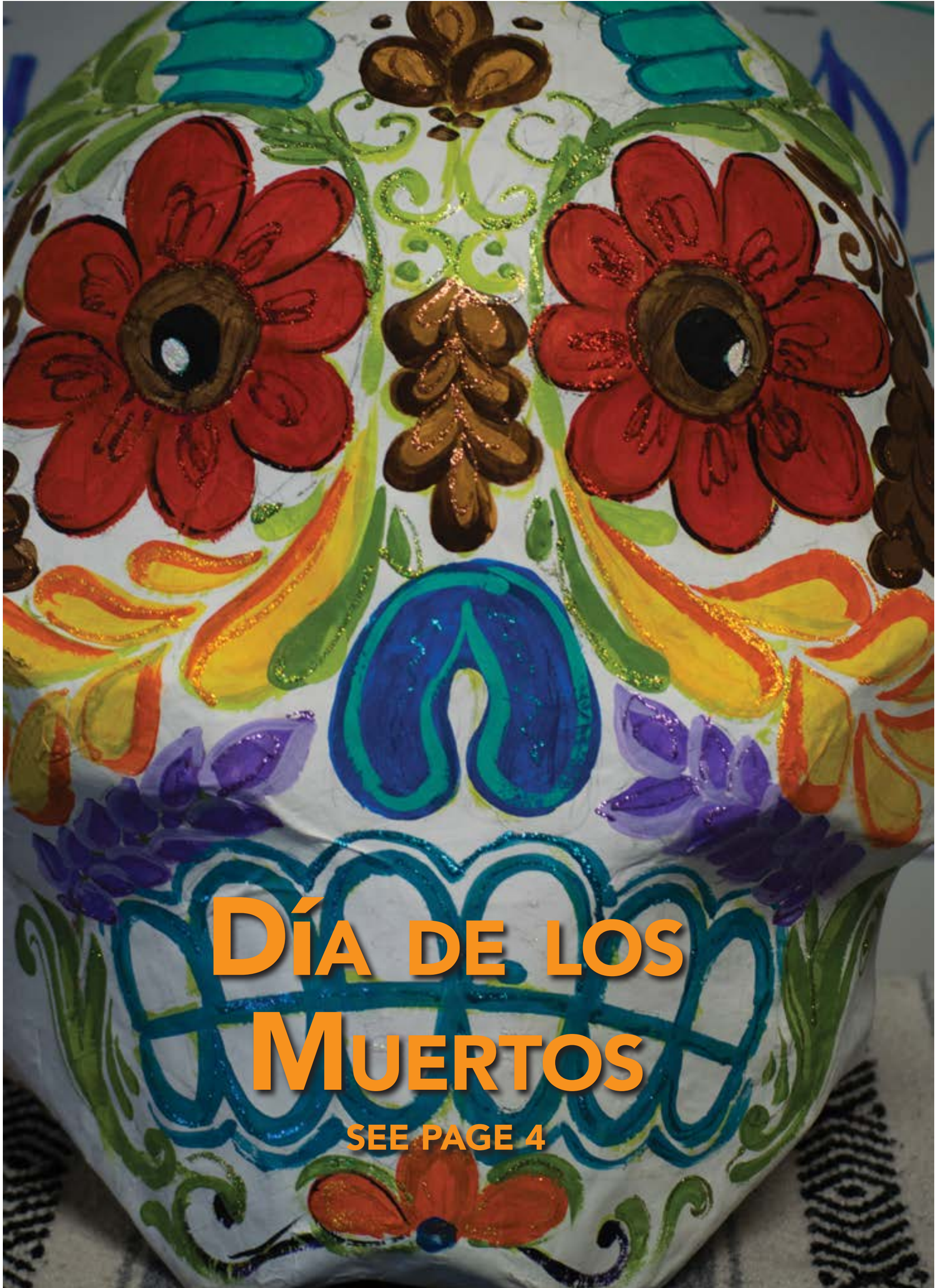


# COMMUNITER

VOL. 49 EDITION 8



NOV. 1, 2017



## DÍA DE LOS MUERTOS

SEE PAGE 4



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:

#### Address:

The Commuter Office  
Forum 222  
6500 SW Pacific Blvd.  
Albany, Oregon 97321

#### Web Address:

commuter.linnbenton.edu

#### Phone:

541-917-4451, 4452 or 4449

#### Email:

commuter@linnbenton.edu

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# WB AT LB

If you've been starting your day in darkness, relief is in sight with the return to "Standard Time" on Sunday, November 5th. We "fall back" an hour, and we gain an hour of light in the morning, though we lose an hour of light in the afternoon.

