

STRIVING TOWARDS UNITY



PHOTOS: ELLIOT POND
 Javier Cervantes, Chareane Wimbley-Gouveia,
 Christopher Mikkelsen, Ceph Poklemba, Eric Slyter

Unity Celebration honors faculty, staff, students

At the Eighth Annual Unity Celebration, nearly 60 community members, faculty, staff and students came together in the LBCC Calapooia Fireside Room to honor efforts of building a more inclusive campus. The event was hosted by Javier Cervantes, director of the LBCC Department of Equity, Diversity & Inclusion.

"In 2009, Dana Emerson, Analee Fuentes, Robin Havenick, and Gary Westford started this event as a way to bring people together and to honor uniqueness, diversity, multiculturalism, togetherness and social justice," said Cervantes.

The event included an awards ceremony, art, performances by members of LBCC's Poetry Club, and a speech given by activist Erica Fuller of Corvallis, an organizer of the Women's March in Portland on January 21. LBCC Culinary Arts students and Chef Andrew Wadlow catered the event with foods from different cultures around the world to signify unity.

Cervantes directed the audience's attention to various pieces of artwork around the room.

"You have a quilt here that was done by our own Barbara Bessie, she designed that quilt out of flags we had in the Diversity Achievement Center... it's one of the most interesting kind of examples of art that you can find on campus I think



because it's such a live tapestry of who exists here as our international students, english language learners, undocumented students and the like," said Cervantes.

Members of the LBCC Poetry Club recited emotional poems detailing experiences and desires for a more unified and equitable society.

Among the poems was "1929" by Thania Mendez. The poem was about mass deportations in the U.S. in 1929 following the Mexican Repatriation Act when Americans of Mexican descent were scapegoated for the Great Depression.

"There's been such a focus on immigration and with my past, I come from a very predominantly white town, so 'go back to Mexico' was something that I did hear growing up and I did

hear uttered to my parents. It was very frustrating when people tried telling me now in today's age that that would never happen even though I was American," said Mendez.

Mendez stated that she shared the poem about the Mexican Repatriation Act and modern parallels because she felt more people needed to know about the saddening history of the treatment of Mexican-Americans and the harmful effects, both past and present.

"I think the biggest message is to stop creating space between people... to unite as a country, not by race, ...not to label people, and not to assume certain things about people, because I think that was the problem in the 1930's and late 1920's. I think people just assumed

that these people weren't capable and these people were the problem... it's not us against them, we're all in this together," said Mendez.

Poetry Club member Samantha Guy performed a piece titled "Micro-aggression," detailing discrimination she has experienced, concluding her poem with a definition of micro-aggression.

"Micro-aggression: A statement, action or incident regarded as indirect, subtle or unintentional discrimination against members of a marginalized group such as a racial or ethnic minority," said Guy.

In addition to Mendez and Guy, Alyssa Campbell performed "For My People," Ceph Poklemba performed "Til Death Do Us Part," Christopher Mikkelsen performed "I Got Lucky," and Emma Spaulding performed "For Frederick Douglas."

Fuller, a graduate student at OSU, delivered a powerful speech adapted from her speech at the Women's March.

"I am always eager to be involved when it comes to educating... talking about diversity, equity and inclusion and unity. The Unity Celebration, this is exactly what that entails," said Fuller. "Intersectional feminism is so important because it's talking about the oppression that is happening within our culture."

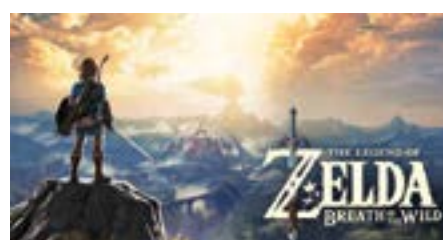
Continued on Page 3...



LB Heads to the Playoffs!

LB Women take the lead early for a win against the Clark Penguins.

Page 3



Game Review

What makes the latest Zelda worthy of a five-star review? Find out on Page 6.

THE LINN-BENTON
COMMUNITY COLLEGE

COMMUTER

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

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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WEEKLY TRUMP WATCH

A quick review of President Trump's actions over the last week

March 3:

- A federal register notice was announced detailing the revision of the standards for maintaining, collecting, and presenting federal data concerning ethnicity and race, as well as how this information will be made available to the public.

March 5:

- Trump asks the branch tasked with investigating Russian involvement in the 2016 election to investigate whether or not executive branch investigative powers were

abused in 2016. The White House declines to comment as to the reasonings for this request.

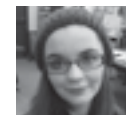
March 6:

- Trump signs an executive order "Protecting the nation from foreign terrorist entry into the United States." This order is almost identical to his executive order on January 27th of this year that has been dubbed, "The Immigration Ban."

