



A Student
Publication

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Friend



The Commuter

Fresh every Wednesday

Lin-Benton Community College
Volume 30 No. 5

<http://commuter.linbenton.edu>
Wednesday October 23, 2008



Sister

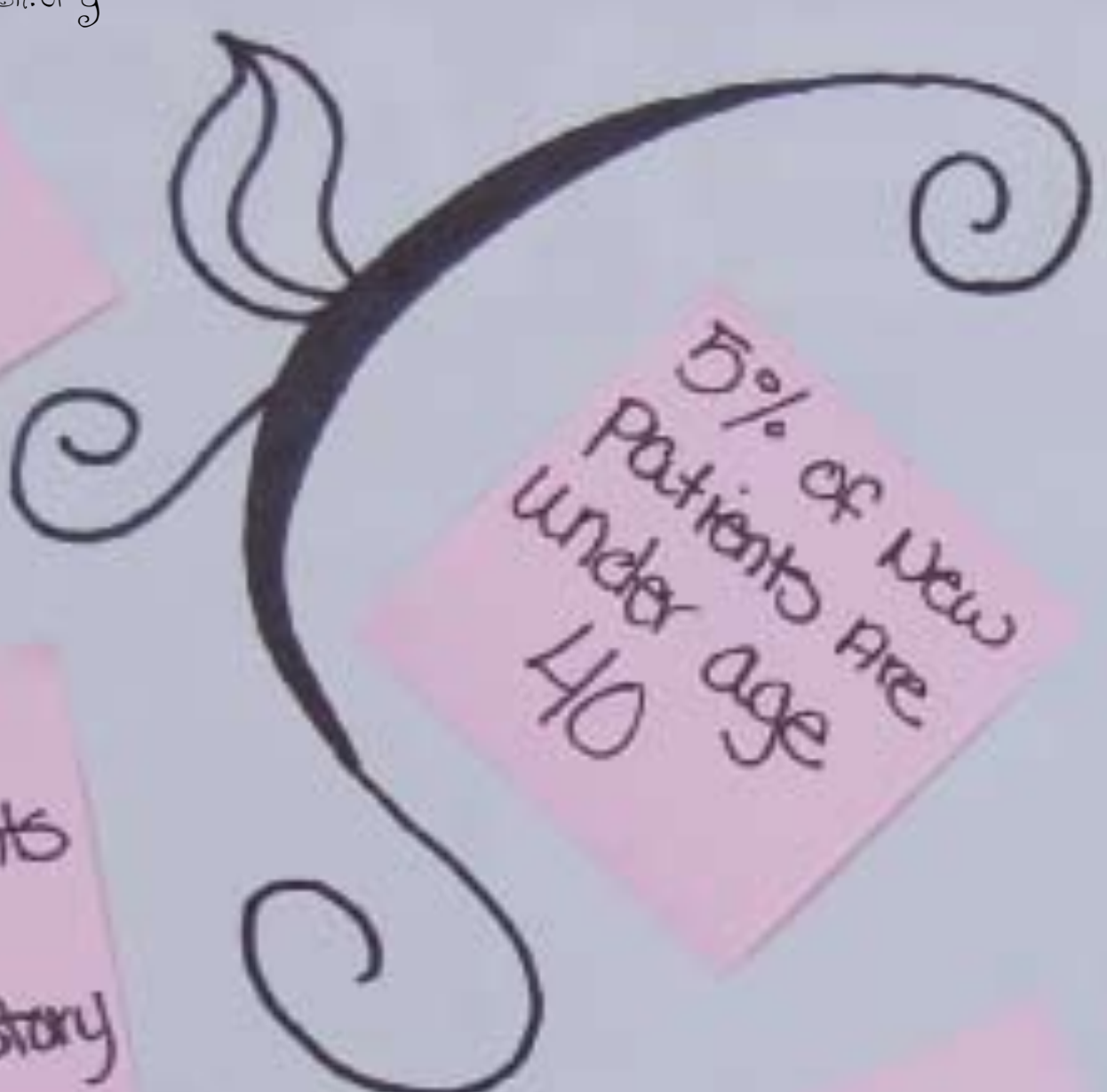
5% of New Patients are Under age 40

70% of New patients have No Family History

Mother

A Woman has a 12% Chance of developing Breast Cancer in her life, or 1 in 8

By:
Eve Bruntlett
Lydia Elliott



The Commuter

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SPECIAL FEATURE

News about Linn-Benton
 Community College, including
 the Sweet Home, Lebanon, and
 Benton Centers.

Breast Cancer: self-exams are key

Greg Dewar
 The Commuter

You should care about breast cancer. Breast cancer is the second most prevalent type of cancer, according to the World Health Organization's World Cancer Report. In 2005, breast cancer caused 502,000 deaths worldwide according to the World Health Organization's Fact Sheet No. 297: Cancer.

