



# SAFER CAMPUS

Lane Community College, Department of Public Safety  
In Service to Higher Education

Issue: XI Volume: V

## AN OUTPOURING OF SUPPORT

By, Shawni Kroeker

October 1st, 2015 will forever be ingrained in all Oregonians lives as a tragic day. There are no words to describe the heartache the families, friends and the community feel in the wake of this tragedy.

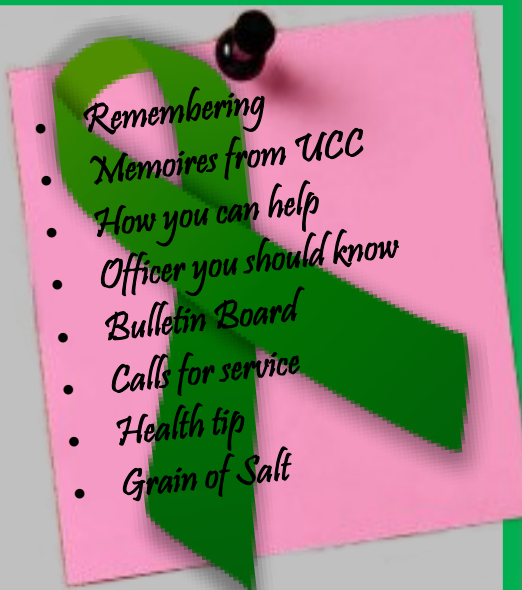
Lane Community College Public Safety was asked by Umpqua Community College to provide extra support to the students, staff, and employees on their campus. Public Safety provided 24/7 patrols for approximately three weeks. The school utilized Public Safety until they had time to assess safety issues and find solutions to increase campus safety. Public Safety's presence was very appreciated by students and staff while they worked to get a sense of normality.

This tragedy has left Lane Community College, and Lane County, wondering what can we do to help. Though there is not anything we can do to heal broken hearts, there is a need for donations; blood donations, and/or money are great ways to help out.

### Things you can do to help:

Blood donations are still very low in Oregon. Giving blood no matter your blood type is super important and a easy way to help. If you are interested in donating blood you can call the Lane Blood Center at (541) 484-9111. They do allow walk-ins at their 2211 Willamette St. (Eugene) address. For a full list of upcoming blood drives visit their website at <http://lanebloodcenter.org/blood-drives/>.

The unexpected expenses on families after the tragedy are devastating. [UCCStrong.com](http://UCCStrong.com) has created a shirt with "UCCStrong - we will prevail together" across the front, all sales money from shirts are donated to the UCC Strong Fund. The [UCC Strong Fund](http://UCC Strong Fund) has drawn approximately \$500,000. The UCC Strong Fund takes all money and distributes it evenly between the effected families.



### Active Shooter Event Quick Reference Guide



Free upon request, at Building 13, Room 107.

While supplies last.

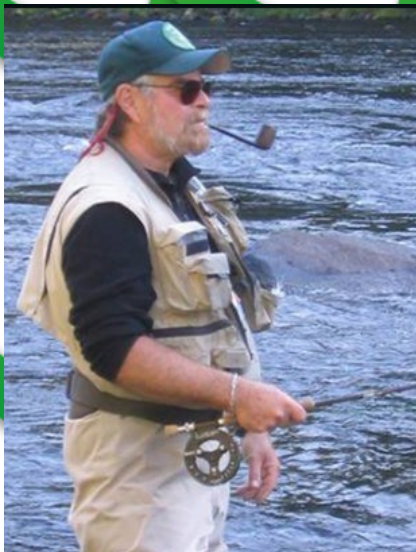
No money in the world can repair the heartache that came from the heartless shooting, but it will help the families with the cost associated with what their going through. The best thing we can do to support the Roseburg community is keep them in our hearts. Whether it be prayer, sending good vibes, or sending good thoughts, it is important we lift up this community during a time full of heartache and sadness.

I am UCC. We are UCC.