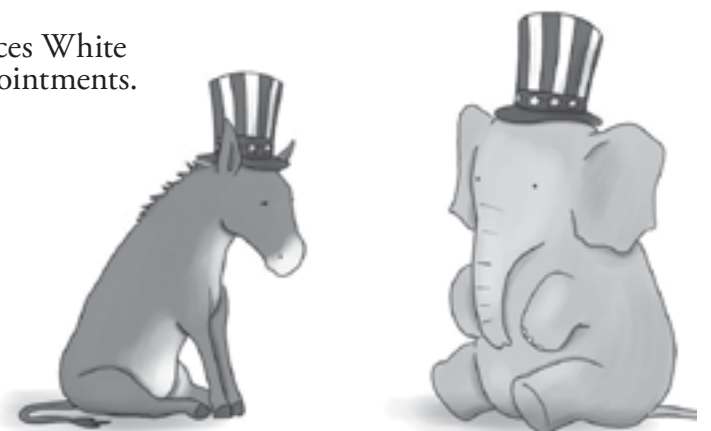
- Trump announces White House staff appointments.

March 7:

- The Trump administration lays out tentative future plans on replacing Obamacare, and President Donald Trump announces his support for the American Health Care Act in Sean Spicer and Dr. Tom Price's joint morning press briefing.



STORY BY
KATELYN BORING
@K8DOESTHINGS



CAMPUS VOICE

Which of your five senses would you keep if you could only keep one? Why?

**CHANDLER GILBERT
SPORT SCIENCE**

"I WOULD KEEP SIGHT BECAUSE, FOR ME, IT'S THE MOST IMPORTANT ONE, AND I FEEL LIKE I COULD LIVE WITHOUT ALL THE OTHERS, BUT IF I WERE BLIND THAT WOULD BE THE HARDEST TRANSITION."

**ALEXA MOSELEY
DENTAL ASSISTING**

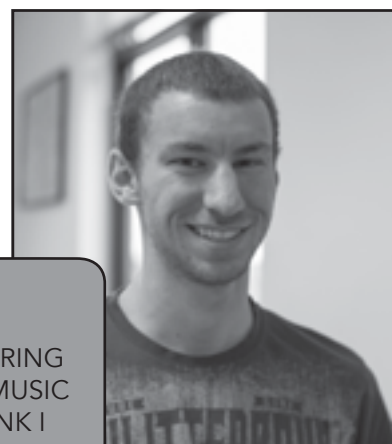
"I WOULD SAY SIGHT BECAUSE I'VE ALWAYS FEARED BEING BLIND, AND I WOULD NEVER WANT NOT BE ABLE TO EXPERIENCE LIFE IN THAT WAY."

**JON SCHUCK
ANIMAL SCIENCE**

"I THINK I WOULD HAVE TO KEEP TOUCH BECAUSE THE VARIOUS SENSATIONS THAT ARE IN THE WORLD I THINK I COULDN'T LIVE WITHOUT THAT VERSUS ANYTHING ELSE."

**JOHN YUNG
BIOLOGY**

"I WOULD PROBABLY DO SIGHT BECAUSE YOU COULD GET THROUGH LIFE EASIEST WITH ONLY BE ABLE TO SEE THINGS."

**TANNER GERIG
MUSIC**

"I WOULD KEEP MY HEARING ABILITY BECAUSE I AM A MUSIC MAJOR, AND I DON'T THINK I COULD LIVE WITHOUT THAT."



STORY AND PHOTOS BY
SAUL BARAJAS

Continued from Page 1...

Awards were also handed out to members of the staff, faculty and the student body to honor contributions to diversity at LBCC.

The Gary Westford Community Connection Award was given to the Pix Theatre in downtown Albany for a free showing of "Selma" in celebration of Martin Luther King Jr. Day.

"What it means to me in this community— this established community of people that are doing amazing things, I'm very humbled that we as a theater were even nominated and to win means a lot because we really care about our community and issues of social justice," said

Denise Bigner, who owns Pix Theater with her husband Rod Bigner.

The Analee Fuentes Unity Award is given to one student, one faculty member, and one staff member to honor contributions to diversity, unity, and social justice on the LBCC campus. Robin Havenick won the faculty award, Victoria Fridley won the staff award, and Eric Slyter, Student Leadership Council President was the student recipient.



STORY AND PHOTO BY
K. RAMBO
@K_RAMBO_



PLAYOFF BOUND

LB Womens clinch playoffs with win against Clark



Hannah Creswick goes for a shot against multiple Clark defenders, adding to her 19-point total.

The Roadrunners picked up a big win against the Clark Penguins, which has them heading into the Northwest Athletic Conference (NWAC) tournament in fourth place. The site for this game was the Linn-Benton Activities Center on Saturday, March 4.