Immediate benefits of the time change? An extra hour (usually of sleep) on Sunday. For most of us it's an earlier adjustment than springtime when we lose an hour of time and "spring ahead".

What helps us to adjust to the time change and the difference in daylight?

1. Exercise is a tried and true cure for the treatment of depression. Outdoor exercise is best as you get the added benefit of perhaps some sunshine and fresh air. Heading to the gym is your next best option. Look for cardio machines located near a window.

2. Multivitamins and mineral supplements that contains vitamin B6, thiamin, and folic acid are shown to benefit mood. Be sure to consult with your doctor before taking any herbal supplements.

3. Eating Healthy - Eating a healthy diet is especially important during the winter months.. Avoid refined sugars and high fatty foods that can cause weight gain, inflammation and mood disorders. Keep your meals light and focus on getting lots of fruits and vegetables, which are full of antioxidants. Don't overdo sugary foods. Refined sugar may give you an initial lift, but afterward your energy plummets and so will your mood. Opt for protein-dense meals that can

help increase alertness.

4. Music is often linked to mood. A certain song can make us feel happy, sad, energetic, or relaxed. Listening to your favorite upbeat music can help pull you out of a winter funk. Try listening to cheerful music at the gym or while doing chores around the house. Singing along is also encouraged!!

5. Keep yourself busy by planning activities that you enjoy. Look into volunteering at your local animal shelter as animals have a great way of showing you love. Activities like planning a summer vacation will give you something to look forward to during those cold months.

It's natural to feel down sometimes, but if that low mood lingers day after day, it could signal depression. Major depression is an episode of sadness or apathy along with other symptoms that lasts at least two consecutive weeks and is severe enough to interrupt daily activities. (webmd.com)

Depression is not a sign of weakness or a negative personality. It is a major public health problem and a treatable medical condition.

#### COLUMN BY

LISA HOOGESTEGER

# CAMPUS VOICE

"If you could know the absolute and total truth to one question, what question would you ask?"



DAKOTA CARTER

"HOW DOES ONE ACHIEVE HAPPINESS? I GUESS I CAN'T REALLY WORD IT ANY OTHER WAY THAN THAT."



KATRINA DOGGETT

"PROBABLY, WHO AM I MEANT TO BE, AND WHAT WILL FULFILL ME?"

ISSAC PLATA

"THE QUESTION THAT I WAS KIND OF THINKING OF, WOULDN'T BE ONE THAT I WOULD ASK BUT I WAS THINKING LIKE, A LOT OF PEOPLE WOULD ASK- LIKE NOWADAYS, IS LIKE, 'IS GOD REAL?' OR SOMETHING LIKE REALLY PIOUS."



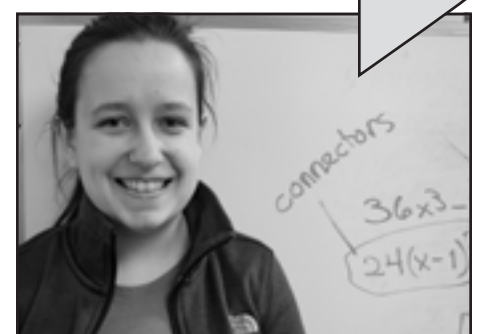
LILLIAN LOESCHER

"IS OUR EXISTENCE COMPLETELY RANDOM?"



XUEJUN "ABBIE" LAI

"WELL, I MIGHT ASK MY BOYFRIEND, 'DO YOU LOVE ME?'"



STORY AND PHOTOS BY  
ANGELA SCOTT

# AIR IS FAIR AT LBCC

Where to breath, smoke, and vape on LBCC Campus

As the vaping and smoking laws are becoming more restrictive, it seems the vape clouds are only getting bigger. While the first e-cig made its appearance in America in 2007, the vaping trend has grown exponentially. As the numbers of those who vape increase, especially on college campuses like LBCC, a question is raised; Why are those who vape treated as if they are smokers?

