

# COMMUTER

VOL. 49 EDITION 24



APRIL 18, 2018



# FLY BALL!

SEE PAGES 6-7

PHOTO: ANGELA SCOTT

*First baseman Kleus Spacher guards a Linfield freshman from stealing second base during their victorious game this past Saturday.*

THE LINN-BENTON  
COMMUNITY COLLEGE

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# LB's CHESS CLUB OFFERS PRIZE

Chess Club to give away an intricate chess set at the end of spring term

STORY BY **ELIJAH MANG**

LBCC's chess club will be giving a four-player chess set to one random attendee at the end of the spring term.

Travis Peterson, the student rep for the chess club, intends to hold a raffle in the commons cafeteria during every chess club meeting.

"The idea was that we were going to give away a regular one, but we thought 'why give away a regular chess set when you can give away a four-player chess set, so you can play with your friends?'"

A four-player chess set is like a traditional one, but with

an additional three rows of eight cells on all four sides of the chess set. Players can play free-for-all matches or have teams of two, and each side of the board has different color pieces.

During the chess club meetings, it is expected you play a game of chess before you enter in the raffle for the prize at the end of the spring term. A ticket with your name will be entered in a jar and drawn from at the end of the spring term.

The chess club meets Tuesdays and Thursdays in the commons cafeteria from 10 a.m. to 12:30 p.m. and 2:30 p.m. to 4:30 p.m.

## CAMPUS VOICE

"What is your favorite and least favorite thing about spring?"



#### MALACHI CHRISTMAN ENGINEERING

"IT'S NICE THAT THE SUN STARTS COMING OUT EVEN IF IT'S NOT CONSISTENT. MY LEAST FAVORITE THING IS ALL THE POLLEN IN THE AIR."

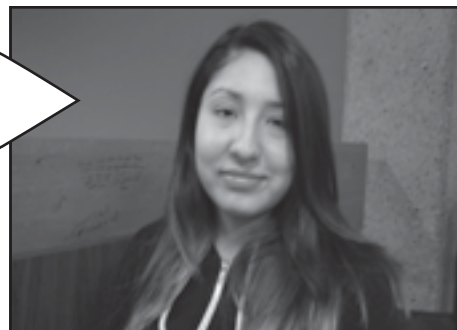


#### MELANIE GREEN ZOOLOGY

"THE DAYS ARE SUNNY AND I CAN GO HIKING WITH MY PUPPY. MY LEAST FAVORITE IS THAT OREGON POURING RAIN."

#### SAMANTHA ARROYO ENGINEERING

"MY FAVORITE IS SEEING THE FLOWERS AND TAKING WALKS AND MY LEAST FAVORITE ARE THE ALLERGIES."



#### CALEB WASHBURN ELECTRICAL ENGINEER

"MY LEAST FAVORITE PART IS THE RAIN. I LIKE THAT WINTER IS WINDING DOWN, THERE ARE LESS CLASSES AND SUMMER IS COMING."



#### SAMANTHA ESCORCIA CRIMINAL JUSTICE

"MY LEAST FAVORITE IS THAT IT'S STILL RAINING BUT I LOVE IT WHEN THE TREES GET THEIR LEAVES BACK. I LIKE TO SOAK UP THE SUN WHEN IT COMES OUT."



STORY AND PHOTOS: CAPRIAL LONG



# FLOORED BY RENOVATIONS

*LBCC Albany campus updated with new gym floor and bleachers*

STORY BY **SARA FANGER**

Finals week of winter term marked a new beginning for the old gym floor at Linn-Benton.

New changes being made to the almost 50-year-old gym floor and bleachers will positively affect the athletes, students, and LBCC community.

“There were a lot of issues with the old floor,” said Athletic Director Randy Falk. “We explored options in repairing those and were told that we could repair those, but those same issues would come back in the next two, three years. So it would be an ongoing cycle of repairing the same issues over and over.”

Ultimately, those involved decided that scrapping the old gym floor and starting fresh surpassed the option of repairing certain areas of the floor.

The new gym is more than just an improvement to



the facilities here at Linn-Benton. “It’s value goes beyond athletics,” Falk said. “We have a lot of people from the community that use the gym. Its remodel is a boost to everybody.”

Jenaya Wright, a freshman athlete at Linn-Benton, is excited to get practicing on the brand new court come August. “Honestly, I had difficulties at times playing on the old gym floor,” she said. “It was very dusty and we often slipped.”

Some problems with the old gym included dead spots scattered throughout the floor and uncertified bleachers. Once completed, the bleachers will be ADA certified and the new floor technology will take care of the dead spots, as well as be more comforting on the joints of students who use the gym for athletic purposes.

“I am especially excited to have the floor painted in our LB Roadrunner colors and the renovation in general will create an environment staff and students can really be proud of,” said Head Volleyball Coach Jayme Frazier.

The design of the new gym floor and bleachers has been a group effort with many different people involved. “We’ve had a lot of input from a lot of different people,” said Falk. “The [new] gym has been a long time coming.”

Every year, when the college prepares their budgets, the departments have an opportunity to come forward and request money for bigger projects. In the 2016-17 year, the Athletics Department and Health and Human Performance Department submitted a request to replace the gym floor.

“We figured that we would have to submit our request each year for several years before we’d be able to have it

approved for replacement; there are just a lot of things



on campus that deserve funding, and we didn’t think we would necessarily get it on our first try. But much to our surprise and delight, we did!” said Leslie Hammond, the Dean of Student Engagement.

