



## A-Maizing

Corn mazes proliferate in the area in recent years, to the delight of children of all ages.

Page 12

## Get Dead

Dia de Los Muertos exhibit celebrates cycle of life and death in the South Santiam Gallery.

Page 11



# THE COMMUTER

Wednesday,  
October 26, 2005

A WEEKLY STUDENT PUBLICATION

Volume 37 No. 4

Linn-Benton Community College, Albany, Oregon

www.linnbenton.edu/commuter

## Activist criticizes ongoing Iraq war and loose nukes

Stacey Dean  
The Commuter

Activist and political comedian Ira Shorr spoke Wednesday at the College Center about the war in Iraq and America's problem with the current nuclear climate.

Shorr is the national field director of the Physicians for Social Responsibility, an activist group involved with nuclear proliferation, among other things. His talk was part of the Nagasaki Project, a series of events sponsored by the LBCC Institute for Peace and Justice.

So far, according to Shorr over \$200 billion has been spent on the war in Iraq, including \$1.7 billion from the state of Oregon.

He said that \$1.7 billion could have gone to provide free health care for 485,000 people that couldn't afford it, or 343,000 scholarships for students in Oregon. Shorr added that 33 soldiers from Oregon have died as a result of the conflict in Iraq, and one in four soldiers who return alive have some kind of ailment, whether it is psychological or physical.

CIA agents have said the Iraqi conflict has not slowed terrorism but, "provided training grounds for terrorists," Shorr said, pointing out State Department statistics that show there were three times more attacks in 2004 than in 2003.

"The public is ready to think about alternatives," Shorr went on to say. Stepping up the war effort is not the right answer, Shorr said, adding

that internationalizing the aid and getting troops out in months, not years, is the best way to go about solving this problem. A large presence in Iraq gives the Iraqi people, and those in the surrounding countries, more of an occupied feeling, Shorr said. "There are no shortage of reasons for them to hate us," he added.

Shorr said stopping the threat of nuclear terrorism at its first step, acquiring weapons grade material, is the most important mission.

Islamic law has OK'd the use of nuclear weapons on the United States by calculating the number of Muslim deaths allegedly caused by the United States, which reaches well into the hundreds of thousands, according to Shorr.

He also addressed FEMA's response to the problems with Hurricane Katrina, noting that "incompetence kills." Shorr blamed the climate problems on global warming, which he says the United States is the primary contributor to. Shorr says the

American public either isn't listened to or doesn't know about the problems and solutions to global warming. "If we had a democracy, we'd be in great shape," he quipped.

The last program in the Nagasaki Project is the airing of a docudrama about the threats from loose nuclear weapons and materials. "Last Best Chance" will be shown Wednesday, Nov. 2, in F-104 from 10 to 11 a.m. and again at 1 to 2 p.m. The event is free and open to the public.



photo by Dan Wise

Ira Shorr responds to a question from Army Specialist Eric Shetka, a psychology major and Iraq veteran, at a presentation last Wednesday. Shetka supports this country's actions in Iraq but feels "we should be addressing the problems of loose nukes."

## Weiss recovers from surgery

Melissa Chaney  
The Commuter

After a recent craniotomy, Michael Weiss, long-time history instructor, is now at home recovering and undergoing treatment.

Many might remember Weiss's sudden collapse and seizures of last year, which he

said were misdiagnosed and treated as epilepsy, and were actually caused by the presence of a tumor on his medulla, part of the brainstem. After collapsing in front of a summer-term class, Weiss went to the emergency room on Aug. 29 because of a "splitting headache," which he found was caused by the tumor in the brain. His doctor

Andrea Halliday told him that if he didn't have brain surgery he wouldn't live for another two days.

After his surgery on the 30th, he was transferred first to ICU and later to the oncology floor at the Sacred Heart. Weiss received many visitors while staying at the Eugene Rehabilitation and

► Turn to "Weiss" on Pg. 4

## HAPPY HAUNTS

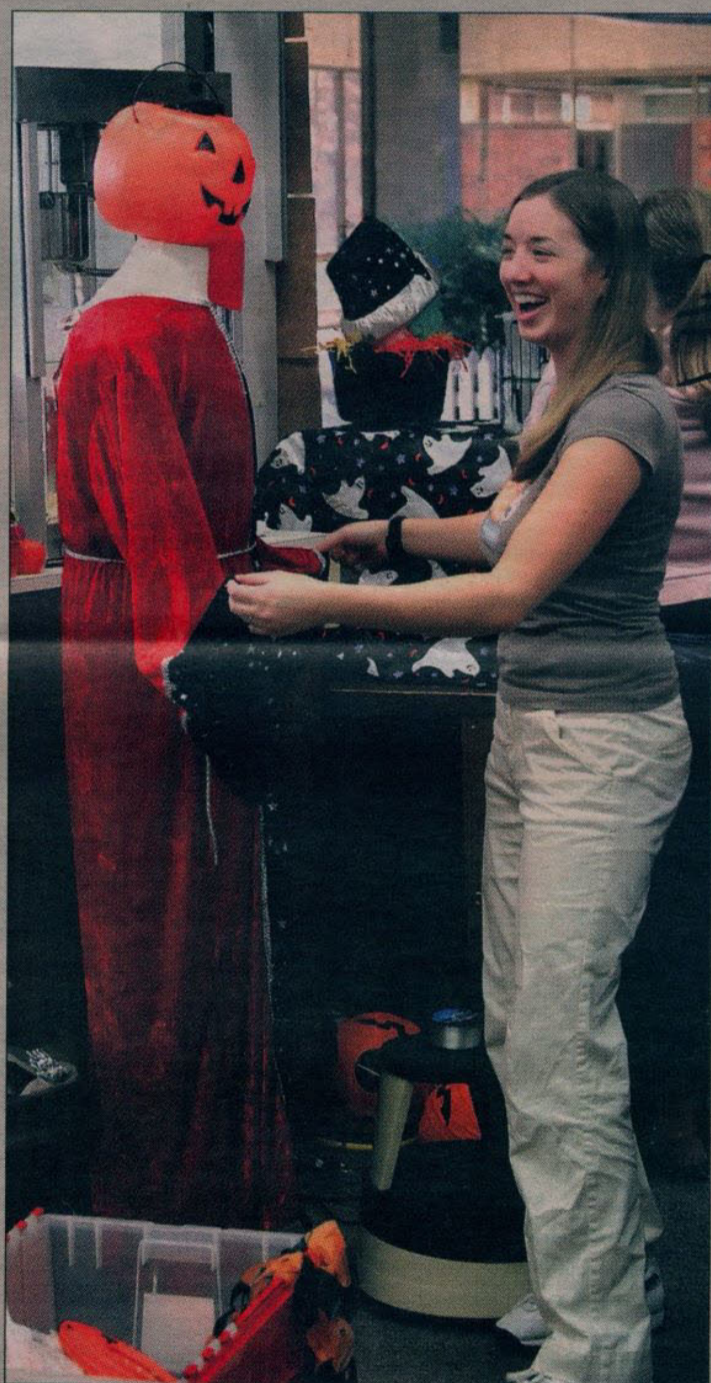


photo by Skyler Edwards

### Linn-Benton Boo-Fest

Val Tibbets, an LB Bookstore employee, spruces up Manny the mannequin in the spirit of Halloween. Costume and decoration contests and a dessert bake-off are part of the annual LB October Celebration this coming Monday in the Commons at 3 p.m. Judging for the bake-off will begin at noon with costumes judged at 3 p.m. Prizes will be awarded to the top three in each event with the desserts being eaten afterward.

### The Weather Through the Week

Source: National Weather Service

### Index

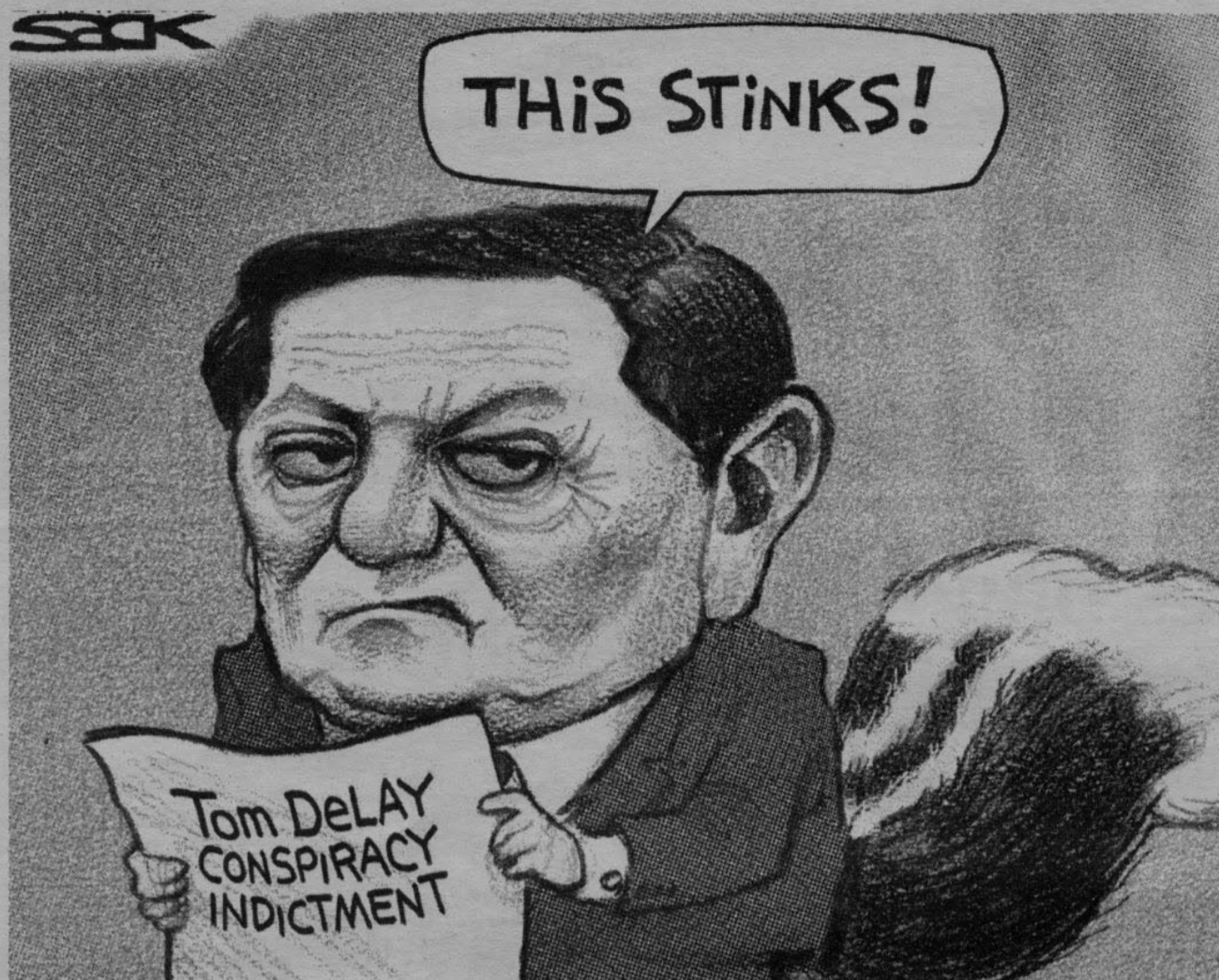
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|                           |         |
|---------------------------|---------|
| Opinion.....              | 2-3     |
| Campus News.....          | 4,5,8,9 |
| Sports.....               | 6-7     |
| Funny Bones.....          | 10      |
| Arts & Entertainment..... | 11      |
| Discovery.....            | 12      |

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# OPINION

Send letters to The Commuter:  
Turn into Forum 222. Please sign them  
and keep them at 300 words or less.