Chances are, breast cancer has affected someone in your life, whether it's a family member, spouse, friend, or co-worker. Statistically, breast cancer may even affect you, personally, regardless of whether you're male or female.

According to the National Cancer Institute, so far in 2008 there have been 182,460 cases of female breast cancer and 40,480 cases of male breast cancer.

Breast cancer should not be thought of iconoclastically. Breast cancer should not be written off in a sexist manner. Breast cancer is every cancer erstwhile cancer affects everyone. Whether it's brain cancer, testicular cancer, colon cancer, or lung cancer, we're all in this together to find a cure. And only as a species can we combat and battle this blight.

So what really can you do about

breast cancer, or any other cancer for that matter? Firstly, spread awareness and learn about it.

How do you talk about something that no one wishes to talk about? It's far too easy in this culture to sweep something under the rug and pretend that it doesn't exist. And this is unfortunate, because without the light of truth, darkness only occludes our greatest biological failings.

Breast cancer in and of itself is a sore topic; in most people, it amounts to a loss of body image and fears about sexuality, surgery, and death according to <http://www.medicinenet.com>.

Secondly, and more importantly, practice regular self-examination.

Some may be afraid to check themselves for breast cancer, just because they don't want to know, or they may have too much pride. However, early detection and screening are still your best bet.

According to <http://www.keepthedoctoraway.co.uk> giving yourself a breast self-examination can be done in three easy steps:

1. With your fingers flat, examine your breasts feeling carefully for any lumps, hard areas, or thickening. It is best to use the right hand for your left breast and vice versa.
2. Stand in front of a mirror with

your arms at your side and look carefully at your breasts, looking for any change in the overall shape of your breasts that may include: swelling, dimpling, scaly skin, or an orange peel effect, as well as the way your nipples look. Now lift your arms above your head and check again. Then check by flexing your chest muscles by putting your palms on your hips and pressing down.

3. Now it's easiest to check by lying down because your breasts will be evenly spread out. With a pillow under your right shoulder and your right hand behind your head use your left hand to make small circular movements around your right breast feeling for abnormalities.

Do this first lightly and then use more pressure. Now do the exact opposite for the left side. When done, squeeze each nipple gently; if you notice any discharge at all that is not breast milk, seek a doctor immediately.

So what do you do if you detect something that you think may not be right? Most of the time, breast abnormalities are nothing to worry about. But if you notice any pain, rapid changes, a lump in your armpit, or a hot or red breast, seek a doctor as soon as possible. It's

always better to know, this is your life we're talking about. You're going to find out that A) nothing is wrong and you can get on with your life, or B) you're up against this and you can get a head start fighting. Either way you gain peace of mind or a tactical advantage.

So what do you do if you detect something that you think may not be right? Also according to <http://keepthedoctoraway.co.uk> if you notice any pain unrelated to your period, rapidly changing lumps, a lump in your armpit, or a hot or red breast including swelling, seek a doctor as soon as possible. It's always better to know, this is your life we're talking about. You're going to find out that A) nothing is wrong and you can get on with your life, or B) you're up against this and you can get a head start fighting. Either way you're better off.

Thirdly, a lifestyle change may help reduce the risk of breast cancer. According to the National Cancer Institute: alcohol, obesity, exposure to radiation, Hormone replacement therapy, and exogenous hormones, like estrogen progestin, as well as an inherited risk that may develop at a younger age all can contribute to breast cancer.

Fourthly, know that there are a few things that are completely

unrelated to breast cancer but are commonly misunderstood to cause breast cancer: abortion, oral contraceptives, the environment, your diet, cigarette smoking, and cholesterol lowering drugs.

To sum up, what can you really do to "prevent" this cancer? Exercise and try to remain physically fit. Know your family's cancer history. Examine yourself and report any changes or abnormalities to a doctor. Just reading the statistics on the cover of this week's The Commuter will show that this is no laughing matter.

Breast cancer is something that is not going to go away. And whether you know it or not, it affects everyone. From my personal perspective, it claimed my grandmother, and we found out too late. I was closer to her than I've really been to anyone. As a consequence, my mother and sister are prone to it. My female friends are all at varying risk levels. Someday when I get married it may affect my future wife. I'm sure you can find all the ways breast cancer is tied into your life, so do your part, know about it, provide support to those you know that have it, and encourage your loved ones to check themselves. We've all only got one life.

Our cover uncovered

Lydia Elliott
 The Commuter

This week's cover is sure to turn a lot of heads, and hopefully pique enough curiosity to take a look inside. The original plan was to wrap the pink ribbon of hope around the cover, but I couldn't escape the feeling that it had been done before.

"What about a pink bra?" I asked, thinking this was just another one of my irreverent and quirky ideas. But it took off like a wildfire, and the next thing I knew, we were taping my favorite bra to a piece of paper that would eventually become this week's cover.