In terms of funding, the upper administration of the college has played a huge role. The overall approximate cost of the gym floor is \$270,000, and the college administration was able to fund the project through budget surplus in other areas. The college also saved approximately \$16,000 by recycling the old wood floor.

“The entire project has taken the support of our administration and effort of many people in our LBCC community,” said Frazier.

The new gym is expected to be completed by the end of June to mid-July.

# VETERANS GARDEN BLOOMS AT LB

*The Veterans Garden at LBCC presents a new opportunity to learn and grow.*

STORY BY **SARAH MELCHER**

The Veterans Garden at LBCC presents a new opportunity to learn and grow.

Established in the fall of the 2017-18 school year, the garden provides a space for veterans and their friends and family to learn how to grow their own food.

The space created was a vision of former student Lisa Akers. “She wanted to set up a farm because she thinks it’s important for vets to be involved in more than just classes,” said Steve Olsen, vice president of the Veterans Club.

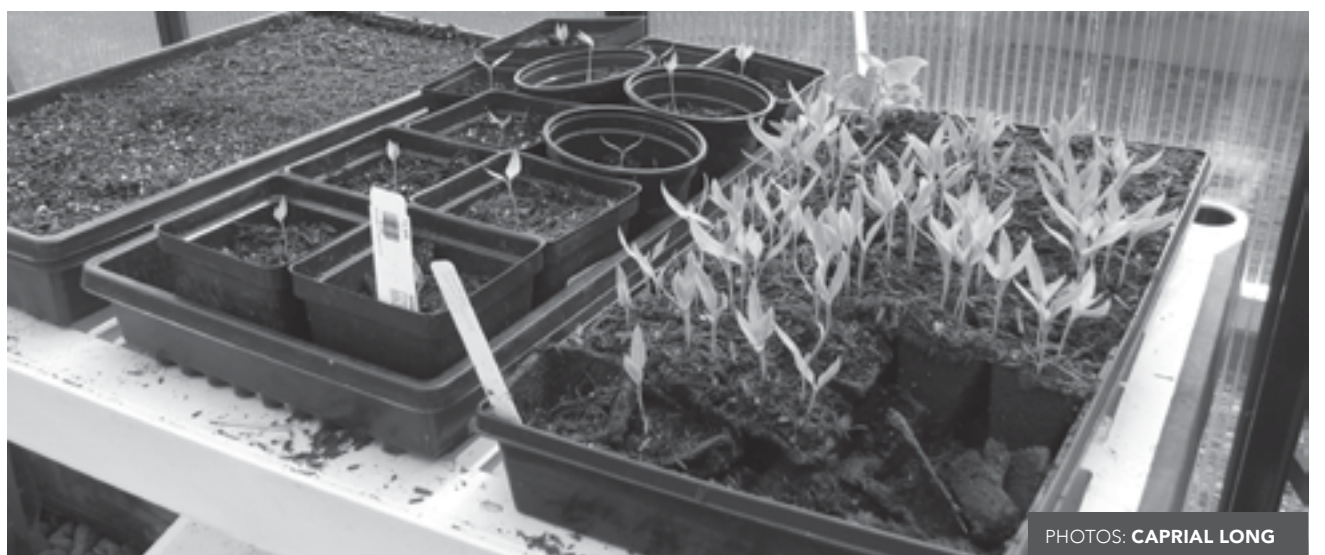
The garden was built through donated time and materials. It includes 10 raised garden beds, a garden shed, and a greenhouse. Most of the materials came from Home Depot. Coastal Farms donated the mats for the inside of the greenhouse. A local company based outside of Brownsville called Adaptive Seeds donated the seeds to start growing vegetables.

LBCC dedicated the piece of ground for the garden, which had to be flattened to be used.

There are mostly vegetables being grown in the garden, but maybe eventually strawberries and other fruits will be grown too. “It’s easiest for us to grow annuals,” said Miriam Edell.

Edell oversees the garden. “My job, I think, is to be the organizer, bringing people together and teaching.” She is part of the Agricultural Sciences staff at LBCC and is the only paid member of the garden workings. Other folks who are involved in the garden are donating their time to lend a hand.

Anyone who is a veteran, or friend or family member of



PHOTOS: CAPRIAL LONG

a veteran is welcome to volunteer to work in the garden.

Free workshops are offered to anyone who would like to participate. They happen once a month on a Tuesday from noon to 12:50 p.m. at the garden. Brooke Edmunds, horticulture specialist from the OSU Extension Service, teaches the classes. The upcoming workshops include May 15, “Let’s Talk Tomatoes;” June 12, “Growing Culinary Herbs;” July 17, “What to Plant for a Fall and Winter Garden.”

Edell extended an invitation to veterans and their friends and family to work in the garden with her. Work in the garden currently takes place on Tuesdays, with the hopes of gaining enough volunteers to be able to do work several days a week.



An organic white trillium blooms next to the Calapooia Center.

# EARTH DAY EVERY DAY

*Organic land care thrives at LBCC*

STORY AND PHOTOS BY **BECKY HOWELL**

No more pesticides, it's the law.

The news didn't sit well at the time with LBCC's lead groundskeeper George van Keulen.

"I was trained if you see a weed, you spray it and kill it. I had a whole room full of chemicals. I blasted this place," said van Keulen.