Linn-Benton's Roadrunners (8-7) played the Clark Penguins (4-11) in a game that was out of control but surprisingly close in the end, with the final score being 70-57, and boosting the Roadrunners to the playoffs. The score heavily favored Linn-Benton at the end of the first quarter, leading 32-8, but in the second quarter mellowed out with them only outscoring Clark by one point, resulting in a 46-21 lead at halftime.

Starting the third quarter, the game picked back up and Clark went on a 10-0 run, trimming the lead down to 15 points before Linn-Benton called a timeout. After the timeout the Roadrunners were able to halt the run by scoring the next six points. Clark then called a timeout to stop LBCC's momentum. After the Clark timeout both teams traded baskets ending the quarter with Clark outscoring LBCC 19-14, with a score of 60-40 well in favor of Linn-Benton.

Freshman Molly Aranda lead the team, scoring with 22 points and also tallying 17 rebounds, finishing the game with a double-double. The Roadrunners also saw point production from Sophomore Hannah Creswick,

who tallied up 19 points and 5 assists.

"We played a lot of man-to-man defense, which lead to great communication for our offense to feed off of," said Creswick.

Sophomore Bailee Tally had 11 points along with Freshman Sara Henderson, who tallied up 11 points and three rebounds. Freshman Courteney Landis did everything but score, with only two points; However, she had four rebounds, three steals, and seven assists filling up the stat sheet.

The Penguins wouldn't go away after starting the fourth quarter on an 8-0 run, leading to a timeout by Linn-Benton. With about five minutes left, the Roadrunners went back to feeding the paint, scoring the next six points. Clark called their last timeout with about two minutes on the clock. Even though the Roadrunners only scored 10 points in the fourth quarter, they were able to hold off the Penguin's strong 17-point fourth quarter. The Roadrunners accomplished this due to their blistering lead in the first quarter, through the impressive shooting of seven three-pointers on 18 attempts.

"Going into the playoffs, we have to play our game by executing great offense, play with good intensity on defense, and realize teams are going to play just as hard as we are," said Tally.



UPCOMING EVENTS

March 8

Women's Celebration Event

- Noon to 1:30 p.m, DAC (F-220)

March 9

Improv Comedy Fest

- Russell Tripp Performance Center, March 9 at 7:30 p.m.

March 11

Family Fun Day

- March 11 from 10 a.m. to 2 p.m. in the LBCC Activities Center.

Study Jam

- March 11 from 10 a.m. to 5 p.m. in the Albany Learning Center.

March 13 to 16

Quiet Week in the DAC

- Relaxing activities from noon to 2 p.m. each day, (F-220)

March 16

Cathedral Classics

- March 16 at 7:30 p.m. in the Russell Tripp Performance Center

March 17

Baseball Game (HOME)

- Noon at the Baseball Field

March 18

Baseball Game (HOME)

- Noon at the Baseball Field

March 23

LBCC scholarship workshop

- 5:30 PM in the Fireside Room, CC 211, Albany Campus



STORY AND PHOTO BY
JOSHUA KNIGHT
@JBKNIGHTS

LBCC Chess Club

Gathers weekly in the Commons Cafeteria

Mondays: Noon - 3 p.m.

Tuesdays: 10 a.m. - 1 p.m.



Beginners Welcome!



QUALITY COUNTS

Clay Weber contributes his ag expertise to LBCC

For Clay Weber, the weekends are a time for responsibilities. They can be filled with organizing practices for his livestock judging team, or traveling to another contest across the country to have his team of young men and women compete in collegiate livestock judging contests.

As an instructor, Agriculture Science Department Chair, livestock judging coach, husband, father, and livestock producer, Weber has many duties that require his attention. Teaching and coaching at LBCC has made him a key figure to the Agriculture Department.

Originally, Weber was from a small town in California. Although he was a competitive wrestler in high school and could have pursued the sport in college, he turned his eyes to another passion of his: livestock judging. He attended Modesto Junior College (MJC) in California where he competed in numerous co-curricular livestock judging contests throughout the country that required him to rank livestock based on industry standards and then present oral reasons on his placings.

After his success at MJC, he transferred to Oklahoma State University to earn his degree in animal science and continue his livestock judging career. Weber found his edge for coaching livestock judging teams, taking on his first team at Cal Poly San Luis Obispo while working for his master's in general agriculture. After earning his master's, he coached at MJC for a semester, then moved on to work for a feed company.

Years later, Weber found a new adventure.

"I don't know how or why, but I learned about a teaching position and coaching spot at LBCC," said Weber.

In the summer of 2001, Weber came up to LBCC for an interview for the job. Sixteen years later, Weber has built a life here. He originally planned on staying five years and returning to his home in California. "My wife and I just thought this was too good of an area. I think this is a high-quality place to live. We had our first son here, who is now 13, and our other son is 9," said Weber. He is now the chair for the Agriculture Science Department, on top of still coaching the livestock judging team, teaching several classes, and raising show sheep.

