

COMMUTER

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CONVOY TO THE CAPITOL

SEE PAGES 6-7

THE LINN-BENTON
COMMUNITY COLLEGE

COMMUTER

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

LBCC is an equal opportunity educator and employer.

Letters Welcome

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

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FORMER LBCC STUDENT OUT OF JAIL

Christopher Strahan is on "Federal Supervised Release" after sending violent threats



STORY BY
MILLICENT DURAND

Christopher Strahan, a former LBCC Student who pled guilty to sending out multiple threats to commit a mass shooting on Oregon State University's Corvallis Campus last February, is out of jail, according to The Oregonian.

Strahan was arrested after he made several posts on Twitter saying that OSU will be "shot up" as well as comparing himself to Marjory Stoneman Douglas Shooter Nikolas Cruz.

Strahan is currently prohibited from stepping foot on Oregon State University or Linn-Benton Community College property as a condition of his parole. Strahan is also prohibited from contacting students at both institutions.



What was the most interesting class you took this term and why?



JASMINE CLINK
AAOT

"MATH 212, BECAUSE IT'S KINDA FUN. IT WAS ABOUT TEACHING ELEMENTARY SCHOOL KIDS."



DANIEL GLEN
ENVIRONMENTAL ENGINEER

"AFRICAN AMERICAN LITERATURE WITH DOCTOR RAMYCIA MCGHEE. UNLIKE OTHER CLASSES THAT ARE JUST ABOUT FUNDAMENTAL KNOWLEDGE, IT PROVIDES ANOTHER WAY OF SEEING NEW PARTS OF THE WORLD NOT SEEN."

JAKE ERDMAN
HUMAN SERVICES

"IMPROV WITH DAN STONE, IT'S REALLY INTERESTING BECAUSE THERE'S NO LECTURE JUST IMPROV. THE CLASS IS ALSO REALLY SMALL SO EVERYONE CAN GET TO KNOW EACH OTHER."



NATHALI COYAZO
MEDICAL ASSISTANT

"MY FIRST AID CPR COURSE. IT'S A LOT OF THINGS WE DON'T KNOW AND ARE IMPORTANT."



JASMINE ENGEN
AAOT

"ONLINE WRITING 122, BECAUSE I DID WELL IN IT. I REALLY LIKED THE READING MATERIAL, EVERY OTHER CLASS READING MATERIAL I'VE HAD HASN'T INTERESTED ME. I ENJOYED THIS ONE BOOK ABOUT A PHOTOJOURNALIST."



STORY AND PHOTOS: RUTH NASH

COMING HOME

"The Grunt Film Project" focuses on stories of four OSU students who served in combat

STORY BY **KAREN CANAN**

Jacob Mogler's film "The Grunt Film Project" looks at the post-war lives of four of his fellow veterans at OSU.

The veterans' stories show different ways to transition successfully back into civilian society after time in the military, including filmmaking (Mogler is a marine veteran), theater, leadership in school and community, and meditation.

An important touchstone of the film looks at the high numbers of suicide among veterans and U.S. citizens in general. As the narrator and filmmaker, Mogler asks each of the four soldiers: Anthony Plant, Nivardo Gonzalez, Sean Maloy, and Steven Olson about suicide among veterans.

"Suicide is a permanent solution to a temporary problem," says Maloy, an affable fellow who moved to Oregon at the instigation of his friend Plant. The message is clear; it is important to find successful ways to transfer the leadership skills from deployment to civilian life, as challenging as that can be.

This showing of "Grunt" was put on by Jaya Lapham, Veteran Resource Coordinator at LBCC and Teri Bartlow, Veteran Liaison to the Advising Center at LBCC.

The filming for most of the story is realistic and gritty, with the OSU vistas providing a welcome bit of greenery and spaciousness. The profiles of the soldiers are filmed in detailed close-ups, making the viewer feel almost inside the movie.

In the movie, Gonzalez talks about discovering meditation as a technique that not only helped him, but was something he could share with others. Olson, who came with Mogler to LBCC to talk with audience members after the movie, said that theater, friendship and getting a companion dog have helped him and fellow



soldiers deal with PTSD from serving in the military.

After the talk, Olson jumped up on stage to see the sets for LBCC's upcoming plays with Michael Winder, LBCC Events and Production Coordinator. Olson was a student here at LBCC and has continued in theater. Juliette, Olson's dog, waited patiently, wagging her tail when he returned.

Among the most poignant of the questions after the talk came from a mother who is concerned about the imminent deployment of her son. Mogler gave her a link to the movie so she could show it to her son and Olson said, "Don't expect anything. Don't expect things

to be different. Just let things happen organically. You're going to be able to stay in touch with him. For me, it was so awesome to see my mom at the gate, pulling out grey hairs [saying] 'Look what you did to me.'"

"The Grunt Film Project" will be showing again at LBCC on Monday, March 18 at 7 p.m. in LBCC's Russell Tripp Theater. These soldiers' stories can spark important conversations about service in the military, and bringing those leadership skills and real-life experiences into higher education and ultimately into second careers.

'I AM NOT INVISIBLE'

Photo exhibit celebrates women in armed services

STORY BY **JAMES SCHUPP**

What do you think of when you hear the term "veteran?" After going to the "I Am Not Invisible" presentation at the library on Friday, Feb. 22, the image in your head might have changed. "I Am Not Invisible" is a collection of photographs of women veterans across a wide variety of time. It showcases them as a way to give visibility to women war veterans.

While waiting for the speakers to start their presentation, I met with some people at my table. One of them was Franklin Roberts, the associate dean for science and math whose wife is in the military and also Jaya Lapham, who is the veteran resource coordinator. After everyone had eaten their lunch, Jaya Lapham stood up and thanked everyone for coming, talked about her job as the Veteran Resource Coordinator, and then handed over the microphone to Elizabeth Estabrooks.



