

THE LINN-BENTON COMMUNITY COLLEGE

COMMUNITY

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LBC '18 AND BEYOND

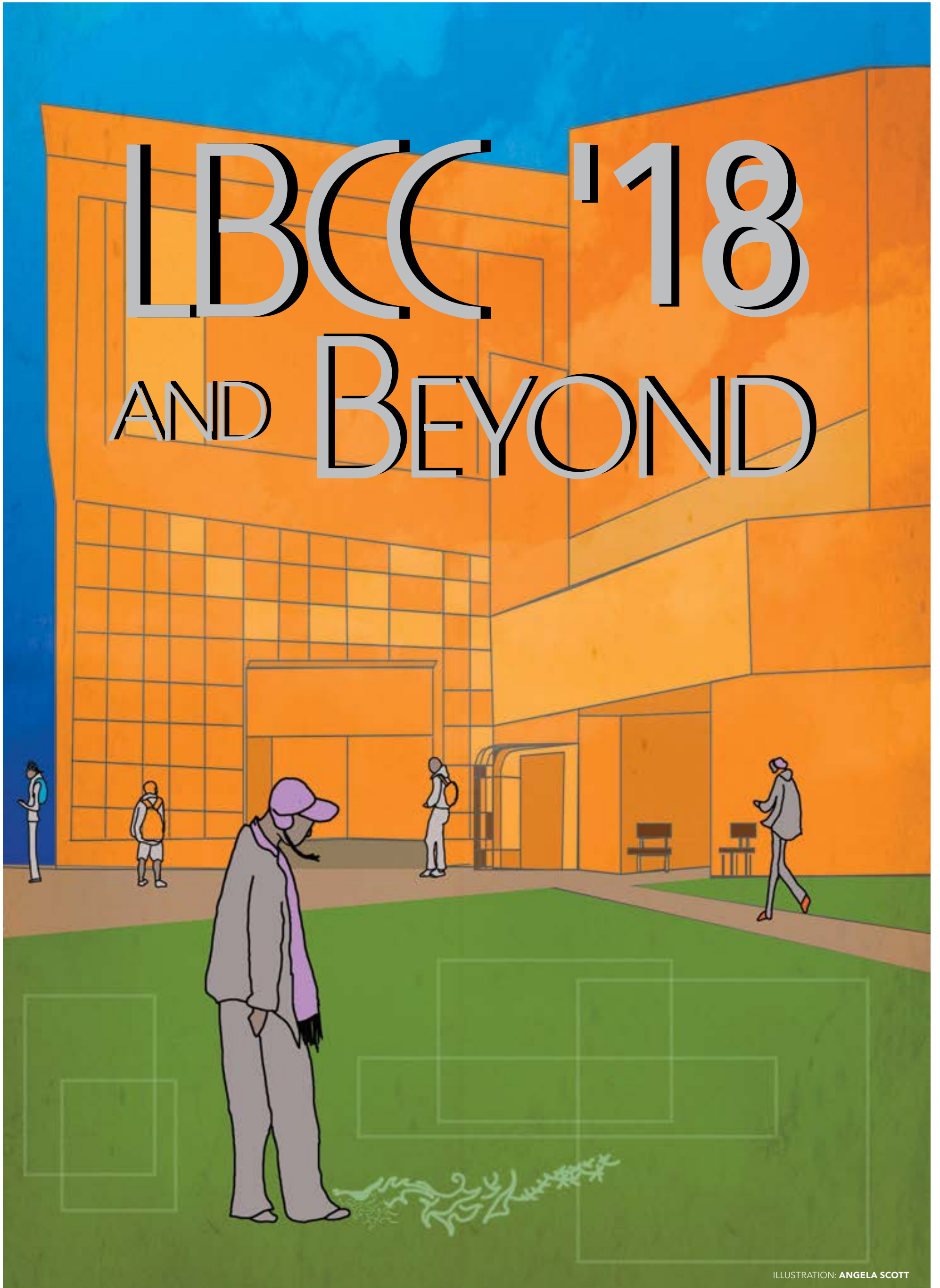


ILLUSTRATION: ANGELA SCOTT

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.

LBCC is an equal opportunity educator and employer.

Letters Welcome

The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues. The Commuter attempts to print all submissions received, but reserves the right to edit for grammar, length, libel, privacy concerns and taste. Opinions expressed by letter submitters do not represent the views of the Commuter staff or the College. Deliver letters to:

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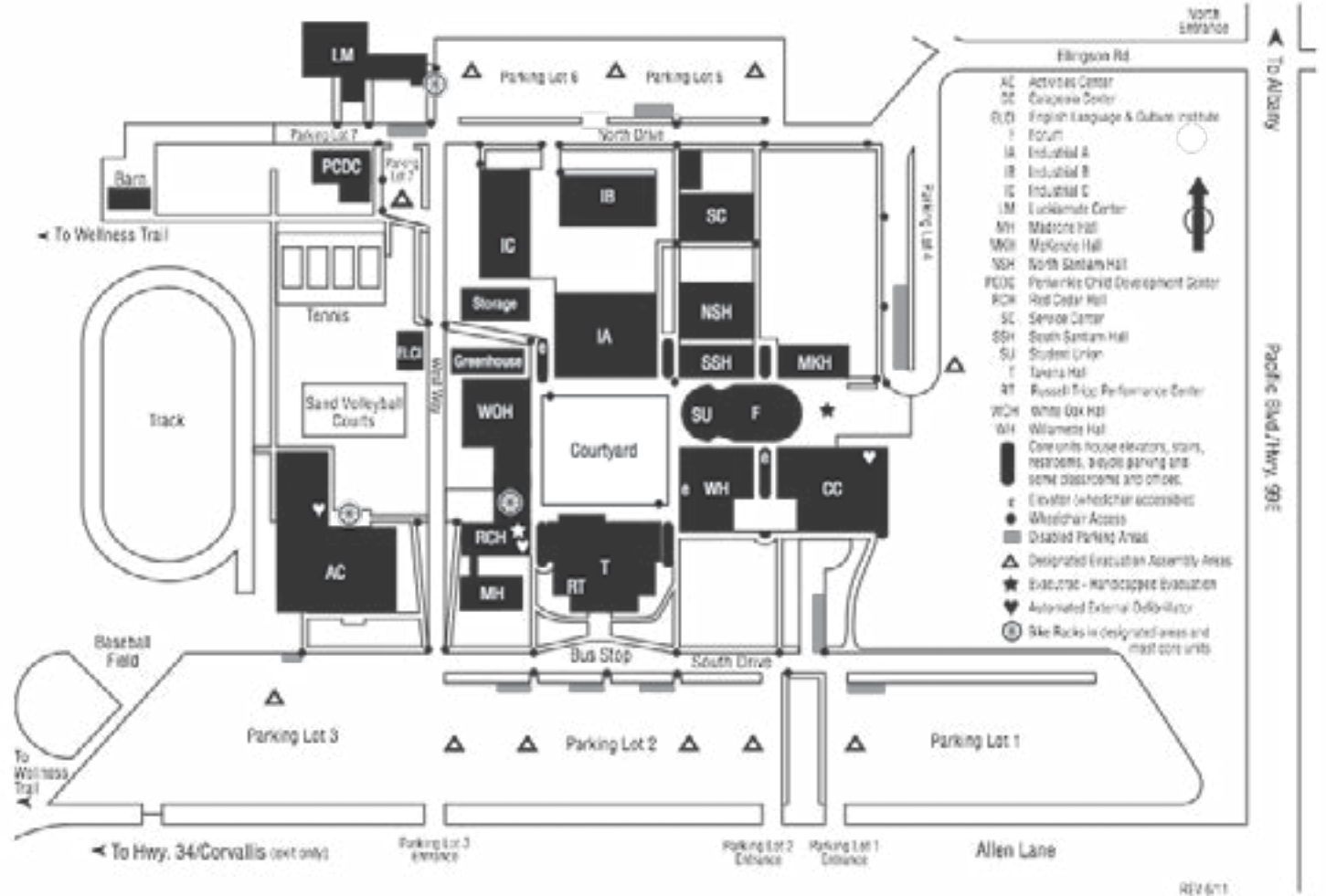
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WELCOME, STUDENTS

Dear LBCC student (especially those of you who are NEW).

WELCOME! I mean it. You, the student, are the reason the faculty and staff are here to teach. It's a partnership.

I work in the Advising Center, mostly on the Albany campus. What does the Advising Center do?

1. Advising

Explore and figure out what classes you need to reach your goal. Do you plan to go to a 4 year school? Have you considered the DPP, Degree Partnership Program with OSU? How many credits can you successfully handle each term? What happens if I am too stressed to take a test? Call or drop by to schedule an appointment. 541-917-4780. Takena Hall 101

2. Career Services

Want to do more personal assessment of your skills and strengths? Want to know the job market for your field of study? Do your parents/girlfriend/partner want you to be an engineer and you want to study music? Need someone to look over your resume or help you begin a job search? And we offer academic course in Career Exploration and Career Life Planning (HD140 and HD208).

3. Well Being (including

Counseling) 85% of college students report feeling "totally overwhelmed" at some point during the school year. Stop right now when you're reading this and take a deep breath. Slowly exhale. Do it again. Okay, that doesn't solve everything but it does make you slow down, for just a minute.

We have counselors available for appointments, and academic coaches and career specialists who can help you figure out your next steps and connect to services in our community.

And there's other cool Well-Being stuff happening on campus that I'll write about another time. Join the Active Minds club and help us change the conversation about Mental Health

Important phone numbers:

Advising Center: 541-917-4780, to schedule appointments.

National Suicide Prevention Lifeline (24/7). 1-800-273-TALK (8255)

Crisis Text Line: Text "BRAVE" to 741-741

I'm glad you're here. Let's work together to build a great community and have a fun year.

Sincerely,

**Lisa Hoogesteger,
Advising Center Co-
Dept. Chair, Active
Minds Faculty Advisor.
hoogesl@linnbenton.edu**

TOUR OF LB

Welcome to Linn-Benton Community College. You have taken the first step to becoming a successful student. Here are some resources to make sure your time here at LBCC is as successful as possible.

Advising Center

Possibly one of the most important locations during your time at LBCC, this is where you will meet with your advisor before you select your major. For those who have already decided on their major, the advising center offers several other services including help with goal setting, career planning and scholarship applications.

Your Destination Graduation instructor is likely an advisor as well, so feel free to ask them any questions you may have about the Advising Center, or go to their office, located at the very front entrance of Takena Hall.

Library

Another very important location, the library has practically any resource you need as well as access to almost any book you can think of via their collection and interlibrary loans. The library also has a computer lab, meeting rooms, and phone chargers available for rent with your student ID.

The Civil Discourse club also has their whiteboard located here, where they post a prompt every week in order to promote discussion.

To learn more, simply stop by the front desk of the library.

Learning Center

The learning center at LBCC is an often underutilized resource here on campus. Located just above the library, the learning center offers academic support in both english, math and other subjects, as well as offering a quiet place to study.

The learning center is usually open from 7:30 a.m. to 9 p.m. Monday thru Thursday, 7:30 a.m. to 5:00 p.m. on Friday, and from 11am to 4pm on Saturday. To learn more, stop by the front desk of the center.