# In Loving Memory



**Lawrence Levine, 67**



**Sarena Dawn Moore, 44**



**Kim Saltmarsh Dietz, 59**



**Quinn Glen Cooper, 18**



**Lucas Eibel, 18**



**Jason Dale Johnson, 34**



**Lucero Alcaraz, 19**



**Treven Taylor Anspach, 20**



**Rebecka Ann Carnes, 18**

# Memoires of service at Umpqua Community College

Lane Community College Public Safety Officers share their stories.



Sgt. Thomas

"Finally home after a long three days of working down at UCC, and found time to reflect. When originally asked if I would take the assignment, I immediately said yes. Though apprehension

ripped at my guts, for personal reasons that I will not go into here, I felt it was the right thing to do. This was a rare opportunity to at least do SOMETHING to make a difference to this unfairly victimized community.

As we drove down for our first shift, I had a long time to surmise about what was ahead. This was not my first rodeo, but I had never worked a scene on this massive a scale, so I had some idea. I expected complete chaos, anger, fear, unbearable grief, the expected range of emotions at something as traumatic as this.

I also anticipated hatred and intolerance of anybody representing public safety and law enforcement, for failing to protect them in a time of need. The very thought of this broke my heart, as since the first day I put on a uniform and badge, I only wanted to do good, to protect those in need, to be the voice of reason, to be the one who made things better. I had long ago decided that I could lay down my life for another if the need arose.

When we arrived, I was overwhelmed by the fact that the community not only needed us there, but they WANTED us. They embraced us as part of the family, so to speak, and it quickly became the norm to have folks waving (all five fingers),

thanking us for being there, telling us we were appreciated, hugging us and shaking our hands out of gratitude. We also found so many people who just needed to talk, not to the dozens of local and federal counselors who roamed around the campus, but to someone a little less "formal", for lack of a better term. I spent countless hours involved in conversations, mostly just listening, to those who needed to vent or simply express their emotions and feelings. I also cried with them, but it was okay.

The people down there have been incredible, and I can't say enough about them. I can't imagine how it would feel to experience such unspeakable tragedy. As I mentioned, before, I am so very proud of our entire team of officers who have gone down there to work. I can only speak to my own experience, but have also heard so much good about our crew, their sacrifices and their contributions to the safety and well being of the UCC campus.

Throughout my entire time down there, I was asked, several times, If I needed anything, be it food, water, rest or whatever. A student approached me and, learning how long we had been working, offered to let me take a nap in the back of her car. (I politely declined, with a smile). The graveyard security officer even made a special point to buy pizzas to share with us at shift change.

In speaking with the handler of one of several comfort dogs on scene, we received one of the best compliments I think we could ever anticipate. She told us that overwhelmingly the UCC community expressed that two of the best things that came of this week

were the (comfort) dogs and those of us in uniform. Tears, again, as I hugged this woman before they left campus for the last time.

I have been so proud of all of our crew who have gone down there and have (and continue) to work. I can only speak to my own experience, but I know that all my guys have gotten positive responses and have done so much to help so many

In one way, it was healing for me to be able to go down there and help. In most tragedies, especially those of this scale, it's overwhelmingly frustrating for me, as I feel helpless to have a positive effect on a situation. Must be a cop thing, I guess. I need to help, need to do something, ANYTHING. To be in the middle of this whole thing and actually being told that we were making a difference...well...sorry, choking up, again...it felt like it was meaningful and, most of all, helpful.

I do not mean to make any of this about me. Rather, I want express how humbled I was/am at the incredible fortitude and strength of the people in the UCC community, despite the fact that unimaginable horror and fear had so recently overtaken them. Simply put, they are a class act and I am honored to have worked with them."

-Sergeant Chantal Thomas



## Memoires of service at Umpqua Community College



Cpl. Sager

"On October 1st, Umpqua Community College experienced a tragedy that none of us should ever have to experience. However tragic, UCC and the surrounding community came together in what is an example of triumphant in the sense of community. I was rewarded with the opportunity to take part in assisting this community. It was a humbling experience to say the least.

Students, faculty and staff alike welcomed our team with open arms. Not only the UCC community, but that of Douglas County as well welcomed our team. I can't express enough how grateful I am to have been able to take part in the assistance and protection of this community. As I am a Douglas County native, this tragedy hit close to home. I wanted to do all that I could to help. I can't stress enough how humbling and rewarding this experience was and it puts into perspective just why we perform this job."