## LETTERS TO THE EDITOR

### Libraries still vital in spite of increase in Web accessibility

To the Editor,

I was surprised when I read this issue and noticed the library cartoon on page 10. I want to thank the cartoonist for suggesting a new Halloween costume to me—a librarian with spider webs coming out of her hair! But I was way too busy helping students in the library. Seriously, I am not "offended" by this portrayal of my chosen profession and of the library nor am I truly laughing my head off. In fact, the Internet has revolutionized information retrieval and communication. It has made information easy to get 24/7. As an information junkie, I love it.

What concerns me in particular is the implication that the library "as place" is not relevant and that your readers may not ever enter the library where there are great books, magazines and newspapers to read—and textbooks, computers, printers, media and yes—helpful staff with no webs in their hair, and no (hair) buns either! Hey, I got a joke for you: What did the spider do inside the library computer? It made a Web page.

Jorry Rolfe  
Department Chair, Library

## Crooks, cronies and more scary thoughts

Walt Hughes  
The Commuter

As the nation watches the latest hurricane, Wilma, travel toward Florida, the new boys in the White House are probably thankful that Mother Nature has given them a slight reprieve from the spotlight. Perhaps it was just God looking to temporarily take some heat off their problems with investigations, indictments, low job approval ratings and the controversy over the Helen Miers nomination for a seat on the United States Supreme Court.

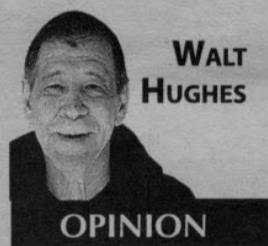
An interesting opinion might be that it looks like George W. Bush and his cronies are trying to pack the United States Supreme Court in a way that will roll back most of the achievements made toward equality and a better standard of living for the citizens of this country during the past 200 years.

At the same time, another interesting opinion would be about something known as "the sunshine laws" that have been passed by many of the states over the years. Those laws make it illegal for elected officials to hold secret meetings. Have you ever noticed that every time things get tight and questions are asked, George W. Bush and his cronies start yelling terrorism with a capital T? They can't tell you this and can't divulge that because of "terrorism," and the "bogeyman" lurks just around

every corner.

An interesting article carried by the New York Times News Service and printed in the Portland Oregonian this past Sunday could bring a little of that secrecy closer to home for LBCC students in the near future.

Do you own or use a computer? If so, it might interest



*Have you ever noticed that every time the going gets tough around Washington, D.C., that great scary word "terrorism" seems to divert everyone's attention in a different direction . . .*

you to know that the federal government is pushing for expanded online surveillance, which will allow them to peek into everything you do, and every e-mail you send on that computer. The Communications Assistance for Law-Enforcement Act of 1994 requires telephone carriers, libraries, universities, cities and Internet service providers like MSN and AOL to start providing Internet access to your computer usage. Companies are expected to comply with this act by 2007.

Once again, that great big scary word "terrorism" is being used as the excuse to cut into and erode your

individual privacy rights as a U.S. citizen. Have you ever wondered why George W. Bush can claim privacy and confidentiality in his conversations with his cronies, yet seems to think that you should not be allowed the same privilege?

If you pay very close attention, you might notice another strange and scary fact.

This past week, Interstate 95 and the tunnels around Boston, Mass., were shut down for hours because of a "terrorist" threat that eventually was found to be erroneous.

Have you ever noticed that every time the going gets tough around Washington,

D.C., that great scary word "terrorism" seems to divert everyone's attention in a different direction, and that it always turns out to be either a plain hoax or some unsubstantiated and convoluted claim from some unnamed individual in another country?

It is only opinion, but Osama bin Laden is probably getting quite a laugh out of the fact that the attacks on the World Trade Center accomplished far more than he ever dared dream. That big scary word "terrorism" has law enforcement officials, and most of the population of the United States jumping at shadows and seeing bogeymen lurking in every dark alley and around every corner these days. He is probably enjoying a hamburger and fries at one of the fast food joints in Peoria, Ill., as he watches this country drive itself further and further into debt while we jump and twitch every time we hear that big, old, scary word, "terrorist."

Unfortunately, there may be some others who take advantage of that as well. Once upon a time in a far-off country some very unscrupulous people rose to power. Using deceit, trickery, and outright treachery at times, they had neighbors watching neighbors, children informing on their parents, and spies for their cause stalking the hallways of hotels and motels, and nearly everywhere else people could congregate. That time the Jews were the bogeymen, and many millions of people died before it was over.

All these years later, doctors, lawyers, schoolteachers, mail carriers, truck drivers, cab drivers and countless others are quietly being instructed on how to inform on anyone that they think might look suspicious.

Does that sound a little bit scary? Combine that fact with The Communications Assistance for Law Enforcement Act and it sounds like every move you make will be monitored.

Is that scary enough? What do you think?

### The Commuter

VISIT THE COMMUTER ONLINE

www.linnbenton.edu/commuter

### STAFF

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 Associated Students of LBCC. Editorials, columns, letters and cartoons reflect the opinions of the authors.

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# OPINION

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 and keep them at 300 words or less.

## Campus security 'working hard to create a safe and secure environment'

**To Editor:**

In reference to the articles and comments published in the Commuter, Volume 37 No. 3:

The "PERSPECTIVES" section was most interesting. I was very appreciative of the fact that the commentary was broadly based. It has been my experience that the general sentiment of the public at large is that Security and Law Enforcement is a) never there when "YOU" need them, b) are there only to hassle someone or c) calling Law Enforcement or Security does not do any good, i.e. the person did not get what they wanted.

It is vital to this discussion to understand a fundamental difference between Law Enforcement and Security. Law Enforcement is reactive, that is to state that Law Enforcement is without authority to intervene unless a crime has been committed. Security is proactive, that is to state that it is a preventive, proactive function. Common to both is enforcement. Unique to Security is the Customer Service or ambassadorial aspects of the profession.

Your readership should be aware that Law Enforcement Officers and Security Officers are certified and licensed by the same governmental entity, the Board on Public Safety Standards and Training. The Certification, licensing and training standards are governed and required by the Oregon Revised Statutes. It should be noted that the college, when recruiting officers has a minimum two-year experience requirement.

The Security Department at LBCC is comprised of some of the most dedicated men and women that I have had the privilege to work with in my 25 plus year career in the protection business. The common thread that binds the department together is the unwavering desire to protect each and every person that is associated with the college. These men and women go forth armed not with a gun, but with their knowledge, skills and positive attitude to serve the whole of the college community and to protect the resources of the college that serves 23,000 people.

We do live in difficult and often trying times. Terrorism threatens our own soil; criminal drug activity invades our communities and threatens our safety and security. A news broadcast seldom occurs where meth related crime is not reported.

Yet, instead of a heightened awareness far too many are willing to pass the buck for their own safety and rely entirely upon someone else. Safety and Security are team functions requiring the entire community to be

active components of that team. Reliance upon the few, regardless of how much skill they may possess is not enough to fully protect an entire community. Everyone must work collectively together to protect. The whole of LBCC is such a community.

I would not wish to live in a society where there is a Police or Security Officer on every corner. I do appreciate a society that is aware of its environment and has the wherewithal to know how to reach needed services in any environment. LBCC Campus Security can be reached from any telephone on campus at 917-4440 or by calling 411. The comment, "I haven't seen any security, and you know it's bad when you have to go and look for them," is very distressing. Great pains have been made to insure that access to Security Services to the entire community is quickly available and responsive 24 hours per day, seven days per week through the entire calendar year.

It is worthy of note to consider the scope of an officer's daily routine. In addition to the average of eight miles of foot patrols conducted on this campus per shift, he or she is assisting students and faculty with door unlocks, vehicle lock outs, jump starts, traffic control, processing lost and found items, locating students, delivering emergency messages, responding to medical and other emergencies, providing first aid as well as processing reports for each event. He must enforce the college's policies and be an ambassador of good will. While fitting this into the average shift he or she is also going to and receiving new training and annually re-certifying other job related skills. You can be assured that if you do not see an officer it is because he is assisting someone in need. The profession is not easy, often thankless and yet very rewarding.

The perceptions of the masses in regard to the average Security Officer, so often promoted by the media as inept, bumbling, high school dropouts with a "wannabe a cop attitude" is unfortunate. Certainly this stereotype exists in the profession, however the dedication of the officers serving the LBCC community with courtesy, professionalism and respect (CPR) extended to each and every person they encounter should be applauded even though some circumstances warrant a hard line.

It is true that it is physically impossible to be everywhere at the same time, we do respond to every problem, work hard to provide a safe and secure environment for everyone and are always just a phone call away.

**Bruce Thompson**  
 Security Manager

### LETTERS TO THE EDITOR

## Women in Black stand in silence to protest war and human rights abuse

**To the Editor:**

Some of you will have noticed a group of women, dressed in black, standing in silence at the SE corner of Tadena Courtyard on Wednesdays at noon. We are part of the international peace movement, Women in Black, first begun in Israel in 1988, and now active in virtually every country in the world.

Women in Black stand in silent vigil to protest war, rape as a tool of war, ethnic cleansing and human rights abuses all over the world. We wear black and stand in silence because we mourn and can find no words to adequately express the tragedy that war and other forms of violence bring.

We are sometimes asked what we hope to achieve by silence in the face of escalating violence and aggression. By making our silence visible together, we achieve a sense of solidarity with people around the world who are often closer to violence. By providing literature and making a public statement, we can help to inform and influence public opinion. Our ultimate goal is to make war an unthinkable option.

Violence is an untenable component of increasingly complex global dilemmas. We are all in this together, and so we stand together with people from all countries



Members of Women in Black stand in silence every Wednesday in the Courtyard supporting victims of war.

in a mute plea for reasoned peace making.

Please join us Wednesday from 11:45 a.m. to 12:30 p.m. at Tadena Courtyard. If you're able, please wear black, but if that is not possible, or if you would like to stand only part of that time, all are welcome.

For more information about the global movement: <http://www.womeinblack.net/>

For local information: [calex@peak.org](mailto:calex@peak.org)

**Carol Alexander**  
 Albany

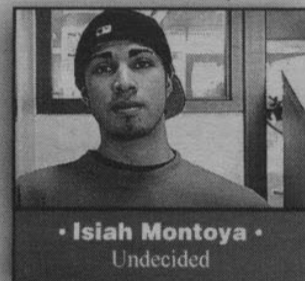
## PERSPECTIVES

### "How do you plan to celebrate Halloween?"



• Maria Hughes •  
 Elementary Education

"I have three kids and we are going to go trick-or-treating and I am helping at their classroom party, too."