I AM NOT INVISIBLE PRESENTATION

WHO: Carolina Gonzalez-Prats, Jaya Lapham, Elizabeth Estabrooks

WHERE: Linn-Benton Community College Library

WHEN: Friday, February 22

Estabrooks works for Oregon Veterans Affairs as the Women Veterans Coordinator. Estabrooks was in the army for three years, and strongly feels that women veterans are not getting the same services as men veterans. She is the curator of the portraits of the women on display in "I Am Not Invisible" which is "A diverse set of 22 women veterans." She stresses that the diversity is important for this photo set being inclusive to all women veterans. She also talks about how it is important to "replace the white male default image."

Estabrooks reiterated on her previous points by saying that "trickle down does not work in economics, and it does not work in social justice," as a response to people saying that veterans who have services will just help get those services to veterans who don't.

The "I Am Not Invisible" campaign launched in 2016 to a 500 person crowd, a way bigger turnout than they were expecting. It went to Washington D.C. in 2017, and has since been around the U.S, always featuring different women, but always the same message.

"He, him, his, be the person that says 'Her too'"



PHOTOS: SARAH MELCHER

Elizabeth Estabrooks poses next to her exhibit photo.

TRISTAN STRIKER: TEACHER, ADVISOR, POET

Meet advisor of the poetry club who brings passion and knowledge to the job



STORY BY
CALEB BARBER

On Thursday at half past noon, the poetry club rolled their chairs into a half circle in room IA 242. As a club member finished reading one of their original poems, the room responded with snaps, jazz hands, and nodding heads. Tristan Striker, poetry club adviser, was the first to deliver praise to the budding artist.

"You had really nice alliteration," he said to the student, "And your pacing was fantastic."

Born in the Netherlands, Striker completed his undergraduate in New Hampshire, which he represented proudly with his Patriots branded socks and beanie. He completed his post-graduate studies in New York, and moved to Corvallis when he was given an opportunity at a full time teaching position at LBCC.

"I do a lot of reading, I mean it's kind of my job," said Striker. When he's not critiquing his student's work he enjoys reading and writing poetry, his favorite poets including Billy Collins, Benjamin Glen, and Saul Williams. He also enjoys exploring local cuisine with his partner, or exercising.

Despite only having been an instructor at LBCC since the Fall of 2018, Striker has wasted no time in getting himself and his students involved in club activities and participating in LB events. He recently hosted a viewing of the film "Bessie" in the DAC for the Black History Month film series, and helped facilitate the #BlackGirlMagic essay contest with Dr. Ramycia McGhee and previous essay lauriat Alena Santos.

"I met Tristan during his interview, he was extra talkative, really energetic - definitely a delight," said McGhee, recalling her first and lasting impressions of Striker. "I have two students in one of my classes that are in poetry club who absolutely love it."

One of these students is Kel Callaghan, who only recently joined the club at the beginning of Winter term.

"As a facilitator he is very proactive, very thorough," said Callaghan. "Tristan brings such an air of acceptance, he has so much empathy. It really shows. He really cares about poetry, and people being able to express themselves."

Striker has encouraged all students, not just club members, to submit their poetry to be displayed on a growing poetry wall in North Santiam Hall. Amid the talent and beauty of the student pieces, a small printed poem written by Striker stands out, a reference to his love of exercise and an almost painful allegory of his efforts.