-Corporal Ryan Sager



Cpl. Hanneson

"I was able to participate in this detail, and because of this I feel grateful. Their Campus is very large, which makes it so hard to believe that they do not have the proper agency protecting it. I know that they are doing the best with what they have, but I do believe this incident to be a real eye opener for Faculty, Staff, and students. I hope nothing but good things can come from this tragedy."

-Corporal Christopher Hanneson



Cadet Charles

"When arriving down at the Umpqua Community College campus, I was honestly a bit nervous. I wasn't sure the state of the community, or how to approach it. Upon arriving and having some conversations with the community down there, that nervousness disappeared fairly quickly. I could tell the community was still pretty rattled over everything but they were still so kind and inviting to myself and my partner. It made working with them a truly great experience. I was impressed to see how strong everyone bonded together to overcome the tragedy that they went through. It was a true testament to the human spirit. You could still see the sadness and pain in most people's eyes but they were strong. I feel the community will grow from this tragedy, it is just unfortunate that it took a tragedy to spark growth. I hope to see all communities, not just theirs, learn and grow from the tragedy of the UCC Shooting."

-Cadet Daniel Charles



Officer Miller

"Being down at UCC was an honor. To be able to help the staff and students feel safe and secure again was a humble reminder why I do what I do as an Officer. It's been my #1 goal to do what I need to do for the community - to ensure a safe environment and help those in need.

I spent most of my time walking around campus and interacting with the college community. A lot of people were happy to see us around and thanked us for coming to their campus. I listened to students ideas, concerns and what they hope to see with first responders on campus in the future. There were a lot of ideas, I wrote notes to give the UCC Chief of Security.

What most affected me while I was there was the stories of that tragic day. The stories they told painted a picture in my head with every word they spoke. Each story was so descriptive. One student told me he instructed the students to pile tables in front of the door and to stay out of the way of the window. He said he went through his bag and encouraged others to pull out anything they could make a weapon out of. He said they sat there with scissors in their hands ready to attack him if he came in the room. Another Faculty member told me she saw the email and couldn't believe her eyes. She got up from her desk and ran through her building locking every door, she saw a student walking by completely clueless there was an active shooter, so she pulled the student in and they sat next to a rock wall where they could hide from the windows and bullets. She said once she was there she couldn't move. Her and the other student just sat in silence counting the gun shots. She said at one point she counted 15 shots fired. I couldn't help the tears in my eyes, listening to stories like this."

-Officer Valeri Miller

# Memoires of service at Umpqua Community College



Cpl. Schneider

"I have been working at LCC for just under 15 years. The best part of the job is when someone says "thank you". It does not happen much at Lane Community College. I went down to augment the security force at Umpqua Community College for only one day after the shooting.

First I was struck by how much it affected me driving by the building where the shooting took place. I had to stop and get out to pay my respects. As I drove around trying to show my presence to let students and staff know I was around, everyone waved, everyone. I had my window down and more than one person said "Thank you for being here". As I walked around inner campus people stopped me and shook my hand and said "I feel safer..." or "please don't go...". I know that I was making it a little easier for these students and staff to come back to school.

The one day that I spent down at Umpqua Community College, and the gratitude shown to me by the persons attending was remarkable, and gave me a deep sense of accomplishment. I still think about the individuals I met down there and hope that they continue to heal."

-Corporal Michael Schneider



Officer Reece

"Over the course of three days I was privileged to be selected to work a special detail providing additional law enforcement services for Umpqua Community College, assisting both the Douglas County Sheriff's Office and the Oregon State Police on the campus while students returned to classes.

Over the course of these three days I was able to have numerous meaningful conversations with the students and staff at Umpqua Community College regarding the tragedy that took place but also the security issues on the campus. Many, if not all expressed their sincere appreciation for the presence of officers from the Lane Community College Department of Public Safety as well as the other law enforcement agencies on campus, and that they wished that they could have a similar law enforcement agency dedicated to providing the same services to them at Umpqua Community College.

During the course of my time at UCC no major incidents occurred although I was actively patrolling the campus both in a marked patrol vehicle as well as on foot. From time to time, I was able to assist members of the public with directions or answering various other questions and at one point I helped two students resolve a minor vehicular accident in the parking lot but all in all it was a pretty quiet tour of duty.

