

THE LINN-BENTON COMMUNITY COLLEGE

COMMUTER

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We're Still Here

“These are challenging times.”

This is a phrase you’ve likely read in dozens upon dozens of emails, advertisements, and Facebook posts in the past few weeks. It’s mitigatory, docile, and general enough to acknowledge the state of crisis caused by COVID-19, without drawing too much attention away from the newsletter you’re reading or the Grubhub ad you’re watching.

To us at the Commuter, this phrase is more than just an email subject line, it’s a call to action.

Firstly, we’re halting the production of printed newspapers this term, but continuing to publish PDFs weekly on our website, Issuu, and Google Drive

archive. We’re also updating our uploading process, and re-engaging with our communities on social media. Our resources are being reallocated away from newsprint, so expect to see the bulk of our content shared on our various web media!

Our staff has had to make some major adjustments, but the last thing we’re going to do is give up. Already, our reporters have whipped up too much content to fit into just one PDF, so we’ll have plenty of editorials, reviews, interviews, how-tos, and hot takes you can look forward to reading on our website, Twitter, Facebook, and Instagram!

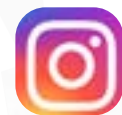
Lastly, do you have a tip for staying healthy during quarantine? What about a favorite album, or a meal recipe you just can’t get enough of?

We want to hear about it!

Click the links below to check out our socials, and don’t be afraid to reach out to us via DM, tweet, or message!

Thanks for reading,

-Caleb Barber, Managing Editor





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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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CHANGING THE GAME

Athletic Department Adjusts to Remote Coaching



STORIES BY
CAM HANSON

Things are a bit different as we start the spring term here at LBCC. Not only for students, but for staff and everyone involved with the school. The new respiratory virus COVID-19, or coronavirus in the mainstream media, has taken the world by storm. Events terminated, gatherings canceled, schools moving to online all for the sake of stopping the spread of the virus to others.

With the LBCC campus closed for the term, one part of our school that has taken a considerable hit from all of this is our sports department, as the NWAC has canceled all spring sports, including baseball. This is a huge blow to many of the programs and faculty at all schools in the NWAC, and it will be interesting to see how everyone copes in such a unique and unprecedented time.

"There are fewer 'to-do's', but we have a whole new set of things to deal with that are medium and long term," said Linn-Benton Athletic Director Mark Majeski, "There's been a shift to focusing on strategic planning."

Some things Majeski and his colleagues have done in this time is meeting via Zoom, the online calling platform, while discussing what needs to be looked over as if it was a meeting at school, as most other staff members are doing as well. While the change is new for most, Majeski admits it'll be better for them in the long run. For the athletes and coaches, it's a tough pill to swallow. Baseball players here at LB, along with coach Peterson, were ready to build on a stellar season yet those chances have been washed away. Even though the season is gone, the NWAC has followed other institutions like the NCAA in allowing all spring athletes an extra year of eligibility.

"The virus has changed everything. We've moved to using texts, calls and videos to keep recruiting going. There's still some field work to be had, with on-going renovations still being done."

For coaches, their job shifted from hands on tutoring that goes on in practice and workouts, to an online system. They're staying in contact with student-athletes, and helping them with skills, practice, and nutrition as much as possible, while of course guiding them through their online



PHOTO: LBCC NEWS SERVICE

Athletic Director Mark Majeski.

courses as best they can. One thing that has proceeded through all of this is the recruiting process, which Majeski says has proceeded through call, text and email, while current commits are being talked to as well. While some schools have needed to halt recruiting, it is nice to see a school on the junior college level commit to the student athletes that have committed to them or kept them on their radar. Coach Petersen himself is staying optimistic with his players.

"Some of our guys have been in college for a few years and don't get to be with their family much, so it's a blessing in disguise to get this much time with loved ones. With homework and the home workouts being sent, they'll stay busy," said Baseball Head Coach Andy Peterson.

In other news, athletics posted yet another impressive stat by placing 26 student athletes on honor roll, an impressive 35% of the student-athlete body. With 17 being on the baseball team, coach Peterson's stress on doing well in the classroom has clearly paid off.

