

# COMMUNITER

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# ZOMBIES

inside...

PHOTO: ARIANNA STAHLBAUM

Lead doctor Sophie Brown lays trapped on the floor by infected patients. Participants witnessed the two zombies jump at her, knocking her to the floor as they claim her as their dinner.

THE LINN-BENTON  
COMMUNITY COLLEGE



COMMUTER

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# Look Up!



#### STORY BY

LISA HOOGESTEGER

Every week or so, this column brings you news or ideas to ponder or try out related to health and well-being. I work in the Advising Center, mostly at the Albany campus, sometimes at the Health Occupations Center in Lebanon and the Benton Center in Corvallis. My job is primarily advising, and also to teach, advocate and possibly inspire health and wellness in our community. So here's this week's dose of well-being.

Did you know positivity can be learned?

Two tips:

- Cultivate optimism. Learning to think positively is like strengthening a muscle. Rewrite the narrative about something that happened without using adjectives. What are the facts? Then consider what piece of what happened is within your control. Give yourself credit for your efforts and your skills, regardless of external circumstances. And consider what you can do differently next time. You can only go forward. Improve the NEXT thing.

- Avoid negative self-talk. You often cheer on your friends and family when something goes awry. "It's okay. Don't worry about it. We'll figure it out." But to yourself you say, "I'm an idiot. I can't believe I did that. I'm not good at \_\_\_\_\_." Start with being nice to yourself!

You've heard about a "growth mindset" (Watch Dr. Carol Dweck's Ted Talk). Put simply, people with a growth mindset constantly try to learn and grow, believing that their basic abilities can be improved through hard work. This is in contrast to the "fixed mindset" of believing your intelligence and skills are a "given" and thus unlikely to be improved. I recently volunteered in a bike safety program in my daughter's 5th grade class. One boy had never ridden a bike. But he had embraced the school's growth mindset teaching, which adds the tag "yet" to a statement. So he kept saying, "I'm not good at this yet." "I haven't learned this yet." "I don't know that I can do this. Yet." He had the biggest smile as he wobbled and fell a few times. After the 3rd day, he was still wobbly, still trying and gradually improved to ride on the streets with his class.

So whatever you're not sure you can do, just know it's just not YET. And remember to look up!

### CLOUD APPRECIATION SOCIETY

Have you heard about the Cloud Appreciation Society? [cloudappreciationsociety.org](http://cloudappreciationsociety.org)

Their motto is "look up." In general, I think "looking up" is a good idea and it fits with trying to be positive, looking on the bright side, keeping your eyes on the horizon, etc.

One other comment on the idea of "look up." My-four-legged companion, Fenway (Advising Center canine good citizen) thinks looking down is better because there is more food dropped on the ground than up in the air.

# CAMPUS VOICE

What's the best halloween costume you've ever worn?



#### GERRITT SCHAFER ENGINEERING

"PROBABLY POPEYE."



#### MATTHEW GOSCHIE GEOLOGY

"ONE YEAR I DRESSED UP AS SAM WINCHESTER FROM SUPERNATURAL."

#### ISAAC SAVAGE PSYCHOLOGY

"I WOULD SAY FROZONE COSTUME, BUT IT IS ACTUALLY TIED BETWEEN THAT AND THIS DUCT TAPE HALLOWEEN COSTUME OF MICHAEL JACKSON IN HIS THRILLER SUIT."



#### CEILIDH WATT BUSINESS

"BARBIE."



#### KAYLEE PLATA GENERAL STUDIES

"I HAVEN'T DRESSED UP IN A REALLY LONG TIME, BUT ONE TIME WHEN I WAS LITTLE I WAS A NINJA AND FOR SOME REASON I JUST WENT ALL OUT AND IT WAS A SERIOUS, LIKE, PROFESSIONAL COSTUME."



STORY AND PHOTOS: TRAVIS PETERSON

# STREET VISION

South Santiam Gallery Hosts the Works of Five Oregon Photographers



PHOTOS: KATIE LITTLEFIELD

**Rich Bergeman is the curator of this display. He says, "The best street photography creates art from the fleeting moments of urban life." In today's age it can be seen as taboo or an invasion of privacy. But it gives the audience a look into real-life candid moments.**



**Some advice from George Kelly (middle) is this: "If someone gets mad because you took a photo of them and asks you if you did. You just say no, you walked into my photo and you ruined it! You could sit there and explain how it's legal, but we all know they don't want to hear that." Lisa Gidley and Blake Andrews couldn't agree more!**



**Gary Gumanov explains that sometimes his anxiety may take over him when approaching people to take their photo, but to overcome it he'll just think about how badly he wants the picture. If he wants it bad enough he'll muster enough courage to approach his subjects.**

## HIGHLIGHTS OF THE PRESIDENT'S FALL FORUM

After the Forum, the Board of Education meeting and Benton Center Regional Director Jeff Davis provided some details on the Benton Center's upcoming Chinook Hall:

The existing Benton Center building will be renamed Washington Hall, while the new building is titled Chinook Hall to represent the Chinook Tribe and Oregon's State Fish.

The new expansion will add 20,000 square feet of general classrooms and laboratories, 149 car parking spaces and 92 bike parking spots. Purchasing the property from the First Student bus company and construction is estimated to cost \$10 million dollars, paid for by voter-approved property tax funds.

After a competitive bidding process, Gerding Builders of Corvallis was chosen as the construction contractor for the expansion.

The Board of Education is recommending installing "District-wide Card Access Security System" on campus doorways as an additional security measure.

President Hamann is planning on requesting one time funding or policy adjustments from the Oregon Legislative Assembly during the short session, including \$70 million for community college STEM/CTE programs.