All in all it was a valuable experience, especially considering what had occurred at what I gathered is a small, tight-knit college and community. I believe our officers definitely went a long way with providing a sense of safety for the students, staff and faculty at Umpqua Community College and hopefully allowed them to speed up the healing process."

-Officer Aaron Reece



Cadet King

"The time that I spent at Umpqua Community College will be something that I will never forget. Being able to help a campus community that had just been hit with such a terrible event was a very humbling and a rewarding experience.

The students, staff, and faculty were extremely grateful for our assistance and support. Even in the aftermath of this event, the community made every effort to wave to us or say hello as we conducted our patrols. During my time spent down at UCC, I witnessed all the emotions that their community is undergoing. Through all these emotions, I observed a community coming together and slowly trying to overcome what they have been through.

This experience was far greater than anything I have been a part of previously. Being able to provide safety and support for the people of Umpqua Community College put into perspective why we do this job."

-Cadet Garrison King

# TOP WAYS TO HELP THE UCC EFFORT

<http://www.umpqua.edu/college-news/901-top-ways-to-help-the-ucc-effort>



## **SUPPORT:**

Support a UCC Solidarity effort. Wear a UCCStrong or IamUCC shirt and display stickers on your vehicle, home or business.

Purchase items at:  
[www.uccstrong.com](http://www.uccstrong.com)

## **DONATE:**

Send contributions to the UCCStrong Relief Fund at [www.uccstrong.com](http://www.uccstrong.com) or the UCC Foundation at [www.umpqua.edu/scholarships-donations](http://www.umpqua.edu/scholarships-donations).

Oregon is in desperate need of blood donations. For opportunities to donate contact Lane Blood: (541) 484-9111.

## **LISTEN:**

Listen to somebody's personal story and have empathy with how they and their family have been impacted.

Every ones story is different, be willing to listen patiently as other express their feelings.



## **SEEK:**

Seek counseling services. Community Health Alliance is offering drop-in counseling services in person or call 1-800-866-9780. Lane students/staff can contact counseling at 5724.

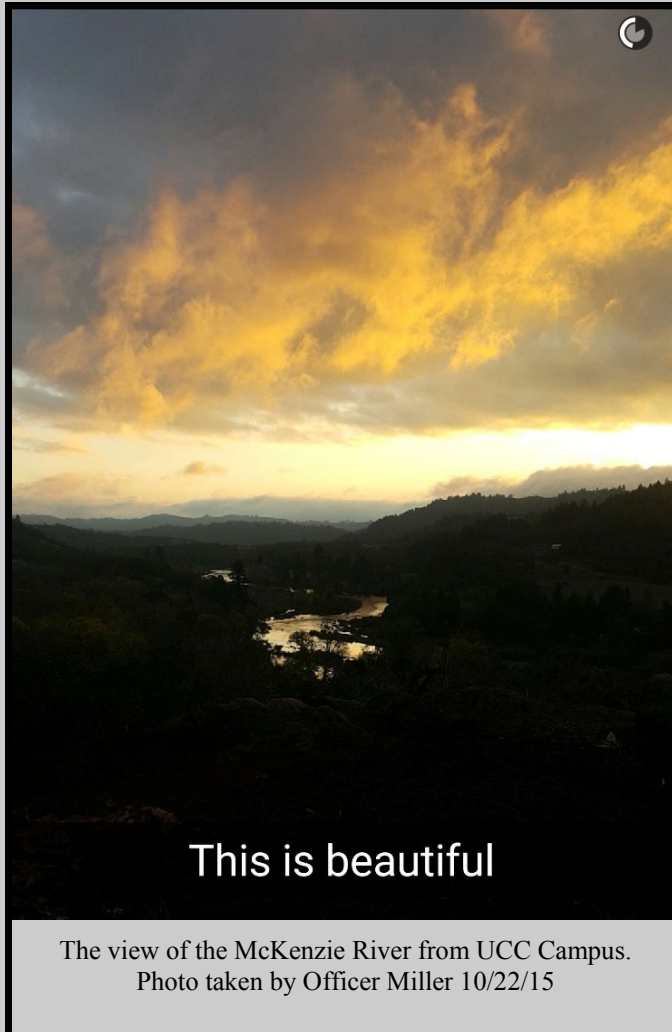
## **COMMUNICATE:**

Information is being updated regularly by law enforcement, the Umpqua Community College and other sources. Be sure you know where to access it, so you have the right information.