Rick Klampe, who has played a critical role coaching the livestock judging team as well, even before Weber came, works well with him.

"Weber and I balance each other out well," said Klampe. They coach the team together, however, usually only one coach takes the team to contests throughout the country at a time. "We each have our contests that we take the team to, and I will cover for Weber and help him out when he goes on the trip, as he does for me."

Klampe has worked alongside Weber for sixteen years now and has come to realize that Weber is a key figure

to the program.

"I don't want to know what it would be like without him. I have always appreciated his commitment and dedication to his students and the program here. He provides positive experiences," said Klampe.

Students also are appreciative of Weber. Emmitt White, both student and livestock judging team member, is one of the many individuals learning under Weber. "Weber is a very effective teacher. In my swine production class, he is very knowledgeable about the topic and is always open to help if needed," said White.

As a livestock judging coach, White has a lot of respect for Weber as well.

"His competitive spirit sets the bar high and motivates us to do well and represent our school well," said White.

In Weber's livestock judging class, the students seem very engaged and attentive. They focus on what he is teaching them and apply his lessons to their practice. Weber throws in humor into his lectures, but more importantly, he values every learning opportunity for his students.

"We work together for the same cause, and that's to have a competitive livestock judging team and learn as much about livestock as we can," said Weber.

Meghan King, former LBCC student and former livestock judging team member, recalls nothing but positive and fond memories of having Weber as a coach and instructor.

"My junior and senior year in high school is when I remember him recruiting me and checking in after contests we would go to and congratulating us," said King. "He convinced me to come visit LBCC and check out the livestock judging program. Between him and Klampe, I was convinced that it was something I should be a part of and something I wouldn't regret."

Even through the challenges of training and competing at national contests throughout the country, King still was encouraged to do her best.

"He took time out of his schedule to work with our team and was always making sure we truly saw why livestock classes were placed the way they were and understanding the current trends in the livestock industry," said King.

King was a member of the 2015-2016 LBCC Livestock



Livestock judging students, Jared Wolf (left) and Noa Taipin (right), listen and take notes during practice from Weber on evaluating cattle.

Judging Team that found a lot of success during their season, placing sixth overall as a team at the national championship in Louisville and fourth overall team at the National Western Stock Show in Denver.

"He is passionate about judging and livestock and to be coached by someone who is like that is so rewarding. He is always there for you. The name Clay Weber is known and respected all around the country," said King.

Fresh out of university, Weber had found his love for coaching and teaching.

"What I love about LBCC is that it gives Rick and I an opportunity to get to know students and build relationships with them," said Weber. "As my mom said, these are some of the best years of my life right now, watching my kids grow up and being involved, plus coaching, teaching, and getting to raise sheep. I can do all those things here."

STORY AND PHOTO BY
JUAN GAVETTE

Women's Celebration Event

March is Women's History Month!

- Wed. March 8
12 p.m.

- Diversity
Achievement
Center
(Forum 220)



- Three Women's March attendees will share their experiences from January 21st, followed by discussion

- Food and drinks available (nachos and horchata)

- Make your own button to show support for women's unity!

COMMUTER GOES TO SAN FRANCISCO

LBCC's journalism staff head to national conference

On March 2, nine members of the LBCC Commuter staff loaded into a bus with advisor Rob Prieve and drove down to San Francisco to attend the Midwinter National Journalism Convention by the Associated Collegiate Press (ACP) over the weekend.

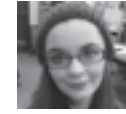
These members were Emily Goodykoontz, Alyssa Campbell, Elliot Pond, Hannah Buffington, Katelyn Boring, Nick Fields, Brian Hausotter, Samantha Guy, and K. Rambo.

Over the weekend, members got to attend seminars, lectures, roundtables, and speeches from prominent

and respected experts in the media industry and new ideas for better quality products, which the staff at the Commuter is excited to implement. To glean as many new ideas as possible, the staff tried to attend classes specific to their office duties before coming together and discussing what they had heard, and their thoughts on these new ideas or methods.

The LBCC Commuter staff would also like to take this opportunity to thank LBCC and the Student Leadership Council, as without their generous funding we would be unable to go to conventions like these to