That ended in 2012 when van Keulen was told he would no longer be allowed to use pesticides on LBCC's campus to abide by a new Oregon law requiring IPM methods to care for campus turf and planting areas. IPM stands for "integrated pest management," a non-chemical approach designed to manage weeds, keep grass, soil, and plants thriving, and protect the health and safety of humans and the ecosystem.

As great as that sounds, van Keulen, an LBCC employee for 28 years, admits at first he fought it.

"Then I did a little research," said van Keulen. "I went to a five-day workshop with Oregon Tilth and it turned my world around. I really understood what it's all about. I decided to try a different way." At that point van Keulen decided to go beyond what's required by IPM and became a certified organic land care practitioner, a significant commitment.

Stefan Seiter, LBCC's horticulture program chair, supports this commitment.

"On campus we model what should and can be done off campus, around private residences and around commercial buildings. An organic land care certification shows that we are serious about a new way of landscaping because we follow rules that provide a healthy environment to the students and staff," said Seiter.

In the beginning, there was a learning curve. "We just

put our heads down and planted," said van Keulen

To abide by 100 percent organic products and practices means weed and feed is out, and synthetic fertilizers. Put the right plant in the right place, and use dense plantings. Protect the soil. Bring in more native and drought-tolerant plants. Water wisely and use a lot more bark.

"I do my homework," said van Keulen.

The results speak for themselves. As for the grass, there is absolutely no hiding 60 acres of it. A stroll around LB's freshly mown areas reveals emerald fields of lush, mostly weed-free grass, all grown naturally. Van Keulen points out a few dandelions, but there are not many. Small patches of white field daisies around the edges of the fields remain unbothered.

"We are trying to imitate nature," van Keulen said. "It looks pretty good, doesn't it?"

Van Keulen uses Oregon native bentgrass, a compost mower, and organic fertilizer only if a soil test says so, to take care of LB's turf. Check out the pristine baseball field and you'll get the idea.

Van Keulen's surprisingly small groundskeeping team includes assistant Sam Bruch, several work-study students, and occasional horticulture practicum students and temp workers. Bruch, an employee at LBCC for a year and a half, said copying nature is the hardest -- and most fun -- part of organic land care.

"Learning how to best encourage these natural processes, while maintaining a certain level of expectation in terms of aesthetics, is a constant problem-solving challenge," said Bruch. "This is also my favorite part of the job."

Horticulture staff and students have designed and developed numerous organic planting areas in and around the courtyard and campus buildings. Tucked in between White Oak Hall and Red Cedar Hall and



*Sam Bruch and George van Keulen discuss drought-tolerant planting projects.*

along the north side of the Calapooia Center are native sword ferns, Oregon geranium, fawn lily, white trillium, snowberry, and many other native shrubs and flowers.

Further plans are to restore the oak groves on campus, and extend the one-mile walking trail. The groundskeeping team also recently planted several dozen trees along Highway 99 to provide a pollution buffer for the college.

Bruch and van Keulen both appreciate the curiosity and positive responses they hear from students and staff who have noticed changes in the landscape.

"We try to do a little bit to educate people," said van Keulen. "People are asking 'What's that in your sprayer?' and I tell them, 'compost tea!'"



*George van Keulen helps maintain the frontier of LB's organic landscaping since 2012.*



# DISCUSSION FUELS DEMOCRACY

*The Civil Discourse Club of LBCC works to create safe environment for discussion*

STORY BY **ADEL FAKSH**

LBCC student Anthony Lusardi walked into the North Santiam Hall and was shocked when he saw a work of art that sparked controversy and eventually helped build the Civil Discourse Club.

The art piece displayed in NSH was depicting two men fornicating in explicit detail. Some people found it offensive and encouraged it to be taken down, while others found it expressive and were okay with it being uncensored and displayed. They submitted their opinions to a comment box nearby.

However, that didn't spark conversation to drive the discussion forward, instead, some comments contained hateful language.

Lusardi wanted to start an effective discussion. He and his peers, along with the help of faculty member Mark Urista, set up a debate that was more of a discourse. Unlike a debate, where there is a right or wrong side, a discourse allows for people of varying views to express their opinions in an open-minded environment in hopes to achieve a mutual understanding about the subject.

"We need to embrace nuance; we don't live in a black-and-white world: it's gray," said Urista.

The debate received a huge turnout and yielded over 600 views on Facebook. It was also featured in The Democrat-Herald, and the Gazette-Times newspaper, and helped form the Civil Discourse Club on campus.

You can encounter the work of the members if you go to the LBCC Library and check out their "Civil Discourse wall." It's a whiteboard near the entrance that is usually covered with responses to a question regarding a touchy subject.

Hailey Adkisson, a communications instructor at LBCC, gave the idea of a civil discourse wall. She helped develop a similar wall when she was working at North Dakota State University called the "democratic

wall." Unlike the one we have at Linn-Benton, it was an actual wall covered in whiteboard paint.

One topic of the civil discourse wall was about kneeling to the national anthem, and it didn't take long for it to fill up with different responses expressing a variety of views on whether kneeling was disrespectful to the flag or not.

People had conflicting views and it was discussed at a roundtable discussion hosted by the Civil Discourse Club. It led to a common conclusion on all sides when it was found that kneeling to the national anthem was a way to express grief about a certain loss. NFL player Colin Kaepernick's kneeling was a form of protesting the treatment of minorities in the United States while remaining respectful to the flag.

Lusardi said, "People tend to stay away from common ground solutions because it's easier to paint the world in black and white."