I'm happy with the way this cover turned out. Men and women will take notice, and maybe, hopefully, pause long enough to read the facts and learn something about this

disease that affects so many lives each year. Women need to be conscious and proud of their bodies. Don't be ashamed and embarrassed to talk about your body, or to give yourself a breast exam. Shame is a hindrance to health, and an easy thing to change. I feel neither shame nor embarrassment that my pink bra is on the cover. I'm proud of my body, what I have to wear to hold it in place, and of what it represents. My breasts are, like for so many other women, a huge part of my life, my self-esteem, and my purpose.

Women, take care of yourselves, become informed, and make a difference in your life. Men, encourage the women you love in your life to be aware of their bodies, to make the right choices, and to live a longer, healthier life. There is no shame in that.

To learn more about breast cancer you can visit the following websites:

www.komen.org
www.pink-link.org
www.nationalbreastcancer.org
www.webmd.com
www.cancer.org
 . . . or just Google "breast cancer"

Advanced breast cancer

Advanced or metastatic breast cancer means the cancer has spread from the original tumor site to another organ in the body.

Where cancer spreads

Most common sites

○ Bone

Spine, ribs, pelvis, skull, long bones weaken and fracture

Symptoms: Bone pain, numbness, weakness

● Lung

Symptoms: Shortness of breath, dry cough, no symptoms

● Liver

66% of women with advanced breast cancer eventually have it spread here

Symptoms: Weight and appetite loss, fever, gastrointestinal disorders

Treatment

Focuses on relieving symptoms, extending a woman's life

• Hormonal drugs, chemotherapy, radiation

• Most advanced breast cancer cases are a recurrence after initial treatment

TAKE CHARGE

of your breast health



the facts
you need
to know
and
a plan
of action

There's a new movement in breast cancer, and the focus is on survivorship.

"Our detection tools have gotten so good that many cases are being caught in the most treatable stages, so the survival rate is very high," says Dr. Maura Dickler, assistant professor of medicine at Memorial Sloan-Kettering Cancer Center in New York City.

That's big news — and it's partly thanks to the fact that experts understand more than ever before what raises your breast

cancer risk and what all women can do to help beat the odds.

"Just knowing you have certain risk factors ups the chances of catching cancer early if you're more vigilant about screenings," says Dr. Therese Beavers, medical director of the Cancer Prevention Center at the M.D. Anderson Cancer Center in Houston. And there are risks you can control.

Here are a few tools to take charge of your breast health.

— From *Woman's Day* magazine

THINGS YOU SHOULD DO IN YOUR . . .

20s

EXERCISE! A landmark study found that women who worked out as young adults had a 23 percent lower risk of breast cancer. Strenuous is best, but anything that makes you break a sweat helps.

LIMIT YOUR RADIATION EXPOSURE. Ask if you can get an MRI or ultrasound instead of an X-ray or CT scan, an X-ray technique that uses particularly high levels of radiation.

CUT BACK ON RED MEAT. Eating three or more servings a week has been linked to an increased risk of breast cancer. Limit each serving to 4 ounces or less (about the size of your palm).

30s

BREASTFEED. You're not producing as much estrogen, which reduces your risk, says Dr. Carolyn Runowicz, director of the Comprehensive Cancer Center at the University of Connecticut.

LOSE THE BABY WEIGHT. Women who gained more than 36 pounds while pregnant and didn't lose it were 60 percent more likely to develop breast cancer after menopause, say researchers at Georgetown University.

DON'T DRINK TOO MUCH ALCOHOL. Just 4 ounces a day (about half a glass) can raise your risk 9 percent. Cap it at three drinks a week; if you're high-risk, ask your doctor if you should abstain altogether.

40s

GO DIGITAL. Starting at 40, all women need a mammogram yearly. If you're under 50 or have dense breasts, get a digital one if possible (it's slightly more accurate than traditional X-rays).

KEEP MOVING. Studies show that women who exercise regularly throughout their lives lower their breast cancer risk. Exercise may help suppress excess estrogen, which can fuel tumor growth.

AVOID PESTICIDES. Some can mimic estrogen and you never know how much you absorb. Avoid herbicides when gardening. If you need an exterminator, pick one that uses all-natural products.

50s and 60s

WATCH THE SCALE. Women who gained 22 pounds or more after menopause were about 20 percent more likely to develop breast cancer. Those who shed 22 pounds or more cut their risk by 57 percent.

SKIP HORMONE THERAPY IF YOU'RE 60 OR OVER. While research suggests that brief stints on hormone therapy, or HT, to relieve menopausal symptoms are OK in younger women, it's best to avoid it past age 60.

DON'T MISS A YEAR OF GETTING A MAMMOGRAM. Risk goes up as you age — more than 75 percent of breast cancers are diagnosed after age 50. Yet ironically, we tend to get less vigilant as we get older.