Clubs

LBCC is home to various clubs for all sorts of subjects. A club is a great place to make connections with those who share similar interests, academic or otherwise. A list of club meeting times will be published in a future edition of The Commuter. In the meantime, many clubs will have tables set up on Welcome Day. You can also access a list of clubs on the LBCC website and use the contact information to email the advisor or president.

FOR WHOM THE HELP TOLLS

A resource guide for those who need assistance in an uphill battle against poverty, stress, and academic pursuits

COLUMN AND PHOTO BY **ANGELA SCOTT**

The first time I stepped through LBCC's doors as a student, I was living in a tent, riding the bus and almost 30 years old. I was travelling with barely anything besides my clothes, my partner, and our tent. My life was a mess. And there were others coming to campus feeling the same way.

The previous year that I spent working; my bosses, managers, and co-workers never knew my mailing address was somewhere I only received mail and that sometimes one could find my tent in their backyard.

At LBCC, I found it easier to talk to my teachers, peers, and advisors about my situation. I asked for their input in order to proactively find resources and accommodations that are completely different for students who are houseless, low-income, single parents, veterans, etc.

Along the way I found some local life hacks,

resources, and ways to succeed while trying to gain a permanent housing situation. In other words, through determination and a support system at LBCC, I was able to develop a life beyond survival. By the end of my first term, I had shelter and a 4.0 GPA. Though my housing situation didn't really settle down until this past winter, at LBCC I have always been able to reach out and academically function more than I ever expected.

Perhaps, you are reading this, worried about where you are going to sleep this term, or what will happen to your SNAP benefits, or what to do when the season changes and you don't have enough money for a warm coat. Maybe you will find a sense of reassurance in that going to school can very much change your circumstances for the better and alleviate some of the stress as an effect of poverty.

Here is a list of resources on campus that has helped me and others in similar circumstances. Please do not hesitate to reach out for the support you need.



A Self-portrait taken by phone on October 21, 2015 during my first term at LBCC. My partner and I managed to set up a small table for making coffee in the morning.

ALBANY CAMPUS RESOURCE INFORMATION

TRANSPORTATION:

Free Bus Pass

Linn Shuttle, Linn-Benton Loop, Albany Transit when you show your Student ID.

Craigslist Rideshare:

Make an anonymous post to see if anyone wants to start a carpool based on your location.

LBLIVE :

An app specific to LBCC students where you can post and connect for carpooling, selling books, general discussion and meet your peers on a platform similar to Facebook.

MENTAL HEALTH:

Limited Personal Counseling:

Advisor/counselors are available for addressing conflicts, stressors, and life issues that are impacting college success.

Contact the Albany Advising Center: 541-917-4780

Active Minds Club:

Active Minds is not only an active club on campus, but is also a nationwide nonprofit organization with chapters at various colleges and universities. Their goal: increase mental health awareness, education, and advocacy and reduce the stigma surrounding mental health.

Contact: Lisa Hoogesteger

Email: hoogesl@linnbenton.edu

211:

If you're struggling with mental health, abusive relationships, or sexual assault, 211 can help you find nearby resources to get you back up on your feet.

Open Hours for a Workout:

4-6 p.m. Monday through Friday

The Activities Center has an exercise room with weights, treadmills, yoga balls and all kinds of healthy ways to blow off steam for free.

ADDITIONAL INFORMATION:

What: Single Stop

When: Sometime in October

Located: Takena Hall Room T-112

Contact: Singlestopatlbcc@linnbenton.edu

Service that will streamline resources available to students through a fast and easy online form based on your specific needs. In the meantime, students can send an email to set up an appointment and discuss resource options with Amanda Stanley.

FOOD:

Snap Benefits:

Snap for Students website that details exemptions and qualifications:

www.oregon.gov/DHS/ASSISTANCE/FOOD-BENEFITS/Pages/Student-Eligibility.aspx

LBLB (Linn-Benton Lunch Box):

The Linn-Benton Lunch Box is a food pantry for students and their families. You can stop by Student Life and Leadership on the Albany Campus and present your student ID (with a current term sticker) to get an emergency 3-day supply of food for you and your family.

Horticulture Club Farmers Market:

Student run farmer's market on campus which offers low priced organic food grown on campus! If you have SNAP benefits, they are willing to gift you food based on availability.

SAFE SPACES:

Diversity Achievement Center (DAC):

Mosaic of cultures, genders, generations, races and life experiences, with varying abilities and identities. LGBT+ friendly, comfy couches, conversations, movies, general guidance and printing services.

Room of Requirement (DAC ANNEX):

A safe space at the Albany Campus library for students to catch a breather, take a nap and find some alone time (about 45 minutes) to relax.

Global Connections Club (GCC):

Weekly lunchtime hangouts where students talk about their countries, places they have traveled, and the cultural experiences that make those places around the world so interesting and dynamic. (Generally starts around Week 3, look for posters.)

Contact: Kim Sullivan

Email: sullivk@linnbenton.edu

Estudiantes del Sol:

As LBCC's only Latino club, we're here to make a positive impact on our campus by presenting the culture and history of Latin America. Our mission is to be present and active on campus--but our purpose is to make a lasting impact on the Latino community. We welcome all students regardless of their cultural background.

Contact: Tania Mendez

Email: mendezt@linnbenton.edu

Gender & Sexuality Alliance (GSA):

Strength in diversity! Friendship and support among the LGBTQ+ community and our straight allies.

Contact: Tim Black

Email: gsalbcc@gmail.com

**FOR MORE INFORMATION
SEE PAGE 4**

PARENTING:**Family Connections:**

Family Connections consultants have information about individualized child care referrals, parenting education, children's activities, summer camps, fun things for families to do, support groups and other family centered resources throughout Linn and Benton Counties.