### AT A GLANCE:

President Greg Hamann will retire from LBCC on June 30, 2020, and LBCC's Board of Education is forming a Presidential Search Committee. The Committee will work with the Association of Community College Trustees to find and review applicants for the President position. To join the discussion about proper qualifications for LBCC's President, visit one of the Open Community Forums:

- **Albany:** Nov. 13, 9:30 a.m.-10:30 a.m., Calapooia Center, Vineyard Mt. room CC-213
- **Lebanon:** Nov. 13, Noon-1 p.m., Healthcare Occupations Center, room 150
- **Corvallis:** Nov. 13, 4 p.m.-5 p.m., LBCC Benton Center, room 204

## SLC UPDATE

Food Insecurity a Top Priority, says SLC Rep Marissa Miles

The SLC, located on the first floor of the Forum facing the quad, is usually staffed by students from 9am-4pm Monday through Friday. This Thursday both Marissa Miles and Andrew Middleton were in the office. Middleton is the SLC Volunteer Coordinator and Miles is the SLC Legislative Affairs Coordinator.

Miles said that this week the SLC reps will be voting on legislative priorities for lobbying in the current Oregon State Legislative Session.

"My personal priority," said Miles, "would be food insecurity, because looking at statistics on-line, nearly half of college students experience food insecurity. And because this is such a huge issue I have a passion to make this a priority so legislators can hear about it and ... we can do something about this issue."

### AT A GLANCE

For more information about any of these events and opportunities, stop in the SLC or email [slcvolunteer@linnbenton.edu](mailto:slcvolunteer@linnbenton.edu)

"It's a great team this year," said Miles, saying that the SLC is getting a lot of work done.

One of their events was partnering with the American Association for Women in Community Colleges to put on a record-breaking Clothing Sale that

sold clothes for a dollar each and donated all the money for LBCC Scholarships.

The SLC also sponsors about 200 Thanksgiving food boxes each year to give away to staff and students in need. The last day to sign up to receive a box is November 20.

And for Halloween, there is a free party on Tuesday October 29 from 6-9 pm in the LBCC Cafeteria. There will be snacks, a costume contest, and pumpkin carving.

Lastly, there are two openings in the SLC itself for 2 LBCC students to be hired for the Judiciary Board. These students would receive 3 credits per term in exchange for representing their school with the Student Leadership Council.

# FRIGHTENING FUN

Local Haunted House Gives Scares and Food to the Community for the 17th Year



STORY AND PHOTOS BY  
DAVIS IHDE  
@\_DAVISI

October is the time of the year where everyone is looking for a good scare, and there are certainly many ways to find just that. With so many spooky activities to choose from in the Albany and Corvallis area, it can be hard to choose just one. However, this small haunted house separates itself from all the others.

The haunted house at Morningstar Grange in Millersburg has been open to the public for 17 years and has been steadily growing in popularity. It started out as a Halloween party hosted at the grange for children and their families, with a small haunted house taking place on the front stage. Once more people started to show up each year, haunted house organizer Heather Decker decided to organize an annual haunted house event at the historic building. After making the transition into a full haunted house, the attraction still grows in popularity with each coming year. Five years ago, they even built an extension of the haunted house that leads outside of the building in order to further frighten their guests.

“At one point it started naturally attract too many people for a small party,” said Decker. “So, I decided it was time to use what we had to make something bigger and better.”

In the past, the Morningstar Grange has been a voice for farmers in the White House who help get



Morningstar Grove has been the voice for agriculture in Albany for decades, and still gives back to the community to this day



Jarod Rowe (left), Cory Pyritz, and Nick Halliwell have volunteered their October nights to the haunted house for years.

bills passed, but it has moved more towards community outreach recently due to the agriculture community getting fazed out. This is what separates this haunted house from the rest in the area: the fact that they are giving back to the community while simultaneously giving the people something fun to do during the Halloween season. All the proceeds that the haunted house earns go towards the Albany Fire Department’s annual Christmas food drive. The drive is a way to give an extra boost to those families who might be short on food for the holiday season.

“It always gives me something fun to look forward to doing as an adult in October, and I get the opportunity to give back to people in need at the same time.” Said volunteer Jarod Rowe.

Of course, the only way all of this is possible is with a large number of volunteers who are willing to sacrifice their time in order to come scare for a good cause; and this haunted house has no shortage. They have anywhere from 35 to 40 unpaid volunteers that give a helping hand either by scaring down in the basement or providing hospitality to the guests in the waiting area.

“The majority of our volunteers have a full-time

job or go to school full time, but they still find time to volunteer because they want to help people who are less fortunate.” Decker Said.

One of the things that keeps volunteers coming back year after year is the bond they have built with one another during their time at the haunted house. Many of the volunteers have already been with the haunted house for years, such as Rowe, who is on his 8th year of scaring.