Lusardi hopes that eventually, the club can host a roundtable discussion every other week.

He plans to open a new chapter at OSU and host similar roundtable discussions and feature a civil discourse wall.

Thanks to the club, LBCC is now the only community college to be part of the discourse organization called Bridge USA and members of the Civil Discourse Club are looking forward to attending the organization's next summit in Dallas, Texas.

The Civil Discourse Club is hosting their next roundtable discussion on April 18 in the Diversity Achievement Center from 10:30 a.m. to 11:50 a.m. regarding gun control. Anybody who wants to be a part of the discussion is encouraged to come give their opinion on the subject.

For more information about how to get involved, stop by one of the club's meetings. They meet on Fridays in South Santiam Hall 209 from 3 p.m. to 4:30 p.m.



Freshman Saturday first place NWAC (Also i

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# SAFE AT HOME

*Linn-Benton*  
COMMUNITY COLLEGE



### 2018 Baseball Conference Schedule

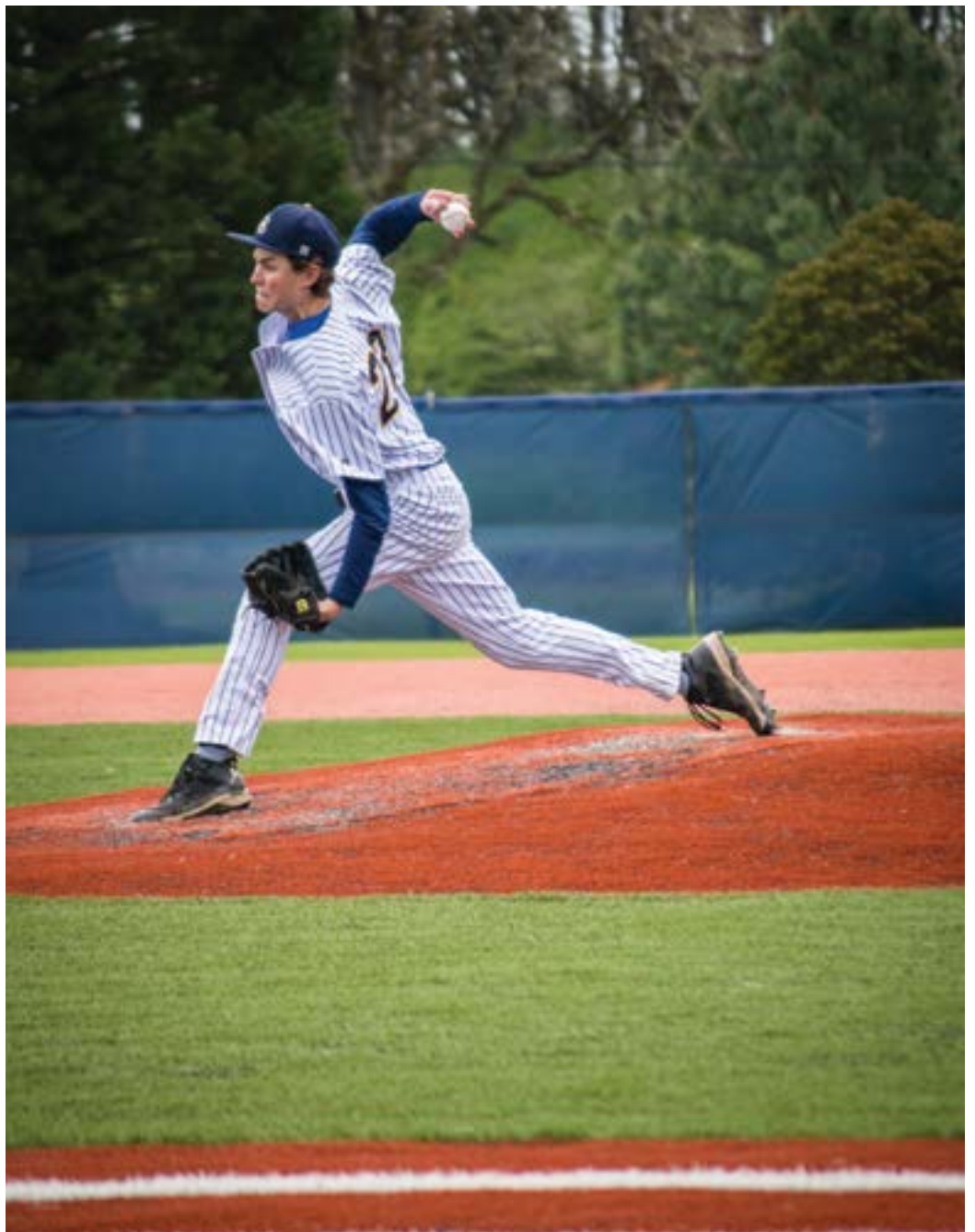
DAY	DATE	OPPONENT	LOCATION	TIME
Friday	April 20	Clackamas	Clackamas, OR	1:00pm
Saturday	April 21	Clackamas	LBCC	1:00pm
Tuesday	April 24	SWOCC	LBCC	4:00pm
Friday	April 27	SWOCC	Coos Bay, OR	1:00pm
Saturday	April 28	SWOCC	LBCC	1:00pm
Tuesday	May 1	Clark	LBCC	4:00pm
Friday	May 4	Clark	Vancouver	1:00pm
Saturday	May 5	Clark	LBCC	1:00pm
Tuesday	May 8	Lane	Eugene, OR	4:00pm
Friday	May 11	Lane	LBCC	1:00pm
Saturday	May 12	Lane	Eugene, OR	1:00pm
Saturday	May 18-20	Regional Playoffs	TBA	TBA
Thurs-Mon	May 24-28	NWAC Championships	Longview, WA	TBA



man infielder DeQuahn Dennis-Lee slides home in a close call with Linfield. Saturday's win brought LBCC's overall record to 22-2 on the season, good for 3rd place in the South region and the highest win percentage in the entire conference. (Photo with bat freshman outfielder Blake Vandel)



Hamilton catches the ball before a player from Linfield JV can slide into home plate.