THINGS YOU MAY NOT KNOW

■ Even if you have no family history, you can't be complacent. "The fact is, only 10 percent of breast cancers are inherited," Runowicz says.

■ Oral contraceptives may slightly raise your risk of breast cancer, but they may protect against ovarian, endometrial and colorectal cancers.

Any increased risk of breast cancer disappears within five years after you stop taking them.

■ HT isn't totally taboo. If women in their 40s and 50s have serious menopausal symptoms — frequent hot flashes, insomnia — that severely diminish their quality of life, they can consider using hormone therapy "at the minimum effective dose for the shortest duration," says Dr. Debbie Saslow of the American Cancer Society.

YOU HAVE BREAST CANCER — NOW WHAT?

If you've been recently diagnosed — or if your mother, sister or friend has been — then you might have questions about diagnosis, treatment and prognosis. Maybe you don't even know where to begin.

Step 1 SCREAM, YELL AND VENT. Feel free to cry, throw things, and tell everyone or no one about your diagnosis. But we recommend telling your spouse, mother and best friend as soon as possible — you're going to need their support.

Step 2 CALL YOUR INSURANCE COMPANY. Ask them to go over your coverage. Are referrals

required for all the doctors you'll need to see? Will they pay for a second opinion? Do they offer any special services for people diagnosed with cancer?

Step 3 DO YOUR HOMEWORK. Yes, all the info can be overwhelming, but you'll feel more in control once you know what's out there. A good place to start: "What to Do Next," an online brochure that you'll find at bcaction.org (click on "Get Informed/Newly Diagnosed"). Other go-to sites for trustworthy info: the American Cancer Society (cancer.org), Dr. Susan Love Research Foundation (susanlovemd.com), Susan G. Komen for the Cure (komen.org) and CancerCare (cancer.care.org). Just don't do your research right before going to bed or you'll never fall asleep!

Step 4 GET A COPY OF YOUR PATHOLOGY REPORT. It contains key info about your breast cancer (the type, the size, the stage, etc.). That way you can do some research before meeting with a surgeon. To learn how to read yours, go to getbcfacts.com and click on "About Breast Cancer/Detection and Diagnosis/Understanding Your Pathology Report."

Step 5 FIND A BREAST SURGEON. Ask your primary care doctor for referrals, or call a cancer center near you (find one at www.facs.org/cancerprogram/howto.html) and ask which doctors mainly focus on breast cancer surgery. You can also go to castleconnolly.com and search the database of cancer doctors. Choose one who's board-certified in general surgery and has treated a large number of breast cancer cases.

Step 6 GET A SECOND OPINION. A second doctor may suggest different surgery or treatment options, or simply validate the first doctor's opinion — either way, it's worthwhile. Don't worry about offending anyone; it's common practice, and health insurance usually covers it when cancer is suspected or diagnosed. Make sure the second doctor gets a copy of your lab reports, records and films before your visit.

Step 7 ASK LOTS OF QUESTIONS BEFORE MAKING ANY BIG DECISIONS. For help generating your list, go to cancer.net/patient and click on "Cancer Types/Breast Cancer/Questions to Ask the Doctor."

Step 8 TALK TO SOMEONE WHO'S BEEN THERE. Check out the "Sound Off" message board at komen.org. It helps with questions about the strange taste in your mouth from chemo or how to deal with your hair falling out. To speak to a survivor on the phone, call the Breast Cancer Network of Strength (800-221-2141) or SHARE (866-891-2392).

Step 9 GET SUPPORT. Not all support groups are about sitting around and commiserating: The Comprehensive Breast Center in New York, for example, offers group yoga and cooking programs. Ask at your hospital or contact Gilda's Club (gildasclub.com or 888-GILDA-4-U). For a list of specialized support groups (for Jewish women, African-American women, etc.) visit womansday.com/cancersupport.

Financial help

CancerCare (cancercare.org or 800-813-HOPE) can help with some costs, including transportation, home care, child care and pain meds for those who qualify. And a new program helps people who are having trouble meeting insurance copayments for prescriptions (866-55-COPAY or cancercarecopay.org).

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CAMPUS NEWS

News about Linn-Benton
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Writing center offers help for all skill levels

Sabrina Dean
The Commuter

Whether you have a fear, excitement, dread, or passion for writing, there is help to further your ability. The writing center, located in the learning center, is available to help LBCC students with any step in the writing process, even that so-called final draft.

This year the writing center is being revamped and is adding many new faces to the returning staff. Returning this term are Robin Havenick, Greg Rathert, Callie Palmer, and students Amy Earls and Sabrina Dean. New student assistants include Greg Dewar, Tiffany Leguina, Becca Morgan, Kaedence Eaton, and Shannon Russell. Joining alongside them is Victoria Fridley, the writing center facilitator, helping to coordinate the center, schedule hours, lead staff meetings, and even help students with papers.