• Isiah Montoya •  
 Undecided

"Probably help pass out candy and maybe party a little."



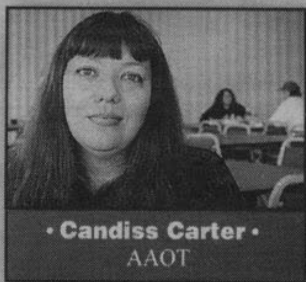
• Candace Massari •  
 Business

"Well, I am working at Jiggles this Halloween, so we'll see what craziness happens."



• Dave Szopa •  
 Auto Technician

"I'm going to Salem to go see a local band, Lunaractive, at the Ike Box."



• Candiss Carter •  
 AAOT

"I have an 11-year-old son, so it will probably center around his celebration, so he will get together with his friends and go trick-or-treating and try to get into as much trouble as he can while I try and prevent that."



• James Hill •  
 Undecided

"If I do anything, I might get together with this kid I hang out with through the mentoring program through the YMCA."

Compiled By Elizabeth Beckham  
 Pictures By Kyla Hoyt

Managing Editor: Jennifer Overholser  
commuter@linnbenton.edu

# CAMPUS NEWS

News about Linn-Benton Community College, including the administration, faculty and students on campus

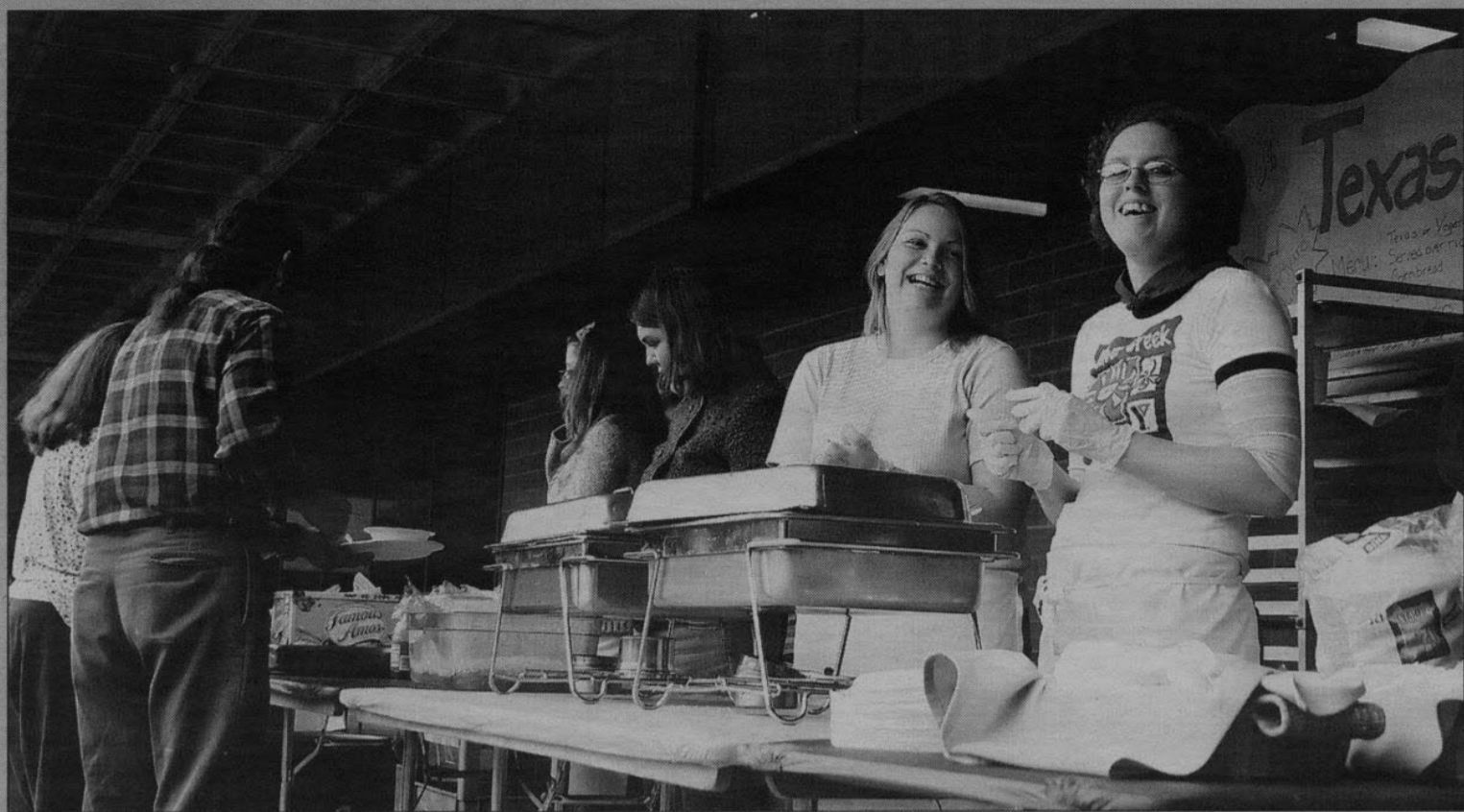


photo by Dan Wise

**Chili Day**  
Kime Scott, an AA transfer major, and Hillary Harnisch, a psychology major, serve up hot Texas-style chili during a cool rainy lunch hour last Wednesday in the Courtyard. The event was a fundraiser for the Campus Ambassadors Christian Fellowship. The Courtyard lunches are one of the methods student clubs and organizations raise funds for their activities. The clubs work with the college's Food Services Department to ensure that health regulations are followed. Today's lunch is veggie enchiladas being served up by the Gay Student Alliance.

## CLASSIFIEDS

### HELP WANTED

\*For more info about the opportunities listed below, please see Carla in Student Employment in the Career Center (Takena 101). Sign up at [www.linnbenton.edu/careerservices](http://www.linnbenton.edu/careerservices). You will have access to lots of jobs and you will also receive emails about jobs.

**Sales Counselors** (#3747, Corvallis) If you are looking for a position in the health industry and like selling healthy products, this position is for you. This is base plus commission, but could make \$30-40,000/year full-time with the right person.

**Custodian** (#3756, Corvallis) Seeking part-time or full-time persons to clean office buildings. Pay is \$9/hr and the hours are afternoons & evenings.

**Operations Technicians** (#3751, Northwest states) Want some adventure in a new place? A 2-year technical degree is preferred in a related field of electronic instrumentation, diesel/diesel-electronic instrumentation and/or aircraft mechanics. Jobs are in Eugene, Oregon, Colorado, Utah, Wyoming, Washington and Idaho.

**Full-time Cook** (#3755, Corvallis) Prepares food in an assisted living community. Full-time: 40 hours a week at \$9.50/hr.

### MISCELLANEOUS

Stay on top of those puzzling Physics or chemistry concepts! When you need clarification, drop by the Learning Center's Science desk.

Here's the Fall Schedule:

Physics & Chemistry: Monday, Tuesday-Friday, 8am-10am

Chemistry only: Tuesday 2pm-4pm, Wednesday 1pm-4pm, Thursday 11am-12pm & 1pm-4pm, Friday 1pm-2pm.

### Deadline:

Ads accepted by 5 p.m. Friday will appear in the following Wednesday issue. Ads will appear only once per submission.

### Solutions

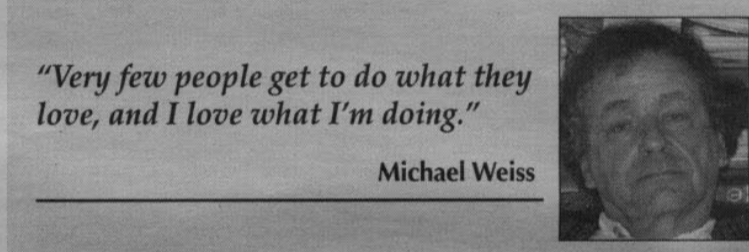
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## Weiss: History instructor appreciates support

◀ from Pg. 1  
Specialty Care center, including friends and faculty from LBCC. "Everybody came," said Weiss. His wife Elaine added, "We had loads of LB support—students sent e-mails, and he loved having visitors."

Weiss left the rehab center on Oct. 10 to return to his home in Eugene and has radiation treatment daily. He is looking forward to his last radiation appointment in the next week or two.

"They [visitors] can still come over," he said, adding that he lives for good news and specific dates.



*"Very few people get to do what they love, and I love what I'm doing."*

Michael Weiss

"I miss 'em terribly," said Weiss about everyone at LBCC. After barely taking any time off during his 16 years at LB, he is looking forward to coming back to school, but has no plans to return winter term. Because of his radiation and chemotherapy, he is tired 100 percent of the time. However, joked Weiss, "I'm

driving Elaine crazy, so you know I'm feeling better."

Weiss said he misses teaching but feels that Sarah Boz, who is taking over his classes

on a part time basis, is doing a very good job. He said that she has visited him in Eugene and they've talked about the class and discussed strategies.

After switching his focus from psychology to history in 1985—a decision many students benefit from—Weiss felt that he had finally chosen the right path for his career and his life.

"Very few people get to do what they love, and I love what I'm doing," said Weiss.

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1-2 P.M., FORUM, F-104

PLAN TO ATTEND THIS IMPORTANT FREE FORUM. DOOR PRIZES WILL BE GIVEN AWAY.

Prizes donated by the LBCC Bookstore.

For more information, contact Matthew Hamel, 917-4463 in the Student Life & Leadership Office.

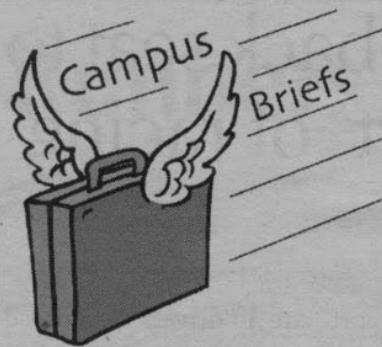
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# CAMPUS NEWS

News about Linn-Benton Community College, including the administration, faculty and students on campus.



## More wireless access added to campus

Steven Farrens  
 The Commuter

Many students use laptop computers now, and with most new laptops pre-installed with wireless capabilities, a future of Internet use through wireless access routes from the LBCC campus, and the city of Albany, may come quickly.

Last year, LBCC added wireless Internet access points for students in the Commons, LRC and the library. A year later, the majority of the main campus is now covered from these and other access points, allowing students the convenience and freedom to work on homework wherever they feel comfortable.

For many students, the most comfortable new environment to access the Internet is found in the Student Lounge and Hot Shot.

The room feeds off the library access point, and allows students to multi-task between homework and pool, television and coffee.

Mike Nielson, the Hot Shot manager, adds that the number of Internet users within the Hot Shot has increased dramatically. "The numbers have gone through the roof."

During the summer, the same one or two users would log on to the T1 connection each day; now, a different one or two wireless browsers use the facility each day.

In addition to the student lounge, LBCC students can find more access points around campus this year. According to Ann Adams, director of Information Services, both Takena Hall and the Health Occupations Building have new access points to the

wireless system. Also, the North Santiam Hall Building, which opens for students next term, will offer wireless Internet access.