## **DIRECT:**

There is local, state and national level support available to help students, staff and community members.

If someone is openly looking for help, point them in the right direction. Whether it be counseling, public safety, or a trusting staff member, never walk away if you think their in need.



The view of the McKenzie River from UCC Campus.  
Photo taken by Officer Miller 10/22/15



# CRIME SCENE

## OFFICER YOU SHOULD KNOW!

# CRIME SCENE



Cadet Daniel Charles

Officer in training, Daniel Charles was born in Sacramento California where he graduated from Cordova High School. When Daniel was 22 years old he moved to Oregon. Daniel is currently enrolled at Lane Community College in the Criminal Justice program.

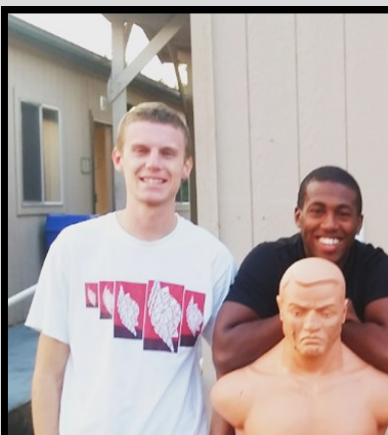
While enrolled in the Criminal Justice program John Delnero recommended Daniel to be a Cadet with Lane Community College Public Safety. Daniel passed all necessary requirements, and succeeded at the Public Safety Academy. Since being involved with Public Safety Officer Charles has become CPR certified along with First Aid and AED.

Daniel grew up with the desire to be in the Public Safety field because of his strong drive to help others, and to be a positive force in the community.

His father was military, and is currently practicing law enforcement in Minnesota.

Officer Charles likes working at Public Safety for many reasons. It allows him to get great experience and training, that other agencies do not provides. Working in an education environment gives him an opportunity to work with diverse staff, which have all proven to be great people. He also enjoys working at Public Safety because it is a great way to become integrated and connected with others in the field and to learn from the very experienced command staff.

Daniel plans to pursue law enforcement, and work towards a Private Investigations license. Daniel has always had a natural inquisitive nature, which has driven his passion to pursue investigations.



Cadet King and Cadet Charles

Daniel sees himself in the next five to ten years beginning his own Private Investigations business, while continuing his duties at Lane Community College. Daniel plans to continue to immerse himself in the community and community projects. Daniel looks forward to settling down and having a family as well.

Daniel is passionate about Rugby Football. He is currently the President of the non-profit, Eugene Rugby Football Club. Daniel also enjoys exploring the outdoors, and playing all other sports. Daniel likes reading, gaming, cooking, and watching his favorite television shows (The Walking Dead, Dr. Who, Anime).



Cadet Charles during ASR training.



Cadet Charles practicing knee strikes with Jr. Cadet Wilson



## Active Shooter Violent / Actor Training

**Interested in Active Shooter/  
Violent Actor Training for your department?**

Call Public Safety at 5558, if you are  
interested in setting up a 1 hour training  
session with Public Safety.

The training is both in classroom, and  
live action/roll playing.



## **WARMING SHELTER!**

Temperatures are dropping again, as we move  
into more Fall-like weather. The Egan Warm-  
ing Center sponsored by Lane Community Col-  
lege will be available again this Fall/Winter.

When is it open? Any time temperatures drop  
below 30 degrees F the center will be open from  
8:00 PM to 8:00 AM.

Where at? LCC Main Campus Building 4  
Room 104. Egan Warming Center also has nu-  
merous locations in Lane County, for a full list  
visit their website. (Link below)

Interested in volunteering? If interested please  
submit an electronic request on the Egan  
Warming Center website.