It is surely a time of uncertainty, but the department and it's staff clearly has had a plan in motion for how to deal with the work using the resources they have. Coaches have been working diligently to continue helping their athletes, and the department has been working from home as if the offices were open. We all hope to stay healthy in such a confusing time, but the work Majeski and his crew are putting towards the department, even when the sports can't be around is amazing, and shows how much our AD cares.

The LBCC Athletic Department is continuing to reach out to students through social media. Visit their Instagram and Twitter accounts for updates about the department's plans for the future!

MORE INFORMATION

Instagram:

[lbccroadrunnerathletics](#)

Twitter: [LBCC_AD](#)

HONOR ROLL

The Linn-Benton baseball team placed 17 student-athletes on the College's Winter Term Honor Roll, leading the Roadrunners' four sport programs. In total, 26 (or 35% of Roadrunner student-athletes) were honored for high academic achievement during the Winter term.

These students earned a grade point average of 3.5 or higher for 12 or more graded credits during the term. (List does not include pass/no pass or incomplete credits.)

Volleyball placed five student-athletes on the list, while men's and women's basketball had two each.

Baseball also posted the highest overall team GPA at 3.22. Volleyball was runner up at 3.13.

Winter Term Honor Roll Student-Athletes:

Mitra Aflatooni, Volleyball
Emiliano Alarcon, Baseball
Megan Alldredge, Volleyball
Marja Annus, Volleyball
Payton Calabro, Baseball
Alexis Chapman, Volleyball
Seth Cullison, Men's Basketball
Trey Hageman, Baseball
Logan J. Hanson, Baseball
Jadeya Hayes, Volleyball/Basketball
Cody Johnson, Baseball
Kenji Lamdin, Baseball
Gavin Logan, Baseball
Ian McIntyre, Baseball
Taylor Ott, Baseball
Jacob Overstreet, Baseball
JD Pinion, Baseball
Boone Rush, Baseball
Michael Soper, Baseball
Lucas Stanfield, Baseball
Megan Wagner, Women's Basketball
Ethan Whitney, Baseball
Henry Wiebke, Baseball
Peter Wilmes, Men's Basketball
Lauren Witty, Volleyball
Curtis Zamora, Baseball

[The entire College list is here.](#)

ASTROLOGY CORNER:

Welcome
back students! Here we are still
under the stars, taking it moment by moment and
one transit at a time. Over the past couple weeks we have been
under some fairly intense conjunctions (meetups) and sign changes for
Jupiter, Pluto and Saturn.

Jupiter being our balancing planet - with four planets landing on each side of it in our solar system - rules our ability to expand, trust in joy and also be able to counterbalance excessive tendencies. Jupiter is the ruler of Pisces and Sagittarius, our mutable water and fire signs. These signs bring us the ability to transmute lessons from seasonal cycles, and help us shift gears. Although we may all be at home, we are universally having to adapt and shift gears in how we stay connected, healthy and creative, especially as springtime is upon us and naturally we are wanting to be more expressive and outside. How can you create your outdoor space to support doing schoolwork in the fresh air? Can we still maintain curiosity for the emergence of spring, while we may feel more cocooned than before?

Pluto is one of our outlier planets, often being questioned in whether or not to be categorized as a planet at all. Pluto naturally then, is also our bringer of mystery, and rules the sign of Scorpio, bringing true purpose to death and rebirth. Pluto reveals the hidden secrets within us - those that we may feel but have not yet been able to recognize as truth. Are there areas in your relationships that are finally being able to be talked about, addressed and unearthed? I have personally been having to realize that previous ways of getting through my busy days, were actually not supporting my health or longevity in the long run, and now that I am more with myself there is only myself to truly blame or take responsibility for.

Pluto and Jupiter have been building in their meeting for a while now, and this conjunction perfected on April 4th. When Pluto and Jupiter meet up, they can ignite a new sense of ambition in regards to unearthing and addressing truths that need to be spoken (whether it be individually or societally) as well as how we can bring hope, wisdom and gratitude to the slightly darker realizations at hand.

With the global pandemic situation at hand, as we are home, still working, still being human, and potentially having more emotions and truths come to the surface with our "quiet time", try to bring about a new way of being to these thoughts. The underworld (Pluto) is our key to transformation into a wise expansive state (Jupiter). Often our anxiety is triggered by thoughts around not being capable or good enough to do something. So as an antidote to feeling hesitant or limited in your ways of expanding under these times, start with something simple. If you've never spent some time with your thoughts in a journal or making art, now is the perfect time. Or check out diy projects or a new skill and simply allow the information to help ease your mind.