LBCC is also looking toward the city of Lebanon as a possible example for its wireless services in the future. Lebanon, in cooperation with Valnet & Design Systems and Cisco Systems, is currently offering a wireless connection throughout the entire city, including the LBCC branch. Users are allowed ten free hours of service per month, and can purchase more time online at their convenience.

If the Lebanon test-run is successful, the LBCC campus, and possibly the entire city of Albany, may become completely wireless accessible. Currently, access to the Internet through LBCC is free, pulling in the majority of traffic between 10 a.m. and 2 p.m.

### Holiday Food Drive

The 17th annual LBCC Thanksgiving Food Drive began Monday and will continue until Nov. 17. Non-perishable, current dated food may be placed in any of several boxes located around campus, and donations of cash or checks (made out to AAWCC) should be sent to Renee Windsor in the President's office. AAWCC and the Independent Association of LBCC Classified Employees sponsor the food drive.

### October Celebration

The October Celebration will take place Monday, Oct. 31 at 3 p.m. in the Commons. One can take part in one or all of the contests: Office Decorating, Costume and Dessert Bake Off. Many prizes will be awarded to both staff and students. See the October Celebration flyer attached for more details.

### Cooke Scholarships

The Jack Kent Cooke Foundation is accepting applications for the largest scholarships for community college students and recent alumni. The Undergraduate Transfer Scholarship Program helps students transfer to a four-year college and offers up to \$30,000 per year for the length of the undergraduate degree. Approximately 30 scholarships will be awarded in the United States. Jorry Rolfe, LBCC's faculty representative, who can be contacted at 917-4649, must nominate candidates for LBCC. Application materials are available at [www.jackkentcookefoundation.org](http://www.jackkentcookefoundation.org). The deadline for applications is Feb. 1, 2006.

### Ofrendas Workshop

From 1 to 2 p.m. on Thursday, Oct. 27 students are invited to the Multicultural Center to learn how to decorate traditional ofrendas (altars). Students from Spanish classes will be making an ofrenda, and there will be a public ofrenda to decorate.

### Evacuation Drills

An evacuation drill will be held today on campus at 1:45 p.m. and at 7 p.m. Evacuation drills are held every year during the last week of October. Drills were held at the other LBCC campuses earlier in the week.

### Bookstore Hours

Effective Monday, Oct. 24 the campus bookstore will be open from 8 a.m. to 4:30 p.m. The hours will be extended for the first two weeks of each term.

## Student ambassador shares Mazatlan culture as part of new series

Maria Gonzalez  
 The Commuter

Last Wednesday at the Multicultural Center a group of students and faculty members of LBCC gathered for the presentation of Mercedes Gutierrez, the student ambassador for Latino/Latina Outreach from Mazatlan, Mexico.

During this event, Jason Miller, Multicultural Center coordinator, served soft drinks and popcorn, while Gutierrez shared her culture, memories and good places to eat and have fun. She also shared ways to learn about life in another part of the world.

She explained that the beach town of Mazatlan is located on Mexico's northern Pacific Ocean in the state of Sinaloa, and she described the warm weather and

diverse economy.

While Gutierrez spoke, the audience was shown pictures of the old historic district, hotels, beaches, discotheques and bars, the cathedral, the meat market and the malecon (similar to a ocean boardwalk district).

Once the presentation was over, Jackie Lovell said, "When we went to Mazatlan in the 80s we took the country tour."

Gutierrez replied that the country tour "is a trip from Mazatlan through small villages and it ends in Copala. That old mining town has some little shops and a nice restaurant owned and managed by Daniel, an American that has lived for many years there.

His restaurant is very popular and famous for the Mexican-American food and banana cream pie."

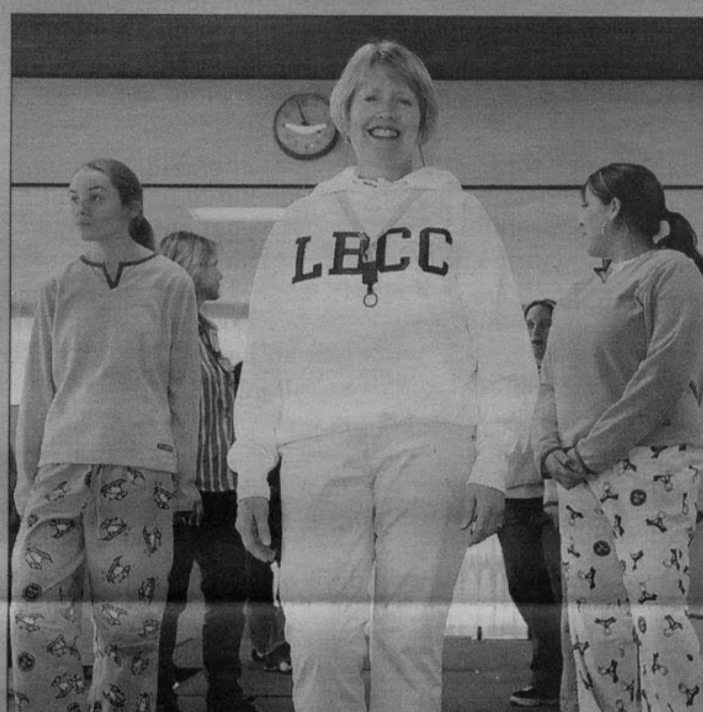


photo by Colleen Franzoia

### Dressing Up

The LBCC Bookstore held their annual fashion show in The Commons last Wednesday. Bookstore employees Ginger Hainz (center) sports an LBCC logo sweat shirt, while Erica Hennig (left) and Rebecca Ortiz (right) model loungewear by "Life is Good."

## Taqueria Alonzo

Mexican Restaurant

Located at

**Two Rivers Market**  
 250 SW Broadalbin #107  
 Albany, OR 97321  
 (541) 812-1311



### Dos Arbolitos

Also try our other location...

590 Main Street  
 Lebanon, OR 97355  
 (541) 258-5798

COMMUNITY

# COAT DRIVE

October 17 - November 7, 2005

Bring your clean, good-conditioned, warm jackets and coats to any drop-off location listed to the right. Coats will be distributed by LBCC Student Ambassadors to various organizations to bring the less fortunate a warm and healthy winter. So, come and give to a good cause.

Linn-Benton  
 COMMUNITY COLLEGE

DROP-OFF LOCATIONS:

STUDENT LIFE & LEADERSHIP OFFICE

TAKENA HALL

BENTON CENTER

LEBANON CENTER

SWEET HOME CENTER

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# SPORTS

Coverage of competitive and recreational activities at LBCC, as well as from around the state and nation.

## NASCAR drivers deserve to be called athletes

**Jake Rosenberg**  
 The Commuter

What are the criteria needed to be considered an athlete? Generally, an athlete shapes or conditions his or her body in order to meet the physical demands of their competitive sport. If this is true, then why do so many people not consider NASCAR drivers athletes?



**JAKE ROSENBERG**

Welcome to the 21st century of athletics. Today's professional sports require only the most dedicated participants within a team to have success, and it is no different in the extremely competitive world of motor sports.

Every member of a NASCAR racing team, from driver to pit crew, trains extremely hard during a work-week in preparation. The majority of drivers and pit crew personnel have

daily workouts, lift weights and run 15-25 miles a week. This is not just in order to fit their bellies behind the steering wheel or make their vehicle lighter in order to take left turns easier. It is because the average day at the track makes very strenuous demands on the human body.

Over a four-hour period (with no bathroom break) of guiding a 4,000-pound machine in 170-degree heat (at the floorboards) at over 200 miles-per-hour, inches apart from 42 others with the same objective, the average driver's heart-rate ranges between 120 to 150 beats-per-minute (80-85% of a human's maximum capability), while he loses anywhere from five to 10 pounds of water weight from sweating. This is equivalent to that of a marathon runner or a long-distance swimmer.

No other athlete in the world has to worry about hitting the wall while absorbing 120 G's, something only astronauts and jet-fighter pilots know what it feels like.

While a four-second 40-yard dash or 300-pound bench press isn't a necessity for them, professional race car drivers have to be both physically and mentally tough as well as possess the reflexes, concentration and precision of a surgeon.

## FACE OFF



KRT photo

**It takes nearly four hours to decide the winner between 43 stock cars racing an average of 500 miles every Sunday. There are 36 points events over a season that determine the champion, with the final 10 races, known as the Chase for the Cup, acting as NASCAR's version of a playoff system. As America's largest spectator sport, NASCAR gets a lot of attention regarding the question as to whether drivers should be considered athletes.**

## Drivers take back seat to cars in 'sport' of racing

**Neal Jones**  
 The Commuter

Is driving a car considered a sport? Are all drivers considered athletes? Well I would have to say that if it is a sport, NASCAR is the most boring one.

The Olympics are sports with real athletes. They train and train, pushing their body to new limits. I think pushing the limits of your body makes a sport a sport. But drivers on a racecar track? Wouldn't that be pushing cars to the limits, pushing technology and development to the limit? Racing advances with the cars advancement.

In sports like football, the athlete is advancing. The players are bigger, stronger, faster and all built like machines.

Race driving puts more emphasis on equipment than athletes? In basketball the only equipment is the ball and hoop. The excitement comes with the athletes and how they play. In NASCAR, the car gets souped up with all the new engine upgrades. The car is the one that gets all the new parts. The car most able to win has little to do with the drivers.

All the emphasis is put on the most boring things, like pit stops. The only thing more boring than a pit stop is hearing the analysis of one. The crew is one of most important things. Who's to say the best crew can't beat better drivers.

So who are the real athletes, the crew or the drivers? The crew is the one hustling, and lifting things, which sounds more athletic than driving.

All I know is they need to have less laps for more excitement. A race lasts way too long. The most important race doesn't even take place in the same season as all the races that build up to who can race in the big race. I don't understand that.

I don't think racing has anything to do with athletics. The best driver might get an F in gym class. C'mon now—NASCAR, can that be considered a sport?



**NEAL JONES**

## Math instructor competes in first Portland Marathon

**Bryan Edwards**  
 The Commuter

**A**ngela Martinek, a Linn-Benton math instructor, completed her first marathon in Portland on Sunday, Oct. 9.

Martinek, who has been running for the past four years, was surprised at her time of 4:23:59, with a pace of under 10 minutes per mile.

"At Mile 19 I questioned myself why I was doing this. It just seemed like one long stretch of nothing," Martinek said.

Mile 19 can make or break a marathon runner. Here is where men who wear cotton instead of polyester shirts get the

*"At Mile 19 I questioned myself why I was doing this. It just seemed like one long stretch of nothing."*

Angela Martinek



problem of bleeding nipples and sides. The abrasion of cotton wears down the skin, causing streams of blood to soak through. Puking is also a common sight at Mile 19.

Martinek found the right training program for her on the Internet. Hal Higdon, at [www.halhigdon.com](http://www.halhigdon.com), designs running programs to fit different people's needs.

She found an 18-week plan and followed a strict schedule, training alone.

The only other organized run she has participated in was the Butte to Butte in Eugene, which was 10 kilometers long.