When asked what brought

her to LBCC and the writing center, Fridley said, "I have a passion for writing and reading and could not be more delighted." Fridley has a long history in English, art, and non-profit programs. She has even directed daVinci Days in Corvallis, a three-day festival of art, science, and technology, and most recently was program manager in the central Willamette Valley for the literacy program Start Making a Reader Today (SMART), for children in kindergarten through third grade.

Now if you are thinking the writing center is only to benefit those less confident or struggling with their writing let me stop you there, as the assistants that work there encourage anyone to come in and have their work looked over. Students from all different classes, expertise and confidence in their writing take the time to stop by the center. Whether it's help with ideas, word choice, organization,

or how you open and close a paper, the staff there will work to sharpen your skills to the different steps in writing.

Many students continue to return and use the center to its fullest. Alisia Ball, a third year business finance major, shared her experience with the center, saying, "I come to the writing center because the people are friendly, the advice is priceless, and it's totally flexible with my schedule."

The writing center is available in three forms to students: drop-ins, appointments, and through the Online Writing Lab (OWL). Drop-ins and scheduled appointments can be made Monday through Friday, 9a.m.-4p.m., in person.

But for those having a more difficult time with commuting or careers, more information about the OWL and other center locations can be found on the learning center webpage under Writing Help at <http://www.linnbenton.edu/go/learning-center/writing-help>.



The writing center team takes time for a photo opportunity.

Classifieds

They just make cents. Place an ad today with The Commuter at commuterads@linnbenton.edu

Deadline: Ads accepted by 5 p.m. Friday will appear in the following Wednesday issue. Ads will appear only once per submission. If you wish a particular ad to appear in successive issues, you must resubmit it.

Cost: Ads that do not solicit for a private business are free to students, staff and faculty. All others are charged at a rate of 10 cents per word, payable when the ad is accepted.

Personals: Ads placed in the "Personals" category are limited to one ad per advertiser per week; no more than 50 words per ad.

Libel/Taste: The Commuter will not knowingly publish material that treats individuals or groups in an unfair manner. Any advertisement judged libelous or in poor taste by the newspaper editorial staff will be rejected.

Help Wanted:

You can sign up at www.linnbenton.edu/go/StudentEmployment to look at student & graduate jobs. *For more info about the opportunities listed below, please see Carla in Student Employment in the Career Center (Takena 101).

IT Technician (#6894, Albany) If you are familiar with computer applications, setting up new end users, experience installing computer equipment, then this job is for you! Can earn CWE credits also. Part-time: 12-16 hrs/week.

CWE Environmental Tech (#6901 & 6855, Albany) Cooperative Work Experience is a great way to get paid for getting experience in your field. They are looking for students going from LBCC to OSU. Part-time during school and full-time in the summer. \$10.85-10.90/hr are the wages.

Pizza makers (#6909, Albany) Fun part-time jobs—need evenings and weekends until 9pm and weekend morning dough maker. About 20 hrs/week.

Mental Health Support Specialists (#6896, Albany) Full-time/part-time—all shifts available. Is your major in social science or psychology? Get experience working with people with mental illness and intellectual disabilities. \$10.90-13.25/hr DOE Work Study Available

The Financial Aid Office will be accepting requests for Federal Work Study Awards beginning October 28, 2008 at 8:30am. In order to receive these funds you must be awarded financial aid for the 2008-09 year and have unmet need. The request will be time stamped and awards will be made in time order. Submitting a request does not guarantee that you will receive this award.

Other Stuff:

Pregnant? Free pregnancy test. Information on options. Non-pressured. Confidential.

Options Pregnancy Resource Center.
 Corvallis 757-9645. Albany 924-0166.
www.possiblypregnant.org

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The Commuter encourages readers to use its "Opinion" pages to express their views on campus, community, regional and national issues. Letters should be limited to 300 words or less. The Commuter attempts to print all letters received, but reserves the right to edit for grammar, length, libel, privacy concerns and taste. Opinions expressed by letter writers do not represent the views of The Commuter Staff or the College. Deliver letters to The Commuter Office, Forum 222 or at commuter@ml.linnbenton.edu

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CAMPUS NEWS

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Campus Shorts...

Campus Shorts (Oct. 22, 2008)

Academic coaching at the centers

Coaching in writing, reading, and study skills are available at the Benton Center and Lebanon Center help desks. One credit mini courses are also available in vocabulary, study skills, and test-taking skills at the help desks.

Benton Center help desk (BC-222c) schedule change: Monday 4 pm – 8 pm, Tuesday 9 am – 11 am, and 12 pm – 12:30 pm, Wednesday 6:20 pm – 8 pm, and Thursday 6:20 – 8 pm.