On Linn-Benton Community College campuses, this is not a common question for those who don't smoke or vape, as they seem more concerned with just finding a clean air path to where they are headed. This has been more of an issue brought up between Smokers and Vapers. There are really two types of "Vapers". Those who vape because it is "in", and those that vape to quit smoking. When it comes to "Smokers", there are those who smoke, and those who smoke socially.

On Jan. 1, 2016, HB 2546 an addition to the law which expands the Oregon Indoor Clean Air Act to include the use of "inhalant delivery systems," which include e-cigarettes, vape pens, e-hookah and other devices went into effect. Under the law, Oregonians may not use e-cigarettes and other inhalant delivery systems in workplaces, restaurants, bars and other indoor public places in Oregon.

Even with the studies done that were published in popular science that state, "contaminants

pose no apparent concern to bystanders", and a report published by Public Health England prior to the enactment of HB 2546 that states, "An expert review of the latest evidence concludes that e-cigarettes are around 95% safer than smoked tobacco and they can help smokers to quit", vaping was still being treated as smoking.

Why are smokers and vapers lumped together? There are smokers that find the scent of the vapor unpleasant, and those who vape who do not wish to be around secondhand smoke. Is there a solution to this? Some believe that vaping should have the same restrictions as smoking, but those two groups shouldn't be forced to partake in the habit together.

Jonathon Jenkins, a smoker and student at LBCC, thinks LBCC has more than adequate smoking areas in comparison to other schools. When it comes to vaping and smoking though, he thought there may be other solutions out there to separate the two. Ultimately, in his eyes, vaping is a form of smoking and should still abide by the rule imposed on tobacco use.

Marcene Olsen, director of Safety and Loss Prevention, spoke about the smoking policy, how it applies to vaping, and even why the school hasn't made the entire campus smoke-free. In a committee meeting about a year and a half ago, the idea of smoking areas, separate from vaping areas

was discussed. The reasons why it was not given a green light was due to cost and the fact that those who vape are such a small number in comparison to smokers and non-smokers. Therefore, smokers and vapers must, currently, occupy the same areas.

Olsen made it evident that the school cares about its students and faculty and wanted to appease all as much as possible without leaving anybody out. This is also the reason the campus isn't fully "Non-Smoking". The school has attempted to move the smoking areas out far enough to give those who do not vape or smoke a clean "air path" to class, while giving those who do smoke or vape places that are reasonably close to get their "nicotine break."

The school has done the best it can with the resources it has, according to Olsen, and regarding how few studies have been done on vaping. So, until there are enough vapers to make it a more cost-effective effort to give them their own shelter, they will just need to stop, and be thankful for the fact that the school has even taken vaping into consideration, and hasn't went to a full Non-Smoking campus, which would cast out both groups.

COLUMN BY  
JOSHUA LEE FRAZIER

# TAKING A STAND FOR DACA STUDENTS

Local "Dreamers" urge community to stand up for DACA

As President Trump rescinded the Deferred Action for Childhood Arrivals policy, commonly known as DACA, the Diversity Achievement Center and the Our Revolution Club held Dreamer Day in the courtyard in order to rally support for Dreamers who are in danger of having their legal status rescinded by a President hellbent on destroying the legacy of Former President Obama.

"We all have dreams, we all come from different countries, we all have different struggles, but we're here for a reason, this is the country of dreams, why cut down those dreams for politics." said Albany Resident and Immigrant Blanca Ortiz in a powerful statement to the crowd.

Born in the Mexican state of Michoacán, Ortiz came to the United States in 1986. She recounted her experiences as a child.

"It didn't take very long for me to really see the truth. Before I went to school, I had to get up at

3:30 in the morning, go work out in the fields, pick apples, cherries, asparagus. I had to be ready at 8 o'clock to be in school," said Ortiz.

Juan Navarro is a community activist from Monmouth, and a DACA recipient. Born in Guadalajara, Mexico, Navarro came to the United States for treatment after being diagnosed with cerebral palsy. Being unable to walk until he was 15 years old, he was already well established in the United States by that time.