<http://eganwarmingcenter.com/home.html>

**SEE SAY  
SOMETHING SOMETHING**

## **HAZMAT TEAM RECRUITING VOLUNTEERS;**

### **TRAINING PROVIDED**

Lane's Hazmat Team is looking for volunteers who are interested making a difference in the event of a hazmat emergency. The Hazmat Team was developed this year under the supervision of Cpl. Chris Hanneson in Public Safety. The team will be responsible for responding to any incidents involving harmful or hazardous chemicals on LCC properties. Cpl. Hanneson has been to extensive trainings taught by FEMA, Homeland Security, OSHA and other agencies, and is prepared to train a team of volunteers to be ready and equipped to help in a hazmat emergency event at Lane. If this opportunity sounds like a good fit for you, and you would like more information, or if you are interested in volunteering, please call Public Safety at (541) 463-5558, or e-mail Cpl. Hanneson at [hannesonc@lanecc.edu](mailto:hannesonc@lanecc.edu)





# CALLS FOR SERVICE

**\*SELECT CASES FROM OCTOBER, 2015**

<p>October 01, 2015</p> <ul style="list-style-type: none"> <li>× Abandoned vehicle—Lot B</li> <li>× Possession of a controlled substance - Building 17</li> <li>× Medical emergency—Health Clinic</li> <li>× Dog at large—Building 10</li> </ul>	<p>October 09, 2015</p> <ul style="list-style-type: none"> <li>× Skateboarder—Lot N</li> <li>× Harassment—Building 13</li> <li>× Public assist—Building 24</li> <li>× Follow up/behavioral issues—Main Campus</li> </ul>
<p>October 02, 2015</p> <ul style="list-style-type: none"> <li>× 911 hang up/welfare check—Gonyea</li> <li>× Suspicious vehicle—Lot D</li> <li>× Suspicious subject—Building 1</li> </ul>	<p>October 10, 2015</p> <ul style="list-style-type: none"> <li>× Suspicious conditions—Main Campus</li> <li>× Suspicious conditions—DTA</li> </ul>
<p>October 03, 2015</p> <ul style="list-style-type: none"> <li>× Trespass—DTA</li> <li>× Suspicious conditions—Building 2</li> </ul>	<p>October 11, 2015</p> <ul style="list-style-type: none"> <li>× Suspicious conditions—Umpqua CC</li> <li>× Public assist—Lot N</li> </ul>
<p>October 04, 2015</p> <ul style="list-style-type: none"> <li>× Welfare check—DTA</li> <li>× Suspicious vehicle—South Access Rd</li> </ul>	<p>October 12, 2015</p> <ul style="list-style-type: none"> <li>× Hit and run—Lot C</li> <li>× Suspicious subject—Building 12</li> </ul>
<p>October 05, 2015</p> <ul style="list-style-type: none"> <li>× College policy violation—Main Campus</li> <li>× Suspicious conditions—Building 1</li> <li>× Loitering—DTR</li> <li>× Agency assist/assault—DTR</li> <li>× Suspicious conditions—Center Building</li> <li>× Hit and run—Lot L</li> </ul>	<p>October 13, 2015</p> <ul style="list-style-type: none"> <li>× Hit and run—Gonyea / 30th</li> <li>× Public intoxication—Building 1</li> <li>× Disabled vehicle—Lot L</li> <li>× Skateboarder—Building 3</li> <li>× Welfare check—Building 4</li> <li>× Hit and run—Lot C</li> </ul>
<p>October 06, 2015</p> <ul style="list-style-type: none"> <li>× Medical emergency—Building 10</li> <li>× Theft—Building 12</li> <li>× Medical emergency—Building 5</li> <li>× Welfare check—Building 19</li> </ul>	<p>October 14, 2015</p> <ul style="list-style-type: none"> <li>× Hit and run—Lot L</li> <li>× Suspicious subject—Flight Tech.</li> <li>× Theft—Main Campus</li> <li>× Distribution of controlled substance—DTR</li> </ul>
<p>October 07, 2015</p> <ul style="list-style-type: none"> <li>× Public assist—Building 1</li> <li>× Suspicious conditions/weapons—Lot M</li> <li>× Verbal altercation—Building 17</li> <li>× Suspicious conditions—DTA</li> <li>× Harassment—Building 13</li> <li>× Suspicious condition—Building 31</li> </ul>	<p>October 15, 2015</p> <ul style="list-style-type: none"> <li>× Distribution of controlled substance—DTR</li> <li>× Theft—Main campus</li> </ul>
<p>October 08, 2015</p> <ul style="list-style-type: none"> <li>× Suspicious vehicle—Umpqua CC</li> <li>× Disorderly conduct—DTR</li> <li>× Suspicious conditions—Lot B</li> <li>× Threats—Building 1</li> <li>× Welfare check—Building 11</li> <li>× Medical emergency—Building 16</li> <li>× Medical emergency—Health Clinic</li> </ul>	<p>October 16, 2015</p> <ul style="list-style-type: none"> <li>× Harassment—Building 10</li> <li>× Hazmat incident—Lot M</li> <li>× Threat—Building 10</li> <li>× Suspicious subject—Flight Tech.</li> <li>× Suspicious subject—Umpqua CC</li> <li>× Suspicious conditions—Umpqua CC</li> <li>× Suspicious subjects—Umpqua CC</li> </ul>