Phone: (541) 917-4899 Email: connect@linnbenton.edu

Parenting Success Network:

Online resource for parenting, they have an up to date facebook and twitter, website includes interactive calendars, blogs and resources for parents throughout Linn and Benton counties in Oregon.

Website: <http://www.parentingsuccessnetwork.org/>

STORAGE:**CFAR (Center for Accessibility of Resources)**

Offers daily and weekly lockers on a limited basis.

Contact: Main Office in Red Cedar Hall

Athletic Department

Offers lockers on a limited basis for those in need who are not enrolled in an athletic elective

*Lockers are also given to students when taking a class both credit/non-credit

Contact: Gayle Rushing in the Main Office at the Activities Center

HEALTH AND HYGIENE:**Showers at the Activities Center:**

There are showers with towels and you can take a shower any time as long as you are a student. If you are enrolled in a P.E. class (both credit and non-credit) you can have a locker that creates a great place to stash extra clean and dry clothes.

Feminine Hygiene and Contraception:

The Diversity Achievement Center has tampons and condoms available for free.

FINANCIAL AID:**Webrunner:**

If you are a first time student, check and double check to see if you have been randomly selected to provide extra documentation of your income, etc. This can be found under the OUTSTANDING REQUIREMENTS tab of your webrunner.

LBWebsite:

Financial aid also offers many scholarships. You can search the scholarship database, submit scholarship applications, and get tips and advice on your applications.

Link to LBCC scholarship page:

<http://linnbenton.edu/current-students/money-matters/scholarships/>

You can fill out a general application that applies to many open scholarships here:

<https://linnbenton.academicworks.com/>

DOES BETTER HEALTH EQUAL BETTER GRADES?

Flexing your muscles may help you flex your brain

STORY BY **LEE FRAZIER**

Fall term is beginning and there is a lot to take in on the LBCC campus. All the new classes, locations, and students can be overwhelming. For many attending, a new term in school not only brings about costs that can drain your bank account, but stress that can drain you physically and mentally. With all these new things going on, some students still focus on their health by holding memberships to any number of the gym's local to the area. This is just another cost to the already monetarily stretched student.

For those that are new to LBCC, or those that didn't know; LBCC has a fully equipped weight room with nearly everything that you would find in a gym with a membership. The only caveat is that the open hours are Monday through Friday, 4 p.m. to 6 p.m. The open gym program runs Fall, Winter, and Spring terms.

"Gym users need to know how to do their own workouts, and how to properly use the equipment, and there are locker rooms and showers available. Funding for the open gym hours comes from Student Life and Leadership. Questions related to the gym and its open hours are part of the Destination Graduation Scavenger Hunt," said Gayle Rushing, the Administrative Assistant for the Activities Center.

There are no available morning hours for open gym as of now, but some students will be approaching the SLC to see if that may be a possibility in the future.

"I believe it promotes wellness that can benefit the student physically and mentally," said Mark Majeski, Activities Director, about the possibility of open morning hours for students.

Not only can using the open gym hours save a student money on gym memberships, but it can potentially help the student in other areas of their life.

"Anytime a student can set up a consistent schedule, it allows them to get more organized and it promotes stress reduction. Exercise has its physiological



COURTESY: PIXABAY.COM

and psychological benefits. The open gym can help keep students on campus more, which in turn could help reduce missed classes when there is a large break between them, which can help with rendition," said Jayme Frazier, faculty for the Health & Human Performance Department. She is right, according to a study published in the "Archives of Pediatric and Adolescent Medicine."

"After a systematic review of more than 800 studies, a highly respected team of researchers reported that students who are physically active earn higher grades and score better on achievement tests than their inactive peers," Tom Torlakson and Robert K. Ross reported.

There are many reports and articles that point

to a correlation of health and academic performance, and their findings shouldn't be ignored.

"A sensible report from the Institute of Medicine, a unit of the National Academy of Sciences, shows that exercise can significantly improve cognitive abilities and academic performance, as well as health," reported the Editorial Board for "The New York Times."

The studies and reports suggest that having a healthy body and mind, help with having healthy grades. As an LBCC student, you have the option to reduce a little stress and not worry about gym memberships, because the free open gym is available to all students.

“No Shortcuts, No Excuses”

Athletic Director Mark Majeski looks to create new, quality culture within department

STORY BY **CAM HANSON**

With the start of classes approaching on the LBCC campus, new horizons appear not only in academics, but in the athletics department as well. The biggest change notably, is the introduction of new head athletic director, Mark Majeski.

Majeski was born in Madison, Wisconsin before moving to the Bay Area when he was eight years old. Behind him is a resume that holds weight, with many major opportunities that have helped him throughout his career. Starting with a stadium management role not only in the 1994 World Cup, but also in the 1996 Olympic Games, which was located in Atlanta, Georgia.

In 2000, Majeski accepted a role to be Willamette University’s director of athletics in Salem, which lasted for 11 years. He also holds experience in coaching and directing at the University of California, Santa Cruz, while having a softball coaching stint at Menlo University, located in Silicon Valley.

“There are practical skills I’ve developed over time, like fundraising, strategic planning and communication, that will be helpful. One key learned from experience is understanding what you can, and cannot, change or influence. The ability to focus energy, resources and attention to things that matter most is a key to success.” said Majeski

While, Majeski is thrilled to start his new position, he has his eyes on a few goals and has a detailed vision for LBCC athletics going forward.



“The vision for LBCC athletics is a culture built on quality, in everything that we do. We will have an athletics program that represent the College with high academic performance, model citizenship and athletic achievement,” said Majeski.