Freshman pitcher Michael Moore



Freshman outfielder Blake Vandel charges toward first base.



PHOTOS: ANGELA SCOTT  
Asst. Coach Youngjin Yoon takes notes in the dugout. Saturday's 5-2 win vs. Linfield JV left the Roadrunners riding high on a 10-game win streak.

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# SNAKES, AND SPIDERS, AND GATORS, OH MY!

*Linn County Fairgrounds and Expo Center hosts herpetoculture event*

STORY AND PHOTOS BY **LEE FRAZIER**

The weekend of April 7 and 8 brought hundreds upon hundreds of species of creatures with anywhere from no legs to eight legs, to the Linn County Fairground and Expo Center in Albany. The Pacific NW Reptile and Exotic Animal Show, PacNWRS, held an event at the center this past weekend and had a list of over 45 vendors in attendance.

“The Pacific Northwest Reptile and Exotic Animal Show is an educational and sales event that we put on a few times a year: two shows in Oregon and two shows in Washington. One of our main focuses is education and teaching people about these animals and that they are a viable option to be kept as pets,” said Noah Criswell, an owner of PacNWRS.

This event may not be for some with certain phobias, but the pure joy that radiated from some of the event attendees was palpable.

“It’s so cool! I never held a snake before. This is a Ball python. My mom won’t let me get one,” said 10-year-old event attendee Hayden Bond.

There were many others that had the same level of excitement while at the show.

“I just purchased a Ball Python. He’s a little guy, just about 6-months-old. This is my first snake. My mom would never let me have one as a kid, and now that I have my place, I thought it was time to get one,” said customer Sean from Portland.

For those that may be worried about negligent sales, and improper instructions and handling of animals, the worry is not needed at this event. The vendors are knowledgeable and willing to take the time to answer any questions an attendee may have about an animal regarding its care and upkeep. They really focused on making sure a customer knew ahead of time what they were buying, and the level of commitment needed to care for these creatures.

“It’s always wise to do the research about the animal



you’re interested in purchasing before you purchase the animal itself. Know what you need to take care of it, how it has to be fed, how much space it needs, then buy the cage and set it all up. After all of that, you go and purchase your animal,” said Michelle Verheyden, owner of Hiss and Hers out of Portland, Oregon.

While many of the vendors at this show will only be afforded four events a year with PacNWRS, they do participate as vendors with other events throughout the year. Being part of multiple events gives opportunities to potential customers looking to start a new hobby, as well as being a resource for those wanting to continue their hobby in Herpetoculture.

Whether you are wanting to see snakes, tarantulas,

turtles, alligators, or even parrots, the cost of entry is well worth it. The entry cost may vary per event. This past event in Albany had a \$10 entry for those over the age of 10, \$5 for those between the ages of 6-10, and it was free for children under the age of 6.

“We like to see community support for this type of event and interest in these animals. Seeing the smiles on the kids faces, that’s what we’re about,” said Criswell.

For information on future events by PacNWRS, visit: <https://pacnwrs.com/>, or contact them at <https://pacnwrs.com/contact-us/>





# HORROR AND LAUGHTER ON THE AIRWAVES

LBCC Theater Department hosts 1930s-style radio show at the Russell Tripp Theater



STORY BY  
ALEX GAUB

As dark clouds rolled over Albany on Friday the 13th, around 50 community members gathered inside the Russell Trip Theater at LBCC. Two scripts were recently discovered under the theater, and what their contents held were unveiled on this chilly dark Friday night.

The scripts -- two plays under the title "Scarewaves" -- written by playwright "Meridian Welch" contained a night of spooky comedy, and the chance for a cast to showcase their skills as voice actors.

"What made it fun for me was the ad-libbing that was going on," said Harriet Owen-Nixon, an actress who played multiple roles in the show.

Meridian Welch is a pseudonym for the creator of the production. And the scripts? They weren't unearthed from the catacombs of the Russell Trip Theater. The mysterious creator goes by the name of Michael Winder.

Winder, 42, is the writer and director of "Scarewaves." The show is a collection of two plays that are based on 1930s radio shows, such as "War of the Worlds" by Orson Welles.

The first play centered around a naive young woman named Veronica White, played by Bernadette Bascon, who is roped into working as a nanny for a Frankenstein-

## ADDITIONAL INFORMATION

**What:** "Scarewaves," a production based on a 1930s radio broadcast.

**Where:** LBCC's Russell Trip Theater

Proceeds from "Scarewaves" go to The Midsummer Arts Festival, which will be held in downtown Albany this summer.

like child. The child's father turns out to be a mad scientist.

In the second play, an evil villain's plot to control the mind of a city is thwarted by a ragtag group of crime fighters headed by the superhero Captain Steadfast, played by Scott Trout.