Saturn, is the ruler of Capricorn and has been in this home sign since December 2017. Being in -this home sign we have seen routines and ways of being successful get an extra boost of attention. Sometimes Saturn can bring about a sense of cold detachment, influencing us to be too formal with matters at hand. Practicing compassion can calm the sense of inner or outer ridicule you may feel from the social distancing we are experiencing.

As you are performing your daily tasks at home, in your garden, figuring out finances and bills, try to keep in mind that the entire world is going through this together, and the best medicine, that even helps boost our immune systems is laughter.

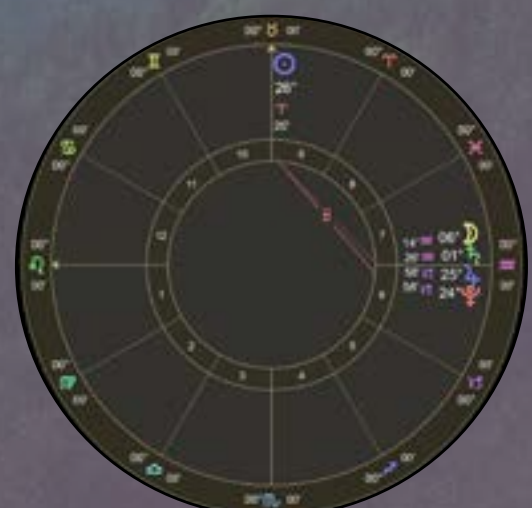
Have patience and don't be afraid to make jokes (appropriately of course) with any social workers or people you come in contact with virtually or when buying necessities. It is up to us how we create a new basis of living from our situation.

Saturn moved into its other home sign of Aquarius on March 21st, shifting our attention from individual foundations to a more humanitarian foundation. For Oregon, this happened to also be the week that quarantine was put into place. Aquarius brings us the ability to apply these Saturnian strategies of depth, structure and transformation towards humanitarian efforts, futuristic thoughts, and our own objective independence.

Planetary alignment of our solar system



This is the placement of all of our solar systems planets in aspect to each other for Wednesday at 3:10 pm.



This is a traditional Star Chart which astrologers use to follow the planetary movements.



BEATING TO A NEW RHYTHM

Self-taught Godinez Has Found a New Meaning in His Drum Playing



STORY BY
ARIANNA STAHLBAUM

Music floods the ears of a congregation ready to pour out their souls in worship. A bass, guitar, violin, keyboard, a hundred voices, and a drum set bleed together to create beauty that tugs at heartstrings and brings peace.

Confined in a box on the carpeted stage is 31-year-old and father of three, Anthony Godinez, who is a self-taught drummer, the facilities manager, and the foundation of the worship team at Grant Avenue Baptist Church.

17 years ago while living in Covina, California, he, his brother John Godinez, and his cousin Dennis Godinez decided to start a rock-and-roll band. His brother, being the eldest, chose to sing and play the guitar, while his cousin claimed the bass and left Godinez with the drums.

It took some time for Godinez to enjoy drumming. Being left-handed, he became frustrated with John Godinez and Dennis Alvarez for switching the set so they could play right-handed. "I spent a majority of my time trying to learn how to play right-handed because I didn't want to have to switch the drums."

With time he found a love for the instrument, "[it] is the idea of just making sounds. You just have all these drums in front of you that you can hit in different sequences and make sounds, different sounds and not have to focus on if it's the right chord or in the right key."

Once his kids were being born and his family began to grow, he took a five to six-year break, but now practices at home every day for at least an hour. Sometimes he will catch his eldest, Audrey Godinez, who has shown an interest in learning to play drums, watching him from the doorway.

Outside of church, he enjoys fishing and spending time with his family. Taking his kids out with their cousins on his brother's boat has been a highlight for him. As of now, Audrey Godinez is interested in drumming and softball, Adella Godinez is pursuing singing, and Benjamin Godinez is living his best life as a toddler.

Four years ago, he moved his family to Corvallis, where his wife,

Tatiana Godinez, met GABC's associate pastor's wife, Charissa Bernard while letting their kids play at a neighborhood park. The Godinez family went to GABC's Harvest Festival, then started attending Sunday services regularly.