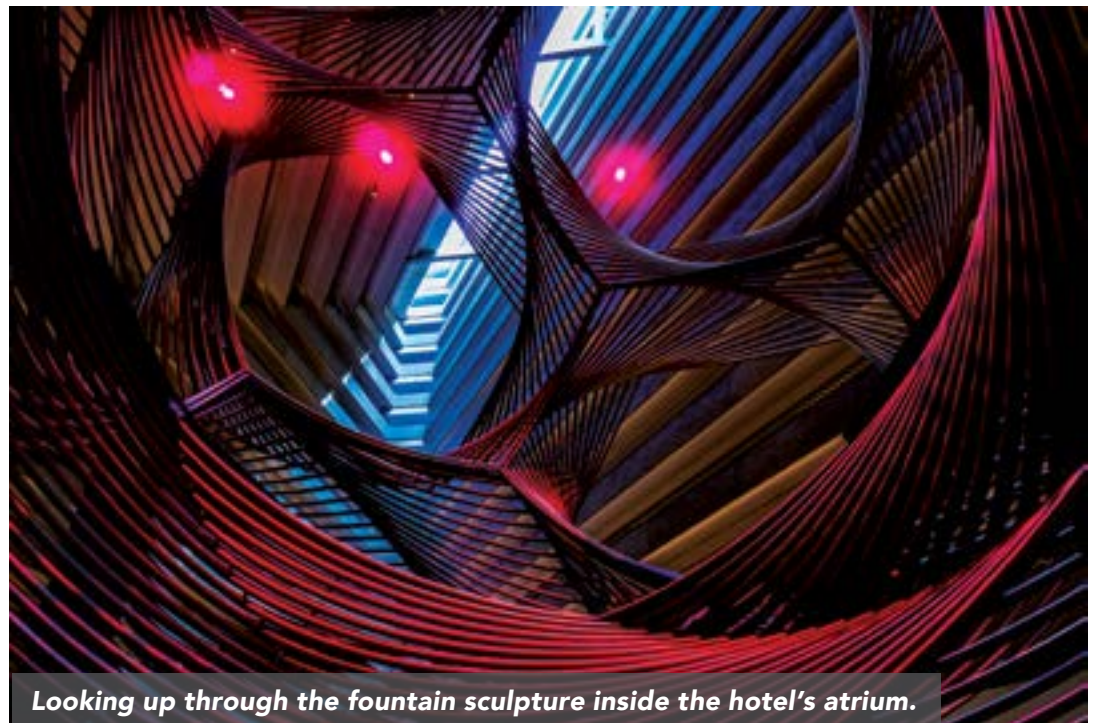
improve and enrich our journalism skills and make valuable connections in the industry.



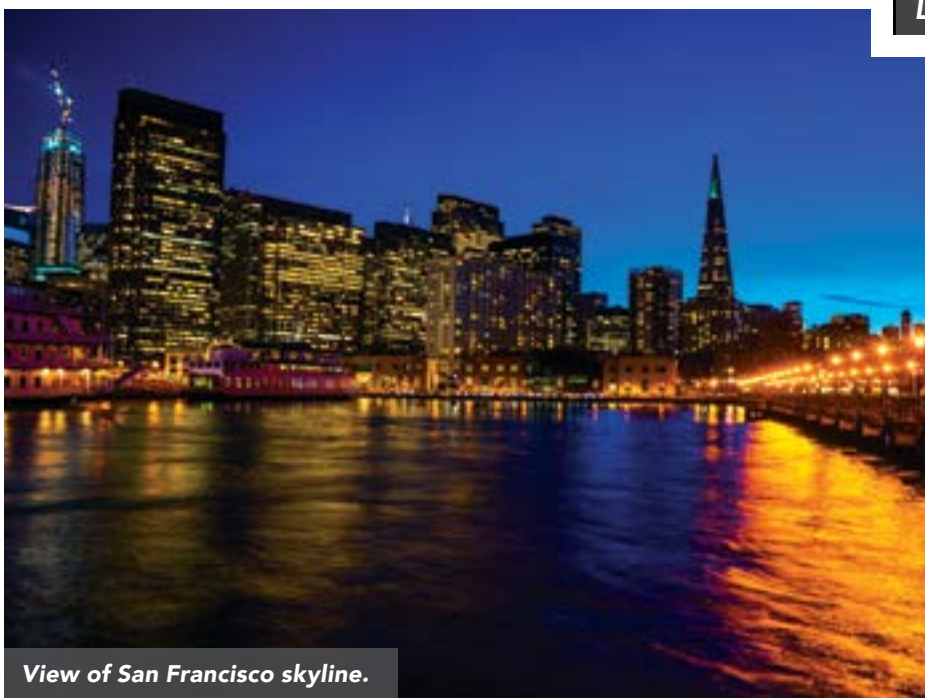
STORY BY
KATELYN BORING
@K8DOESTHINGS



PHOTOS: ELLIOT POND
The first night we arrived at the conference we took a walk on pier 7 to take in the beauty of San Francisco.



Looking up through the fountain sculpture inside the hotel's atrium.



View of San Francisco skyline.



A morning shot of the Oakland Bay Bridge to start a great day of learning new things at the ACP conference.



We stopped to take a last photo of our group and the Golden Gate Bridge before heading home.