The cast of "Scarewaves," seven strong, sat around a table laden with microphones. The production was backed up by live sound effects that gave the production an uncanny ability to set the scene -- a dark mansion with thunder clapping in the distance, or a dimly lit corridor with creaking doors.

However ominous the sound effects were, they were used in conjunction with well-written jokes that made many onlookers double over in laughing fits.

"Both [plays] are excuses to just make jokes," said Winder.

Winder, along with being a playwright, works at LBCC as the production coordinator for the Russell Tripp Theater. His role is to assist in booking and promoting events.

Other cast members involved in the production include: Dakota Cloud, David Parrish, Andrew Beck.

Along with live sound effects and the feel of being in a radio studio at the time of a broadcast, the production was complemented with old-timey commercials that transported the audience back to simpler times.

"Peppy Zaps. It's the cigarette your doctor recommends!"

"It was very fun, the sound effects were great," said Frieda Flint, a community member attending the production.

Along with being the writer and director of "Scarewaves," Winder is president of the board for the Midsummer Arts Festival, which will be held in downtown Albany this summer. All the proceeds from "Scarewaves" will go to the art festival.



TV SERIES REVIEW:  
**Legion Season 2**

**NETWORK:** Tuesdays at 10P On FX  
**STARRING:** Dan Stevens, Rachel Keller, Aubrey Plaza and Jeremie Harris  
**CREATED BY:** Noah Hawley (Based on the Marvel Comic by Chris Claremont and Bill Sienkiewicz)  
**RATED:** TV-MA

COURTESY: FX



STORY BY  
STEVEN PRYOR  
@STEVENPRR2PRYOR

"Legion" has returned for a second season on FX after its successful first season in 2017. Much like the Marvel comic the series is based on, the series is a mind bending look at the human psyche and one of the most unique parts of the fictional universe of the X-men.

Picking up from the events of the first season finale, David Haller (Dan Stevens) has been transported to a strange

facility that resembles an ancient Japanese castle. As a series of bizarre events unfolds, Haller must not only deal with paranormal phenomena around him; but further challenges in his own mind.

While following the surprise success of the first season was never going to be easy, series creator Noah Hawley has definitely risen to the task of continuing the story as well as delivering more weird and wonderful setups. Haller's meeting with a strange Japanese man recalls the bizarre yet engaging drama of David

Lynch's "Twin Peaks," and a scene where two mutants escape from the authorities combines disturbing imagery with the classic show tune "Swinging on a Star."

Even though the season could go anywhere from here, it's clear that the second season of "Legion" looks to be every bit as fantastic as the first. As a great show on its own and as an addition to the "X-men" fictional universe, it's highly recommended.

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# SCRAP 4 LIFE TAKES OVER LBCC COMMONS

A group of women at LBCC are seeking to save lives one scrapbook at a time

STORY BY **M. NABIS**

Two wonder women, Vicki Keith and Felicia Voris, held an annual Scrap 4 Life event to raise funds for cancer research and preventative screening. Last year they raised over \$4,000 in one day. Their team, the LBCC Roadrunners donated \$8,000 throughout the course of the year by holding multiple events, such as the upcoming summertime Relay for Life. This relay will be held again on June 23.

Go to [relayforlife.org/Albany](http://relayforlife.org/Albany) for further details about the 14 local teams that participate annually.

Keith is the administrative assistant to the vice president for Student Affairs at LBCC and has lost family members and close friends to cancer. Voris, her co-captain, lost both of her parents in a short period of time as well.

Beginning at 9 a.m. and ending at 9 p.m. on April 7 in the LBCC Commons, it cost only \$45 to attend. The entrance fee included lunch, dinner and snacks.

One hears the clipping of scissors and laughter as the ladies share the bond of friendship.

"We don't just do this for the pictures, it is more like a quilting club," said Alma Jean King.

If you are interested in joining a Scrap Club, the Willamette Scrapbookers meet at 6:30 p.m. twice a month on Friday evenings in Lebanon. Contact Karen Elliot at [bkelliott@comcast.net](mailto:bkelliott@comcast.net) for more details, location, and dates. All you need to do is bring a snack,



Vicki Keith

as this is always a free event.

King and Elliot have been "scrapping" together for over 20 years. King unfortunately lost all of her photos in a fire, but she constructed a beautiful story book during the LBCC event.