Growing up, Godinez was forced to go to a Catholic church by his father, which "definitely made me not want to be a part of it." He did not enjoy the ritualistic aspect of the Catholic church and stated that going to church he, "[had] to wear a suit, and I have to do all these weird rituals, and stand up, sit down, kneel."

Despite his dislike for church during his childhood, three years ago after attending his first service with his family, he felt that, "[Pastor] Don was speaking directly to us, felt like God was speaking to us, and just the people here. I just felt loved quickly." The following Sunday, he and his wife decided to stay at GABC and shortly after dedicated their lives to Christ.

His journey towards being a drummer for the worship team began when he and the then associates, now lead pastor, Bryan Bernard and Godinez met up on a weekly basis. The worship team and Godinez's past drumming experience was the topic of conversation one day, which led to Bernard nudging the worship team leader, Blane Higa, to talk to him.

The worship team was in a period of transition with people leaving and Forrest Ling beginning to take on being the team leader. Lead singer and guitar player, Blane Higa shared that, "what was the most concerning for me, especially [for] a new believer, is why we worship and make sure they understand why they want to play."

Now after two years on the team, Higa sees Godinez as a leader and Ling remarked that, "He's one of the most prepared every week [and] always brings a good attitude to practice and worship. We keep him in a cage for a reason," Ling jokes.

As a drummer, Godinez is the foundation of the songs and has displayed dedication and discipline to learn the songs considering he cannot read music and is self-taught by listening to the sounds. Additionally, he can change the piece to his liking. "If I decide to change

anything, people are usually pretty on board with it."

Playing the drums for God, it gives Godinez a more intimate relationship with Him. His time practicing is his time to focus on why he is playing, and to make sure his heart is in the right place.

"It's not just focusing on what my hands are doing, but you know it's the whole thing: worshipping, worshipping God, praying, making sure you know, I'm in the right place, my heart's in the right place, understanding every song and the lyrics and all of it."

Three years ago, his brother John Godinez moved to Lebanon and came to GABC with Anthony and Tatiana Godinez's encouragement. After some time at the church, John Godinez got saved, baptized, and became a member of the church.

John Godinez later shared that he wanted to join the worship team as well, so after some discussion, he became a new worship team member. Godinez now enjoys playing with his brother again, but also enjoys the open and constructive environment and unity that Ling has created within the team.

Additionally, he loves playing with bass player Jason Tai. "I think in most bands, what makes a band great is the way a bass player and a drummer can connect and be on the same page and Jason does that spot on. He knows exactly what I'm going to do and he knows how to match my kick patterns pretty good and he knows where I'm going with it."

Lastly, Godinez shared that Higa's leadership makes worship fun because of the way he guides the team and, "when he explains to us the meanings behind each song, it gives us more feeling before we actually start playing the song."

Some struggles he has faced are finding the time to practice, making sure he is putting in the right amount of heart and effort, and learning the music. He explained that Christian music is more difficult to learn because the soundtracks usually have multiple drum sets.

Godinez realized after he began his journey with the worship team that his previous playing that, "that

At A Glance

Anthony Godinez, 31

Hometown: Corvina, California

Occupation: Facilities Manager at Grant Avenue Baptist Church, Corvallis

Hobbies/ Passions: Enjoys fishing, taking his family out on his brother's boat, drumming, and his family

Religion: Christian

Goals: Put his family in a better position and set his kids up for success

Links:

grantavebc.org

facebook.com/grantavebc

there was no feeling behind what I was playing ever." He has played every genre, but despite thinking it was simple and boring, he now understands that Christian music is the most challenging music he has ever played.

"Physically and also just emotionally and feeling it actually has something to it now. I actually feel something when I play. I feel like there's a purpose when I play. It's not like before where, you know, you just had this structure and you were just playing the songs where it was like: verse one, chorus; verse two..."

Higa expressed that Godinez is, "without a shadow of a doubt the hardest worker that's ever walked the earth and I think that effort is also inspiring and uplifting, encouraging, and makes you want to try harder."

Besides playing alongside each other on the church's stage, Higa and Godinez read scripture together and Higa tries to give him tools to learn the Bible and be successful in his walk with God. "He works hard when life throws a lot at him. That guy literally beats through them."

