


Date	Theme Bucket	Post Copy	Link	Visual
11/3	Partner	#DYK: Corvallis is one of the best cities in the nation for bicycling? Congrats to Corvallis for connecting their community with safe routes to bike. (tag Linn Benton HEA)		post only collage from: <a href="https://www.dropbox.com/sh/hn9m5ekepqqagbhc/AABU-xMr6OWiMzOpMDLNwdxLa?dl=0">https://www.dropbox.com/sh/hn9m5ekepqqagbhc/AABU-xMr6OWiMzOpMDLNwdxLa?dl=0</a>
11/10	Seasonal (Native American Heritage Month)	It's Native American Heritage Month. A good time to talk about the challenges Native American communities face, both historically and in the present, and the ways tribal leaders work to conquer these challenges. @ScottKalama is one of these leaders. Watch his video:		Scott Kalama video
11/11	Industry Practices	#ICYMI: 50 years of newly released documents show the sugar industry played down the link between sugar and heart disease and pointed to fat as the culprit instead. Does this surprise you?	<a href="http://www.nytimes.com/2016/09/13/well/eat/how-the-sugar-industry-shifted-blame-to-fat.html?smprod=nytcore-iphone&amp;smid=nytcore-iphone-share&amp;r=0">http://www.nytimes.com/2016/09/13/well/eat/how-the-sugar-industry-shifted-blame-to-fat.html?smprod=nytcore-iphone&amp;smid=nytcore-iphone-share&amp;r=0</a>	
11/14	Seasonal (World Diabetes Day)	#DYK: Eating fruit reduces the risk of diabetes, while drinking fruit juice increases diabetes risk.	<a href="http://placemattersoregon.com/misconceptions/">http://placemattersoregon.com/misconceptions/</a>	

		#worlddiabetesday #placemattersOR		
11/16	Problem	A tip of the walking stick to Molalla, Oregon! @NationalPhysicalActivitySociety named 8 U.S. small towns that are making walking easier. If it can happen in small towns, it can happen anywhere.	<a href="http://portlandtribune.com/mop/157-news/260862-133004-take-a-storywalk">http://portlandtribune.com/mop/157-news/260862-133004-take-a-storywalk</a>	
11/21	Problem	#3 is expected. You might be surprised by #4 and a few others.	<a href="https://www.fastcoexist.com/3062989/50-reasons-why-everyone-should-want-more-walkable-streets">https://www.fastcoexist.com/3062989/50-reasons-why-everyone-should-want-more-walkable-streets</a>	
11/23	Seasonal (Thanksgiving)	After a full day of eating together, where do your family and friends like to play? #optoutside #placemattersOR		
11/28	Problem	Surprising news from the USDA. Oregon is the only state with a recent rise in hunger.	<a href="https://www.facebook.com/ChildrenFirstForOregon/posts/10157473085545331">https://www.facebook.com/ChildrenFirstForOregon/posts/10157473085545331</a>	
11/30	Problem	A tip of the baguette to @PaneraBread!	<a href="https://www.facebook.com/cspinet/posts/10154420804130406">https://www.facebook.com/cspinet/posts/10154420804130406</a>	