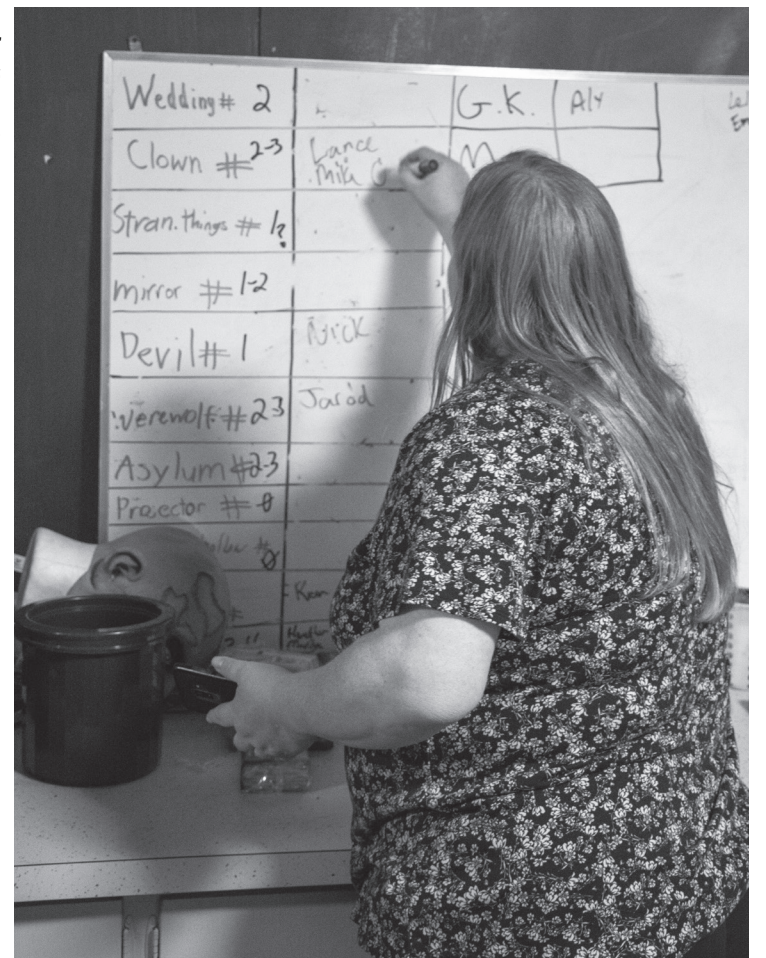
“The people in the crew are like family to me. I never regret meeting them and they never regret meeting me, no matter how annoying I am.” Rowe joked.

Another thing that inspires them to return year after year is the tragic passing of fellow haunted house volunteer Mike Stablein. He was killed in a freak accident on January 23, 2018 and has encouraged the scarers to always give it their all.

“He was our Michael Myers.” Volunteer Cory Pyritz explained. “Ever since he passed, we retired the costume. It just wouldn’t be the same without him.”

If you are trying to decide where to find some fun frights next Halloween, consider giving back to those in need by choosing the haunted house at Morningstar Grange.

Heather Decker, the manager of the haunted house, directs each scarer to their section before it’s time to spook the guests.



## DISABILITY AWARENESS MONTH

In recognition of National Disability Awareness Month, the Center for Accessibility Resources invites you to join special events during the month of October, including weekly information sessions, a lunch discussion, history exhibit, and live comedy show.

All events are free and open to everyone.

For more information on the events planned for Disability Awareness Month, scan the QR code below or visit

<https://qr.go.page.link/ZsahH>





# WETLAND WELLNESS

## Corvallis Locals Work to Rehabilitate Starker Arts Park Wetland

STORY BY **GEORGIA RY DUNN-HARTMAN**

On the sunny Saturday of October 26th, about 85 people gathered between 1 and 4 pm to get their hands dirty, learn about one of our community area's environmental struggles, and put in some volunteer time to rehabilitate the Starker Arts Wetland.

Why not "restoring"?

"Restore means to return something to the way it was. The truth is we don't know the way it was. . . To regenerate is to generate life. To rehabilitate is to raise something up; to resurrect things" says Dave Eckert as he sets the ground during the introduction to the day.

Dave Eckert and Kathleen Wesly discussed how this particular area has been impacted and managed by humans for at least 16000 years, and that part of why



**Cat Newsheller recently began volunteering on the projects and is a certified interpretive guide. She is also an Oregon Naturalist graduate.**

restoration can be difficult is because of the time frame. Depending on which point in time focused on, the restoration will be different.

The human impact is important, especially because as humans we like to manage things, and this management changes natural environments so significantly. Much of the time it is hard to do, or takes much longer to rehabilitate an area to its original structure.

In their upcoming volunteer project day on Saturday, November 9th at Bald Hill in Corvallis, Eckert says that they will be focusing on returning Denewi Creek to its original course. Denewi is a Calapooia word meaning "Elderly, Wise Woman" and the Calapooia tribe were the first people to settle in the Willamette Valley. Over the years of people managing the land for agriculture and living the original creek's movement was buried and changed entirely.

What has been occurring in Starker Arts Park is that the pond has been carrying the runoff containing extra Nitrogen and Phosphorous from the duck waste into the Denewi Creek running through the park. The extra amount of nutrients results in a process called eutrophication, where the algae that feeds off the nutrients grows exponentially. The algae grows, dies, and accumulates at the bottom of the creek. As any respiration activity, decomposition occurs by the bacteria within the Denewi Creek using up more oxygen than normal, eventually leading to a less than hospitable place for local plants and animals.

The wetland rehabilitation project aims to help solve this problem with the creek water.

The wetland will be acting as a filtration system between the pond and the creek.

The physical set up of the wetland is like a mini version of vast rolling hills and valleys, originating from the output pipes of the pond. The swales (valleys) go out in all directions from the output point which will help



PHOTOS: **GEORGIA RY DUNN-HARTMAN**

**Jim Boyle is a long-time experienced volunteer who was recently working on the Denewi Creek route rehabilitation on Bald Hill.**

evenly spread out the water, creating a wetland.

Previous to the construction of the wetland area this space was filled with invasive exotic plants. Eckert explained the water changes regarding what the outcome of the wetland area was. "We dug them up, saved the natives, didn't save the exotic," said Eckert, "Before we put down the jute (the covering) we put down a lot of camas seed, which is a critical, cultural and nutritional plant to the Calapooia, and several other flowering plants that work in wet areas. And then we have a berm, which is a cultural feature, and on another day we will plant large shrubs - all native, all many different species and very beneficial for pollinators and other species including humans. Red flowering Currant, Elderberry, Espiria, Snowberry. . ."

There were a number of different groups who attended the event including Youth Corps, different clubs from Oregon State Environmental Science sect, Members of the Corvallis Watershed Council, the City of Corvallis and a handful from the general public.