Lebanon Center help desk (LC-212) schedule change: Monday 3 pm – 5 pm, and Wednesday 3 pm – 5 pm.

College Skills Zone main Albany campus Learning Center (WH-226) updated fall term lab hours: Monday 8:45 am – 2 pm, Wednesday 8:45 am – 5 pm, and Thursday 8 am – 5 pm.

For those late nights when the help desks are closed, writers can use the Online Writing Center (OWL) for feedback on writing projects. <http://bcc.writingcenteronline.net/WCenterWebTools/OWL/owl.php>

LBCC Traffic Control Flagger Certification course

A Traffic Control Flagger Certification course will be held at LBCC in the Willamette Room located in the College Center, on Saturday, Nov. 15, from 8 am to 12:30 pm. The cost for the course includes all materials, and will certify you to flag traffic in Oregon, Idaho, Montana, and Washington. You will learn basic visual flagging signals, appropriate two-way radio usage, and signing and sign regulations. You will minimize liability and driver inconvenience by making the worksite safe keeping traffic flowing.

SMART volunteers needed

SMART (Start Making a Reader Today) still needs volunteers at Mountain View Elementary in Corvallis to read to or with a child one hour a week. The time that you will commit is small and the rewards are high. Truly make a difference in a child's life. To volunteer at Mountain View please contact Bob Bernard at (541) 745-5816 or scm170@aol.com. To volunteer for SMART in another area go online to <http://www.getsmartoregon.org>.

New diversity center to replace MCC

Sabrina Dean
The Commuter

Last Monday, Oct. 13, LBCC Vice President Bill Thallemer held an open forum for the Diversity Achievement Center (DAC). In attendance were many faculty members and students. Among them were instructors Analee Fuentes, Robert Harrison, Sally Moore, and Michele Wilson, who spoke out about many of the administrative decisions.

The new DAC, for anyone not aware, is replacing the Multicultural Center, in an effort to open awareness and support to the different demographics on campus beyond the categories of

culture and ethnicity. Plans are to expand services for veterans, the disabled, international students, and other youths, and let all LB students know that they are welcomed in the center; they are trying to form a place for diversity beyond culture and ethnicity.

However, there were some concerns brought up by many in attendance. One issue brought up most often was the discomfort and displacement expressed by both students and staff. "Visibility is being lost; the artifacts and name helped the awareness of the many cultures on campus and brought them to the forefront," says Sally Moore.

The Multicultural Center was

a source for an array of different people, backgrounds, and beliefs. It was also a place that became comfortable to many students. "They took the one place resembling a student hangout on campus away," says anthropology major Amy Dewar.

Many instructors even mentioned their use of the resources in the multicultural center. Robert Harrison and Michele Wilson explained that they send many students to the Multicultural Center for resources and projects. Wilson says that the "warmth is gone... it was very student-centered, now it seems institutional focused."

In the end, the need for

student input was suggested. There's a desire for students to use the services being offered and to get a sense of community while accepting the present diversity on campus. "It's a matter of use... you can't just feel lost because people [there] don't look like you," says Wilson.

Making the administration aware of what students enjoy and want to continue from the Multicultural Center and what we want the space to really focus on comes down to feedback and use. "Students need to ask questions," says Moore. "Isn't there a way to allow the celebration and honoring of all these dimensions?"

Muddy Creek Corn Maze is fun for all!

Halee Fisher
The Commuter

From the pumpkin patch to the hayride, Muddy Creek Corn Maze is without question a local Halloween thrill seekers dream.

Owners Glenda and John Davis have spent multiple years running the annual corn maze (that is indeed in the shape of a wagon). The Davis family has transformed their beloved farm into a thrilling, heartwarming affair, from 30 acres of grass seed, suddenly to a seasonal Halloween celebration for family and friends. "I loved it, especially the homemade doughnuts and apple cider," said Kevin Walker, a student of OSU.

The historical themed event will not only educate you and your family,

but inspire you as well. "Since there are many school field trips here, we decided to make the farm educational and fun too," said John

Davis, owner of the farm.

The pumpkin patch is just the beginning of the activities offered here at Muddy Creek Farm, starting with the straw fort, the "Moo Train" for kids, homemade apple cider and hayrides, not to mention the unforgettable haunted maze. For those of you brave enough to enter, the mask-wearing monsters of the haunted maze are sure to scare the "daylights out of you, especially the chainsaw man at the end," said Sandi Frame, a mother of four.

The haunted maze admission is \$9 dollars per person, glow sticks are also offered for \$1

dollar to just barely light your path through the night struck maze. No flashlights, backpacks or smoking is allowed on the premises.

Strobe lights are located throughout the maze and two exits for the suddenly claustrophobic or "not so brave" as well.

For the Davis family, holding the festivities of their pumpkin patch and corn maze is "definitely rewarding for us and the community," said Owner John Davis.