A student stood amid the young poets and

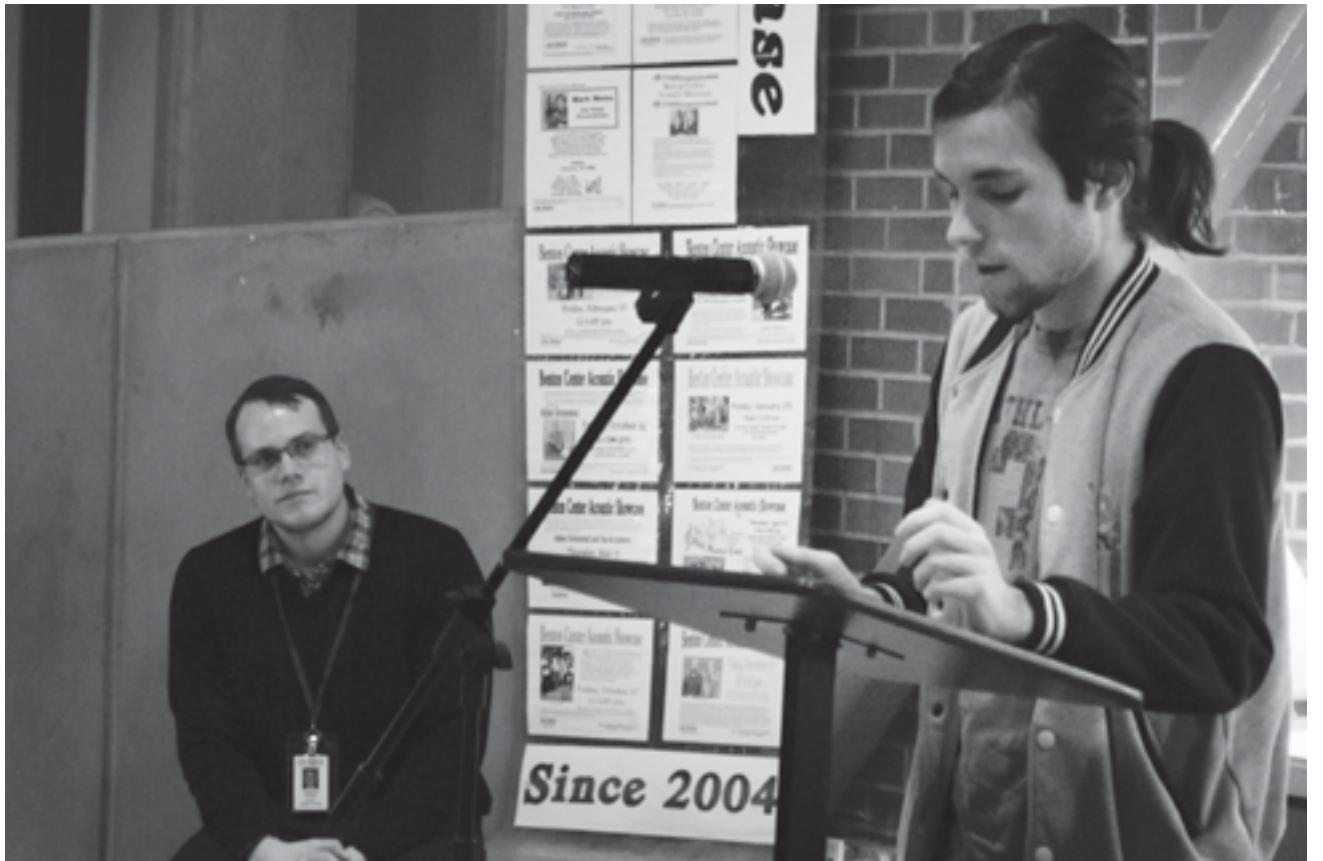


PHOTO: FLORIA MITCHELL

Tristan Striker (seated), the new advisor to the Poetry Club, listens to a poet at the Word Mob, held at the Benton Center in February.

read a new poem aloud for the first time. After more validating snaps and nodding heads, a familiar voice rang from the back.

"That was beautiful," Striker said, "I can't wait to hear more from you."

Gym Rat

Each pulse is harnessed desperation,

Each push is acid, and the spaces

Where pain and panic singe sinews

And tear what hold me together

Until I bend the metal back in place.

I exhale my effort out, my

Manufactured anxiety escapes

Into air thick with the pain

Of others.

By: Tristan Striker

ADDITIONAL INFORMATION

NAME: Tristan Striker

CONTACT: striket@linnbenton.edu

CLAIM TO FAME: LB English instructor and Poetry Club adviser

ROLES AND RESPONSIBILITIES: Poetry Club adviser and English Faculty

CLASSES: Early American Literature, English Composition, Intro to College Writing

LBBC PERFORMING ARTS PRESENTS

TRANSFORMATION

WINTER CHORAL CONCERT

MAR 15, 7:30PM

LINNBENTON.EDU/TICKETS

First Alternative NATURAL FOODS CO-OP

Wallaby Organic Low Fat Yogurt	Choice Organic Tea Various Teas	Annie's Homegrown Organic Mac & Cheese
5/\$5	2/\$7	2/\$4
Until April 2nd	Until April 2nd	Until April 2nd

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Local cannabis grower, Logan Osenga, finds passion in pot after a change in career

STORY AND PHOTO BY **ESSY SCOTT**

Walking up and down the rows of his greenhouse, the careful and caring sweep of Logan Osenga’s gaze is almost parental. And with the amount of time, dedication, and work he’s invested into his farm, it’s no surprise the relationship he has with the growing cannabis plants brings to mind the bond between a father and child.

He walks up and down the isles of sprouting green, in one of several of the large greenhouses he built himself, to make sure the plants have all the nutrients and water they need. This is a small example of the intimacy he has with his farm that contributes to his success as the first recreational cannabis company in Benton County.

Starting Cascade Valley Cannabis in 2016 wasn’t originally what Osenga had in mind for his future. A student of Lane Community College and Sumner College, Osenga began his educational journey pursuing a future in child development, then adding nursing prerequisites to his course load that would inspire his transition into nursing.

“I like to feel good about what I’ve done at the end of the day. Like I’ve impacted someone’s life,” says Osenga, explaining his gravitation to career fields that focus on helping others. He is especially drawn to vulnerable populations that require extra care.

“I really like babies, honestly. I guess I first investigated the possibility of being a midwife, but there’s not many male midwives,” he explains with an understanding shrug of the shoulders. “I would much rather deal with babies or animals. Things with a pure innocence to them.”

ADDITIONAL INFORMATION

WHO: Logan Osenga
OCCUPATION: Head of Cascade Valley Cannabis
HOMETOWN: Corvallis, Oregon
AGE: 30
EDUCATION: Graduate of Lane Community College and Sumner College
CONTACT: cascadevalleycannabis@gmail.com or on Instagram at www.instagram.com/cascadevalleycannabis

Nursing satisfied Osenga’s desires, but only for a time.

When explaining his transition out of the field, Osenga says, “I loved the patient contact that I had. It was the work environment that burns you out. I think it burns any nurse out.”

He decided to break out of the cycle of understaffed shifts that confined him inside a building. He migrated to California, where a friend had told him about the open farm position that triggered the domino effect that launched him headlong into the cannabis industry. From there he moved on to work at another medicinal farm, and then another.

What started as a respite from the uncertainty of his future career evolved into a sustainable passion for large-scale growing.

He reached out to his mother, Theresa Stephens,

and discussed his interest in starting his own farm. She joined his crusade and the two began their search for a location.

They quickly discovered the high cost that would come with a California property. With recreational cannabis legalization within Oregon’s eyesight, Osenga moved his search back to his hometown, where he found what he described as the “perfect property.”

Despite not having the most ideal growing conditions in the state, Cascade Valley Cannabis was born.

Bringing his cannabis farm dream to life didn’t lead to carefree days spent frolicking in fields of green for Osenga. In fact, not only did he and Stephens have to learn the process of building a business from the ground up, but they also shouldered the pressure of being the first recreational cannabis farm in Benton County.

It didn’t take long before competing farms were on their tail and the fight for recognition in a state that would soon be producing more cannabis than can be consumed by the population began.

Regardless, Osenga managed to keep his head above water in the growing sea of brand names flooding the market. His company became known and in demand in towns throughout the state. The various pre-roll options in particular have earned him widespread attention from medicinal and recreational users alike.

He attributes his success to his and his mother’s day-to-day involvement with the farm and the unique environment they’ve crafted with specific intention.