“A culture of quality means no shortcuts, and no excuses. This culture is built by focusing on the process, or the 'why' and 'how' we do things, rather than on the outcomes. If we do the right things, for the right reasons, we will produce outcomes that reflect our culture.”

Leading such a powerful and large role is something he has done before, but somewhere unfamiliar brings new challenges and new hurdles to overcome. Majeski knows this well going into the new role.

“Financial pressures are an ever-increasing challenge for all athletics programs. General funds and student fees can only go so far. This is where the importance of generating external resources comes in. We need to identify and implement ways for LBCC athletics to increase our revenues. Funding, then, becomes a true partnership between the institution, the athletics program and community supporters.”

A simple outline for success is what follows with the new hire; structure, strategy, and support. Majeski points out how these all synergize to create a powerful common goal, which yield successful results as a byproduct. Structure means reorganizing a department to create pathways, not micro-management, which then identifies common goals. Strategy builds a plan from these common goals, and finally support is the life needed to complete the goals.

“All three are critical and all are interdependent upon one another. That is my intention and hope for LBCC,” added Majeski.

Everybody has a goal before the start of a new term. This includes not only students, but staff and athletics as well and from the looks of it, Majeski is very detailed and strategic in this. The resume is good, the goal is common, and the resources are available, and if the goal is realized, fans of LBCC athletics have something to look forward to in the next few years.



2018 Volleyball Schedule

DAY	DATE	OPPONENT	SITE	TIME
Wednesday	Sept. 19	LBCC vs. Chemeketa	LBCC	6:30 pm
Friday	Sept. 21	LBCC at Clackamas	Oregon City, OR	6:30 pm
Wednesday	Sept. 26	LBCC at Clark	Vancouver, WA	6:30 pm
Friday	Sept. 28	LBCC vs. Mt. Hood	LBCC	6:30 pm
Friday	Oct. 5	LBCC at Umpqua	Roseburg, OR	6:30 pm
Saturday	Oct. 6	LBCC at Southwestern Oregon	Coos Bay, OR	1:00 pm
Wednesday	Oct. 10	LBCC at Lane	Eugene, OR	6:30 pm
Friday	Oct. 12	LBCC vs. Clackamas	LBCC	6:30 pm
Friday	Oct. 19	LBCC at Chemeketa	Salem, OR	6:30 pm
Wednesday	Oct. 24	LBCC at Mt. Hood	Gresham, OR	6:30 pm
Friday	Oct. 26	LBCC vs. Clark (DigPink)*	LBCC	6:30 pm
Friday	Nov. 2	LBCC vs. Umpqua	LBCC	6:30 pm
Saturday	Nov. 3	LBCC vs. Southwestern Oregon	LBCC	1:00 pm
Wednesday	Nov. 7	LBCC vs. Lane	LBCC	6:30 pm
Fri.-Sat.	Nov. 9-10	South Region Play-Offs (if necessary)	TBA	TBA
Thurs.-Sun.	Nov. 15-18	NWAC Championship Tournament Tacoma Convention Center	Tacoma, WA	TBA
Sunday	Nov. 18	Sophomore All-Star Showcase Tacoma Convention Center	Tacoma, WA	10:30 am 12:00 pm

Head Coach:	Jayme Frazier	College President:	Dr. Greg Hamann
Assist Coach:	Mindy Wilmes	Athletic Director:	Mark Majeski
Assist Coach:	Davin pease	Athletic Office:	541.917.4266
Assist Coach:	Mackenna Dahl		



PORTLAND PROTEST

Counter-protesters toss bottles and flaming objects at police.

STORY AND PHOTOS BY **ALEX GAUB**

Police in riot gear. Protesters and counter-protesters in body armor. Flashbangs and pepper spray. In Portland this is becoming an all too frequent scene.

On Aug. 4 a rally was held downtown to show support for the leader of an alt-right group known as

Patriot Prayer. Joey Gibson is running for a Senate seat in the state of Washington. Drawing support for his candidacy, Gibson attracts white nationalists and other alt-right groups such as The Proud Boys. His rally was met with resistance in the form of a large group of counter-protesters who gathered to support Antifa or the anti-fascist movement.



Counter-protesters look on as police fire teargas and flashbangs.



Police issue a warning to counter-protesters telling them to disperse or face riot control agents and impact weapons.