The Portland Marathon, which Runner's World considers "the best people's marathon in the West," started at 7 a.m. last Sunday.

With an estimated 10,000 participants, it took as long as 20 minutes to cross the starting line.

People traveled from all over the globe to run 26.6 miles through the streets of Portland. 19 aid stations were placed under two miles apart throughout the race. The aid stations included water, sports drinks, Gummi bears, energy gel, and Red Bull energy drink.

The winner of the men's division was John Lucas, age 25, from Eugene. He had a time of 2:26:28 with a pace of 5:35 per mile. The women's division winner was hometown hero Yumiko Minato from Portland. Her time was 2:44:30, with a pace of 6:16 per mile.

## Hockey returns to ice with renewed interest and new rules

**Jake Rosenberg**  
 The Commuter

**L**ess than three weeks into the 2005-06 National Hockey League season, scoring and excitement are up and, more importantly, so is attendance.

This 15-month off-season prompted NHL Commissioner Gary Bettman to make changes in the rules aspect of the game as well as the financial side following the lockout that eliminated the entire 2004-05 season. Gone are the two-line pass, 12-inch goalie leg pads and games ending without a winner. A five-minute four-on-four overtime period will take place if a winner is not decided after the first 60 minutes of regulation. If needed, a shootout will decide which team gets two points for the victory and one point for the overtime or shootout loss.

Officials have also been ordered to lower their



KRT photo

has been tallied, which is considerably higher than the 4.5 put up during the 2003-04 campaign. Fans have responded with an increase in ticket sales as 25 of the 30 teams sold out there opening home games.

Owners continue to smile with the introduction of

tolerance for hooking and crosschecking as well as emphasizing harsher penalties for fighting. New rules concerning off-sides and icing are also expected to have an impact as the NHL feels it will increase the speed of the game.

So far, the league has found the rule changes to be quite positive. An average of 6.4 goals-per-game

has been tallied, which is considerably higher than the 4.5 put up during the 2003-04 campaign. Fans have responded with an increase in ticket sales as 25 of the 30 teams sold out there opening home games.

the new salary cap that will supposedly drop the \$1.83 million annual player's salary down an estimated 12 percent. But even with increased ticket sales and lower player salaries, owners will find it hard to replace income lost through television revenue.

NBC replaces ABC for network privileges and the Outdoor Life Network takes over cable rights from ESPN after they declined to pick up the contract option. OLN, a Comcast owned channel, is only available in 64 million households in the United States compared to the 90 million of ESPN.

Ratings were never very high for regular season contests, but the drop in availability are expected to affect late-season telecasts for NBC and the playoff game ratings for both Networks.

In response to this threat, Comcast has agreed to launch a 24-hour NHL channel within the next two years to help spark interest in the future.

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# SPORTS

Coverage of competitive and recreational activities at LBCC, as well as from around the state and nation.

## Runners tame Cougars but bow to Saints

**Caleb Hawley**  
 The Commuter

The Runners split their contests in last week's but still managed to stay on top of the NWAACC Southern Division title. Wednesday the Runners took on the Clackamas Cougars, which became more a dismantling than a game.

The Runners got the ball rolling early with two kills from Erika Nay and a kill from Kathy Gellatly, Monica Samsa and Chelsea Hartman. Also in the stretch were

a couple big blocks from Samsa and Tara Messner. After the little scamper of points the Runners held an 11-7 lead that would not be relinquished.

As the game rolled on the Runners capitalized on several Cougar mistakes at the net and at the serving line. An 8-2 run that LB put on later in the game was too much for the Cougars. LB went on to win the game by a score of 30-19.

The second game was even bigger for the Runners. LB started a little shaky with the first few points, but that would soon be forgotten. A 14-2 surge that was ignited by two consecutive kills from Nay put the ball back in LB's court. Also adding fuel to the fire during the run was Jennifer Basset with a big kill, Gellatly with two kills and Hartman with three consecutive aces. After holding a 14-7 advantage, the Cougars made a late push. This late thrust was snuffed out swiftly by 10 consecutive LB points to end the game at 30-16. The Runners refused to give any ground by staying on the offensive, winning the serving battle and by winning the long rallies.

The third and final game was the closest of the three. Even with the game so close, the Runners seemed to be in complete control. Kills, digs, blocks and assists were distributed evenly as the entire team played in the final game. No matter who entered the game the chemistry was right. A late 8-3 run in the game solidified the match victory with the final game's score at 30-26.

"The whole team played, everyone got in and everyone was key, everyone stepped up tonight," said Nay comment-

ing on the team's success.

Two days after their dominant win at home, the Runners traveled to Gresham to take on the Mt. Hood Saints. The game was not as easy as Wednesday's game. The Saints kept the Runners off-balance and confused all night.

The first game was all Saints. The Runners' big guns were not hitting on all cylinders with Mt. Hood digging nearly every spike. The Saints stayed on the offensive the whole game keeping LB in check taking a 30-21 game victory.

Coming out in the second game the Runners appeared determined to avenge the first game loss. LB seemed to be in early control with an 8-2 surge to open the game. LB's hopes for turn-

ing the match around were soon extinguished when the Saints won a big rally point to swing momentum into their favor.

From that point on the Saints just chipped away at the lead little by little until they took the lead at 20-19. After another Saint point, Nay and Gellatly slammed down back-to-back monster kills to tie the game. Once again the Saints stole the momentum that was leaking towards LB by way of a 7-0 burst. From here on the Runners were playing catch-up, and just didn't have enough left in the tank as they went down in the second game by the score of 30-27.

The Runners narrowly escaped a three game sweep with a victory in the third game. This game was a very sloppy game on the part of both teams. Each team committed countless errors all around the floor. With both teams giving points away, one big run decided the game. A 10-3 run that was jump-started by a thundering Hartman kill set up by Samsa gave LB the edge they needed to take control of the game at 18-12. The Runners kept the Saints at bay the rest of the game as LB would win game 30-26.

The fourth game would be the final game with the Saints taking over. The Runners briefly held leads at 9-8 and at 16-15. Other than that, the Saints were in total control of the game. LB was the victim of two short runs that put the Saints

| ROADRUNNER SCOREBOARD       |        |         |
|-----------------------------|--------|---------|
| Southern Division Standings |        |         |
| Team                        | League | Overall |
| 1. Linn-Benton              | 7-3    | 25-8    |
| 2. Mt. Hood                 | 7-4    | 21-10   |
| 3. SW Oregon                | 6-4    | 21-8    |
| 4. Chemeketa                | 3-6    | 18-13   |
| 5. Clackamas                | 2-8    | 17-17   |

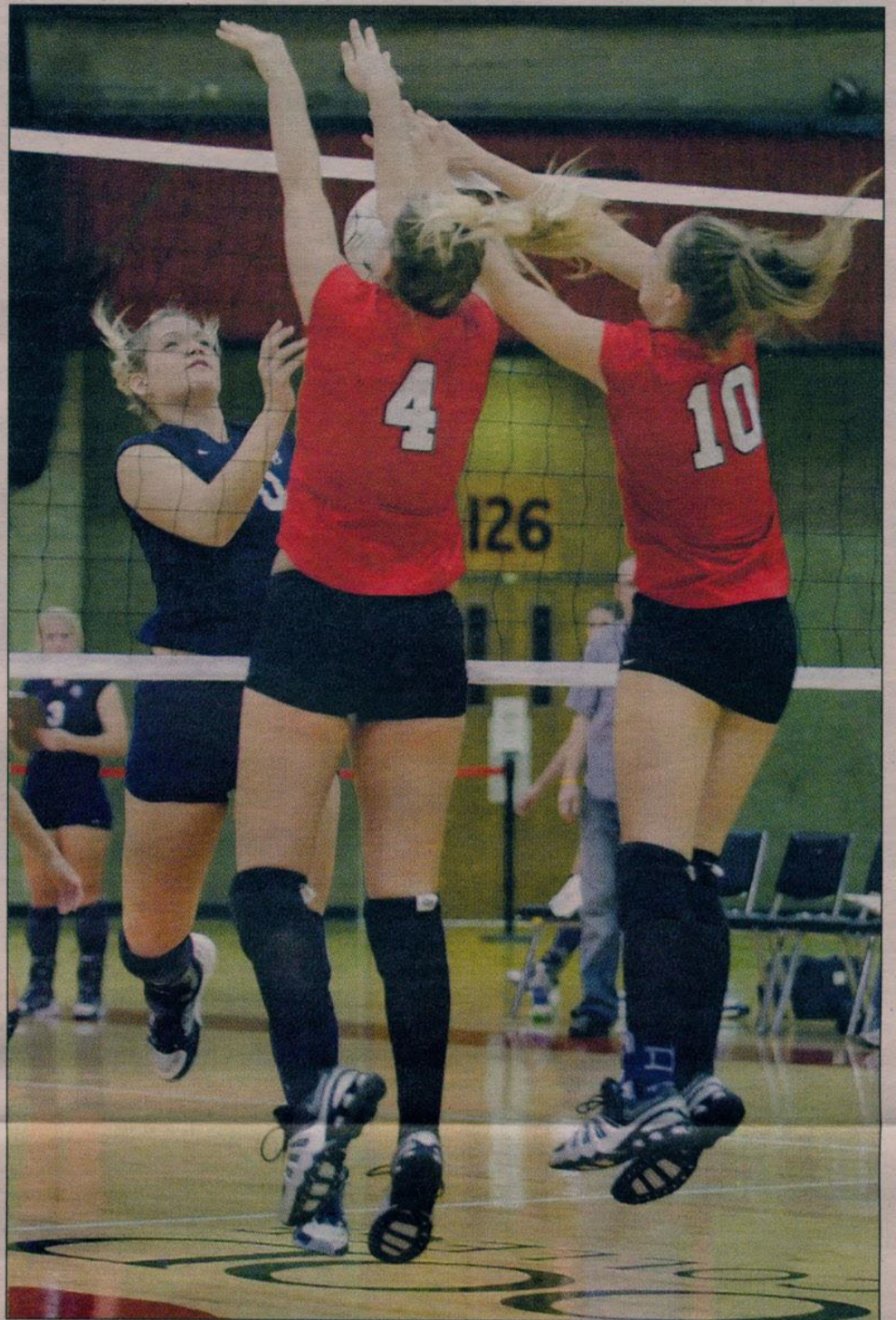


photo by Erik Swanson

Sophomore Tara Messner mans the middle of the Roadrunner defense against the Mt. Hood onslaught during Friday's four-game loss, which narrowed LB's lead over the Saints in the Southern Division to a half game. The Runners travel to Coos Bay tonight to play the third-place Lakers, and close out the league season against Chemeketa on Nov. 9.

above the Runners. Continuing strong play by the Saints secured the match with a fourth game victory of 30-22.

"We played somewhat tentative, and a little bit timid. We couldn't get the flow, it didn't matter who was out there. We just couldn't get the flow that we needed to capitalize on their mistakes," said Head Coach Jayme Frazier. "There was something missing tonight, we'll head back

to the practice on Monday and bounce back against SWOCC next week."

Even after Friday's loss, LB still remains atop the Southern Division with a league record of 7-3 and a 25-8 overall record.