“It’s different than most of the agriculture industry in that anyone, be them from another country or fresh out of school or with no education at all, can come here and get some experience. And more than that, get taken care of and healed and get a new perspective on life while they’re here. I’m really grateful I can open my doors that way.”

To Osenga, his property is more than a workplace, it’s a home. He hopes to provide a haven similar to the one he stumbled upon in California that marked the point his entire life path changed.

His goal is not only to heal his consumers with the medicine he’s grown, but also to have a positive impact on the lives of those he works alongside.

As ideal as a workplace like that may appear, it comes with struggles of its own.

“There’s a reason most businesses don’t have that family, communal, free-flowing vibe and end up with a very corporate and strict structure to be profitable. I’m trying to break that rule.”

Osenga’s hope is that the quality of his family focused product grown with love will be enough to beat out the excess of competitors vying for the public’s eye.

LOOKING FOR WORK?

- That fits your school schedule
- Earn a competitive wage
- Earn credits toward your degree for work experience

STILL INTERESTED?

Current job listings: http://bit.ly/CWE_jobs_blog
Application: http://bit.ly/LBCC-ATI_CWE-Application

MINIMUM QUALIFICATIONS:

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

QUESTIONS???

Contact: Lena Carr at cwe@linnbenton.edu with questions
www.linnbenton.edu/cwe



CONVOY TO THE CAPITOL

Students gathered at Oregon's State Capitol to protest community college budget cuts



STORY BY **RUTH NASH**

Buses pull up to the parking lot of Chemeketa Community College full of eager students ready to go.

"Group picture!" the advisors yell as the mascots and students of Linn-Benton, Chemeketa, Umpqua, Clackamas, and Blue Mountain community colleges gather around before heading to the capitol.

"Money Matters," chanted the crowd.

Thursday, March 7, students from community colleges gathered at the Oregon State Capitol building in Salem to march in support of one common goal: raise awareness for community college funding.

"This rally is in support of all

students' ability to go to college," said LBCC Student Leadership Council President Shelby Pick.

The students held a march including posters and chants to raise awareness against the proposed plan for the state's community college budget.

"This is really important now more than ever so legislators know how critical funding is," said Executive Director of Advancement at LBCC Jennifer Boehmer.

Before the rally Pick spoke with legislators trying to emphasize what community colleges are standing for.

"The two senators I spoke with were in favor of getting funding, it's just a matter of where that money would come from," said Pick.



Students chant and wave to cars while chanting "money matters."

Shelby Pick (in mascot costume) looking at pictures with Jennifer Boehmer at the Chemeketa parking lot before leaving for the march.

STUDENTS ELECT THEIR NEXT LEADER

2019-2020 president and vice-president election results came in late last week



STORY BY
ALEX GAUB

After a week of school cancellations, due to late winter weather, LBCC students cast their votes for SLC president and vice president. The elections were extended four days, which gave students until March, 5 to decide their next leaders.

Christopher Byers was elected president, but he conceded the election to Patricia Simon.

"She's very dedicated, she has some really great ideas to implement, and she will do a very good job next year as president," said Barb Horn, the SLC advisor.

In order for the SLC to hold a valid election, 48 votes, or 3 percent of the total fully enrolled student body needs to cast a vote. This year a total of 96 votes, or 6 percent, of the student body voted in the election.

Byers won the election 52 votes to 46 for Simon. Byers, however, will not be taking the presidential seat this coming year. He has seen what is asked of the position, and with a full class load next year, as well as an internship next spring, he has decided that someone with more time to devote to the position is in the best interest of the student body.

Byers will still hold the vice president's seat.

"I know that we are going to work well together, regardless of who is president and vice president," he said.

The new team will take over the office the fifth week of spring term, being sworn into office on May, 16.

There are still positions available for next year's staff. Applications can be submitted on the LBCC website under Student Leadership Council. Selections for positions will be held the first week of April; the deadline to submit an application is March, 20.



Patricia Simon

LBLB: GIVING FOR PEOPLE IN NEED

Linn-Benton Lunch Box is looking to make a change in the community by helping those in need

STORY BY DAVIS IHDE

The Linn-Benton Lunch Box, otherwise known as LBLB, is a food drive here on the LBCC campus that helps students who are in need of extra food. It is stocked using the proceeds from the Hot Shot Café and donations, and the food is stored in the back of the cafe.

"The revenue from the Hot Shot Café has been the biggest boost to our program," said Student Coordinator Christopher Byers.

The LB Lunch Box began in 2010 when a Linn-Benton student leader went with the ASOSU (Associated Students of Oregon State University) Student Government to a nutrition conference in Washington, D.C. After seeing the importance of nutrition for students, they decided to start the LB Lunch Box. To this day, the program is still fully run by students with Barb Horn as their supervisor.

"The students are always ready to prepare the food and make sure it's up to date for the people we are giving to," Horn said about the student volunteers.

According to Byers, the LB Lunch Box helped 94 students in 2018, and that number has grown every year.

ADDITIONAL INFORMATION

- If you wish to donate food, hygiene products, or money to LBLB, contact the Student Life and Leadership Office at (541) 917-4467. Canned food and other non-perishables are accepted. Donations of toothbrushes, toothpaste, deodorant, and mouthwash would also be greatly appreciated. Additionally, if you have late fees in the Linn-Benton library, you can pay for up to \$10 of it by donating canned goods.
- Students aged 18 to 49 who attend college at least half time may be eligible for SNAP by meeting income guidelines and additional criteria. For more information, visit <http://oregonhunger.org/snap-for-students>.

In order to keep this number on an increase, the LBLB plans on collaborating more with the Food Affordability Council and Single Stop. Single Stop is an outreach program that has been helping low-income individuals and their families navigate community resources since 2007. It is primarily based on the East Coast, but LBCC is now the first institution to partner with Single Stop in the Pacific Northwest.