COURTESY: MARVEL ENTERTAINMENT

MOVIE REVIEW:

Logan

STARRING: Hugh Jackman, Patrick Stewart, Richard E. Grant, Dafne Keen, Stephen Merchant and Boyd Holbrook
PRODUCTION: Twentieth Century Fox
DIRECTED BY: James Mangold
GENRE: Action, Drama, Sci-Fi
RATED: R
OVERALL RATING: ★★★★★

REVIEW BY **STEVEN PRYOR**

The third and final standalone “Wolverine” film has arrived with “Logan.” The film is the final time Hugh Jackman will play the title character. As a result, director James Mangold has pulled out all the stops to make the film a spectacular action blockbuster and a moving drama worthy of a role honed for 17 years since he appeared in the first “X-Men” film in 2000.

The year is 2029. Mutants are a dying breed, and Logan (Jackman) is helping take care of an infirm Charles Xavier (Stewart) along with the terminally ill mutant Caliban (Merchant) on the border between the United States and Mexico. Logan also acts as a limo driver to try and make money needed to take refuge on the seas and away from groups trying to hunt down what’s left of the mutants.

One day, a young girl known as Laura (Keen) comes along possessing similar abilities to Logan. As a genetic

experiment known as “X-23,” Logan reluctantly agrees to escort her to a safe haven in North Dakota while trying to elude a group of mercenaries known as “Reavers” and their leader Pierce (Holbrook). What follows is a moving and intense 137-minute epic that serves as an ideal send-off to the character of Logan that’s easily the best of the single-hero films to feature the character.

The film definitely earns its R rating, largely attributed to the success of last year’s spinoff “Deadpool” (which also has a teaser for the planned sequel near the beginning of the film). The opening scene has Logan brutally slice apart a group of gangsters who try to steal his hubcaps, and the film keeps a bleak atmosphere throughout, lending itself to a timely social commentary. The script, which Mangold co-wrote alongside Scott Frank and Michael Green, is heavily influenced by the key comic story “Old Man Logan” by Mark Millar, and Mangold has

cited anime and Western films as influences on the movie’s distinctive visual style. On a \$97 million budget, CGI takes a backseat to practical special effects as the film becomes a spectacular post-apocalyptic road trip and one of the best films about a young woman fighting alongside an unlikely father figure since Luc Besson’s “Leon: The Professional.”

With the film setting a new box-office record as of this writing, “Logan” is a grand send-off to Hugh Jackman’s run as Wolverine. With Patrick Stewart also retiring as Xavier and the film setting up more installments from stunning newcomer Dafne Keen as X-23 (under the civilian name “Laura”), it’s a fitting and bittersweet swan song to one of Marvel’s biggest names. Don’t miss it.



COURTESY: NINTENDO

GAME REVIEW:

The Legend of Zelda: Breath of the Wild

PUBLISHER: Nintendo
DEVELOPER: Nintendo EPD
Platform: Wii U, Nintendo Switch
RATED: E10+
OVERALL RATING: ★★★★★

REVIEW BY **STEVEN PRYOR**

After years in the making, the latest installment of “The Legend of Zelda” series has arrived with “The Legend of Zelda: Breath of the Wild.” Arriving just in time for the 30th anniversary of the series, Nintendo has crafted a highly immersive entry in one of their biggest series and an experience that honors the lineage of the series while also marking an ideal game for newcomers to enjoy.

The game opens with the player character, Link, awakening from a slumber of 100 years. In that time, an ancient being known as Calamity Ganon has taken over the land of Hyrule. It falls to Link to explore the land and save it from disaster as Ganon once again threatens to consume the kingdom in darkness.

While the premise is familiar to anyone who’s played any of the prior installments, the execution is where the real draw of the game comes in. The dungeons of the main quest can be played in any order the player desires, and the land of Hyrule is the most massive depiction in any of the games to date. There are no boundaries or load screens to hold the player back from exploring the land, and the challenge of the game comes from how the player overcomes whatever obstacles are before them. Whether you’re a new player or a longtime fan of the series, your abilities will be tested as you are on your quest to save Hyrule.

The game is also filled with all sorts of great little touches. When Link tries to kick open a chest to retrieve his clothes for his adventure, he actually holds his leg in pain. Certain foods possess different benefits in your adventure. Eating a hot pepper can help you keep warm in cold climates, and cooking random ingredients together

will produce a dish that can heal you, but Link is visibly disgusted when he tries to eat it on your item screen. The graphics are also full of vibrant colors and a visual style that pushes the Wii U to its limits. The land of Hyrule and its inhabitants are almost like a painting in the way they’re rendered and how they move, blending the more realistic style in entries such as “Twilight Princess” and the cel-shaded, Studio Ghibli-infused style of games such as “The Wind Waker.”