The Runners are traveling to Coos Bay tonight to battle the Southwest Oregon Lakers before hosting a non-league tournament Nov. 4-5.

## Bruschi's return gives Patriots hope

**Neal Jones**  
 The Commuter

The defending Super Bowl champs are feeling a little better about things. Over the course of their bye week the New England Patriots (3-3) got a major addition to their line-backing core. The quarterback of their defense and Pro Bowl middle linebacker, Tedy Bruschi, returned to practice with the Patriots.

This is good news because the Patriots' defense has been depleted by injuries, thus has struggled to stop the run and get to the quarterback. So far the defense has only caused three turnovers. Bruschi's return gives hope to the defense that things will only get better because he plays at a high level and is able to make things happen to help win games.

Head Coach Bill Belichick and Bruschi haven't mentioned if he will be able to play in next week's game against the Buffalo Bills (3-4). They said the decision

will be made at the right time and right now his status is day-to-day.

Only eight months after suffering a stroke that threatened his NFL playing career, there are some questions about his playing ability. He was put in the hospital just three days after his first Pro Bowl in his nine-year career. Bruschi had experienced numbness in his left leg and left arm and in March, he had surgery to repair a small hole in his heart. The doctors cleared him to play last weekend. Only time will tell if he can return to the high level he was playing at before his stroke.

Statistically the Patriots are ranked near the bottom of the league in points allowed. The defense is just hoping Bruschi's return will help them reach the Super Bowl XL to defend their title. While sidelined he continued to work out in the Patriots weight room and attend the team meetings. He also stood on the sidelines of their home games. Bruschi went to several doctors who all cleared him to play this season.



KRT photo

The Pats' defense should improve with Bruschi's return.

## Managing

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# CAMPUS NEWS

News about Linn-Benton Community College, including the administration, faculty and students on campus

## Equestrian Team preps for four fall competitive shows

Sherry Majeski & Nancey West  
 The Commuter

The Equestrian Team held tryouts on Oct. 4 and 5 at the Linn-Benton Horse Center on 53rd Street. All the participants were accepted into the team and placed into appropriate riding levels.

The team has approximately 13 members, who are preparing for four horse shows this term. Two on Nov. 5 and 6, hosted by Western Washington University in Bellingham, Wash., and two on Nov. 12 and 13. LBCC and OSU will be hosting a show in Corvallis.

The horse shows that the team hosts are the team's biggest fundraisers, which cover their travel expenses.

Jenny Strooband, animal science instructor and English riding coach, said they expect to do well this year. "We have some good strong return riders and some strong first-time riders. We are the only community college to compete in zone in the Intercollegiate Horse Show Association (IHSA)."

Riders of all levels of skill can compete individually and in teams at regional, zone and national levels in the IHSA.

The principle of the IHSA is that college students can participate in horse shows regardless of their financial status or riding level.

They place their emphasis on learning, developing sportsmanship and having fun. Competition is a big part, but the students' enthusiasm and team spirit are the major factors.

The objective of IHSA competition is to offer riders an opportunity to develop their skills during the first years of riding, along with students who have previous show experience. Eradicating the expense of hauling or even owning horses allows many students, who may not otherwise be financially able, the opportunity to compete.

Highly praised for its structure of competition, the IHSA allows riders with various degrees of experience in both the hunter and western rider disciplines to compete individually or on a team.

Team members do not use their own tack and horse, but instead use a horse provided to them by the hosting school. The purpose of this structure is to equalize the variables of the competition and is a test of the participants' horsemanship.



photo by Sherry Majeski

Jamila Taylor, western riding coach, adjusts the splint boot on Kadene, a 19-year-old Arabian ridden by Renee West at Wednesday's practice.

Classes range from walk/trot for first-year students to the Open Division for the more experienced riders.

A point system is used for riders who qualify for the National

Championship Horse Show (Nationals). The top three riders in each class of the Regional Finals move forward to the Zone Finals. The top two competitors in each class at Zones qualify for

Nationals.

Competitors accumulate points at local shows throughout the year in order to qualify for the Regional Finals in their respective divisions.

## Vaccine to combat cervical cancer discovered

Walt Hughes  
 The Commuter

Earlier this month, it was announced that a team of researchers have created a vaccine that will effectively immunize women against at least two of the viruses known to cause cervical cancer.

The vaccine underwent a two-year test study of 12,000 women. Known as Gardasil, it proved to be 100 percent effective against the two viruses that cause the highest amount of cervical cancers, researchers said. It is manufactured by Merck & Co.

According to reports by medical experts on CNN, cervical cancer is caused by seven different viruses that are spread by sexual contact and usually show no outward symptoms. This places females at risk from the age of puberty on, and there are around 500,000 new cases of cervical cancer and 290,000 resulting deaths each year worldwide.

Most of the new cases, and most of the deaths, occur in poorer countries where women do not have regular Pap tests which can detect the cancer or precancerous cells early enough for them to be cured. In the United States, where Pap tests are common, 10,400 new cases of cervical cancer are expected in 2005 with 3,700 deaths resulting from it.

Merck has not said what it will cost, but vaccination will require three shots over a period of six months. The ideal time to vaccinate girls is before they become sexually active and risk being exposed to one of the cancer-causing viruses, said Dr. Eliav Barr, a research director at Merck.

The median age at which girls first have sex in the United States is 15. It is not yet known how long the protection from the vaccine will last, or whether booster shots will be necessary, Dr. Barr said, but once cervical cancer develops it is too late for the vaccine to help.

*"The potential, particularly in the undeveloped world, particularly if they can overcome the logistics and get the vaccine to those women, could be enormous."*

Dr. Deborah Saslow

The vaccine works against a number of viruses that belong to a group known as human papillomaviruses, or HPV, and nearly every case of cervical cancer is caused by exposure to HPV.

More than 30 types of HPV infect the human genital area and at least half the adults in the United States have been infected with them. They are sexually transmitted, extremely common and almost impossible to avoid.

Only some types of HPV cause cancer while others are known to cause genital warts. A type known as HPV-16 causes 50 percent of cervical cancers; HPV-18 causes 20 percent, and other HPV strains cause the rest. The cancer-causing types are harmless in most people because their immune systems fight them off, but they persist in some women and cause abnormal growths on the cervix. Most of these growths go away, but some turn cancerous.

According to Merck scientists, who are scheduled to present the results of the two-year study at an infectious disease conference in San Francisco, their test group included more than 12,000 women, ranging in age from 16 to 26, from 13 different countries. Half were given Gardasil and half received placebos.

According to Merck, in the women who received all three doses of vaccine and did not have HPV infection when they started the study, researchers found no precancerous cells or early cervical cancers associated with HPV 16 or 18; however, among those who got placebos, there were 21 cases.

The findings mean the vaccine was 100 percent effective

at preventing the cancers caused by types 16 and 18. Some women in the vaccinated group did develop precancerous cells caused by other HPV types, but the company did not disclose how many.

Gardasil protects against HPV 16 and 18, which together cause 70 percent of cervical cancers. It is also designed to prevent infection with two other virus types, 6 and 11, which cause 90 percent of cases of genital warts. The four virus types can cause non-cancerous cervical growths that lead to nerve-racking false alarms on Pap tests, and the vaccine is expected to spare many women those abnormal test results.

The vaccine is made up of proteins that are normally found on the outer shell of HPV. The proteins, called virus-like particles, are produced by yeasts that have been spliced with viral genes. They provoke a strong immune response that can then prevent infection.

Although Merck will first seek permission to vaccinate girls and women, the company plans eventually to seek approval to use Gardasil in boys and men as well.

The company hopes the vaccine will appeal to men because it may prevent genital warts, which can turn into large, ugly growths on the penis.

Vaccinating men might protect their sexual partners as well, including not just women but men who have sex with men, a group at risk for anal cancer caused by HPV. However, Merck has not disclosed any data on whether the vaccine works in men.

If widely used, the vaccine could save many lives. "The potential, particularly in the undeveloped world, particularly if they can overcome the logistics and get the vaccine to those women, could be enormous," said Dr. Deborah Saslow, director of breast and gynecological cancer at the American Cancer Society. The vaccine could prevent at least 70 percent of the deaths from cervical cancer, she added.



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# CAMPUS NEWS

News about Linn-Benton Community College, including the administration, faculty and students on campus

## Kidd, Burnett receive annual Pastega awards

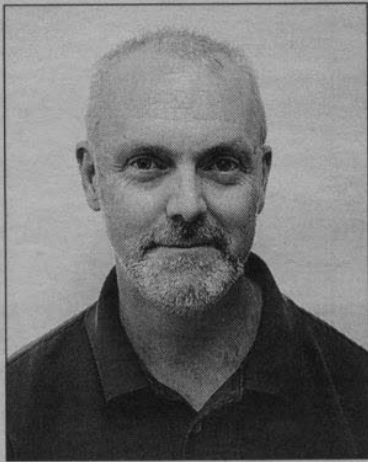
**Joel DeVylde**  
 The Commuter

Every year, Mario Pastega, owner of the Pepsi-Cola Bottling Plant in Corvallis, sponsors a couple of staff awards for several local community colleges.

The awards go to a faculty member and a classified staff worker who have made outstanding contributions to the college and community through their everyday work.

This year's winners were: David Kidd for faculty and Jim Burnett for classified staff. They each received 1,000 dollars, presented to them by Mario and Alma Pastega at the in-service staff meeting.

In addition, their names will be engraved in the Pastega Award Plaque, located in the College Center Distinguished



*"There are a lot of exceptional teachers here and I enjoy working with them."*

David Kidd

Staff Gallery.

"It's a nice award that recognizes our staff for their outstanding contributions. There

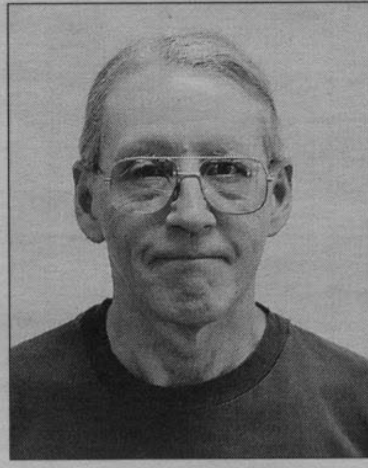
are always several wonderful nominees for each award," said Marlene Propst, who oversees the committee responsible for choosing the winners.

David Kidd is an instructor who helps run the engineering and industrial technology division at LBCC.

He teaches several classes, recruits and advises new students and works with prospective employers to make sure his program is teaching the right skills and offering the right classes.

Comments from those who nominated Kidd said that he "creates a positive learning environment by presenting himself and the material calmly, logically, and with respect to the students' intelligence."

He was happy to receive the award and says teaching is what he likes to do.



*"I'm kind of a background guy. I don't like to be out front. I'm here to take care of the institution."*

Jim Burnett

"There are a lot of exceptional teachers here and I enjoy working with them. Most of what I know about teaching I've

learned from the people here."

Jim Burnett, winner of the Classified Staff Award, is a maintenance specialist with LBCC facilities. He has worked at LBCC for 21 years. Jim said that the award is nice, but he's just doing his job.