DRAWING BY NATANAELGINTING

HUMANS OF LB

Jakob Jones

My name is Jakob Jones, and I was born at a very young age. This is my final term at Linn Benton Community College where I'm finishing up my Associates of Arts Oregon Transfer (AAOT) degree. After that, I hope to either transfer to Portland State University or Oregon State University to pursue Creative Business Management or Marketing.

I have a great hobby of photos and videos which are important tools in the marketing world. I'd like to apply the skills I already have to the marketing world. I'm most excited to learn about advertisements and creative design, while also learning how to analyze the efficacy of advertisements through the use of analytics.



Gabby DuBois

My name is Gabrielle DuBois but I like to be called Gabby! I love just about anything that involves creative workspaces like art and writing. I am in my first year at LBCC. My major is currently psychology but trying to figure out how to switch to journalism. I wanted to take journalism, photojournalism more specifically because I like having a space where I can talk about the things I want to write about and that I find interesting. I have taken photography classes since the 8th grade, and I also had my own photography business in high school which did very well and now I'm moving onto college, so hopefully I can make the most of Photojournalism 134! I'm a sort of goofy character, with a pinch of spontaneity but I wouldn't change myself because I love it that way. I love to change my hair color, my hair never stays the same color for too long.

I have a few goals for myself this year. One being getting more acquainted with my community, but due to the coronavirus that is going to be a little more difficult. Secondly, I want to know how to catch someone just with one article that could make someone appreciate as much as I do. Lastly, I want to have a few or maybe even several of my works published into The Commuter at LBCC.

Hikari Kawai

My name is Hikari Kawai. I was born in Japan and lived there until I was seven years old, then my family moved to the States, Oregon. I really enjoy hiking, traveling and going on adventures!

One of my biggest passions is photography, which sparked when I took a film photography class in my first year of high school. After that, I became involved in my high school's newspaper class in which I mostly spent my time on photo assignments covering sports to other school events.

I took a GAP year between 2018-2019 abroad in New Zealand and Nepal. So this is my very first term of college. My major is Journalism/ Mass Communication. I hope to dual enroll at OSU and double major with Cultural Anthropology.



ANOTHER DAY, ANOTHER SONG

Three Big Artist Releases to Check Out Now



STORY BY
DAVIS IHDE
@_DAVISI

We are living in truly challenging and unique times. The precautions that are in place due to the current state of the country have severely limited what people are able to do on a daily basis, and people are looking for ways to stay entertained. Fortunately for music fanatics, big artists are also experiencing this excess of time and lack things to do. Because of this, we have gotten numerous releases from big music artists; some surprising and long-awaited.

Although we could go on for pages and pages about all the new music in the last couple of months, we are going to focus on three influential artists and their most recent projects; these artists being The Weeknd, Gorillaz, and Lil Uzi Vert.

The first of these albums to release was "Eternal Atake" by Lil Uzi Vert. Uzi has been one of the most popular and influential artists in the music industry ever since 2016 when he released two chart-topping albums in one year. Having not released an album since 2017, fans were begging for another project; especially since he had been hinting at releasing music all throughout 2019. Near the end of 2019, he even said that 2020 was going to be his new 2016 (the year he released two albums). He didn't disappoint either. On March 6 he released "Eternal Atake," then released "Lil Uzi Vert vs The World 2" only one



COURTESY: GORILLAZ

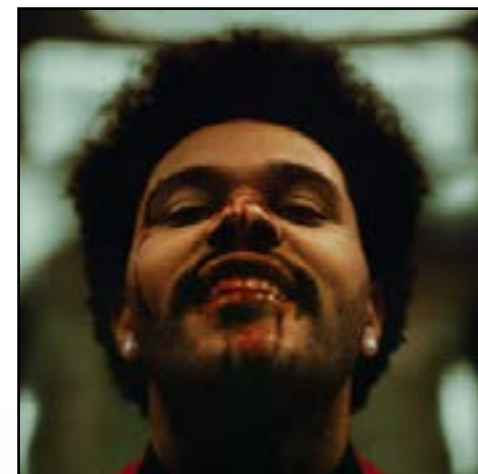
week later on March 13.