Navarro got into Western Oregon University in 2014. Since then, he worked with the cities of Monmouth and Independence in order to implement sanctuary status. He is currently working for his master's degree.

With the rescindment of DACA repeal, Navarro is in danger of losing everything.

"Imagine working super hard for one thing, and then you don't get that thing," said Navarro.

Navarro was very critical of Oregon Senator Ron Wyden for not taking a stand on this issue, and previously holding anti-immigrant stances in the past.

"Call him everyday... email him everyday" Navarro told the crowd.

Sen. Wyden's office phone is (202) 224-5244. You can also contact him by going to <https://www.wyden.senate.gov/contact/>.

COLUMN BY  
JEREMY DURAND

## NEED A JOB?

- A job that fits your school schedule
- A job where you earn a competitive wage
- A job where you earn credits toward your degree for work experience

## STILL INTERESTED?

Find current job listings and the application for Clerical and Technician positions on our website: [www.linnbenton.edu/cwe](http://www.linnbenton.edu/cwe)

## MINIMUM QUALIFICATIONS:

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

## HOW TO APPLY???

Application found on our website at: [www.linnbenton.edu/cwe](http://www.linnbenton.edu/cwe)  
Contact Lena Carr at [cwe@linnbenton.edu](mailto:cwe@linnbenton.edu) with questions

## THE COMMONS Cafeteria

... MENU ...

**Wednesday:** Paella \*, Chicken Fried Steak with Country Gravy, Portabella Sandwich, Soups: Mulligatawny and Vegetable & Rice\*

**Thursday:** Kalua Pork\* with Macaroni Salad, Chicken Wings, Vegetable Pot Pie, Soups: Lentil and Bacon\* and Cream of Hazelnut

**Friday:** Chef's Choice

**Monday:** Chicken Massaman Curry & Rice\*, Pork Jaeger Schnitzel, Vegetable and White Bean Stew with Toast, Soups: Chicken and Vegetable\* and Creamy Mushroom & Wild Rice

**Tuesday:** Chile Verde\*, Roasted Beer-Brined Chicken with Pan Gravy, Vegetarian Polenta\*, Soups: Oxtail\* and Corn Chowder  
Items denoted with a \* are gluten-free

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





# DÍA DE LOS



## *Calaveras, ofrendas, and pan de muerto, oh my!*

The Diversity Achievement Center (DAC) put together an altar and began accepting ofrendas on Oct. 31, in preparation for Día de los Muertos.

The DAC will celebrate by preparing Mexican hot cocoa and pan de muerto (“dead bread”), face painting, and decorating sugar skulls on Nov. 1 beginning at 10 a.m.

Bianca and Perla Pulido added final touches to the altar throughout the morning, adding marigolds, fruit and a string of flowers that adorns the sign above the altar.



STORY AND PHOTOS BY  
ANGELA SCOTT





# S MUERTOS



## Meet, talk, and hang out with students from around the world at **GLOBAL CONNECTIONS HANGOUT**



Location:  
 ELCI Building RCH 203  
 Oct 18      Oct 12  
 Nov 1        Oct 25  
 Nov 15      Nov 8  
                   Nov 22

Wednesdays  
12:00 - 12:50 pm

**Chat, learn about other cultures, make new friends, play games, and have some snacks!**

The ELCI is located on West Way near the tennis courts, across from the greenhouse. RCH 203 is on the second floor of Red Cedar Hall building where the International Programs is located.



**Meet & Greet Event:**  
Pulitzer Prize Winning Journalist, Filmmaker, & Immigration Rights Activist

**José Antonio Vargas**  
Tuesday, November 7  
3-4:30 PM LBCC Albany Campus  
Fireside Room (CC 211)

*"No matter what, we at Define American are not done fighting to lead people toward a place where we can tell stories, connect with and inspire one another, instead of fearing those who are new to our community."*



- José Antonio Vargas



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 1-800-735-2600 or 1-800-735-1232. LBCC is an equal opportunity educator and employer.