"I'm kind of a background guy. I don't like to be out front," he said during an interview on Friday. "I'm here to take care of the institution. I fiercely believe that's what we're here for. We're here for the community of Linn and Benton counties."

Jim also had some words for the students: "Search for the truth. No matter how intelligent [people you talk to] are, they're going to have biases. You listen to people and you hear their opinions, but almost everything is biased; but the truth is there to find."

## SL&L holds second coat drive after collecting over 200 coats in 2003

**Cam Voyles**  
 The Commuter

As temperatures drop, students have an opportunity to help others stay warm.

LBCC's Student Life & Leadership Office is holding its second coat drive. The first one was held in 2003.

"It was a success," Roxanne Navarro, health occupation representative for ASG, said about the 2003 coat drive.

Over 200 coats were gathered and donated to local social service agencies, including Albany Helping Hands, the Children's

Farm Home and Vina Moses of Corvallis.

This year donation sites will be at the Benton Center in Corvallis, the Lebanon Center and at the Student Life & Leadership Office on the main Albany campus.

"There's a big need right now for clean coats in good condition, both children's and adults'," said Navarro.

The coats also need to be free of holes. Heavy coats are preferred. Light jackets will also be accepted, but no sweaters.

Donations will be accepted until Nov. 7.



photo by Steve Dulin

### A Walk in the Garden

LBCC students Sterling Clark and Aaron Broich take a look at a map while touring the Japanese Garden in Portland Saturday. Several students traveled to the Portland Zoo, the Rose Garden and the Japanese Garden as part of a free trip sponsored by the Student Life & Leadership Office.

## Fichtner offers tips to students battling test stress

**Holly Chiron**  
 The Commuter

Test anxiety is a school-wide phenomenon, something that most students have experienced at some point in their campus lives.

"I think about the test the day before, and during the night I can't sleep, so when I wake up I'm tired, which makes it even worse."

Tom Laird is just one of the many students suffering from such test anxiety, and with midterms approaching, the topic of coping with such anxiety becomes all the more important.

Enter Sandy Fichtner, an instructional assistant at the Writing, Reading and Study Skills Lab in the Learning Center. Fichtner said one of the biggest problems with test anxiety has to do with mental blocks.

"I hear people say that a sense of shutting down, freez-

ing, or going blank is the biggest challenge." Fichtner also said students feel surprised when it is test time, even though the dates have been available on the syllabus.

Fichtner explained that a cure for test anxiety is to study and prepare, but she also adds, "Having positive self-talk and using relaxation techniques can help dramatically."

She said everyone is different when it comes to figuring out what study techniques will work best for them. "How we take notes and study are critical to our success." She recommends the use of Cornell note-taking and flash cards as tools to drill ourselves and find out how ready we really are.

There are a couple of ways to help reduce anxiety, according to experts. One method is to practice breathing control by using the following techniques:

- Close your eyes.

- Inhale slowly to the count of three.

- Hold your breath to the count of three.

- Exhale slowly to the count of three.

- Count to three before the next inhale.

- Repeat the cycle several times.

Another stress-reducing technique is to practice muscle relaxation:

- Contract your hands into fists and hold to the count of three.

- Now, relax hands until they are limp. Focus on the feeling of relaxation.

- Repeat steps 1 and 2 with various parts of our body, beginning with your shoulders. Note: when contracting your legs, push out with the heel to avoid cramping.

- Do this until you feel calm.

Fichtner reminds students that attending Survival Seminars can be a big help when it

comes to lowering test anxiety and achieving better test results. Besides LBCC, seminars are at the Benton Center, Sweet Home and Lebanon Center. Pamphlets in the LRC provide complete information about current seminars.

Tuesday, Nov. 15, from 12-

12:45 a seminar in the Multicultural Center (F-220) called "The Joy of Test Taking" will be presented by Virgil Agnew.

Fichtner says preparation is the key and "your teachers want you to succeed and testing provides a means for you to show off what you have learned."

### The Harvest Pie Festival

**Date:** October 26, 2005

**Time:** 11:30 am - 1:00 pm

**Location:** Hot Shot Coffee House

Visit with student leaders, find out what they do for you on this campus. Come for FREE Pie, Door Prizes, and the first 25 people in the door will receive a coupon for a free 12 oz beverage of their choice from the Hot Shot Coffee House.

The Pie Fest is sponsored by  
 The Student Ambassador Program and Student Life and Leadership.

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# FUNNY BONES

Crossword, cartoons, LBCC Commons menu and some fun facts to brighten your day.

## Crossword

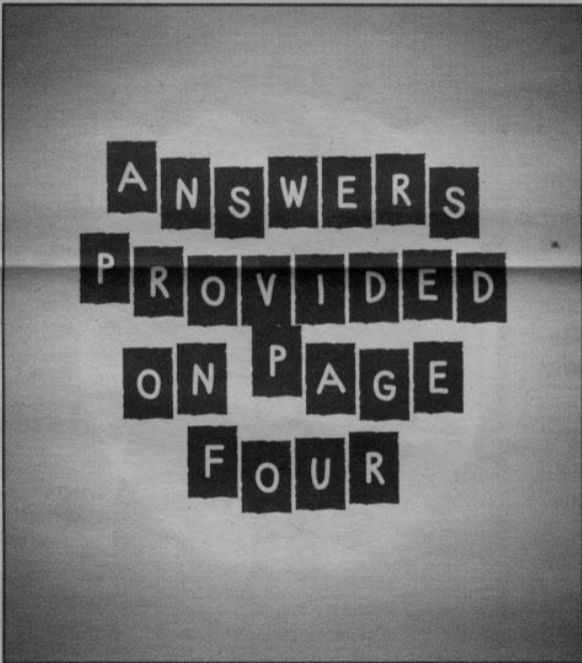
- ACROSS**
- 1 Nebraska city
  - 6 Suffers defeat
  - 11 Spider's lair
  - 14 Wanderer
  - 15 Dickens' Heep
  - 16 Tiller's tool
  - 17 Stagnant
  - 18 Creating farmland on hillsides
  - 20 Monstrous
  - 22 Coin channel
  - 23 \_\_\_ Gatos, CA
  - 24 Flock members
  - 27 Fertile loam
  - 30 College of voters?
  - 32 Kukla's friend
  - 33 Clergyman's title: abbr.
  - 34 Take a break
  - 36 Rage
  - 37 Effortless
  - 40 Key of "Eroica"
  - 42 Hive dwellers
  - 43 Fruit beverage
  - 44 Ali, formerly
  - 45 Top card
  - 47 More docile
  - 49 Hallway items
  - 54 Wide grin
  - 55 Follow subsequently
  - 56 Ignited
  - 57 Diplomat's skill
  - 59 Provençal verse
  - 61 Loco in the Old West?
  - 65 "Driving Miss Daisy" star Jessica
  - 66 Nol of Cambodia
  - 67 Disney's middle name
  - 68 Napoleon's fate
  - 69 Civil War general
  - 70 Swine supper
  - 71 Chopped into small cubes

|    |    |    |    |    |  |    |    |    |    |    |  |    |    |    |
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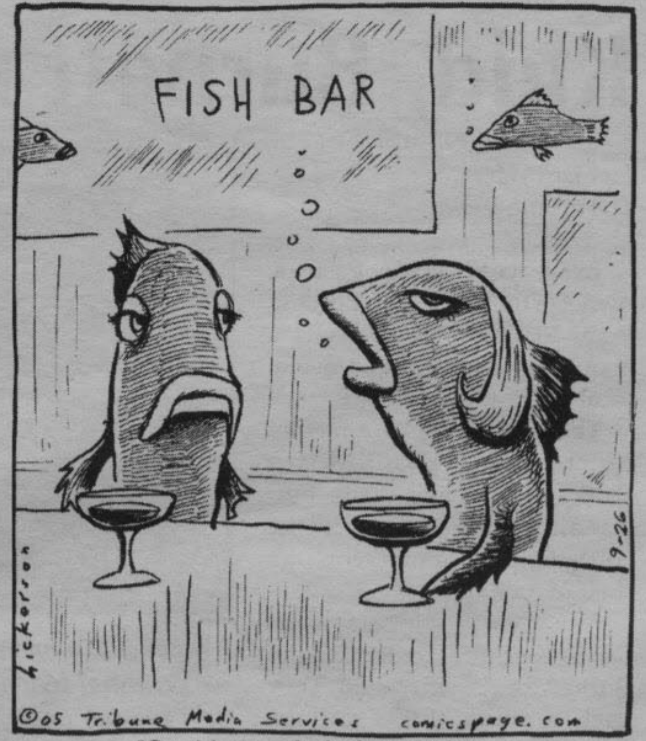
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- DOWN**
- 1 Baseball bird
  - 2 Genghis Khan, for one
  - 3 Strongly disinclined
  - 4 In this place

- 5 Pretentious performer
- 6 Part of M.L.K.
- 7 Mined mineral
- 8 Titled Brit
- 9 Jug lugs
- 10 Onion relative
- 11 Harmless fib
- 12 Long time
- 13 Say pretty please
- 19 Groovy!
- 21 Digger's tool
- 25 Near the beginning
- 26 Petition
- 28 Address for a king
- 29 Goes out with
- 31 Wail like a baby
- 35 \_\_\_ of Liberty
- 37 Has a meal
- 38 Comic Sandler
- 39 Musical half step
- 41 Visage
- 42 Arthur or Lillie
- 44 Nativity scenes
- 46 Peaked, as a flood



- 48 Spirited style
- 50 Evaluate
- 51 Medical facility
- 52 Ignite
- 53 Failed to leave
- 58 Peel
- 60 DeVito TV series
- 61 Feeling under the weather
- 62 Fish eggs
- 63 Duran Duran song
- 64 Blackjack



"Could we refrain from using the term 'hooking up'?"



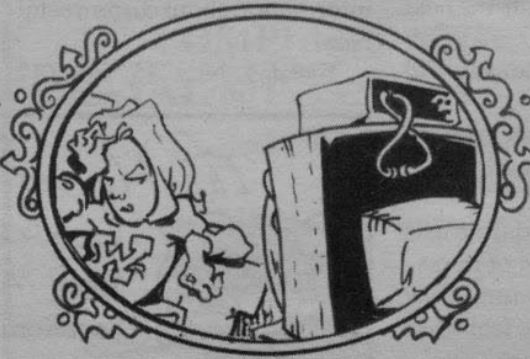
"Check it out, Jennifer! Thanks to global warming, we now have beachfront property!"

### A College Girl Named Joe

by Aaron Warner

CLIP-A-TIP COLLEGE COUPON

THE ELEPHANT IS THE ONLY ANIMAL WITH FOUR KNEES? I GOTTA REMEMBER THAT.



GAME SHOWS WILL NOT HELP YOUR GRADE POINT AVERAGE.

FREE ADVICE

www.AmazingAaronArt.com 7-23

**...Fun Facts for Halloween...**

- Orange and black are Halloween colors because orange represents the harvest, and black represents death.
- Witch means wise one. It comes from the Saxon word Wicca. Witches were thought to be so wise they could see into the future.