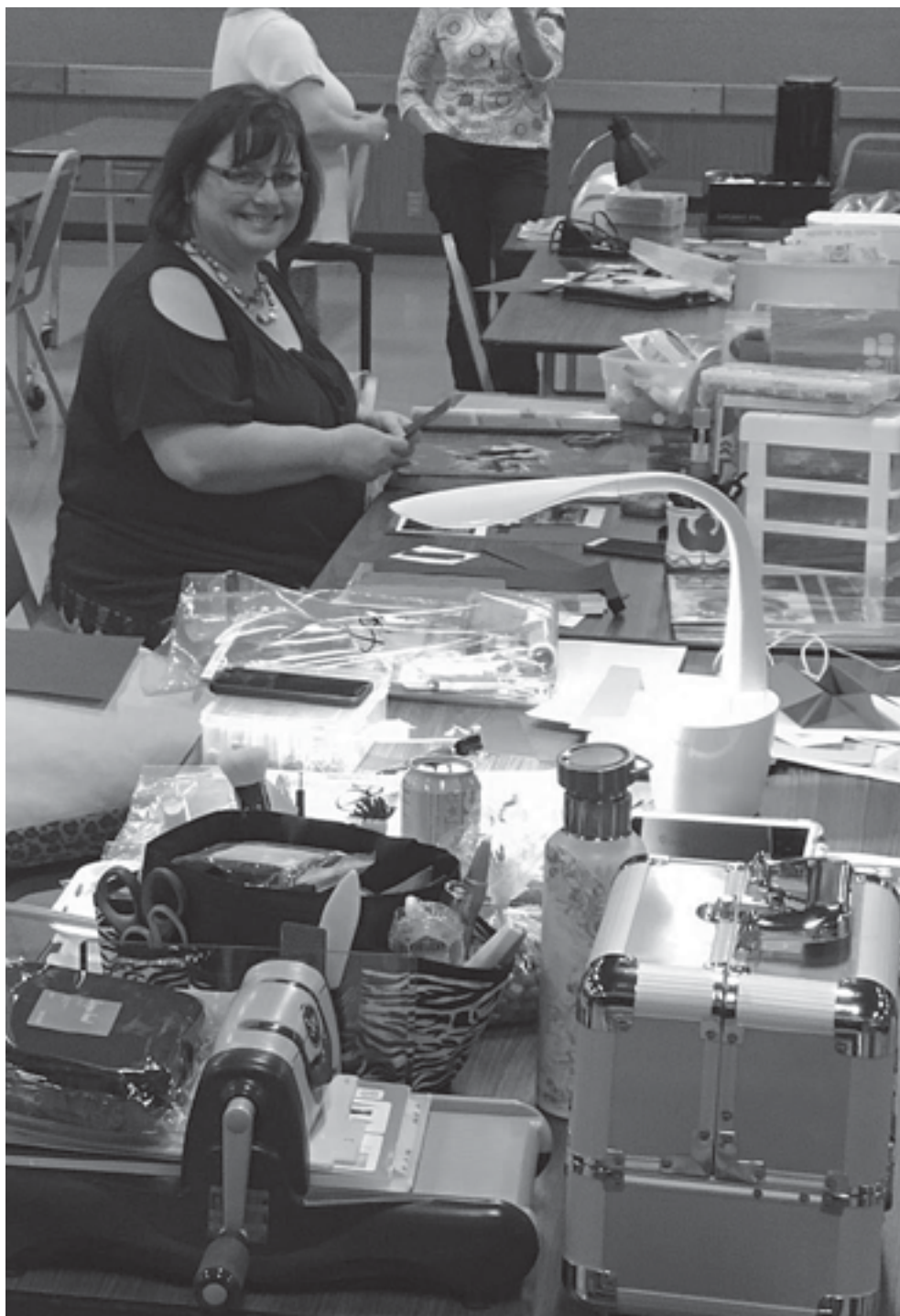
Cindy Loayza and Joanie Davis drove down from Portland for the LIFE event and shared that they also enjoy attending events at the coast. They are members of a Facebook group for Scrappers. As the ladies wheeled their amazing cart full of goodies home their faces glowed with joy. They had arrived at 9 a.m. and made it to the finish line, too.

"At the end of the day you finish and get projects done," said Davis. "You feel good about what you did personally, but you also feel good about what you did globally, because you supported a really good cause."

Asked why she scrapped, Voris had a simple answer, "Because I have kids."

The group wasn't able to raise as much money this year as last year due to fewer people being able to attend, organizers said. They were still pleased with the outcome.

At 9 p.m. that Saturday, Keith said the group helped raise over \$2,000. "And 100 percent of the proceeds were donated."



Marci Johnston



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EASTERN OREGON UNIVERSITY

Christi Finholt | Regional Advisor

Partnering with Linn-Benton Community College

Monsters

I get paranoid when I'm alone  
 And suddenly all the sounds I hear  
 are everything I've ever feared  
 Sneaking through the cracks.  
 Irrational, I know they aren't real  
 But there's no match for the fear I feel  
 I won't let them see me cry  
 Even though its all I do at night  
 And nothing seems to help me hide  
 From the monsters  
 I hold inside

By: RAVENSHIRE

Untitled

I KNOW YOU'RE PROBABLY SLEEPING  
 AND I HOPE YOU'RE SWEETLY DREAMING  
 YOUR CONSCIOUS MIND  
 BLIND  
 TO THINGS ONLY DREAMS BELIEVE IN

By: RAVENSHIRE

Fog Rise in Astoria



PHOTO BY ANGELA SCOTT

Mania:

Hands slowly caress my shoulders  
 No one near me is speaking  
 But I hear every single word  
 Slut, whore, strumpet, harlot  
 All loving nicknames, I am assured

But I know better  
 The hands slowly move lower and more forward  
 Grazing my breasts repeatedly  
 I try in vain to step away  
 But this only makes the hands grasp tighter

I protest, plead, implore  
 Proclaim my disinterest for all to hear  
 And I hear every single word  
 Liar, tease, bitch, cunt  
 They never wanted me anyways

And yet, the hands remain on me  
 Sliding lower, gripping harder, tearing more  
 Ripping my soul from my chest  
 And my innocence from my aching core  
 Only then do the hands pause

And then, the hands forget me  
 But I remember even the slightest touch  
 Voices never giving me a moment's reprieve  
 And even when I am completely alone  
 The hands and voices remain with me

By: KATELYN BORING



4/18 to 4/24

**Wednesday 4/18:** Olive Oil Poached Cod, Penne Pasta w/Chorizo & Swiss Chard, Stuffed Portobello w/Bearnaise\*. *Soups:* Creamy Chicken Mushroom, Vegetable Minestrone w/Rice\* *Salads:* Green Salad w/Roast Pork Loin & Fruit OR w/Hazelnut, Cakes & Fruit.