Daytime admission is 11 a.m. through 5 p.m. every Saturday and Sunday, and weekdays by appointment. The cost is \$6 for adults, \$4 for children ages 6 to 11, and children under age 5 get in free.

The haunted maze will be held Oct. 24, 25, 30, and 31. Admission is \$9

dollars a person (no debit/credit). Muddy Creek Corn Maze is Located on Llewellyn Road, six miles south of Corvallis. Have a great time!

The variety and abundance of pumpkins, squashes and gourds make it easier than ever to decorate this fall. (Kim Kim Foster-Tobin/The State/MCT)



Politicians rally for support in the quad

Luke Ketter
The Commuter

Several local politicians were in the quad on Wednesday discussing politics, campaigning, and taking questions about their policies heading into the November election. "Democracy in Action Days" drew in a myriad of individuals and organizations to campus to educate students about their policies.

"[The] majority of people have heard of us but don't know what we do," said Claire Syrett, field organizer for the American Civil Liberties Union (ACLU). The ACLU was one of five groups at the campus. They were joined by the Green Party, Veterans for Peace, Democratic Party, and College Republicans.

The ACLU is a non-profit, non-partisan organization that protects Americans' civil liberties. Although many don't know what the ACLU does, Oregon has the highest number of members per-capita of any state in the US. "[We] don't take a position on everything. We take a position on things that that disrupt civil liberties," Syrett explained about the ACLU's approach to politics.

Also drawn out to the cool fall sun was State Representative Andy Olson who, apart from being a state representative, also teaches a criminal justice class at LBCC. When asked about how the national election coverage has affected his campaign he replied: "It does have some impact, but with well designed direction [it is] not a big factor." He came out to discuss his "5 Building Blocks" idea, which consist of: accountability, public safety, economic growth, education, and per-

sonal responsibility, according to his handout.

He is running against Dick Olsen, who was unavailable at the time. Andy Olson cited his primary reason for coming out on Wednesday: "To support the College Republicans," adding "I'm not as concerned about my future as yours."

Along with Olson, both candidates for Albany Mayor were present: Dan Bedore, who is the incumbent, and Sharon Konopa, who is a city counselor. Will Tucker and Pete Boucot, candidates for Linn County Commissioner, were also present.

Each group was given a chance to speak at the event, which ran from 11 a.m. to 3 p.m., engaging students that were eating lunch nearby as well as any passers-by as the afternoon went on. A constant flow of people came by throughout the day, making it hard at times to get a chance to talk to the myriad of campaigners one on one; when opportunity struck, almost everyone was eager to talk and very personable.

Sitting in the grass near the speakers was John Turner, a student at LBCC who had come out to listen to the candidates and groups speak. "I'm looking more for substantial things... [I] like to get face-to-face," Turner commented on what he liked about the setup.

Although expressing some distress that Barack Obama wasn't able to make an appearance at the event, Turner agreed it was put on well. With four years until the next presidential election, there is still plenty of time to get Obama, McCain, or whoever the next candidates are for president out to talk.

The Commuter

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ARTS & ENTERTAINMENT

Reviews, upcoming events,
and the cure for weekend boredom.

Religious heads shake at Bill Maher

Brandon Goldner
The Commuter

The beginning and ending cinematography of "Religulous," the new motion picture by Bill Maher and Larry Charles, are essentially the same. The feelings a viewer may have at either end are not.

Heralded as being both a light-hearted and critical harp on religion, Maher sets out to identify and confront the closely held beliefs of religious followers, from Christianity to Judaism to Islam to some sort of a hybrid marijuana-worshiping faith system.

Throughout the movie, either intentionally or otherwise, he ends up making his subjects look foolish. This is the aspect which one may find most disagreeable. For some, it may be one thing to question and prod into someone's faith, but it's another to set them up to look like they're irrational.

Of course this is the point, but there are still moments in the film that may leave even the most flexible of minds writhing in horror (and fascination).

One such moment occurs early in the film, with Maher in a Christian trinket store operated by Steve Berg, a self-titled "Ex-Jew for Jesus." Berg has just gotten done explaining his view of the afterlife as a paradise, and Maher, with journalistic seriousness, quips, "Well, why don't you just kill yourself?"

After an awkward silence, during which it's up to the viewer to decide whether the question is actually being considered, Berg replies that God still has work for him to do on earth.

There are many moments such as these, where people are confronted about their closely held values and suppositions, which may turn some critics off. It's true that there are those among us who don't wish to be



Bill Maher standing outside the Vatican in his new film "Religulous." (Lionsgate/MCT)

proven wrong about anything, much less our over-arching explanations for the universe and life.