**LBCC MAIN CAMPUS**

## Commons

Oct. 26 - Nov. 2

**WEDNESDAY:**  
**ENTREES:** Roast Chicken w/Pan Gravy; Pork Enchiladas w/Refried Beans, Red Chilies; Pasta Bar  
**SIDES:** Potatoes Anna; Mexican Rice; Glazed Carrots a l'Ancienne  
**SOUPS:** Cream of Broccoli; Won Ton

**THURSDAY:**  
**ENTREES:** French Dip w/Fries; Almond Chicken w/Steamed Rice; Vegetable Calzone  
**SIDES:** Steak Fries; Steamed Jasmine Rice (w/Almond Chx); Garlic Mushrooms  
**SOUPS:** Creamy Roasted Chicken; Garlic Soup w/Tomato

**FRIDAY:** Chef's Choice

**MONDAY:**  
**ENTREES:** Grilled Pork Chop w/Sauce Robert; Chicken Gumbo w/Creole Rice; Sweet & Sour Tempeh w/Rice  
**SIDES:** Cheese & Potato Croquettes; Rice Pilaf; Zucchini Pancakes  
**SOUPS:** Chicken Noodle; Cream of Tomato

**TUESDAY:**  
**ENTREES:** Reuben Sandwich w/Coleslaw; Irish Lamb Stew; Thai Vegetable, Curry w/Steamed Rice  
**SIDES:** Twice Baked Potato; Creamy Pesto Shells  
**SOUPS:** Shrimp Bisque; French Onion

*Weekly Menu*

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 commuter@linnbenton.edu

# ARTS & ENTERTAINMENT

Information about plays, movies, books, artwork, and other entertaining or artistic endeavors



## Check It Out

Fall Fine Arts & Crafts Show

Oct. 27-Oct. 30  
 Heritage Mall

"Rope" directed by Nancy Fairchild

Oct. 28-29, 8 p.m.  
 Oct. 30 (m), 2:30 p.m.  
 \$9 Adults  
 \$6 Seniors and children  
 Albany Civic Theater  
 111 First Ave. W.

Halloween Show with "Crazy Train"

Oct. 28  
 9:30 p.m.  
 \$6  
 Platinum  
 126 S.W. Fourth St.  
 Corvallis

"Shine On Scio Moon"

Oct. 28-29  
 6:15 Dinner & Show  
 \$27.50  
 7 p.m. Show Only  
 \$10  
 Flinn's Theater  
 222 First Ave. S.W.  
 Albany

"Stairway Denied"

Oct. 31  
 9:30 p.m.  
 \$5  
 Platinum  
 126 S.W. Fourth St.  
 Corvallis

Call to writers: Nature of Words Literary Conference

Nov. 3-5  
 OSU's Cascades Campus  
 Bend  
 Scholarships available  
 www.thenatureofwords.org

Auditions for LBCC's "The Reluctant Dragon" directed by George Lauris

Nov. 7, 8, 9  
 7-9 p.m.  
 The Russell Tripp Performance Center  
 LBCC

Calendar compiled by Colleen Franzoia, A&E Editor  
 Get your event in Check it Out. Send all information to The Commuter Attn: commuterarts@linnbenton.edu



photo by David W. Stires

This photograph by David Stires of Eugene (above) and the painting by Bob Fudge of Lebanon are among several works on display in the South Santiam Hall Gallery's Día de Los Muertos Exhibit.

## Exhibit honors Day of Dead

El Día de Los Muertos (The Day of the Dead) is being celebrated at LBCC with an art exhibit held Oct. 24 to Nov. 23 in the gallery in South Santiam Hall.

Local and regional artists are represented, featuring work that describes the cycle of life and death. Also included is a traditional ofrenda (altar) created by Eugene artist/educator Alfredo Morales. Morales is a noted author and host of radio station KLCC's program Ahora Si! People may bring momentos of their loved ones to place in the ofrenda.

The artwork includes bright oil paintings, photographs, figures and textiles in a variety of styles. On Friday, Oct. 28 a reception will be held in the



gallery from 7 to 9 p.m. Music and refreshments will be provided. A Día de Los Muertos art project with the children at the Periwinkle Center will be held on Nov. 2 and Nov. 3. Jill Cardinal, who is currently working with the Maude Kerns Art Center's Day of The Dead public workshops will be helping out. Gallery hours are Monday through Friday 8 a.m. to 5 p.m.

## Culinary students cook up fine fare at Autumn Banquet

Nancey West  
 The Commuter

With herb-encrusted prime rib au jus lie and twice-baked potato or pan-seared salmon and wild rice pilaf served, fine dining will be the focus for the Culinary Autumn Banquet Nov. 4 beginning at 6:30 p.m. in the Commons dining room.

A vegetable and a salad of baby greens, pears and walnuts with a poppy seed vinaigrette will be served with the meal. Dessert of baked apple filled with cranberry compote in a puff pastry and served with cardamom ice cream will finish the dinner.

The annual banquet is run by the second-year Culinary Arts students and is part of their required banquet and buffet class. Mary Hatz is the sous chef, the student in charge of organizing and directing the operation.

"It is a stressful, new experience but it is a great learning experience," Hatz said. "Getting peers to listen is the challenge but its fun."

The event takes five weeks to

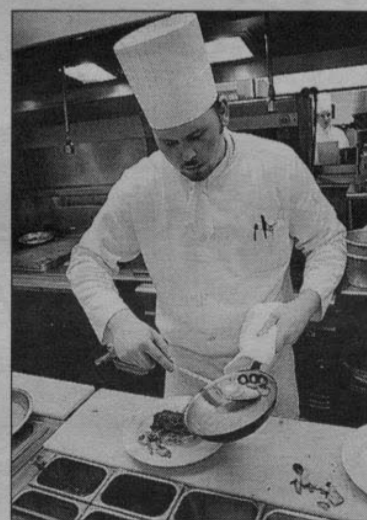


photo by Dan Wise

Matt Woods, second-year culinary arts student, prepares an entrée for the Santiam Restaurant.

assemble. "The real story is the amount of preparation it takes to get ready," said Scott Anselm, chef and Culinary Department chair. "There is a lot of hours in planning, research, testing and coming together."

About 250 to 300 people are expected to attend. The only advertisement is flyers around campus and word-of-mouth.

Winter term the students will prepare a buffet with a yet-undecided theme, according to Hatz. Spring term will be the popular French Banquet. Fall term has been the traditional time of the Harvest Buffet, but it was changed this year.

Anselm admitted that prime rib is an often used main dish. "Why prime rib? Because the industry uses so much of it, we serve it at one of the banquets," he explained.

First-year students help with preparation and serving during the banquet. The proceeds go to the Culinary Club to be used for "experiencing the industry" by going to dinners at different types of restaurants, attending food shows and traveling once a year to a larger city to sample more varieties of food, said Hatz.

Tickets are \$19.50 per person and may be purchased from Laurie Chang in Room CC214, or call her at 541-917-4391. Tickets will not be sold at the door and the entrée must be chosen at the time of ticket purchase.

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# DISCOVERY

Community festivals, trips, treks  
and tours that readers might enjoy  
in their free time.

## Corn maze accents farm fun

Colleen Franzoia  
The Commuter

A great way to spend the day with your family is at one of the many corn mazes in the Willamette Valley. This is the third year for the McDowell Creek Family Farm in Lebanon, and according to owner Steve Hailey, they have about 8,000 visitors to the farm each year.

"I really enjoy the families that come out," Hailey said. "It's funny to watch the parents see their kids come out of the maze all muddy," he laughed. "It's what they call agri-entertainment," he added.

"We also get many school groups, so we do interpretive demos, and tell them what you can get from corn," Hailey said. McDowell's has two types of corn, field corn they use for the maze and sweet corn which is good for eating. Each child also picks out a small pumpkin.

Field corn grows much higher than the sweet corn, so that makes it perfect for the maze, Hailey added. It is typically used for animal feed, and now McDowell's also grows it for bio-diesel, an alternative to fossil fuel.

McDowell's contracts with Maze Play, a firm out of Idaho which designs the maze with inputs from Hailey.

The McDowell farm has 165 acres. There are three corn mazes cut into the thirteen acres of field corn, each following a farm motif. Two of them are two miles long,



and the children's maze is three-quarters of a mile long.

On Sat., Oct. 29 McDowell's will have a haunted hayride that will run from dark until late in the evening.

Once they're done with the maze, McDowell's will host a paintball party on Nov. 6.

In February or March, the corn will be mowed and the field prepared for next year's crop. They rotate the fields between sweet corn, field corn and pumpkins.

In addition to the corn maze, McDowell's also has a hay fort for children, hayrides along the South Santiam River that borders the property, and a corn cannon, which fires ears of corn loaded into a long tube. If the ear of corn lands in a bucket set into the field at one hundred yards, the player wins \$100.

McDowell Creek Farm is located at 40185 McDowell Creek Road, about six miles east of Lebanon, off Highway 20.

Other corn mazes in the area are The Iverson Family Farm in Jefferson at 1222 Miller Road S.E. and The Davis Family Farm

Above, guests at McDowell Creek Family Farm east of Lebanon take leisurely hayrides along the South Santiam River. At left, explorers follow a complex network of inter-conencting paths to find their way to the end. Below, a frisky feline perched atop a jack-o-lantern greets the crowd at the entrance to the corn maze.

photos by

Colleen Franzoia



## Crisp fall apples add healthy bite to today's diet

Colleen Franzoia  
The Commuter

What could be better on a crisp, fall day than an equally crisp fresh-picked organic apple? At Brooklane Specialty Apples in Corvallis, you can try samples of four varieties: Royal Gala, Melrose, Mutsu and Jonagold.

Anita Azarenko and her husband David Landis own 12 acres of fruit and hazelnuts, which they tend themselves. In addition to the property on Brooklane Drive, they own additional acreage in Sweet Home. "We do everything organic, and our applesauce has no sugar added," Azarenko said. In addition to the regular applesauce, Brooklane has one with blackberries added. "I like the extra kick you get with the blackberries. They add a little tartness," she said.

Azarenko, the head of the Horticulture Department at OSU, now incorporates organic practices into her teaching. After Azarenko and her husband started their own organic fruit and nut farm in 1992, she said they learned a lot about the practices of natural farming and added her personal knowledge to the regular classroom curriculum.

The health benefits of apples have been well known in the medical community for some time. The old adage, 'an apple a day keeps the doctor away,' is based in fact. While an apple a day might not exactly keep you out of the doctor's office, apples can be a healthy addition to your diet.



photo by Colleen Franzoia



photo by Sherry Majeski

Tommie van de Kamp picks apples at Queener Fruit Farm near Shedd, where the growers offer u-pick apples of many different varieties.

It's also thought that by adding a couple of tablespoons of apple cider vinegar to a glass of water or apple juice before a meal can contribute to weight loss.

Brooklane has their fruit processed by Bauman's in Salem. The apples and other fruits are treated by UV light to kill bacteria before the pressing process. "The UV treatment knocks down the bacteria to meet federal standards," Azarenko said.

Join Brooklane on Sat., Oct. 29, from 1-4 p.m. for a cider-making party at 1535 S.W. Brooklane Drive,