FULL STORY @LBCOMMUTER.COM

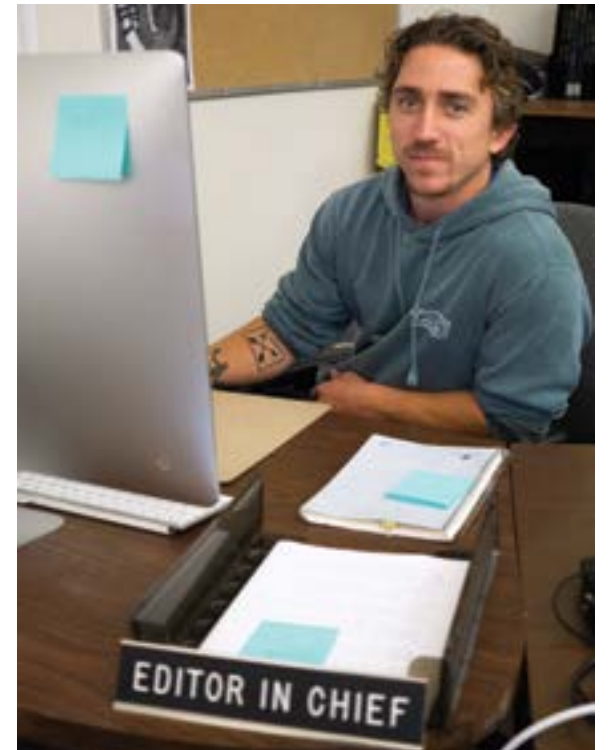
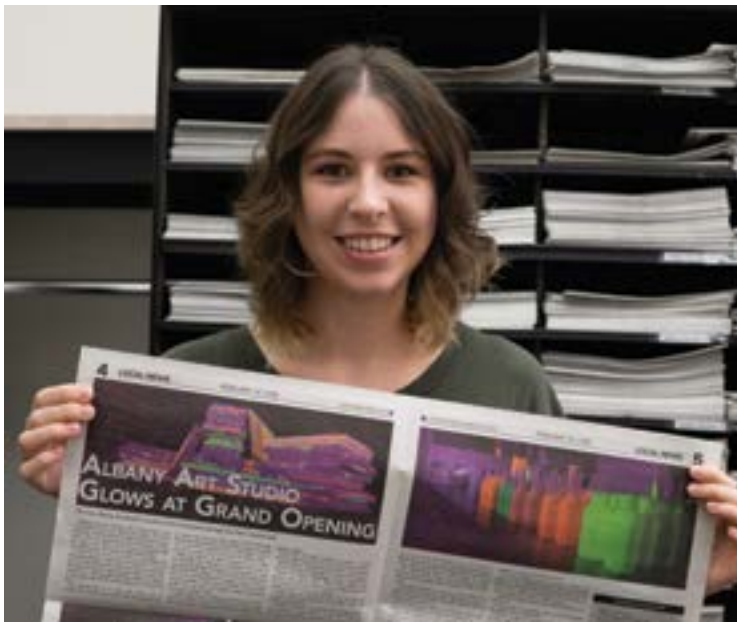
Humans of LB

COMMUTER

Edition

Sarah Melcher

"Journalism aligns with my values of telling the truth and having integrity. I was raised with the golden rule of treating others how you would want to be treated, and valuing honesty highly. Those things play a big role in being a journalist."



Alex Gaub

"I like to be constantly learning stuff, and doing journalism gives me the opportunity to live vicariously through other people and tell their story."

Angela Scott

"I got a little tipsy with a former Editor-in-Chief and she convinced me to take photo journalism. After taking Rob's class, I realized how important it was. As an artist, it really helped me make quick decisions. Morally, I'm really aligned with the field. Learning how to tell stories objectively is really vital. I love photography and giving other people a voice is really important."



ADDITIONAL INFORMATION

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.

PHOTOS AND STORY BY: SARAH MELCHER

Rebecca Fewless

"Honestly, I never thought that I would work in journalism. I was a design student here at LBCC and was managing the Hot Shot Cafe part time. I remember seeing they were looking for a designer. I remember Angela [Photography Editor] and Kate [a former Editor-in-Chief] coming in and I thought, 'Wow, that would be so cool, and a great learning experience for myself as a designer.'"



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TAKE A HIKE



Three hikes to check out before summer ends



STORY BY
JOSHUA STICKROD
@STICKRODJOSH

The smoke has cleared as summer creeps closer to its end. So here at The Commuter we encourage you to head outside to enjoy all that the local area has to offer before heading back to school.

Whether you're new to the area, you're just getting into hiking, or you're looking for new trails, we hope we can help you find what you're looking for.

McDowell Creek Falls

Difficulty: Easy/Moderate
Length: 1.7 Miles
Elevation Gain: 200 feet
Dog Friendly: Yes, provided they are on a leash.

Located off of highway 20, north of Sweet Home is a local hiking gem— McDowell Creek Falls County Park. It features a fun, family-friendly, dog-friendly hiking loop that is teeming with greenery and enjoyable sights.

From the three calming waterfalls that cascade down McDowell creek, to the lush, well-kept, low-elevation forest trail, this spot is about as relaxing as it gets. The trail is surrounded by a temperate rainforest, with high moisture and humidity creating the green forest canopy that hikers venture under through the park.

It has an abundance of sturdy lookout decks and bridges above the creek and falls, giving hikers several close-up views of all the great sights the park has to offer.

The park also has three convenient parking and picnic areas. One corresponding with Lower McDowell Falls, one at the midway point of the trail, and another at the very north of the park by Majestic Falls. In addition



PHOTO: ANGELA SCOTT

Sabrina Larkin prefers to hike along the McDowell Trail in the morning before others arrive with her two dogs, Echo and Leah.

to making great picnic areas, they also act as effective jump off points into the park's mile-and-a-half long loop.

Personally, I recommend starting from the Lower McDowell falls parking area and then make your way up to Majestic Falls but it's nice to have a couple of different options if one area seems too crowded.

However, the downside to the three parking areas means that a road runs directly through the park. This isn't too terrible, but on a busy afternoon, having cars constantly pass by while hiking along the trail can be a bit frustrating to hikers looking to completely escape into nature.

I went at around 8 a.m. on a Wednesday and had the trail all to myself for nearly the entire time, so consider getting up early to check this one out.

The park is pretty easy for experienced and newer hikers alike. With the exception of some of the mid-trail slopes that can get decently steep but still not too bad.

Overall McDowell Creek Park is a fun hike,

with plenty to see and I highly recommend you check it out if you haven't already.

Shellburg Falls

Difficulty: Easy/Moderate
Length: 5.5 Miles
Elevation Gain: 700 feet
Dog Friendly: Yes, provided they are on a leash.

Another great waterfall hike, this one located just north of Mehama, Oregon on Fern Ridge Road Southeast off of highway 22. It's just a few miles south of popular hiking spot Silver Falls (which you should also check out if you don't mind a crowd).

There's a notable amount of distance from the parking area to the trailhead however, so be prepared to hike about an extra mile along a gravel service road. This service road also goes through private property so don't go off the road under any circumstances. Don't walk on any trails until you reach a trail marker that says Shellburg Falls.