**Lynne Warwick has been working with the city for 2 years.**



**A Warm, Red Autumn**

**Friday, November 8, 12:00 P.M. - 1:00 P.M.**  
**Benton Center Atrium**

A seasonal reading of poetry and prose in celebration of the changing of the season. Scheduled readers include international students, community leaders, LBCC staff, and a surprise guest.



PHOTOS: ARIANNA STAHLBAUM

**A zombie mob creeps out of the darkness in search of human flesh. By adding the light behind the crowd, their shadows are projected on the wall, creating an eerie effect as participants watch the scene.**

## LBCC Zombies Inhabit Benton Center Expansion During a Night of Guerilla Theater

STORY BY **KONOHA TOMONO-DUVAL**

A mysterious mind-warping plague is sweeping the Willamette Valley, sparked by a mixture of household cleaning products and the consumption of newly popular plant-based imitation meats. The CDC is quarantining the infected from the Corvallis-Albany area into Containment Center Foxtrot, and has invited leading doctors and researchers to study these 'zombies' in hopes of finding a cure before it's too late.

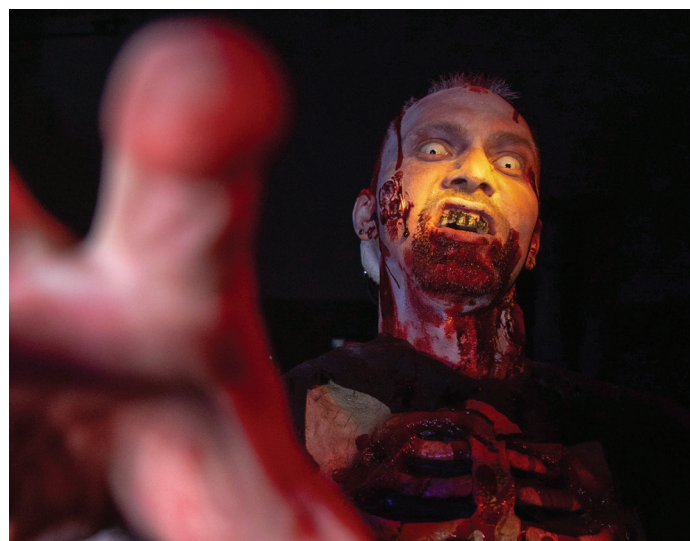
Led by a CDC expert, the team of scientists leave behind a harrowing briefing video and enter the fog-clouded Operating Room, where thin red and blue spotlights cut through the chilled mist to focus on two partially-dissected corpses being examined in repurposed dentist's chairs. A freewheeling doctor display her experiments done for entertainment value until of course, like many a zombie movie, every failsafe fails and every alarm blares and every light goes black. The undead horde then attacks. That's LBCC Theater's premise for their "Guided Tour of Terror" fundraiser: Zombie Siege.

When LBCC's Board of Education handed Theater Director Dan Stone the newly purchased former FIRST Student bus barn near the Benton Center, he had plans for an experience that combined the visceral nature of haunted houses with the deeper backstory of theater productions. In his words, "You hardly see plays based in horror in a theater, because the audience is sitting far away and the actors are up on the stage. But a horror movie is scary because stuff jumps into your face. A haunted house is theater. The only way we can really do horror, is by being actually immersed in it. [...] One of my heroes, his name is (French Avant-Garde theater director Antonin) Artaud, he devised this theory: The Theater of Cruelty. It's a bombardment of the senses. It's immersing people into dangerous situations." He considers both a haunted house and a heavy metal concert to be extensions of Artaud's idea. "Believe it or not, if you've ever been to a haunted house, you've seen a play. You've witnessed a piece of theater. Theater doesn't have to happen inside a theater building. There's a term called 'guerilla theater,' where theater will just happen in a place."



**During rehearsal, doctor Samantha Kraushaar screams for help as zombie, Naomi Williams holds her down to indulge herself in human flesh.**

**Lead doctor Sophie Brown lays trapped on the floor by infected patients. Participants witnessed the two zombies jump at her, knocking her to the floor as they claim her as their dinner.**



**Rylan Reddekopp stares with hollow eyes as he reaches for the camera. Reddekopp has been apart of many zombie thrills, which helped him stay in character and channel his inner zombie.**



**Playing the part of a zombie, Russel Stone reaches out, longing for the taste of a juicy brain. Transforming into a zombie took roughly ten minutes and included adding bruised skin, dripping fake blood down faces, and smearing bloodied hands all over lab coats.**

# Out and About

Life Through the Eyes of LBCC Photojournalism Students



PHOTO: KATIE LITTLEFIELD

**Stephanie Pace and Mason Sloan race for the ball! Stephanie is a local community member that helps organize this weekly event. She actually got hit by the ball in the stomach during the game, but felt no pain due to her "mom abs."**



PHOTO: ARIANNA STAHLBAUM

**Open to the public on weekdays after three and all day on weekends, Davis Family Farm also hosts school field trips during school hours. Students can expect a hayride to the pumpkin patch, and fun in the corn maze and hay pyramid.**



PHOTO: ARIANNA STAHLBAUM

**Vampire cupcakes peer up at potential buyers. Originally the cupcakes were supposed to be vampire mouths, but culinary artist Elliot Walker ended up turning them into, "comical vampire dorky kinda looking faces to lighten the mood of the rest of my things."**

PHOTO: ARIANNA STAHLBAUM

**Elliot Walker grabs a cat cookie to place in a bag for a customer. The bake sale took him two weeks to plan everything out and two days to prepare the goods.**



PHOTO: ARIANNA STAHLBAUM

**A young boy entertains himself in corn and bin in Davis Family Farms greenhouse. The corn and grain bins were geared more towards the younger children, giving everyone who came an opportunity to have fun no matter the age.**