Music fans all over the world were fully satisfied with the two albums that Uzi released, but the releases didn't stop there. On March 20, one week after "Lil Uzi Vert vs. The World," The Weeknd (Abel Tesfaye) released his much-anticipated album "After Hours." In November of 2019, Tesfaye posted a photo on Instagram

showing a complete change in his style and aesthetic. He had changed his large head of dreadlocks into a small afro, had a mustache and glasses, and wore a red designer suit. The caption of the post read: "The fall starts tomorrow night."

His appearance is not the only aspect of his style and aesthetic that has changed. His new album, and the singles leading up to it, are heavily 80s-influenced, with a variety of synthesizer melodies and retro drum machine sounds which pair well with his high, Michael Jackson-esque singing voice. It has been met with widespread critical acclaim, and many (including myself) believe that this is The Weeknd's best style of music to date.

The latest of these releases, hitting the public on April 9, is "Song Machine 3" by Gorillaz. Although it is only three singles as opposed to an entire album, it is a treat to anyone who has been following the band at any point during their illustrious 19-year career. This project continues with what they have



The Weeknd: "After Hours"

made on "Song Machine 1" and "Song machine 2," leaving many wondering if this high amount of activity will mean an album release in the near future.

With so many big artists suddenly left with boredom and new found time on their hands, now is the time to be on the lookout for new music. You can find these new releases and many more on the LBCC Commuter's Spotify playlist "New Music Round Up."



"Lil Uzi Vert vs The World 2"



Gorillaz: "Song Machine Episode 3"



ONWARD AND UPWARD!



STORY BY
STEVEN PRYOR
@STEVENPRR2PRYOR

“Onward” is the latest animated film from Disney and Pixar. As a modern animated take on the fantasy genre, this newest film is another magical entry in the 25 years Pixar has been making feature films.

The story centers around a pair of brothers named Ian (voice of Tom Holland) and Barley (voice of Chris Pratt), whose father Wilden (voice of Kyle Bornheimer) passed away when they were younger. On Ian’s 16th birthday, he discovers his father’s enchanted staff; which kicks off a journey to find Wilden within 24 hours. The ensuing movie is 102 minutes of the bond between brothers and the magic of everyday life in more ways than one.



The voice cast bolsters the film’s story, with the comedic talents and emotional bonds of the leads shining through. On top of Holland and Pratt previously showing their comedic qualities in the Marvel Cinematic Universe, the two characters they voice are essentially two sides of the same coin. Ian’s strength is his intellect, Barley’s comes from his desire for adventure. As the film progresses; their bond is vital to the quest at hand.

As always, the animation is without peer; as the “modern fantasy” setting utilizes a myriad of creative visuals and gags. A key scene in a tavern run by a manticore (voice of Octavia Spencer) also reveals that it’s become the equivalent of a family “Medieval Times” restaurant. One group of side characters are a bunch of pixies that take up the role of a motorcycle gang. Barley’s beat-up van, “Guinevere” shares the name of the maiden who would become the queen of King Arthur.

Though not the first film to use these concepts, Pixar has once again excelled at imbuing the story with a human quality that can connect with young and old audiences alike; further demonstrating the craft they’ve honed in the 25 years since the release of the first “Toy Story.”

Overall, “Onward” is an enchanting animated adventure; highly recommended for Pixar fans and viewers of all ages.



'ONWARD'

STARRING: Tom Holland, Chris Pratt, Julia Louis-Dreyfuss, Octavia Spencer, Mel Rodriguez, Lena Waithe, Ali Wong, Tracey Ullman and Wilmer Valderrama with Kyle Bornheimer and John Ratzenberger

DIRECTOR: Dan Scanlon

RATED: PG

MY RATING: ★★★★★ PHOTO COURTESY: IMDB.COM

CROSSWORD PUZZLE

ACROSS

- 1 Relative pronoun
- 4 Melville's captain
- 8 Open
- 12 Computer chip
- 13 Calif. wine country
- 14 City slicker
- 15 Presidential nickname
- 16 Mock
- 17 Verbal
- 18 Point
- 20 Endearment
- 22 Belch
- 25 Cymry
- 28 Port. lady
- 31 Hence
- 33 Honey-eater bird
- 34 Guido's note (2 words)
- 35 Grandfather of Saul
- 36 Dallas sch.
- 37 Month abbr.