# 'STRANGER THINGS' SHINES



COURTESY: NETFLIX

## TV SERIES REVIEW:

### **Stranger Things** (2017)

**STARRING:** Winona Ryder, David Harbour, Finn Wolfhard, Millie Bobby Brown, Gaten Matarazzo, and Noah Schnapp with Sean Astin and Paul Reiser

**PRODUCTION:** The Duffer Brothers

**GENRE:** SyFy, Horror.

**RATED:** TV-14

**OVERALL RATING:** ★★★★★

REVIEW BY: STEVEN PRYOR

On October 27, the highly-acclaimed series "Stranger Things" began streaming its second season on Netflix. While the first season set a very high pedigree for the show and Netflix productions in general, the second season greatly expands the mythology of the show and sets the stage for even more thrills and paranormal scares for the planned third and fourth seasons.

The year is 1984, one year after the events of the first season. As Will Byers (Noah Schnapp) tries to celebrate Halloween, he is still plagued by visions after his return from the mysterious parallel universe known as the "Upside Down." He then opts to join his friends in trying to unravel the mysteries surrounding their home in a small town in Indiana, with nothing being as it seems.

This new season expands the story and characterization, exploring more of the concepts introduced in the first season. The show is a loving homage to the paranormal films and TV shows of the 1980s, heavily influenced by the early works of Steven Spielberg and John Carpenter among countless others.

Will celebrates Halloween alongside friends Dustin (Gaten Matarazzo), Lucas (Caleb McLaughlin) and Mike (Finn Wolfhard) dressed as the Ghostbusters; and a mysterious beast that would not be out of place in the works of H.P. Lovecraft threatens to consume the land and plunge it into darkness.

Although the first season set the bar very high for its unique blend of nostalgia and terror (whose success would be echoed by other works such as this year's remake of Stephen King's "IT"), the Duffer brothers have risen to the occasion of following the massive success of the first season.

The visuals and soundtrack are rife with shout-outs to 1980s culture, and the already stellar casting is enhanced with the additions of new characters played by Sean Astin and Paul Reiser.

Still, the biggest appeal the show has is arguably the simplest: it depicts a part of America that no longer exists and paranormal phenomena that never existed at all.

With the third and fourth season currently in development as of this writing, the second season

of "Stranger Things" delivers on following the high expectations set by the first season. It is truly the gold standard for content on Netflix and worth binge-watching for anyone who wants to get immersed in its world.



STORY BY  
STEVEN PRYOR  
@STEVENPRR2PRYOR

## Want to win two tickets to the Civil War game?



**Civil War Blood Drive**  
Monday 11/6 & Tuesday 11/7

Linn-Benton Community College  
Calapooia Center Cascade View A & B  
CC-203 & 205

For a chance to win tickets, call (800) 733-2767 to schedule an appointment or sign up online at [redcrossblood.org](http://redcrossblood.org) using sponsor code: LBCC

## SELF DEFENSE PRESENTATION!

*Learn a few self-defense moves  
that will keep you safe!*

**Guest Speaker Amber Crawford  
from Oregon Pound Martial Arts,  
will be presenting on safety and  
self defense.**

**FREE!**  
Everyone  
Welcome!

Elizabeth Penney from Damsel  
in Defense will showcase  
self defense tools such as  
pepper spray, stun guns, alarms,  
and security on the go.



**Thursday, November 9**  
**Noon – 1 p.m.**

Vineyard Mt. Room CC-211  
LBCC Albany Campus

Lunch for non-members, \$2.50  
(soup & roll)

join us!

Questions: Amanda Stanley  
[stanlea@linnbenton.edu](mailto:stanlea@linnbenton.edu)

**Sponsored by AAWCC**

American Association of Women in Community Colleges



## UPCOMING EVENTS

### The Taste of Albany

Nov. 2, 5 p.m. to 8:30 p.m.

Located at the YMCA in Albany, Ore. Fundraiser benefiting YMCA's Scholarship Fund.

### Freedom Fund Banquet & Silent Auction

Nov. 3, 6 p.m. to 9 p.m.

Join the Corvallis NAACP for their biggest fundraiser of the year, the annual Freedom Fund Banquet and Silent Auction. Located at Boulder Falls Inn in Lebanon, Ore. You can purchase tickets, sponsor a table, or buy an ad in their program on the Corvallis/Albany NAACP website.

### Annual OSU International Film Festival

Nov. 3-7, 4 p.m. to 8 p.m.