# CALLS FOR SERVICE

**\*SELECT CASES FROM OCTOBER, 2015**

<p>October 17, 2015</p> <ul style="list-style-type: none"> <li>× Medical accident—Track Bowl</li> <li>× Suspicious vehicle—Umpqua CC</li> <li>× Public assist—Umpqua CC</li> </ul>	<p>October 23rd, 2015</p> <ul style="list-style-type: none"> <li>× Disabled vehicle—Umpqua CC</li> <li>× Suspicious vehicle—Umpqua CC</li> <li>× Suspicious subject—Umpqua CC</li> <li>× Threats—Umpqua CC</li> <li>× Suspicious conditions—Building 16</li> <li>× Medical emergency—Soccer Bowl</li> <li>× Hit and run—Lot N</li> </ul>
<p>October 18, 2015</p> <ul style="list-style-type: none"> <li>× Trespass—DTA</li> </ul>	<p>October 24th, 2015</p> <ul style="list-style-type: none"> <li>× Noise complaint—Down Town Residence</li> <li>× Fire alarm—Down Town Residence</li> </ul>
<p>October 19, 2015</p> <ul style="list-style-type: none"> <li>× Medical emergency—Building 5</li> <li>× Suspicious subject—Building 4</li> <li>× Theft report—Building 13</li> <li>× Threat assessment—Main Campus</li> <li>× Welfare check—Building 2</li> <li>× Found contraband/pills—Building 1</li> <li>× Medical emergency—Umpqua CC</li> </ul>	<p>October 25th, 2015</p> <ul style="list-style-type: none"> <li>× Criminal mischief—Down Town Residence</li> <li>× Suspicious conditions—Down Town Academic</li> <li>× Trespass—Down Town Center</li> <li>× Safety hazard—Titan Court Residence</li> <li>× Suspicious conditions—Building 5</li> <li>× Suspicious conditions—Building 17</li> </ul>
<p>October 20th, 2015</p> <ul style="list-style-type: none"> <li>× Possession of a controlled substance—Building 19</li> <li>× Suspicious conditions—Building 5</li> <li>× Animal welfare check—Umpqua CC</li> <li>× Escort—Umpqua CC</li> <li>× Medical welfare check—Umpqua CC</li> <li>× Suspicious conditions—Building 17</li> <li>× Suspicious conditions—Building 4</li> <li>× Fire alarm—Down Town Residence</li> </ul>	<p>October 26th, 2015</p> <ul style="list-style-type: none"> <li>× Noise complaint—Down Town Residence</li> <li>× Medical accident—Building 3</li> <li>× Suspicious conditions—Lot N</li> <li>× Medical emergency—Building 5</li> </ul>
<p>October 21st, 2015</p> <ul style="list-style-type: none"> <li>× Suspicious subject—North Access Rd</li> <li>× Suspicious subject—Center Building</li> <li>× Suspicious subject—Flight Tech/Airport</li> <li>× Theft—DTC</li> <li>× Suspicious subject—Down Town Academic</li> <li>× Medical emergency—Building 27</li> <li>× Theft—Umpqua CC</li> </ul>	<p>October 27th, 2015</p> <ul style="list-style-type: none"> <li>× Fire alarm—Down Town Residence</li> <li>× Suspicious subject—Lot L</li> <li>× Suspicious conditions—South Access Rd</li> <li>× Suspicious conditions—South Access Rd</li> <li>× Graffiti—Building 16</li> <li>× Fire alarm—Down Town Residence</li> <li>× Odor investigation/marijuana—Down Town Res.</li> </ul>
<p>October 22nd, 2015</p> <ul style="list-style-type: none"> <li>× Suspicious subject—Umpqua CC</li> <li>× Threats—Building 10</li> <li>× Animal welfare check—Lot L</li> <li>× Suspicious conditions—Building 5</li> <li>× Fire alarm—Down Town Residence</li> <li>× Suspicious subject—Umpqua CC</li> </ul>	<p>October 28th, 2015:</p> <ul style="list-style-type: none"> <li>× Fire alarm—Down Town Residence</li> <li>× Hazmat incident/gas leak—Building 11</li> <li>× Fire alarm—Down Town Residence</li> </ul>