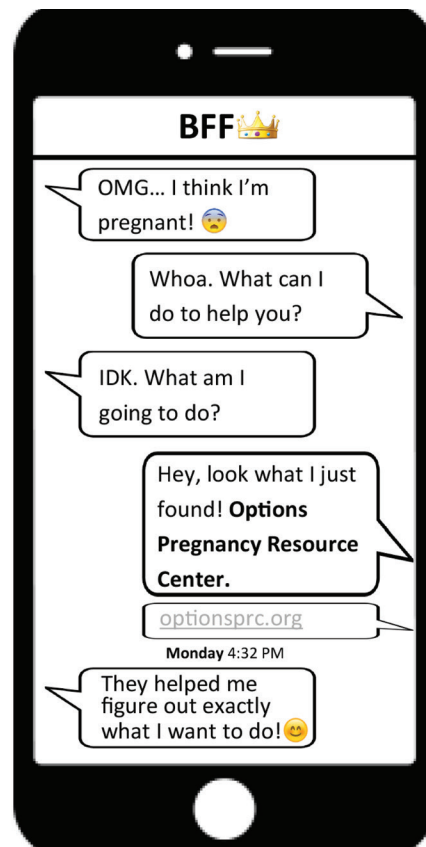
PHOTO: ARIANNA STAHLBAUM

**The Necronomicon cake was the hardest thing for Walker to create, explaining that, "just trying to design the fondant to make it look how I want it to, it took like 3 hours." The cake is red velvet with mascarpone and whipped cream frosting and a sugary neutral fondant flavor.**



PHOTO: KATIE LITTLEFIELD

**Elijah Espinosa goes to pass the ball back into the game. Elijah wants to go to school to be a PE teacher for Jr. High, so you can count on him to make sure everyone gets their stretches in before playing!**



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# ROADRUNNERS DIG PINK IN WIN

*Linn-Benton Continues the Winning with Another 3-0 Sweep*



STORY AND PHOTOS BY  
CAM HANSON

LBCC Volleyball hosted a 'Dig Pink' night this past Wednesday where attendees had the opportunity to donate to breast cancer awareness. The team spotted light pink uniforms in honor of the event, and fans who donated participated in a raffle for prizes during the intermission. While the uniforms were different, the result on the court was the same, as the Roadrunners took quick care of the Umpqua Community College Riverhawks. With the win, the Roadrunners will grow to 23-9 on the season with a 9-2 conference record, slowly solidifying their place in the southern division and making a strong bid for a high playoff seed. The teams continued offensive and defensive success make them a threat in the not only the division but as well as the conference.

The Roadrunners added yet another important division victory against the Riverhawks, continuing their four-game streak of set sweeps against opponents. The sheer turnaround this team has seen since starting the season 1-3 overall has been outstanding. While their last loss came to Rouge Community College (23-2 overall, 11-1 in conference), they have not lost back-to-back games since dropping matches to Lane Community College (19-8 overall, 10-1 in conference) and Treasure Valley (19-12 overall, 9-3 in conference). The Roadrunners came out a bit cold in the first set of the match against the Riverhawks, but that quickly changed when they put together the winning first set, winning 25-17, and coming out simply explosive in the second.

Umpqua managed to stay on pace with the offense before the second set, which saw the LBCC defense stand stout and hold them to only five kills deep in the set, outworking the team 25-10. Linn-Benton quickly rounded out the performance, not without some



**While the Riverhawks made a case for an upset early on, LBCC separated the gap quickly.**

resistance, finishing them off 25-20. While the offense is typically spearheaded by one Ally Tow, the kills were all over the court, with five players nabbing five or more (Mitra Aflatouni 8, Ally Tow 9, Alexis Chapman 7, Taylor Tedrow 9, and Alicia Vandervoort-Walters with 6). The stellar and consistent play is only getting better, and the high power on defense especially should keep fans excited.

Up next for LBCC are the SW Oregon Community College Lakers (16-14 overall 3-9 conference), who sit at seventh in the southern standings. On the flipside, LBCC sits at third, a spot they've been holding for weeks as a result of the large gap in wins from third to fourth, with LBCC at nine and fourth Mt. Hood at six. The Roadrunners have been gnawing at the second place spot, but unless Lane lets the wheels fall off of the Titan's chariot, they'll stick at the top. That leaves the Lane Titans with ten wins and the Rouge Osprey's

at eleven, a heated matchup that culminates this Friday and makes the margin for error ever so tighter in order to win the division.

While the top of the division is stacked, LBCC will take their schedule one game at a time and look to get another win against a lowly Lakers squad. In their last matchup, The Roadrunners bested the Lakers 3-0, which was highlighted by a stellar 14 kill performance by Ally Tow. Expect the Roadrunners to carry momentum here and continue the hot streak entering November. The competition is heating up more than ever, but Coach Fraizer is used to it in her tenured career, and players like Tow are as hungry as ever to get into the postseason. With huge battles against Rouge and Lane coming up, fans will see how the Roadrunners squad stacks up to the stakes at hand.



**Sydney Johnson compliments her hitters with wonderful sets, racking up more than 30 assists against Umpqua.**

**Sophomore Ally Tow has continued her stellar season and continues to be a driving force for the playoff push.**



**With just four games left in the regular season, LBCC focuses in on the end goal; state.**





PHOTOS: ALLEN TAN

**Performing as a duo for over 10 years, Nina G is an author and comedian who lives with dyslexia and a stutter and Mean Dave is a recovered addict living six years sober.**

# COMEDY AT THE TRIPP

Comedians Nina G and Mean Dave Perform Stand-Up Comedy at the Russell Tripp Theater



STORY BY  
MCKENNA CHRISTMAS

Comedian, author and educator Nina G and comedian Mean Dave relaxed with a healthy lunch after their show for Linn-Benton students Friday in the Russell Tripp Performance Center.

Comfortably sitting in White Oak Hall on LBCC's campus, Nina opened up about what it is like living in an ableist world with a disability -- the discrimination she faces, the self-assurance she's built through her stutter, and the shift of perspective that was necessary in order for her to use comedy and her stutter as tools to openly discuss topics most people would find uncomfortable to talk about.