Dasfilmfest presents the Ninth Annual Oregon State International Film Festival. Located at Darkside Cinema, in Corvallis, Ore. \$5/\$3 admission at the door

### Graduation application due for Winter term

Nov. 10. All day.

You need to apply for graduation at least one term before completion. Application deadline is the 4th week of the previous term

### Veterans Day holiday Campus closed

Nov. 10. All day.

### Alpine Holiday Festival

Nov. 11, 9 a.m. to 4 p.m.

The Alpine Community Center presents the 15th Annual Alpine Holiday Festival located at Monroe Grade School, in Monroe, Ore.

## SO MUCH, AND STILL, SO MANY

I will remember this,  
Whenever tragedy happens  
Thousands rise.  
Every time someone commits a terrible act,  
And tears at us, makes us shriek  
Like torn flowers and burning stones,  
So many come forward.  
Like a warm wave from a sea of compassion,  
To wash us, sooth us, and lift us.

We must remember,  
Even as we tend to tragedy,  
To also attend to the thousands  
Who immediately offer goodness.

Too reach out to one another.  
This may be the best we have within us.

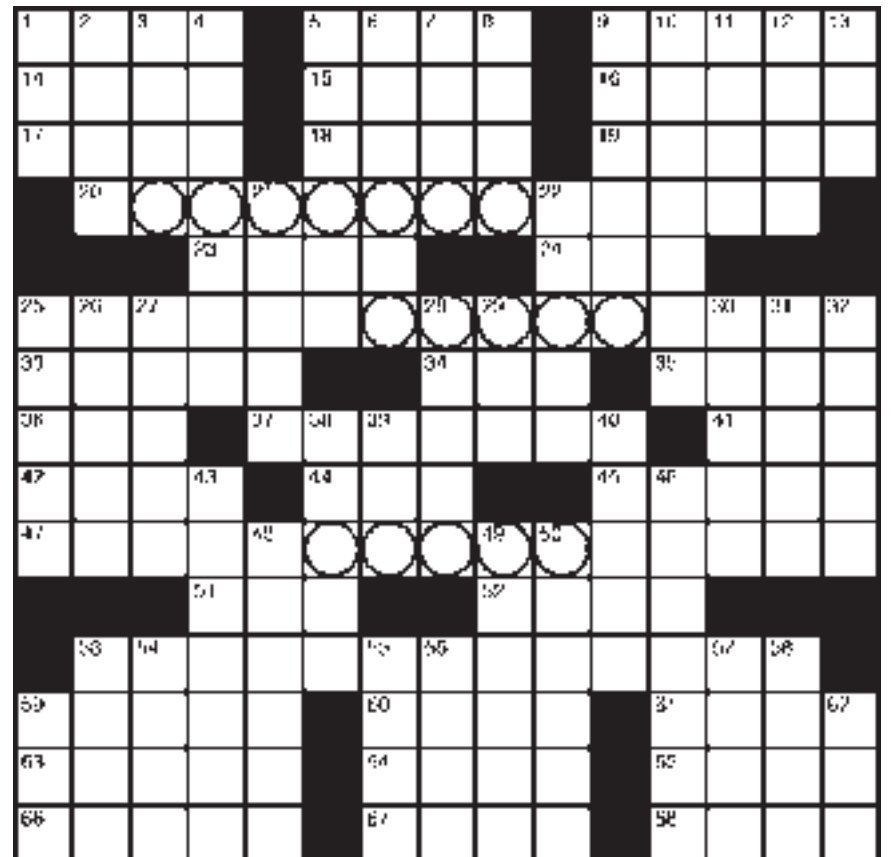
Mark J. Weiss

## Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

### ACROSS

- 1 Like dorms for both men and women
- 5 Military sch.
- 9 Fall in folds
- 14 Chomp
- 15 Swimmer's path
- 16 More cold and wet, weatherwise
- 17 Serb or Croat
- 18 "Liberal" pursuits
- 19 Can't stop loving
- 20 Three Stooges movie, e.g.
- 23 Michigan or Mead
- 24 Update from a pilot, for short
- 25 Induction cooktop alternative
- 33 Double-reed woodwinds
- 34 "What did you say?"
- 35 Key with one sharp: Abbr.
- 36 Light brown
- 37 Driver's license test
- 41 Post-OR area
- 42 Three-pronged Greek letters
- 44 Buffet table coffee server
- 45 River mammal
- 47 Fluffy dessert
- 51 Eisenhower's nickname
- 52 Hip '60s Brits
- 53 Eco-friendly request ... and a hint to sorting out the aptly circled letters
- 59 Vonnegut literary device
- 60 Enterprise captain born 3/22/2233
- 61 Puts on TV