# CALLS FOR SERVICE

\*SELECT CASES FROM OCTOBER, 2015

<p>October 29th, 2015</p> <ul style="list-style-type: none"> <li>× Disabled vehicle—30th Ave/Gonyea</li> <li>× Hit and run—Lot N</li> <li>× Suspicious subject—Building 1</li> <li>× Theft—Building 10</li> </ul>	<p>October 30th, continues:</p> <ul style="list-style-type: none"> <li>× Damage to college property—Building 6</li> <li>× Suspicious person—Center Building</li> <li>× Suspicious conditions—Library</li> </ul>
<p>October 30th, 2015</p> <ul style="list-style-type: none"> <li>× Traffic hazard—30th Ave/Gonyea</li> <li>× Suspicious conditions—Lot L</li> <li>× Medical/overdose—Lot N</li> </ul>	<p>October 31st, 2015:</p> <ul style="list-style-type: none"> <li>× Fire alarm—Down Town Residence</li> </ul>

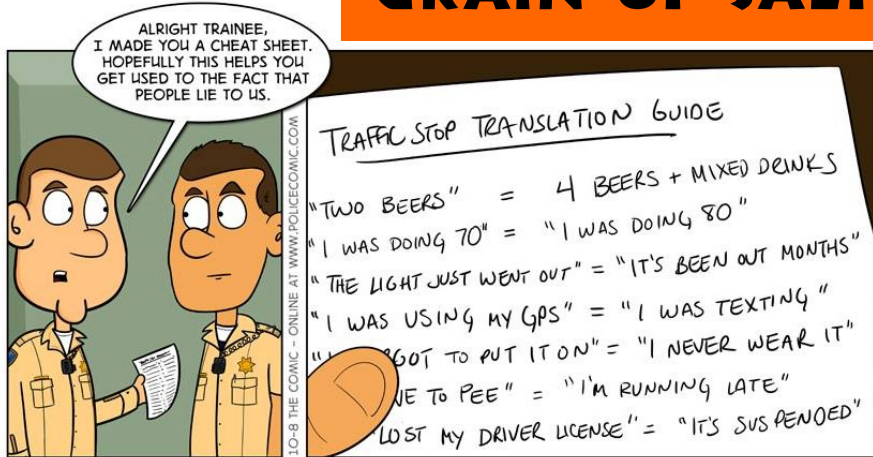


## HEALTH TIP! By, Officer Miller

Throughout time humans have ate more in the fall because the crops were full and it was time to harvest. Another reason for overeating can be linked to seasonal depression, during periods of the year when there isn't much light outside people tend to get depressed, and overeat. Eating sweet foods and comfort foods has helped people cope with their depression. Light therapy has also been proven to help. Fortunately for us the vegetables we harvest in the fall contain all the vitamins and nutrients we need to balance the hormones and feelings of depression. This includes potatoes! Check out <http://www.active.com> for more info!



## GRAIN OF SALT



Your feedback is valuable! I encourage suggestions, and welcome questions and comments. Please, feel free to send an email to: [kroekers@lanecc.edu](mailto:kroekers@lanecc.edu).

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