The word disability presents itself as a person with a condition that limits or makes it difficult for a person to perform everyday activities. However, Nina G. from San Francisco, California, flips that ideology built by society that having a disability restricts a person from certain opportunities. She uses her comedy and general openness about her dyslexia and stuttering to educate the audience on "what it is like to be disabled in an ableist world."

Like any issue, in order for a situation to get better, it needs to be discussed despite how the subject might make a person uneasy. Topics such as having a disability might feel uncomfortable to talk about in the general public, which is why Nina finds that performing stand-up comedy allows people to shed that first layer of discomfort. This then allows authentic discussion on the subject, in addition to a willingness to be open-minded.



She refuses to let her stutter restrict her from performing live comedy shows for audiences all around the country.

"She had a way of being comfortable on stage and embracing her stutter within the context of her set," Mean Dave recalled the first time he saw Nina G. perform, before the two traveled and acted together.

The willingness to sit down and understand the story of a person with a disability is one thing Nina seeks to impress on people who cannot comprehend what it is like to live with a disability.

She also pushes people to understand that power and validation does not come from anybody but yourself. She aims for this concept to be understood by able-bodied people that the validation or the "power" that is presented by an ableist to someone with a disability is "a colonial way of looking at what power is."



Nina's goal is to create an environment where people are willing to develop an open-minded environment for others who have disabilities. She also pushes for society to feel more comfortable discussing topics such as disabilities to highlight the barrier of ableism, and how to bridge that barrier.

People often are so worried about being politically correct that they feel uncomfortable responding to her act, Nina explained.

"It is okay to laugh at the disabled person if the disabled person is the one telling the jokes," she said.

Keeping an open mind to others around you, she said, and treating people with kindness will create an easier environment to live in, and the underlying factor of respect to others.

**Nina G humors the audience with a charming anecdote from her high school days.**



## DIA DE LOS MUERTOS



Thursday October 31st, 2019

12:00 pm- 2:00 pm  
-Pan de Muerto (Dead Bread) & Hot Cocoa  
-Decorating Sugar Skulls

Friday November 1st, 2019

12:00 pm- 2:00 pm  
-Coco screening  
-Popcorn and Hot cocoa  
-Decorating Sugar Skulls



Join us in the EDI Forum 220

Request for Special Needs or Accommodations Direct questions about or requests for special needs or accommodations to the LBCC Disability Coordinator, RCH-105, 6500 Pacific Blvd. SW, Albany, Oregon 97321. Phone 541-917-4789 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Make sign language interpreting or real-time transcribing 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, use of 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 P1015 in our Board Policies and Administrative Rules, Title II, IX, & Section 504; Scott Rolen, CC-108, 541-917-4425; Lynne Cox, T-107B, 541-917-4806, LBCC, Albany, Oregon. To report: linnbenton-advocate.symplicity.com/public\_report

# POETRY

## "Sonnet of Summer Sunshine"

The sun ablaze above the marble earth  
with golden light that crowns my lazy head,  
enlivens me and fills me full with mirth.  
While watching summer from my daisy bed,  
I bask in beams of light upon this hill  
observing butterflies and bumblebees.  
I sit relaxed and quiet, calm and still.  
I'm hypnotized, in awe of how the trees  
all shimmer like a grove of chandeliers  
as rays of light reflect on leafy glass;  
in awe of how the gentle wind appears  
to set in motion ocean waves of grass.  
As dusk begins to turn to night I pray  
tomorrow brings another sunny day.  
By Waldo French

## Misfortunes of Living

Among humans, among others.  
Always being, the other, never seeing  
Each other.

Perceptions boxing us in, caging us in a  
shape that chafes.  
Doesn't fit, never will, and hurts too much  
to try.  
Why should I, why should we, be?  
Them, because we're not, we're ourselves.

Though they're just facts, just facets, just  
singular parts.  
Take them out of the whole or hide them,  
And that loss turns our hearts cold.  
Evokes growls as well as whimpers.

Only the hurt, insecure, the vicious  
Try to cage that otherness,  
Inside and outside.

To move on, to evolve-  
Is to forgive, not forget, but see past  
Our shifting shells and dangerous damaging  
perceptions,  
And all more infernal differences.  
See the same, celebrate, what is not.

Feel the pain of the past and the present,  
But reject the poison it offers.  
See each other as humans, with different  
facets foreign and fine.  
Not reject it with anger hate fear, and  
otherness.

But see as a whole, a part of me is not a part  
of you,  
The same goes for you, but my truth is to not  
hold tight that pain,  
Not see it everywhere, eyes tinted with red.  
Instead, move forward not on. Til another  
song,  
Is added to the fray, and I'll pray  
We fight better this time.

By Kel O'Callaghan

PHOTO: BOWEN ORCUTT

Members of the  
LBCC Poetry Club  
gather in the DAC to  
discuss the  
schedule for their  
meeting, Thursday,  
October 17th.  
Meanwhile, Daniel  
Glenn (Far right)  
works on his own  
poem.



PHOTO: BOWEN ORCUTT

Poetry Club  
member  
Daniel Glenn  
gives his  
thoughts on  
the poetry  
book the club  
members are  
reading from,  
while fellow  
club member  
Gordon Jiroux  
looks on.