**Thursday 4/19:** Chicken Massaman Curry w/ Rice\*, Meatloaf w/Mushroom Gravy, Mac-n-Cheese. *Soups:* Chicken Tortilla\*, Dilled Potato Chowder. *Salads:* Pesto Grilled Chicken OR Grilled Portobello Caprese Salad.

**Monday 4/23:** Coq Au Vin\*, Pork Schnitzel w/ Cabbage & Bacon, Creamy Polenta\* *Soups:* Albondigas, Thai Curry Lentil & Sweet Potato\* *Salads:* Green Salad w/Poached Cod & Fruit OR w/Zucchini Fritters & Fruit.

**Tuesday 4/24:** Swiss Steak, Roasted Chicken w/ Jus Lie\*, Veggie Omelet\* *Soups:* Chicken & Wild Rice\*, Broccoli Cheddar. *Salads:* Green Salad w/ Creole Shrimp, Chopped Salad w/Chickpeas

Monday to Friday - 10 AM - 1:15 PM

\* Gluten Free

Untitled

The kind of girl that makes you want to cry  
 She's lived a half life  
 But never a lie

By: RAVENSHIRE

# HUMANS OF LBCC



## Jonathan Ropp

"My major is undecided, but [I'm] strongly considering Criminal Justice because I want to learn about the constitution and how it's interpreted. I'm not sure what my dream job is, but I might want to be a police officer. My college experience so far is good ... and busy. I have been able to learn new things and meet new people. My hardest class would have to be math class because I

failed it my first term, and I was learning new concepts that I didn't understand. A fear that I've had is giving up because something is difficult. My greatest accomplishment was when I passed all my classes winter term as I worked closing shifts with no sleep. I chose to go to LBCC is because of its affordability."

STORY AND PHOTO BY **KRYSTAL DURBIN**

## Sydney LaVoie

"I saw a challenge on Facebook called the 'I love you' challenge and I wanted to take the day to spread some love on campus. The simplest things can make someone feel better so I wanted to let them know that I love them. I have gotten a couple responses. When I was at the bus stop this morning I saw people just smiling at my sign or just in my direction. It makes me feel good, it makes me feel like I am able to make their day brightened by the simplest of words. There is so much hate and negativity in the world going on right now with everything that has happened. The way we battle hate is not through hate itself, but

STORY AND PHOTO BY **TARYN SUSTELLO**



## Chris Mattson

"I have been a public safety officer here at LBCC coming up on five years now. I started off as a bouncer at the age of 18 and I've been doing that for 22 years now. During my career as a bouncer I have been shot two times, once in the arm and once in the back by a man that was driving away after a bar fight. I have also worked in the department of corrections up in Washington for several years as S.W.A.T./E.R.T. officer. I have also worked on government

contracts and as a defensive tactics instructor at the police academy. I come from a long line of law enforcement in my family, almost everyone on my mom's side of the family was involved in law enforcement. In my free time I enjoy fishing and bow hunting all over Oregon."

STORY AND PHOTO BY **MITCHELL BANKS**



## Mikel Letelier

"I got [the poncho] in South America. I needed to buy gifts for people because I was coming back and I was like 'Oh, why don't I buy something for myself because I want a poncho,' and so I bought a poncho. I bought this poncho and I enjoy it thoroughly, it's good in the rain, it's good in the cold unless it gets soaked. Don't get your poncho soaked, friends. I'm not one of those people who wears those plastic ponchos. Who does that? Sub-par poncho. Get something nice and comfortable like a wool poncho. It's gonna break the wind, it's gonna break the rain for the most part....get a good poncho."

STORY AND PHOTO BY **AIDAN VENEGAS**

**This spring, 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](mailto:commuter@linbenton.edu).**



# EARTH DAY

## LBCC April 19

11 a.m. – 1:30 p.m. • Courtyard  
6500 Pacific Blvd S.W., Albany



**End Plastic Pollution**

[EarthDay.org](http://EarthDay.org) 

[#EarthDay2018](https://twitter.com/EarthDay2018) [#EndPlasticPollution](https://twitter.com/EndPlasticPollution)

LEARN ABOUT LOCAL SUSTAINABILITY EFFORTS

**Courtyard lunch!**

- Flower Pot Planting 🌸
- Organic Garden Produce Sale
- And More!



STUDENT LIFE AND LEADERSHIP

Request for Special Needs or Accommodations: Direct questions about or requests for special needs or accommodations to the LBCC Disability Coordinator, RCH 305, 6500 Pacific Blvd S.W., Albany, Oregon 97111, Phone 541-917-4700 or via Oregon Telecommunications Relay (TDD) at 1-800-735-2900 or 1-800-735-1232. Make sign 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 Nondiscrimination: LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, sex, or native language, national origin, sex, 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 P1035 in our Board Policies and Administrative Rules, Title II, IX, & Section 504. Scott K. Dem. CCC-608, 541-917-4425, Lyne Cox, 7-1070, 541-917-4806, LBCC, Albany, Oregon. To report: [linbenton-advocate@public.com](mailto:linbenton-advocate@public.com), report.