The LB Lunch Box takes part in many events, including the Thanksgiving Food Drive and the Period Drive. According to Horn, Student Life and Leadership usually gives somewhere between \$800 and \$2,000 every Thanksgiving Food Drive. The Period Drive was started as a means for female students to receive female hygiene products that they cannot access. This was because SNAP (Supplemental Nutrition Assistance Program) does not provide these products, and the government shutdown caused a large influx of people in need. The program also gives funds to Mike Storrs, who buys snacks for the students who are at LBCC in the evening getting academic help or studying.

"There are a lot of really kind and caring people in the community," said Horn, "so we have never had a problem funding our program."

LBLB is available for any currently registered student from ages 18 to 49. They may receive food assistance a maximum of twice per term and may request up to two days' worth of food for themselves and dependents only. All assistance is confidential.

The LBLB does not compete with other community food drives or food banks. Students who receive assistance from LBLB will still be able to receive assistance from other food banks in the area. The LBLB is more of an emergency support system, and will often refer students and their dependents to other programs.

"It is a safety net for students who fall through the cracks. Maybe they don't have SNAP, or didn't get a paycheck and need some food," Horn said.

hot shot Café

MONDAY: 20 OZ VANILLA CHAI 16 OZ REESE'S MOCHA	THURSDAY: VERY BERRY REDBULL 16 OZ PEACH COBBLER LATTE 20 OZ VANILLA LATTE
TUESDAY: 16 OZ S'MORES MOCHA 12 OZ BANANA BREAD BREVE	FRIDAY: LUMBERJACK FRAP PEPPERMINT WHITE CHOCOLATE MOCHA 20 OZ APPLE CIDER
WEDNESDAY: 16 OZ COCONUT MOCHA CANDY CRUSH REDBULL	AS ALWAYS: EVERY WEDNESDAY \$1 ANY SIZE HOUSE COFFEE

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STUDENT LEADERSHIP COUNCIL AND THE LEARNING CENTER

FINALS STUDY JAM

EXTRA STUDY HELP, FREE FOOD, FREE PRINTING, AND A QUIET PLACE TO STUDY FOR FINALS

FRIDAY AND SATURDAY BEFORE FINALS
10 AM TO 8 PM
ALBANY CAMPUS LEARNING CENTER

3/15 Study Jam:
10-12 Learning Center: Chemistry help session - Mike Bruchka, CH-121, 201, 221, WB-225.
2-3 Writing Center: Writing Center Workshop (WB 115 & WB 121 Finals Prep) WB-225.
3-4 Biology 100 series review/help session - Eric Chamberlain "Study Strategies: Come ready to revamp your strategies for studying for tests. Discover how to determine what will be on the test and strategies to use to actually LEARN the material."
5-6 Writing Center: Extra appointments & drop-in support (Come write with us!)

3/16 Study Jam:
10-6 Writing Center: Extra appointments & drop-in support (Come write with us!)

FOOD SCHEDULE: FREE FOOD, PRINTING, AND EXTRA
Friday: Pizza served at 5pm HOURS PROVIDED BY SLC
Saturday: Snacks at 12 and 6, Pizza served at 4pm

SECOND ANNUAL BLACK HISTORY MONTH WRITING CONTEST WINNERS

February is over and the judging for the annual Black History Month Essay Contest has wrapped up.

This year's contest called for students to examine Zora Neale Hurston's essay "How It Feels to Be Colored Me" and showcase their understanding of the

piece by correlating it to the #BlackGirlMagic movement in 350 to 500 words. Katura Joling won first place, Jasmin Pulido won second, and Joshua Stickrod won third.

FIRST PLACE

ESSAY BY **KATURA JOLING**

#BlackGirlMagic

The ideology behind #BlackGirlMagic has been an inspiration to many black girls and women everywhere, celebrating their achievements, perseverance, and resilience. Achievements such as being on the cover of a company's magazine authentically yourself. No whitewashed you, no straight haired you, just authentically you. Celebrating perseverance in how they fight the stigma that only a certain shade of color is the beautiful one, and resilience in the many denials they face before coming to an acceptance. This is the #BlackGirlMagic that I have witnessed portrayed by many black girls and women in the entertainment industry.

Women like Lupita Nyong'o who was on the cover of a magazine but her natural, curly hair was photoshopped out of the final product, losing a piece of herself that was supposed to be portrayed. Halle Berry, Beyonce, Rihanna, and many more who have been whitewashed on covers because their skin color doesn't fit the "beauty standard" that the industry has created. Why did it begin, when people like Zora Neale Hurston have said, "But I am not tragically coloured. There is no great sorrow dammed up in my soul, nor lurking behind my eyes." (How it Feels to be Colored Me) There was no "standard" for her, she saw beauty, period.

The perseverance, as seen by Hurston, says to this though, "It is thrilling to think--to know that for any act of mine, I shall get twice as much praise or twice as much blame." #BlackGirlMagic brings that "twice as much praise" to the black women, because they understand the "twice as much blame" they received to get where they are now. Having these women celebrated by #BlackGirlMagic, goes beyond black women, and shows black girls, teenagers, women in the making, that the industry has set beauty standards, however there are women who fight against these lies and in the end are stronger because of it.

Resilience can be portrayed through Hurston saying, "The terrible struggle that made me an American out of a potential slave said "On the line!" The Reconstruction said "Get set!" and the generation before said "Go!" I am off to a flying start and I must not halt in the stretch to look behind and weep." That is the resilience still found in #BlackGirlMagic and all of the women who have been empowered by it; for they do not see the standard and turn away. They see a standard and use it to spark their #BlackGirlMagic and celebrate.

SECOND PLACE

ESSAY BY **JASMIN PULIDO**

#BlackGirlMagic

Woman are doubted to be successful, It's disappointing to be underestimated. I have got the opportunity to get to know a couple women who've become very successful. These women all have something in common and it's called self love. They are strong, ambitious and are rare. Don't forget to mention dangerous as well. In a world of technology being all around us constantly we start to fall in the trap of comparison. Which can turn lethal to the mental health. Woman don't realize it, but what we got is power and it starts within yourself.