But don't let these initially strange circumstances discourage you, because once you get past the extra walking leading up to the trailhead, this hike is amazing. It's a well-kept hiking loop with lots of greenery and the view of the waterfall is simply indescribable.

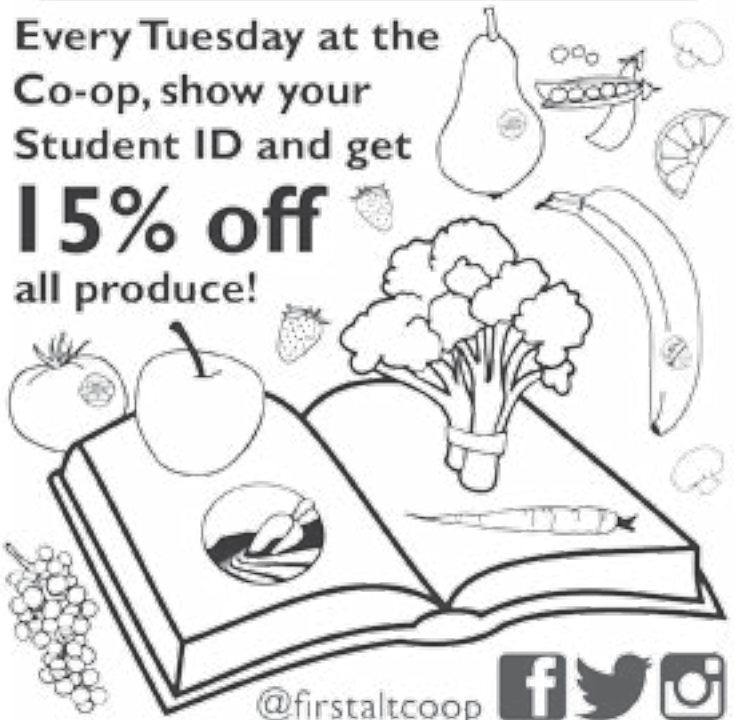
Hikers can venture behind the falls and up above it to explore several trails that loop around the area as well. There's also a camp ground that is first-come first-served, equipped with restroom facilities for those interested in finding a decent camping spot.

Be sure to adhere to the campers and hikers checklist posted at the trailhead if you intend to check out this park because bears and mountain lions have occasionally been spotted in the area. I didn't see one during my experience but hikers and campers should still be safe and be prepared when going to Shellburg Falls.

First Alternative NATURAL FOODS CO-OP

Every Tuesday at the Co-op, show your Student ID and get

15% off all produce!



@firstaltcoop

North Corvallis: 29th & Grant
South Corvallis: 1007 SE 3rd St.
www.firstalt.coop Open daily 7am-10pm



PHOTO: JOSH STICKROD

A birdwatching blind at Ankeny Wildlife Refuge's Rail Trail.



PHOTO: ANGELA SCOTT

There is some foot traffic but I got there at about 9 a.m. on a Sunday and despite the parking area being packed, I rarely saw anybody.

Shellburg falls is a moderate to easy hike as it is five miles in length with some steep inclines but nothing too daunting. If you don't want to do the entire hike, you could still just walk up to the falls and back. The view is that good.

Ankeny Wildlife Refuge

- Difficulty: Easy
- Length: 1.4 Miles
- Elevation Gain: None
- Dog Friendly: No

Ankeny Wildlife Refuge is located west of I-5 between Salem and Jefferson. While the refuge has a few different lookouts and hikes, I focused on the Rail Trail. This hike is located in the southern portion of the park, with the trailhead parking lot off of Wintel Road Southeast.

Hikers walk along a boardwalk through forest and marshlands with a front row seat to interesting plant and wildlife. I mostly saw pacific chorus frogs and various different species of waterfowl like the wood duck, but Ankeny is known as a great spot for bird watching, so keep an eye out.

There is no elevation gain and the rail itself runs just under a mile so the hike is a breeze for any skill level. You do have the option to loop around to the trailhead on a grass path around the marsh but be sure to watch your step as there are a few holes along the way that could turn your ankle if you're not careful.

There are also no dogs allowed on this trail. This is to help preserve the wildlife as even the best behaving canines can disturb the creatures in the refuge. Of course, the age old saying "leave only footprints, take only pictures" applies here, so respect the wildlife and just look.

It doesn't contain a lot of amazing sights like the previous two hikes but it's a twenty minute drive from Albany, it's fun no matter your skill level, and it's not very crowded.



PHOTO: ANGELA SCOTT

The Majestic Falls allows the hiker to cross a bridge above the creek to get a bird's eye view.

PHOTO: JOSH STICKROD

Shellburg Falls is an easy to moderate hike with a well-kept trail overflowing with plant life.



PHOTO: JOSH STICKROD

A path leads the hiker behind Shellburg Falls.



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Linn-Benton
COMMUNITY COLLEGE

WEDNESDAY, SEPT. 19 • 9:30 A.M. – 1 P.M.

Student & Community Fair in the Courtyard

Free Pizza in the Commons!

Head on up to The Commons on the second floor of Calapooia Center between 11:30 a.m. and noon for some free pizza!

LBCC students only; no staff, please.



100 Free Milkshakes!

There are 100 small plastic cow figures hidden around campus - find one, bring it to the Campus Store and get a free milkshake!

One per student, LBCC students only.
LBCC staff not eligible.



Scavenger Hunt!

Get "stamped" at locations around campus and redeem 20 stamps for a chance to win Tuition Credits (provided by the LBCC Foundation)! **Note that there are 5 required locations in color on the stamp grid.** Turn in your completed Scavenger Hunt forms at the Russell Tripp Performance Center box office in Takena Hall.