While there is a learning curve compared to previous entries in the series, there is a great sense of satisfaction from finding out how accomplish certain tasks. The trials you complete grant you mystical powers to help you solve puzzles, and there is a wide variety of weapons and items to use in your quest. Even if some of them are rare or break after repeated use, you continue to acquire better weapons throughout your journey.

Even though Eiji Aonuma has admitted to never beating the original “Legend of Zelda” on NES, he has succeeded tremendously in recreating that experience for “Breath of the Wild.” As the last major first-party release on Wii U and one of the first major ones on the Nintendo Switch, it’s an ideal game to celebrate 30 years of “The Legend of Zelda” and easily the best entry in the series since “The Ocarina of Time” on Nintendo 64. It’s well-worth playing for both newcomers and true believers alike. Nintendo had a lot to live up to when the title began development, and “Breath of the Wild” has exceeded every expectation possible and delivered one of the best games in recent memory. It is highly recommended on Wii U and Switch.

THE COMMONS

... Cafeteria ...

... MENU ...
 3/8 - 3/14

Wednesday: 3/8 Theme Day - Flavors from Portugal and Spain.

Thursday: 3/9 Braised Lamb, Baked Salmon, Huevos Rancheros, Soups: Creamy Chicken and Mushroom and Vegetable, Wild Rice

Friday: Chef’s Choice.

Monday: 3/13 Olive Oil Poached Cod with Cherry Tomatoes, Turkey and Spinach Meatballs with Roasted Garlic Bechamel, Sweet and Sour Tempeh with Steamed Rice. Soups: Egg Flower and Split Pea.

Tuesday: 3/14 Chicken Enchiladas, Grilled, Salmon with Hollandaise, Vegetable Pot Pie, Soups: Albondigas and Beer Cheese.

Monday-Friday 10 a.m.-1:15 p.m.

MENSTRUATION INFORMATION

Alternative products to keep the red tide at bay

As a woman who has been given a uterus that hates everything, including things like the words “regularity” and “moderation,” I have learned a lot about the wide world of alternative menstrual products.

After the Internet blew up over Dr. Dopp’s Mensez, an ‘alternative menstrual product’ that is a glue stick to apparently “keep things contained”, it has become time for more info to flow on other alternative products that work and are a lot more comfortable than a glue stick.

Many women only know about disposable pads and tampons, but there’s so much more out there. Most of these products are modeled after pads and tampons, but are more eco-friendly and cheaper in the long run. This article will cover three of the options out there, but there’s a lot more from sponges to disposable cups.

PIMP Pads

Party In My Pants Pads are my personal go-to for period products ever since the day I developed an allergy to the chemicals in regular pads and tampons.

Hand made in Ashland, Wisconsin by Luci Daum, these pads are revolutionary. Made with a cotton layer on top, an absorbent cotton layer in the middle, and a nylon shield on the bottom, all assembled with a little snap on the bottom.

When you first look at these pads, it’s a bit freaky; they’re super thin. Don’t worry, though, because they’re

also super absorbent. You can wash them, and reuse them for around five years according to their website.

If you head to their website, partypantspads.com, there’s even a savings calculator, which estimates that I save about 20 dollars per PIMP that I buy versus buying disposable, not to mention all the disposables that don’t end up in the landfill.

DivaCup

When the DivaCup is first mentioned, many times, the initial reaction is “Oh my God, how do you get that in?”

The DivaCup was designed by Francine Chambers and her daughter, Carinne. It’s a silicon cup designed to be folded up, inserted into the vagina, and then allowed to open. The cup catches your flow, and then, when you’re ready, pull it out, wash it, and begin again.

There is definitely a learning curve to inserting this one correctly, and it certainly takes a little more learning than a tampon. However, the eco-friendly benefits along with a one-time cost make it worth it; the DivaCup pays for itself after a few cycles.

Menstrual cups in general have many designs, and the DivaCup was too tall for it to fit comfortably. The Blossom Cup is my go-to for menstrual cup needs for a lower cervix. There’s a lot of brands out there, so don’t worry if the cup never does end up ‘feeling like

nothing’ like it’s supposed to. You just need to keep searching for your Holy Grail.

Non-Toxic Disposables

Still not comfy with the idea of re-using your period stuff? Don’t worry, that’s okay, there’s something for you, too!

Organic brand pads and tampons work just like the ones you’re used to, but with an eco-friendly twist. Most pads and tampons aren’t really cotton so much as they are paper and rayon. Organic is actual cotton, without synthetics involved. This makes for a far more breathable, light pad, and an easier tampon removal experience.

Plus, these pads and tampons have been officially certified organic by the Global Organic Textile Standards, so you know nobody is pulling your leg. These three options have been put to the test by myself, but there’s a wide world of options out there for all of us women, made for women, by women like Daum and the Chambers’. So, get put there and try them all out and find what’s good for you (even if what’s good for you is a glorified glue stick.)