- 63 Low card
- 64 Lawn border
- 65 Finger or toe part
- 66 Chose (to)
- 67 Evidence of ownership
- 68 Community org. known by its first letter
- 8 Fam. tree member
- 9 NFL player selection events
- 10 Give off
- 11 GI on the run
- 12 Curly salon job
- 13 Before, in verse
- 21 Analyze grammatically
- 22 One-named "We R Who We R" singer
- 25 Offensive to some, for short
- 26 Embarrass
- 27 "Pagliacci" clown
- 28 Treaty of \_\_\_: War of 1812 ender
- 29 "La Cage \_\_\_ Folles"
- 30 Fails to include
- 31 Bad habits
- 32 Accustom (to)
- 38 Winter holidays
- 39 \_\_\_ of Good Feelings
- 40 In a funk
- 43 Bill Nye's field
- 46 Florence's region
- 48 Approved
- 49 Come to light
- 50 Made fun of
- 53 Practice for the sort GMAT, e.g.
- 54 Ill-mannered
- 55 Struggled to make, with "out"
- 56 Taxi trip
- 57 Neeson of "Kinsey"
- 58 Idle of Monty Python
- 59 Wedding vow words
- 62 Patty Hearst's abductors: Abbr.

## SUDOKU

THE SAMURAI OF PUZZLES By The Mepham Group

Level: 1 2 3 4

		9	7	8				
4	3	8	5					
8								1
1		5	2			7		
	6					3		
3		7	6			8		
8							6	
			4	8	7	2		
	1	6	5					

SOLUTION TO LAST WEEK'S PUZZLE 11/12/17

5	7	3	4	8	1	2	9	6
2	1	9	6	5	7	8	3	4
4	6	8	9	2	3	1	5	7
1	0	7	5	6	9	3	4	2
3	5	4	1	7	2	9	6	8
6	9	2	3	4	8	7	1	5
9	2	6	7	3	4	5	8	1
8	3	5	2	1	6	4	7	9
7	4	1	8	9	5	6	2	3

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit [www.sudoku.org.uk](http://www.sudoku.org.uk)



# SOPHOMORE SUCCESS

**LB Volleyball beats Mt. Hood on Sophomore Night**

Playoffs are right around the corner and the LBCC Volleyball team was looking to finish out their final home game of the season with a win against the Mt. Hood Community College Saints on Wednesday Oct. 25.

As the last home game of the season, the Roadrunners celebrated Sophomore Night, a night to reflect and honor the hard work that the departing sophomores have put into the program. LBCC had five sophomores on the volleyball team this year, Sara Fanger, Montanna Gubrud, Kylene Briggs, Katelyn Allen, and Bailee Tally.

Mt. Hood was looking to spoil the celebration however, as the Saints, who were in fourth place in southern division were hoping to claw their way into the playoffs. While LBCC, who is in second, looked to go into the playoffs no lower than the third seed.

The Roadrunners ended up winning in three straight sets. LBCC still stands at second in the conference at 8-1 and 27-7 overall.

The first set was close with Mt. Hood answering everything LBCC came out with. But in the end LBCC came out on top winning 25-23. The Roadrunners played like they were the aggressors and were executing well.

“This team was very scrappy and



PHOTO: ANGELA SCOTT

From left) Bailee Tally, Katelyn Allen, Sara Fanger, Montanna Gubrud and Kylene Briggs celebrate their victory in one last home game as sophomores.

relentless at getting the ball. Also they had a couple of tricky plays with some of their attacks,” said Fanger, captain and defensive specialist.