In the essay "How It Feels to Be Me" written by Zora Neale Hurston, she talks about herself as a woman on how she doesn't separate herself from the pigmentation of her skin or how others see her as. She lives her life the way she wants to, because she believes she had something worth to offer. She enjoys people company and some enjoyed hers. She walks the streets with confidence not worrying about who will come in and discriminate her.

Growing up from a little girl to a young woman is challenging. We deal with our own insecurities and mental development. There is no doubt that the lord had put these type of influential woman in my life. There is a purpose and that is to something that he has stored for me down the road. I have learned something new from each woman in my life. My mother taught me to be independent by watching her work, cook, clean and enroll her children in school. My sister in law plays a role as my sister and making sure I respect myself and overcome my challenges. These two woman will always be in my life.

There is one woman particular that has really helped me understand who I am and has believed in me the moment I stepped in her classroom. She demonstrates courage. The best part about her is she will ignite your starlight and make you forget your stagefright. She brightens up the room with her voice, but don't mistaken her for her height. She fights for what she believes in. I look up to woman like her and I admire her success. You DR. Ramycia McGhee are my sister and I inspire myself to be a leader and a boss like you. I value your love you give as a human being. You have exposed me to #BlackGirlMagic and the demeanor of the movement.

I got a long road to go because this is only the beginning of my journey. You have made your mark with me that i could never forget. You are more than a teacher to me you are my mentor, and my classroom mother. I Jasmin Pulido, will do my best to work on building other woman up like you have done for me.

THIRD PLACE

ESSAY BY **JOSHUA STICKROD**

As human beings, we have an inherent need to label, define, and categorize just about everything. It's an innate reaction to external stimuli that stems from our species' development in nature. To ancient humans, life and death depended on the labels they created—the familiar was safe, while the different had the potential to be fatal. This dichotomous way of thinking has carried over into our modern psychology and when you analyze it through a sociological context, labels have become divisive. They've created otherness, delusions of supremacy, and us vs. them mentalities that have fueled oppression and social stratification throughout history. And in the U.S., a country with horrific roots tied to slavery, genocide, xenophobia, and sexism, we see these divisions still influencing our modern zeitgeist.

While writing for the Commuter a year ago, I got an opportunity to cover an event at the DAC titled "The Beauty of My Black Hair." It was a presentation that explained the significance of women of color embracing and celebrating their natural hair. During the event, the presenter described how, due to social pressure, some women of color feel forced to use potentially harmful chemicals to straighten their hair in order to be deemed 'more professional' by white standards. Perhaps this is an apt microcosm of the systemic racism this country is still suffering from. Media is oversaturated with advertisements, TV shows, and movies positing narrow conceptions of beauty for their predominantly white audiences. It's here where I'm forced to wonder: how is anyone supposed to feel valued or accepted in a system that continuously labels and ostracizes their culture?

But that's the amazing thing about #BlackGirlmagic, it's a movement that refuses to let beauty be defined by a dominant culture or allow labels to determine how women of color should feel about themselves. Instead, it opts to create its own definitions through celebrating the power of difference. In her 1928 essay titled "How It Feels To Be Colored Me," author Zora Neale Hurston talks about her refusal to let systemic oppression obscure how she sees herself, writing: "But I am not tragically colored. There is no great sorrow dammed up in my soul, nor lurking behind my eyes. I do not mind at all." It's this self-empowering introspection that defines #BlackGirlMagic. Hurston finds joy and purpose in herself and her accomplishments despite the level of discrimination directed towards her.

It's to that end that I feel like we can all learn something from #BlackGirlMagic. That it doesn't matter what the crowd screams, or cries, or commands you to do; just be you. Be proud of who you are, embrace your differences, and celebrate them. Because that's what makes you who you are. #BlackGirlMagic is defiance in the face of injustice and no matter how hard people try to label it, there is no categorizing it, no defining it, no controlling it, it is, quite simply, magic.



COURTESY: IMDB.COM

MOVIE REVIEW:
Captain Marvel

Director: Anna Boden and Ryan Fleck (Based on characters created by Roy Thomas and Gene Colan)
STARRING: Brie Larson, Jude Law, Ben Mendelsohn, Annette Bening, Lashana Lynch, Samuel L. Jackson and Clark Gregg with Lee Pace, Michael Rooker and Djimon Hounsou
RATED: PG-13
OVERALL RATING: ★★★★★



STORY BY
STEVEN PRYOR
@STEVENPRR2PRYOR

The latest film in Phase Three of the Marvel Cinematic Universe has arrived with "Captain Marvel." As the first film in the franchise to focus on a female lead, the movie makes a fun story to join 11 years of world-building and is a good breather before the release of "Avengers Endgame" this April.

Set in the year 1995, the film follows Carol Danvers (Brie Larson) as she tries to master her powers and discover the truth about who she really is. Crossing paths with younger versions of Nick Fury and Philip Coulson (Samuel L. Jackson and Clark Gregg digitally de-aged to their 1995 selves), she must take up the mantle of Captain Marvel to defend the universe against a host of intergalactic threats. The film adapts the "Kree-Skrull War" storyline from the comics, and this results in cameos from "Guardians of the Galaxy" alumni such as Korath (Djimon Hounsou), Yondu Udonta (Michael Rooker) and Ronan the Accuser (Lee Pace).

On a budget of \$152 million, the film uses a unique blend of CGI and practical special effects to tell an origin story that feels familiar but fresh at the same time. The script gives a taste of what viewers can expect from the character's planned role in "Avengers Endgame" while also crafting a fun period piece that would not be out of place among other effects-driven superhero films in the 1990s. Seeing Carol kitbash a long-range communications device to her mentor Yon-Rogg (Jude Law) out of a payphone and the original Game Boy is just one of many gags that continues the weird and wonderful storytelling Marvel Studios has excelled at ever since the release of the first "Iron Man" in 2008. The film even opens on a modified version of their familiar vanity plate, which pays tribute to Stan Lee (the film's cameo has him looking over the script for Kevin Smith's cult classic "Mallrats.").