STORY AND PHOTOS BY
MORIAH HOSKINS
@MORIAH_HOSKINS

WB AT LB: WHY GETTING FIT IS WORTH IT

A wise word from LB’s health faculty

You know exercise is good for you, **but do you know how good?** From boosting your mood to improving your sex life, exercise can improve your life.

Want to feel better, have more energy and even add years to your life? **Just exercise.**

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex, or physical ability.

Here at LBCC there are a number of great ways you can get fit and receive those awesome benefits - for example, you can:

- **Take an activity class** - what better way to break up your academics? There are so many options to choose from; there IS a class just right for you.
- **Drop in the weight room during “open gym” hours** every school day Monday through Friday from 4 to 6 p.m.
- **Use the Wellness Trail** - Located west of the Activity Center, the trail is covered with mulch and makes a nice easy stroll or run around the campus grounds.

Need more convincing to get moving? Check out these other ways exercise can lead to a happier, healthier you.

Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk 30-minute walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed.

You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

Struggling to snooze? Regular physical activity can help you fall asleep faster and deepen your sleep. Just don’t exercise too close to bedtime, or you may be too energized to hit the hay.

Exercise and physical activity can be enjoyable. It gives you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. So, take a



dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it!

COLUMN BY
RICHARD GIBBS
FACULTY IN PHYSICAL EDUCATION AND HEALTH

LBCC's 40th Annual

Family Fun Day!

**Saturday
March 11
10 a.m. – 2p.m.**

**LBCC Activities Center Gym
6500 Pacific Blvd. SW, Albany**



Activities for children ages 1-6!

- Activity tickets just 25¢ each
- Food & drinks
- Used book & toy sale

Join the fun - Help build the Parent Education Grant Fund! Fund provides partial tuition for parents to attend parenting education classes.
\$5 donation per family suggested.



Call: 541-917-4897 for information

Sponsored by: Paul & Denise Strombeck, Edith Mulkey
Allied-Bertsch, High Brow Eyewear and J&S Supply

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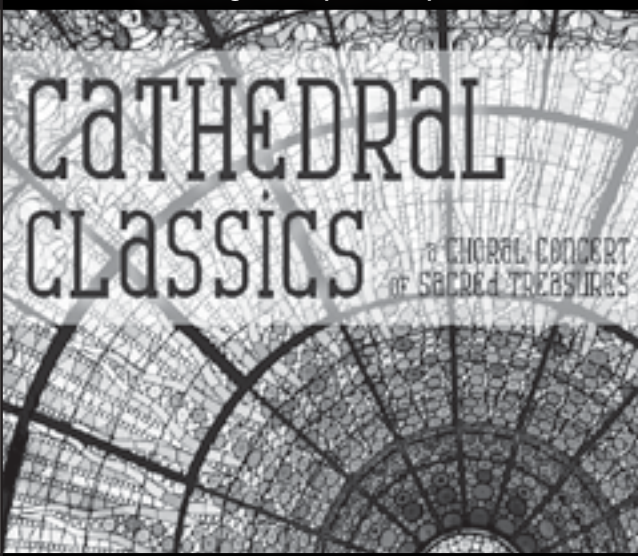
Healthier. Healthier. Communities.™

Gold sponsor:



Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at LBCC, RCH-105, 6500 Pacific Blvd. SW, Albany, OR, phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event. LBCC is an equal opportunity employer and educator.

Linn-Benton Community College
Performing Arts Department presents



CATHEDRAL CLASSICS


A CHORAL CONCERT OF SACRED TREASURES

Thursday, March 16


7:30 p.m.

Featuring LBCC Concert Choir,
Chamber Choir, & a cappella groups
“Blue Light Special” & “The Sirens”

tickets: \$10 adults, \$7 students/seniors, \$5 Child
buy online: www.linnbenton.edu/tickets
Box office: 541-917-4531



Takena Hall, LBCC
6500 Pacific Blvd. SW, Albany



MUSIC

Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at Linn-Benton Community College, RCH-105, 6500 Pacific Blvd. SW, Albany, OR 97321.
Phone 541-917-4690 or via Oregon Telecommunications Relay TTD at 1-800-735-2900 or 1-800-735-1232. Contact should be made 72 hours or more in advance of the event. LBCC is an equal opportunity employer & educator.

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STUDY JAM

WINTER 2017

PUSH YOURSELF TO THE LIMIT

DON'T QUIT

PRACTICE
MAKES
PERFECT

ALBANY LEARNING CENTER

SATURDAY

MARCH 11TH & 18TH

FREE FOOD
DRINKS

TUTORING

GRAB YOUR STUDY BUDDY

10 AM TO 5PM

time to get your projects finished and prep for finals

Persons having questions about or requests for special needs and accommodations should contact the Disability Coordinator at Linn-Benton Community College, 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. Contact should be made 72 hours or more in advance of the event.

JOIN US