The game was going back and forth with each team answering each other point for point. LBCC was able to take a narrow 19-16 lead towards the end of the set. After a Mt. Hood timeout the Saints answered, scoring the next 3 points to tie it up. The Roadrunners finished off the set going on a 6-4 race to the end.

LBCC came out aggressive in the second set and their execution was simply magnificent. Leading 19-9 at one point towards the end of the set and finished it out to win 25-11.

The third set had LB starting off a little slowly, giving up a few points but they were able to get back on track after a timeout, leading 19-10 at one point. Mt. Hood attempted to claw their way back in but in the end the deficit was too much for them to overcome with LBCC finishing out the match 25-16.

“We came out and played as a team with good communication and we were always positive in bringing each other up,” said freshman offensive hitter McKya Filley.

Filley scored the most kills with 9, Fanger had 10 digs, and Kya Knuth also put up an impressive performance with 15 digs.

Fanger a Sophomore captain, reflected on her two seasons with the team.

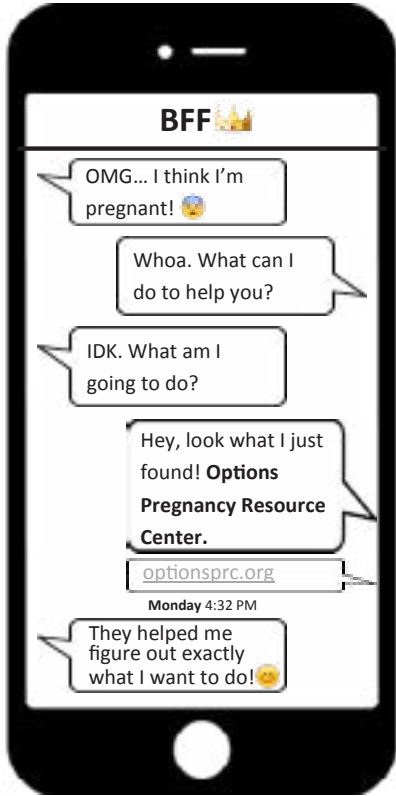
“It’s been a great two years, I’ve had so much fun. Both years have been such amazing teams to be a part of and I am so happy that I chose this as my school,” said Fanger.

Captain and sophomore Katelyn Allen talked about her experience being coached under Jayme Frazier and also mentioned the encouraging community at LBCC.

“I just loved learning from coach Jayme she is such a great teacher of the sport and she loves it, also the community here at LBCC has so great and positive atmosphere,” said Sophomore captain and offensive hitter Katelyn Allen.



STORY BY JOSHUA KNIGHT @JBKNIGHT5



**Pregnant? We can help.**

1800 16th Ave SE, Albany, Oregon  
541.924.0160  
867 NW 23rd St, Corvallis, Oregon  
541.758.3662

Follow Us on Facebook and Instagram!  
[@thepregcenter](https://www.facebook.com/thepregcenter)

## Thanksgiving Food Drive



LBCC is currently collecting non perishable food items and money (checks may be made payable to AAWCC) until November 16th. Food and money collected will go to help students and staff in need this Thanksgiving season. All food/money needs to be delivered to Printing and Mailing Services no later than 4pm on Thursday, November 16th.

Questions? Call Tammi ext 4818 or Jeanine ext 4236.

Please consider donating to this very worthwhile cause.

If you or someone you know\* needs a food basket this Holiday season please visit: <http://bit.ly/LBCC-ThanksgivingFoodDrive> and fill out the online form.

You can also access this form by clicking the QR code below.

### ITEMS NEEDED:

- Corn and Green Beans • Gravy Mixes • Stuffing • Cake Mixes
- Frosting • Graham Cracker Crusts • Pudding • Shortening
- Canned Milk • Canned Pumpkin Pie Mix • Yams
- Marshmallows • Cranberry Sauce • Jello • Bisquick



\*Note: Current employees and/or currently enrolled students at LBCC are eligible to receive a food box.

**New!**

## The Corvallis To Amtrak Connector.

Now there's a **new shuttle service** to the Albany Amtrak Station. With **five round trips daily**, the Thursday - Monday schedule coincides with all Amtrak departures and arrivals.

*A one-way fare is only \$5... so get on it!*

Schedules + Info  
[CorvallisToAmtrak.com](http://CorvallisToAmtrak.com)