First 197 Students at the 9:30 a.m. Kick-Off in The Forum get **FREE T-Shirts!**

Benton Center **Welcome Day** will be held Tuesday, October 2, 10 a.m. - 6 p.m.

GET ENCHANTED BY THE LAND OF DISENCHANTMENT



COURTESY: NETFLIX.COM

TV SERIES REVIEW:
Disenchantment

STARRING: Abbi Jacobson, Eric Andre, Nat Faxon, John DiMaggio, Tress MacNeille, Billy West, David Herman, Maurice LaMarche, Matt Berry, Noel Fielding, Lucy Montgomery
PRODUCTION: Netflix
DIRECTOR: Wesley Archer, Frank Marino
WRITTEN BY: Matt Groening, Josh Weinstein, Jamie Angell

OVERALL RATING: ★★★★★

REVIEW BY **LEE FRAZIER**

August 17 saw jurors asking for a definition of “reasonable doubt,” President Trump doubling down on ‘fake news’ charges, and the new Netflix release of Matt Groening’s newest creation, the animated series, “Disenchantment.”

While the title may seem to reflect the current political status of America, that reflection is the only similarity. “Disenchantment” follows the young female character, Bean (Abbi Jacobson), as she drinks and complains her way into mischief and mayhem with the help of Elfo the elf (Nat Faxon), and her demon Luci (Eric Andre).

The Internet Movie Database, IMDb, has some reviews out there that state that this show is slow and that there are not enough jokes, but it seems that these are the type of people that are used to cable programming. With this new release by Netflix they are able to focus on the story and character development with adult humor and innuendo inserted in the correct locations. This is not your traditional “Family Guy,” “South Park,” or even “The Simpsons” for that matter. This is a show about a girl trying to find her place in a world that doesn’t fit her personality type.

There is plenty of humor that is sprinkled throughout the first season that keeps you coming back for more episodes. Elfo, trying to not always be

happy, Bean, trying to be happy, and Luci, just causing problems all along the way is the perfect recipe for smart and subtle humor.

The animation style is a cross between “The Simpsons” and “Futurama”, but there is a mix of what looks like 3D rotoscoping that makes the scenery and backgrounds really pop out.

The show is rated TV-14, and while commonsense media gives it a TV-14 rating as well, parents say it should be for 18+. There is blood, drinking, drug use, violence, sexual innuendo, and some overall rough humor, but it is fit in well with the shows story and I agree with the TV-14 rating. I would go as far as to say a 13-year-old could handle it fine these days. The worst part about this show is that I binged the season so fast, that I now have to wait a year for season 2.

I would have to say that is a must watch show if you like smart and slightly offensive cartoons.

CROSSWORD PUZZLE

- ACROSS**
- 1 Metrical unit
 - 5 Arabian judge
 - 9 Grandfather of Saul
 - 12 Exude
 - 13 Sleeping
 - 14 Mountain on Crete
 - 15 Javanese carriage
 - 16 Weed
 - 17 Computer generated imagery (abbr.)
 - 18 Alcott heroine
 - 20 Sable
 - 22 Article
 - 25 Nat'l Endowment for the Arts (abbr.)
 - 27 Garland
 - 28 Time period
 - 29 International (abbr.)
 - 31 And other: abbr. (2 words) (Lat.)
 - 34 Sinbad's bird

- 35 Fr. author
- 37 Amer. Dental Assn. (abbr.)
- 38 Wing (pref.)
- 40 Grape syrup
- 41 Jap. fish
- 42 Article (Fr.)
- 44 Negative population growth (abbr.)
- 45 Deviate
- 46 Necktie
- 49 Droop
- 51 Male person
- 52 Baseball equipment
- 54 Eth. Danakil people
- 58 Pointed (pref.)
- 59 Afr. tree
- 60 Polish rum cake
- 61 Footlike structure
- 62 Direct
- 63 Poetic foot

ANSWER TO PREVIOUS PUZZLE

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F I C O M A H A T A V
E V O E A G A R A B E
D E A N I A N A C I T
C O R N U R E T R O
S C H N O Z L A D
W I D E N U T T E R E D
A M O E L D I R E
B A G A S S E A S C I I
R H E S A T E E N
S A B E R C A L E B
A B A I C A L E R A T
H I C V I N A V A C E
O A K E R A T E N C E
    
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- DOWN**
- 1 Before some vowels (pref.)
 - 2 Tumor (suf.)
 - 3 Free
 - 4 Monad
 - 5 Felis (2 words)
 - 6 Amateur Boxing

- 7 Assn. (abbr.)
- 7 Skin (suf.)
- 8 Utopian
- 9 Wink
- 10 Wayside
- 11 Pour
- 19 Camelot lady
- 21 Female ruff
- 22 Manmade protective mound
- 23 Owl's cry
- 24 Moon of Saturn
- 26 Hindu soul
- 30 Pulka (2 words)
- 32 City in Judah
- 33 Den
- 36 Legend
- 39 Race the motor
- 43 Palmetto
- 46 Thunder sound
- 47 People
- 48 Subtract
- 50 Taro
- 53 Yarn measure
- 55 Federal Aviation Admin. (abbr.)
- 56 Antiballistic Missile (abbr.)
- 57 Mortar beater



SUDOKU

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

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

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WELCOME DAY 2018

WEDNESDAY, SEPT. 19 • 9:30 A.M. – 1 P.M.

Student & Community Fair in the Courtyard

See full details on inside: Free Pizza in the Commons
100 Free Milkshakes • Scavenger Hunt to win Tuition Credits!

Self-Guided Tour SCAVENGER HUNT • Your Chance to Win Tuition Credits!

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NAME:

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For more details,
look inside...

