of their cinematic universe. The film definitely has enough gleeful family fun to stand out among other DC Comics adaptations and is well worth your time.

CROSSWORD PUZZLE

ACROSS

- 1 Siberian antelope
- 6 Exclamation
- 9 Gross (abbr.)
- 12 Dirge
- 13 Underwear
- 14 Science class
- 15 Cattle breed
- 16 Egypt. god of pleasure
- 17 Sp. article
- 18 Wobble
- 20 Of a nation
- 22 Group of six
- 24 Old (Ger.)
- 27 Juice
- 28 Alcove
- 32 Recline
- 34 "___ Abner"
- 36 Woman's work basket
- 37 Lawful
- 39 Old Irish counterfeit coin
- 41 Jap. festival
- 42 Melodious
- 44 Sugar cane

- shoot
- 47 Honor
- 52 Antiaircraft artillery (abbr.)
- 53 School organization (abbr.)
- 55 Polishing material
- 56 Altar constellation
- 57 Hours (abbr.)
- 58 Forbidden City
- 59 Ancient stringed instrument
- 60 Defiant shout
- 61 Avesta division

DOWN

- 1 Lath
- 2 Senior (Fr.)
- 3 "Bus Stop" playwright
- 4 Form of arthritis
- 5 Tax
- 6 Warp yarn

ANSWER TO PREVIOUS PUZZLE

M	A	A	C	P	A	C	A	L			
D	O	R	M	A	I	N	T	R	A	M	
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A	B	R	I	A	D	C	N	O	I	L	
A	E	S	L	E	K	A	S	T			

- 7 Zenith
- 8 Dash
- 9 Overflow
- 10 Hindu princess
- 11 Old Gr. coin
- 19 Actual
- 21 Of the kind of (suf.)
- 23 Coil (pref.)
- 24 Aggregate
- 25 Law (Fr.)
- 26 Tender loving care (abbr.)
- 29 Civil Aeronautics Board (abbr.)
- 30 Television channel
- 31 Belonging to (suf.)
- 33 River into the Yellow Sea
- 35 Tie
- 38 Cup
- 40 Ill
- 43 Within (Lat.)
- 44 Thunderfish
- 45 Berne's river
- 46 S. Afr. dialect
- 48 Ceylonese langur
- 49 Down with (Fr., 2 words)
- 50 Deep cut
- 51 State (Fr.)
- 54 Hardwood

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56				57				58			
59				60				61			



4/10 to 4/16

Wednesday 4/10: Smoked Salmon Benedict, Peruvian Roasted Chicken, Fettucini w/Sauteed Veggies. Soups: Italian Sausage*, Smoked Tomato. Salads: Huli Huli Chicken OR Tempeh.

Thursday 4/11: Pasta w/Red Wine Braised Pork & Pancetta, Spicy Shrimp Stir Fry w/Steamed Rice, Pineapple & Black Bean Fajitas. Soups: Smoked Salmon Chowder, Potato Leek*. Salads: Tonkatsu (Japanese Deep Fried Pork), Tofu-Katsu (Japanese Deep Fried Tofu).

Monday 4/15: Chicken Marengo*, Grilled Pork Chop*, Power Bowl w/Vegetables & Rice*. Soups: Egg Flower*, Tomato Basil. Salads: Green Salad w/ Grilled Shrimp OR Grilled Vegetables.

Tuesday 4/16: Braised Brisket w/Hot Sauce & Roasted Chillies, Fish-n-Chips w/House Made Tartar Sauce, Fettucini w/Shitakes & Asparagus. Soups: Cuban Black Bean*, Creamy Coconut Carrot*. Salads: Tuna OR Avocado Nicoise Salad.

Monday to Friday - 10 AM - 1:15 PM

* Gluten Free

SUDOKU

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

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

HUMANS OF LB



STORY AND PHOTO: NATALIE DUMFORD

Nellie Kosmala

Nellie is a beyond high school student, attending LBCC this year as a freshman. Her major is in business, and in her experience the most difficult part of college has been time management. The thing that keeps her moving forward in school is the "end goal." She explained this by saying, "Keeping the end goal in mind. Even though I may be a business major, to get my degree I have to take a biology class.

It's just remembering that the biology class is the step to the goal." Nellie was born in southern California but moved shortly after to Lebanon, where she has lived since. Her father is from New Zealand and she is a dual citizen of New Zealand and the United States, giving her the freedom to live in either country or in Australia if she so desires. She currently lives on a family farm where they grow cherries and peaches. Nellie went to a private high school up until last year, when she went to live in South America for a short time. "I like to travel," Nellie says. She was inspired to move ahead of pace in school, "To get done- the degree helps get you to the thing you want to do, but I mostly just want to do the thing." For Nellie, this means planning events, or becoming a business manager. She would also happily accept a job which allows her to travel the world. In the fall Nellie will be transferring to Corban University, with hopes of attaining her master's degree.

The Commuter is publishing stories of the human experience among students and staff. If there is someone you think who has a good story to tell, let us know! Send an email to commuter@linbenton.edu.



STORY AND PHOTO: NICK SLOVER

Kane Weekly

"In ten years I want to be running my own business," 19 year old freshman Kane Weekly said in my interview with him. He went on to explain that he currently is majoring in engineering but is thinking about switching to business to further his passion. When I asked why he thought he would be good at running a business he replied "I have been working in the property care business for a long time and I really enjoy it. I think I am a pretty hard worker so if I keep working hard I could definitely run my own business." When I asked Kane what the hardest part of college was he explained that "Adjusting to the increased workload of the classes has been difficult and trying to balance everything else in my life also is tough."

Audric Macone

Studying Psychology, Audric is planning to transfer to Portland State to continue his academic studies. With a friendly face his goal to have a career involving "something with people" seems an appropriate fit. His current goal is industrial and organizational psychology, also known as occupational psychology, a field that helps people increase their motivation and overall job satisfaction. With that in mind, his career choice still might still be "a surprise" to both himself and others. His favorite thing about LBCC is the math lab which he said helped him succeed in all his math classes. A daunting task for most students, math courses usually aren't easy, however, with enough help Audric was able to advance through the ranks and pass his classes.



STORY AND PHOTO: EMILY MEYERS



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