One admitted flaw of the film is that it does tread familiar waters for the series and other superhero origin stories. If you've been following the narrative up to this point, you should have a solid idea of what to expect. Still, directors Anna Boden and Ryan Fleck still have plenty of unique flourishes to help the film stand out. The nonlinear structure of Carol's backstory

echoes the classic "Pulp Fiction," and the film has an optimistic tone that recalls the likes of Richard Donner's "Superman" and the original "Star Wars" trilogy. A shapeshifting alien in the form of a cat named "Goose" steals the show, and the musical score by Pinar Toprak is complemented by 1990s hits such as Nirvana's "Come as You Are," TLC's "Waterfalls" and "Celebrity Skin" by Hole.

With the film getting roundly positive critical reviews and a record box office opening of over \$153 million, the film has easily done for Marvel Studios what the 2017 "Wonder Woman" film did for their longtime rivals at DC Comics. As the last film in the series before the release of "Avengers Endgame" on April 26, "Captain Marvel" is a superpowered adrenaline rush of cosmic fun to help wind down Phase Three of the Marvel Cinematic Universe. As Marvel has more plans for the character and more films centered around their female heroes (including a much-anticipated standalone Black Widow film), the potential for the series to expand further from Phase Four onward will definitely grow "higher, further and faster."

CROSSWORD PUZZLE

- ACROSS**
1 Calyx leaf
6 Arabic letter
9 Vigor
12 Dodge
13 Presidential nickname
14 Amateur Boxing Assn. (abbr.)
15 Gr. poetic foot
16 Physician
17 Fellow
18 Boil
20 5th incarnation of Vishnu
22 Ancient ascetic
24 Sheep's cry
27 Indian ground salt
28 Guided missile
32 Cuckoo-pint
34 Brythonic sea god
36 Eelworm
37 Handwriting on the wall
39 Pasture
41 First-rate

- 42 Luncheon
44 Gum
47 Layers
52 Narrower than AA
53 Computer generated imagery (abbr.)
55 Opponent
56 Scot. alder tree
57 This one (Lat.)
58 Rate of interest (Lat.)
59 Light-emitting diode (abbr.)
60 Thus (Lat.)
61 Middle

- DOWN**
1 Six (Sp.)
2 Revelry cry
3 Stamp-sheet segment
4 Mine entrance
5 Satyr
6 Papa
7 Over

ANSWER TO PREVIOUS PUZZLE

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

- 8 Pour off gently
9 Site of Second Punic War's end
10 Dayak people
11 Spotted cavy
19 Ass or donkey (Ger.)
21 Chin. flour
23 Ledge
24 Floor covering
25 One hundred square meters
26 Bird
29 Hyson
30 Television channel
31 No (Scot.)
33 Change (pref.)
35 Muslim ship's captain
38 Nut
40 Sinus cavity
43 Bundle of twigs
44 Semitic deity
45 Berne's river
46 Territory
48 Increase
49 Grandfather (Lat.)
50 Body of water
51 Wings
54 Amazon tributary

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59				60				61			

THE COMMONS
* CAFETERIA *

3/13 to 3/19

Wednesday 3/13: - Black Box - Salads: Huli Huli Chicken OR Tempeh.

Thursday 3/14: Beer Braised Chicken, Grilled Salmon*, Tofu Broccoli Stir Fry over Rice. Soups: White Bean Chorizo*, African Sweet Potato*. Salads: Pork Carnitas, Spinach, Cotija Quesadilla on Greens.

Monday 3/18: Finals Week - TBD -

Tuesday 3/19: Finals Week - TBD -

See you next term!

LUNCH 11:15 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.

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PLAYER PROFILE: HANNAH KINNIBURGH

19-year-old freshmen talks about life on and off the court

STORY BY JAMEEL MORTON

“Bird, Hannah! Bird, Hannah!” LBCC point guard Maddy Oakden yells out the play “Bird” to Hannah Kinniburgh, and the rest of the team.

Both post players flash to the elbows, and Maddy Oakden passes the ball to Hannah Kinniburgh, who is on the left elbow. The other post sets Kinniburgh a screen, and Kinniburgh rubs right off that screen, and gets an easy right-hand layup, just how the coaches drew it up. Hannah Kinniburgh is an 19-year-old freshman student athlete who plays the power forward position for the LBCC women's basketball team. She is majoring in communications. Kinniburgh committed to the team in June 2018.

“I committed to LBCC because Maddy Oakden, my friend, goes here, and I wanted to follow one of the previous players who went to my high school last year, and she plays basketball for LBCC.”

Kinniburgh was excited that she was going to have a chance to play with her friend, and follow in the footsteps of her ex-high school teammate. However, Kinniburgh was skeptical on how her freshman year would be playing ball.

“I honestly wasn't sure if I was going to see a lot of time on the court, so I knew I had to have an open mind to it,” she said. “My goal was just to be able to improve as a player. I am happy that I reached my goal, and I've been able to improve as a player, but I am also happy that I got to build a relationship with the other players on the team.”

Oakden said, “Hannah is a very mature, and trustworthy friend, and works very hard for what she wants.” Jokingly, she also said, “Also, what I don't like about her is she can be a little judgmental sometimes, and she is overly sarcastic. So you have to know her pretty well to not get mad [about] what she says at times.”

Fellow teammate Katlin Beovich-Farris said, “I think Hannah can be a standup comedian. She is a very funny human, and I feel I can always laugh at her, until the jokes on you. It can be pretty horrifying at times, but if you can deal with it, then you're good.”