DOWN

- 38 Orient
- 39 Asterisk
- 40 Black (Sp.)
- 42 Appoint
- 44 Sharpen
- 46 Covered by water
- 50 Night (Fr.)
- 52 Ivory (Lat.)
- 55 Certified Public Accountant (abbr.)
- 56 She (Sp.)
- 57 Oleaginous
- 58 Energy unit
- 59 Liang
- 60 Italian lake
- 61 Poem

ANSWER TO PREVIOUS PUZZLE

A	B	C	S	O	E	C	R	E	A	D
L	O	A	N	F	U	L	E	R	I	E
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E	G	E	R	E	R	T	A	E	N	

- 6 Imitate
- 7 Pointed remark
- 8 Unburnt brick
- 9 Venire (2 words)
- 10 Amer. Dental Assn. (abbr.)
- 11 Electric reluctance unit

- 19 To be announced (abbr.)
- 21 Absent without leave (abbr.)
- 23 Midianite king
- 24 Light refractor
- 26 Muttonfish
- 27 Time period
- 28 University officer
- 29 Gr. leather flask
- 30 Water pipe
- 32 Jap. clogs
- 35 Time period
- 39 Mend
- 41 Of wheels
- 43 Kernel (pref.)
- 45 Equal Employment Opportunity Commission (abbr.)
- 47 Pointed (pref.)
- 48 Nail with a hole
- 49 Geological vein angle
- 50 Ensnare
- 51 Diminutive (suf.)
- 53 Life (pref.)
- 54 City on the Danube

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59				60				61			

SUDOKU

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

	1	3		7	4		9	
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9			2	4		8		
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SLEEPING HARD OR HARDLY SLEEPING?

Self-Care During Self-Quarantine; Sleep Schedules



STORY BY
KATIE LITTLEFIELD

With a lot of us self-isolating, it may feel like time is passing us by differently. Either the days are flying by, taking forever to end or beginning to meld together out of our control. Practicing healthy sleep schedules may be more important to do now than ever.

Teenagers typically need 8-10 hours of sleep while adults only need around 7-8 hours nightly. It's important to maintain a regular internal clock for your physical and mental health. According to health.gov, a regular sleep schedule will improve your immune system, stress levels, and will allow you to



think more clearly.

Sure this all sounds great, but it's easier said than done. Here's a few tips and small steps to help you adjust to creating a manageable sleep schedule.

- Consistency is key: Set a time to wake up every morning and stick to it. Avoid caffeinated drinks in the late afternoon or evenings.
- Only go to bed if you're sleepy; if you can't fall asleep after 20 minutes get up and move around.
- Limit exposure to bright lights in the evenings.
- Don't use electronic devices 30 minutes prior to bedtime, instead establish a relaxing routine.

IMAGE: FREEPIK.COM

INCLUSION FROM AFAR

EDI Continues to Engage with LB Community Through Newsletter



STORY BY
CALEB BARBER
@CALEBBARBER12

The EDI has served as a safe and inviting space for the LB Community for years. It's a great place to read a book, play a board game, spend time with

friends, or just chill out between classes. The inviting and friendly staff make the EDI feel like home to a lot of students.

With the current circumstances, many of us find ourselves missing these sort of "homes away from home." It can be hard, after having two or three Zoom meetings in a day, to find a place to relax

and unwind.

While the EDI can no longer provide a physical recreation space, it is by no means leaving students in the dust. Several virtual initiatives are being developed and instituted by EDI staff to keep our community connected and engaged during quarantine.

Department Director Javier Cervantes has shared the first EDI newsletter of the term, providing students with resources for involvement, as well as some words of encouragement for those who are missing their favorite on-campus hangout spot.



Check out the [full newsletter here](#), and learn more about the EDI at [LBCC's website](#).



PLEASE JOIN US!

LEARN ABOUT THE LBCC STUDENT EXPERIENCE AT THE U.S. HISPANIC LEADERSHIP INSTITUTE (USHLI) CONFERENCE

Presented by:
Isai Aguirre Hernandez & Genaro Marquez Alonso

When: Friday, April 17
Time: 12PM via Zoom

TOPICS:

- WHAT THEY BROUGHT BACK TO LBCC
- PLACES THEY VISITED IN CHICAGO
- CHALLENGES THEY FACED
- AND MORE!

ZOOM MEETING: [Click Here](#)