## Self, a Flaw\_\_udgem\_nt

Who am I  
Past present future self  
Who am I  
Waking self dream self  
Who am I  
Truest self social self  
Who am I  
Self I hide self that runs  
Who am I  
Self they see self that speaks  
Who am I  
Self that sees self that thinks  
Who am I  
Femm self masc self  
What am I  
A fractured identity I wander my mind  
A spindle of cracks weaved into my psyche  
Is this life I see  
Any less real  
Any less right  
Why would I be wrong for speaking to the  
snake I see  
For being more than myself  
For feeling hopeless  
For being afraid  
Why am I?  
By who I see, and who I see past  
You tell me I will find someone  
By what I wear, and the name I use  
You tell me who I can be  
My life is not a temporary phase  
I am not the clay you molded  
The kiln has shattered your plans  
I am mine to become  
By Alex Baer

## Untitled

A man enters the stage with a heart in his  
hand  
An image held within from a time when he  
was young  
Then embarked on a journey with no known  
end  
To search for his scene in which he can  
frame his picture  
Through the countless myriad of landscapes  
in nature  
A timeless experience for each witness to  
nurture  
But do not fear if the clock ticks further  
Or if in your dreams you can feel the sound  
of thunder  
It's just your heart expecting a thrill like no  
other  
But you are no stranger to this zealous  
energy within you  
You tame wilder beasts with the words you  
take with you  
For the language of love is a force not one to  
be constrained  
But unchecked with no restraint will still tear  
you asunder  
You take such a power with all the beauty,  
grace, and composure  
that you fear you'll waste time thinking of  
which step is further  
But it's your time to waste  
You're not a sheep of a herd  
You're an explorer of the world  
with a vision and a dream no walls will stop  
your feet.  
So travel as far as your eye can see.  
Qui vivra verra,  
And blessings for you from me.  
By Waldo French

PHOTO: MCKENNA CHRISTMAS



COURTESY: IMDB.COM

MOVIE REVIEW:

**Star Wars: Episode IX: The Rise of Skywalker**

**RELEASE DATE:** December 20

**STARRING:** Daisy Ridley, Oscar Isaac, John Boyega, Adam Driver, Domnhall Gleeson, Keri Russell, Richard E. Grant, Kelly Marie Tran and Joonas Suotamo with Mark Hamill, Carrie Fisher, Anthony Daniels, Billy Dee Williams, and Ian McDiarmid

**DIRECTOR:** JJ Abrams (Based on characters created by George Lucas)

**GENRE:** Action, Adventure, Fantasy



**STORY BY**  
STEVEN PRYOR  
**@STEVENPRR2PRYOR**

After much speculation, “Star Wars: Episode IX: The Rise of Skywalker” will be released on December 20. Even with what the story so far has accomplished, the film looks to be a spectacular finale to not only the sequel trilogy; but to the Skywalker saga as a whole.

The story sees Poe Dameron (Oscar Isaac) and Finn (John Boyega) trying to rally the remaining allies of the Resistance for a final stand against the First Order; under the rule of Supreme Leader Kylo Ren (Adam Driver) and General Hux (Domnhall Gleeson). Elsewhere, Rey (Daisy Ridley) must master her knowledge of the Force with the aid of General

Leia Organa (a posthumous Carrie Fisher) and the teachings of Luke Skywalker (Mark Hamill) as the battle for peace and justice in the galaxy sees the return of both old friends such as Lando Calrissian (Billy Dee Williams) and enemies such as the shadow of Emperor Palpatine (Ian McDiarmid).

Even with factors such as “The Last Jedi” being met with divisive reception among audiences and the spinoff film “Solo” underperforming at the box office (the latter causing further theatrical spinoffs to be put on hold, with some being retooled for Disney Plus), it’s clear the saga still commands a sizable fan base. As of this writing, the final trailer has been viewed over 20 million times on YouTube. Ticket presales have not only seen a 45% jump from those of “Avengers: Endgame” earlier this year, many online sites have also reported servers crashing from high demand. With a reported runtime of 155 minutes (three minutes

longer than “The Last Jedi”), the movie looks to be an emotionally powerful sendoff to both the sequel trilogy and the last 42 years of stories for the saga. One line from C3P0 (voice of Anthony Daniels) near the end of the final trailer sets the stage for both the character and the audience to share a dramatic farewell.

The film will also contain the final appearance of Carrie Fisher as Leia Organa, achieved posthumously by using scenes previously cut from “The Force Awakens” (the production previously considered digitally recreating her image like in the spinoff film “Rogue One” before ultimately deciding against it.).

With director JJ Abrams returning to the helm (after previous director Colin Trevorrow was dropped from the production), “Star Wars: Episode IX: The Rise of Skywalker” looks to be an explosive end to the “Star Wars” saga when it opens on December 20.

**CROSSWORD PUZZLE**

- ACROSS**  
1 Silver (Sp.)  
6 List-ending abbreviation  
9 Health resort  
12 King of Judea  
13 Rhine tributary  
14 Stripling  
15 P.I. ancestral spirit  
16 Compass direction  
17 Diminutive (suf.)  
18 Lead ore  
20 Bombastic  
22 Foist  
24 Dutch commune  
27 You (Ger.)  
28 Proverb  
32 Numerous (pref.)  
34 Mountain peak  
36 Two-man fight  
37 Music sign  
39 Evil (Fr.)  
41 As written in

- music  
42 Gr. author  
44 Nearsightedness  
47 Land of King Arthur  
52 Narrower than AA  
53 Naut. rope  
55 Fallacies  
56 Amyotrophic lateral sclerosis (abbr.)  
57 Son of Apollo  
58 Opposite of zenith  
59 Encountered  
60 Snow (Scot.)  
61 Yellow

- DOWN**  
1 Destroying (pref.)  
2 Fugard heroine  
3 Seed coat

**ANSWER TO PREVIOUS PUZZLE**

A	T	I	C	S	O	S	C	H	I	N
F	A	B	E	E	T	C	P	E	B	A
F	R	I	S	E	T	T	E	I	S	I
Y	O	D	A	T	O	N	E	P	S	I
			A	T	L	E	D	G	E	
S	A	M	I	S	E	N	P	A	R	G
A	D	A	T	D	O	R	L	U	A	U
L	A	R	C	H	D	E	P	O	S	I
			S	H	A	W	S	A	P	
H	R	H	N	O	C	T	I	H	A	E
A	U	T	H	D	O	O	R	P	A	R
A	R	E	A	E	R	R	I	N	C	A
B	I	A	S	N	N	E	A	D	A	H