Kinniburgh is from Woodburn, Oregon, and attended North Marion High School. She has played sports all her life. In high school she played not only basketball, but also volleyball, and softball. She played basketball and volleyball all four years in high school, however she didn't play softball her senior year.

“Basketball was definitely my favorite sport

ADDITIONAL INFORMATION
• Hannah Kinniburgh
• 19 years old
• Communication Major
• Jersey #33
• Hometown: Woodburn, Oregon

in high school, but I wish I did track in high school. I would've liked to compete in track events like discuss and shot put.”

She also said that college is kind of different from her high school.

“I went to a small school, and at my high school everyone knew everybody. It was a really close community and LBCC is just different, but not in a bad way. I have friends on the basketball team, but [I'm] not really too close with other people in my classes,” she said.

Kinniburgh also does something that might give other college students nightmares. She is a caretaker and works graveyard shifts almost every night, except for the days she has a basketball game.

“I like that I'm able to help residents, and get to hear their stories from them. What I do hate is being up all night. I barely get any sleep with work, and basketball.”

With her crazy work and basketball schedule, one may wonder, how does she find time to do any homework? She says that there are mandatory study halls that the basketball team has to attend on Mondays and Thursdays, and occasionally she will do her homework at work during her breaks.

Other than sports, there are a few other things that Kinniburgh likes to do for fun. She enjoys listening to music, her favorite types of music are rap and R&B. Her favorite artists are Drake, Ella Mai, and J. Cole. She loves to watch the show “Gossip Girl,” but what she loves to do the most is... sleep.

CALLING ALL ART STUDENTS:

LBCC Student Art Show 2019

Submit Your Artwork!

The 2019 Student Art Show will be held
April 15th - May 20th in NSH Galleries
Reception and Awards: May 2, 5:00pm

This is your chance to present your creative skills to a wide audience. Entrance into a juried show will help establish an exhibition record for your résumé. More than 15 awards and prizes worth over \$1,000 will be conferred by the Jurors, the LBCC Art Department, local businesses and community organizations. Thank you for sharing your art with LBCC!

For More Information Contact: Anne Magratten at magrata@linnbenton.edu

Linn-Benton Community College

Student Gallery Coordinator Position
 Submittals can be made via email to: artgallery@linnbenton.edu.
 The deadline for submittals is April 4th, 2019.

The position includes:

- Work with artists to receive work and complete contracts for gallery shows.
- Market upcoming shows to the campus and the community, including designing promotional materials.
- Plan and coordinate art show receptions.
- Hang shows and create signs and labels for each show.
- Plan the 2020-21 gallery shows, including recruiting artists.
- Maintain the gallery space.
- Recruit donors for the annual student show.
- Plan and implement the annual gallery fundraiser.

For More Information Contact: Anne Magratten at magrata@linnbenton.edu



ROADRUNNERS EARN SUNDAY SWEEP

After falling to Blue Mountain in game one, LB sweeps Sunday games to win series



STORY AND PHOTOS BY
CAM HANSON

Roadrunner Baseball caps off another successful weekend against two opponents. LBCC started off by facing the Yakima Valley Yaks (5-8 overall) and won their bout in a shutout, 7-0. The Roadrunners went on to face the Blue Mountain Timberwolves (5-4 overall), who field a very talented team. They faced the Roadrunners first on Mar. 9 and won the first contest on the road, 9-6. LBCC proceeded to fire back and make up for the loss, sweeping the team on Sunday.



Henry Wiebke (17) prepares to take a swing during Sunday's contest. Wiebke has one run this season with 3 hits.

Against Yakima Valley, LBCC played stellar defense, not allowing them to score a single run all game. Pitcher Brock Townsend nabbed eight total strikeouts against the Yaks. On offense, Jacob Melton had two runs on three hits.

Melton currently is second overall in the conference for batting average at .516. The top 5 NWAC batting averages are shared by him and freshman teammate Logan Hanson, who holds a .458 average. Hanson has been a huge help for the Roadrunners great start and is one part of a stacked group of freshman.

"I've just been trying to give it my all on offense. When we're in a clutch situation, I just wanna put a ball in play and put that pressure on the defense to make a play," said Hanson.

Against Blue Mountain, LBCC won the series 2-1, but Blue Mountain had all the momentum heading into the Sunday games. Blue Mountain's Dylan Grogan and his seven strikeouts helped propel the Timberwolves for a 9-6 win, handing the Roadrunners their first loss of the season. The next day, LBCC kicked off the two game day series by beating the Timberwolves in a close one, 7-6. The pitchers for LBCC had 12 total strikeouts and



Trey Hageman (1) warms up before stepping up to the plate. Hageman finished with one run off of two hits and was at bat five times throughout the contest on Sunday morning.



Jose Chavez Jr. (3) finished with eight total strikeouts against Blue Mountain.

outscored Blue Mountain in the 9th inning 2-1 to ice the contest. Later that day, the Roadrunners harnessed their momentum and won a defensive battle, 3-2, securing the series win and improving to 7-1 on the season.

LBCC now stands at second in the south division, behind the Chemeketa Storm who are at 5-0-1. Chemeketa will be the Roadrunners next opponent in a one-game series on the road. Road games against undefeated teams are no joke, but the formula for success is what the team focuses on in the upcoming days.

"We need to stay with our teammates and love one another. Pick each other up when we fail and congratulate one another when we succeed. Doing these things will put us in a good spot for success in our next game," said Hanson

Chemeketa has had a handful of games cancelled this season, which would explain the lower record. Despite this, Chemeketa has won convincingly in each of their contests. They recently faced the Walla Walla Warriors and swept them in dominant fashion much like LBCC did, with final scores of 12-7, and 16-4. They most recently played the Montana State Billings and tied the game with them 5-5. Their Shortstop, Connor Fajardo, leads the league in batting average at .529, but has only played in five games, which is 183rd overall at his position. The match-up on Mar. 12 will be a highlighted contest between two teams that size up very well against each other.

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