- 4 Carry  
5 Youth loved by Venus  
6 Belonging to (suf.)  
7 So much: music  
8 Second wife of Jason  
9 Small drink  
10 Buddhist liturgical language  
11 Irish exclamation  
19 Mudfish  
21 Spawning ground  
23 Sole  
24 Prussian spa site  
25 Change color  
26 Unit of work  
29 Out (Ger.)  
30 Gain  
31 Guido's note (2 words)  
33 Inspector (abbr.)  
35 Para-aminobenzoic acid  
38 Ear inflammation  
40 Fond  
43 Fabric  
44 Lady's title  
45 Rockies peak  
46 Kiln  
48 Jewish month  
49 Mineral deposit  
50 Few (pref.)  
51 Son of Loki  
54 Last Queen of Spain

1	2	3	4	5	6	7	8	9	10	11
12					13			14		
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59			60		61					

**SUDOKU**

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

		5		2		9				
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		3		8		1				



**10/30 to 11/5**

**Wednesday 10/30:** Chili Verde w/Pork\*, Chicken Cordon Bleu, Curried Butternut & Chickpea Stew\*. Soups: Lentil Bacon\*, Creamy Butternut Squash\*. Salads: Creole Shrimp Salad, Creole Salad w/ Sweet Potato Cakes.

**Thursday 10/31:** Swiss Steak, Grilled Salmon w/ Roasted Pepper\*, Tofu Broccoli Stir Fry over Rice. Soups: Chili Mac, African Sweet Potato\*. Salads: Bun Cha (Vietnamese Pork Salad w/Noodles), Bun Cha Seared Tofu.

**Monday 11/4:** Poached Salmon w/Roasted Cherry Tomatoes\*, Italian Meatball Sub, Caprese Quiche. Soups: Chicken Noodle, Split Pea\*. Salads: Beef OR Mushroom Taco Salad.

**Tuesday 11/5:** Beer-Braised Beef w/Onion, Carrot & Turnip, Pan Seared Chicken w/Apricot Onion Pan Sauce\*, Tempeh Black Bean Enchiladas\*. Soups: Thai Red Curry Noodle, Butternut & Spinach\*. Salads: Vietnamese Steak, Vietnamese w/Tofu Spring Roll.

**Monday to Friday Lunch - 11:15 AM - 1:15 PM**

\* Gluten Free

# Humans of LB

**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@linnbenton.edu](mailto:commuter@linnbenton.edu).**

## Keller Smith

Keller Smith has set his goals high as he began his journey in the automotive program located at Linn Benton's Lebanon campus. By taking this rigorous program, Smith is now one step closer to pursuing his goal of starting up his own custom body shop for automobiles. His dream started six years ago when he began working on cars, then shifted into a reality when the opportunity arose to work in a shop. Smith has two years of shop experience under his belt and started working for Northwest Autofab this last year, where he has been learning auto fabrication. "Getting to work in the shop is something I enjoy doing," he said. He is learning valuable skills that will benefit him while he is studying at LB and for when he decides to open his own business. While he will learn all there is to know about fixing up automobiles, Smith wants to focus on working on body and paint.



STORY AND PHOTO BY **ARIANNA STAHLBAUM**



## Kelsey Elliot

She is a 200 YRT Certified Yoga Instructor, currently working at Pacific Yew Yoga in Albany, Oregon and will soon be instructing at LBCC starting winter term. At the moment most of her classes are located at the Corvallis Benton Center, but she is thinking about enrolling at OSU, however she doesn't want to be shifted into a physical therapy degree. She hopes to go to an acupuncture school after pursuing her studies in nutrition.

I asked her why she teaches yoga and her response was pretty inspiring for anyone when choosing their career path. "Why do I do it... Because I love it. And they said if you do what you love, you'll never work a day in your life." Her hope is to bring a more holistic awareness to the people in our world. "People don't know as much about our bodies as they could, so I'm going back to school to help others build confidence in themselves, and going to school also helps me build confidence in myself."

STORY AND PHOTO BY **GEORGIA RY DUNN-HARTMAN**



## Hugo Gonzalez

"Just gettin' to the top. That's my greatest challenge right now. A goal of mine is to be financially stable to the point where if I want something, I can have it without having to worry. I want to own a business, there's a lot of money in that and I think that's an area of my expertise."

Hugo Gonzalez is a 19 year old landscaper working on construction here at LBCC. If he was famous, he would be on the big screen in your nearest Regal theater acting in a Tarantino movie.

His family originates from Jalisco, Mexico and with his life right now, he's just working trying to get where he wants to be. His hobbies include: Basketball, watching movies, and occasionally playing the trumpet. He tore his ACL and meniscus while playing football. His most prized possession is his brand new iPhone 11 pro max.

STORY AND PHOTO BY **ISAIAH HAQQ**

## Jasmin Botello

Music major Jasmin Botello originally came to LB for biology, but she didn't realize how quickly that decision would change because of an essay. The essay was about, "music and how it influences kids and adults alike, [how they] express their emotions and stuff... Not a lot of people want to do it. I saw it as an opportunity to do something I love while helping others." But why is her love of music creating a realistic career for her? In high school, she performed in three musicals, including Cinderella. What stuck out to her from those performances was, "getting to see the joy on all the little kid's faces who came and saw it."

Botello plans to have a musical therapy practice of her own to reach out to people who could benefit from it, for example, Alzheimer's patients. She hopes that musical therapy will one day become a common form of therapy that people can regularly access.

STORY AND PHOTO BY **ARIANNA STAHLBAUM**