But this is precisely what "Religulous" wants to do. As an agnostic, or one who believes

it's impossible to ever know if there is or isn't a God, Maher wishes to dig into the vast basement of personal religious beliefs, pull out an oft-ignored but closely-held truism and expose it to the light of criti-

cal analysis and questioning, or so Maher would want you to think. To others, it may seem as though he is being confrontational without a purpose, that he's out to agitate those who disagree with him and make them look, well, stupid.

Either suggestion seems valid until the last 10 minutes of the film, when Maher unleashes a visual and aural barrage that solidifies what this reviewer believes to be the point of the movie. With respect to your own viewing experience, that point will remain unexamined.

"Religulous" is well worth the price of admission for both those who agree with Maher and for those who think he's simply going to hell. For one, it solidifies arguments that, until now, may have been hard to define. For the other, it gives insight into a value system so different from their own that it may be uncomfortable. Both are worthy reasons to watch.

OCTOBER PC GAME RELEASES:

10/23/2008

Imagine Pet Hospital - Ubisoft

10/24/2008

HeiSt - Codemasters

10/26/2008

Guitar Hero World Tour - Activision Blizzard

10/27/2008

Poker For Dummies - Electronic Arts
 Go, Diego, Go! Great Dinosaur Rescue - Take-Two Interactive

10/28/2008

MySims - EA Games
 Fallout 3 - Bethesda Softworks
 MotoGP 08 - Capcom
 Exodus from the Earth - Strategy First
 OPERATION Mania - Electronic Arts

Command & Conquer: Red Alert 3 - Electronic Arts

Spider-Man: Web of Shadows - Activision
 Barbie Horse Adventures: Riding Camp - Activision
 Shrek's Carnival Craze - Activision
 Petz: Horsez 2008 - Ubisoft
 Bella Sara - Codemasters

10/29/2008

Ballhalla - Sandlot Games
 High School Musical 3: Senior Year DANCE! - Disney
 Interactive Studios

10/31/2008

Death Track: Resurrection - IC
 4x4 Hummer - IC
 Evil Days: Pound of Ground - Akella
 Lost Secrets Bermuda Triangle - GameMill Publishing
 Pro Bull Riders: Out of the Chute - Crave
 CustomPlay Golf 2009 - Lexicon Entertainment
 Strong Bad's Cool Game for Attractive People Episode 3: Baddest of the Bands - Telltale Games
 Backyard Football 2009 - Atari
 My Horse & Me 2 - Atari

POETRY CORNER

Tomorrow I Dream

- Breaths they come, they go, as steps fray, from love that shows, timing and characteristics of visions of mystics glow.
 - Temptation arises with temperatures alike, as we venture to vent our souls alike.
 - The peak is here, as the sun sears down, we veer and pass fun, due to fears sound.
 - My ears listen, as years glisten, and tears dry from my eyes vision despite the treason in season,
 Radical time in addition to active life, its time to stand for what we believe in.
 - Soon to be a gloom on a sea, we reap the seems of a balloon filled with lift but no tree,
 Separate actions are soon to be, one by one leaves fall from this tree.
 - Desperation strikes as soon as we leave.
 - Today I sleep, so tomorrow I wake.
 - Tonight I dream so tomorrow I wake.

~Sam Waxman

I'm Not in Love With the Modern World

I miss the crickets chirping
 I miss the summer breeze
 I miss apple picking
 I miss climbing cherry trees
 I miss riding bikes
 I miss old country roads
 I miss homemade dessert
 I miss wind dried clothes
 I miss sun ripened tomatoes
 I miss the way the stars shown
 I miss hand-me-down shirts
 I miss my old country home
 because in the city . . .
 there are no crickets

and the breeze doesn't blow
 Apples come from stores
 and cherry trees don't grow
 and in the city . . .
 My tires are always flat
 on pavement and cement
 Desserts taste different here
 I can dry my clothes for fifty cents
 Mom stopped making tea
 and at night the sky is red
 All my clothes are purchased
 and my old life has died

~ Brett Ashley

Finding Myself Again

I once thought I had my life figured out,
 But everything was lost and destroyed,
 My thoughts and emotions went crazy,
 The blur of everything left me annoyed.
 I had lost myself, when I lost him,
 And hated myself for that,
 It took me a while to realize this,
 But now that I did, I can get my life back.
 Dazed and confused for far too long,
 I will no longer have to be,
 Because I am thinking about me now,
 And have completely forgotten about he.
 Heavy weights and darkness,
 Is all I used to feel,
 But the grey clouds have cleared,
 Truly happy, this is real.

I am the person I want to be,
 Not the girl he controlled,
 I am no longer a game to him,
 I didn't solidify into his mold.
 Living on my own now,
 And facing many new challenges,
 I am building myself back together,
 And I am tightening all the hinges.
 I have been broken down before,
 But am no longer damaged,
 I know who I truly am,
 And have an unbreakable bandage.
 Try and bring me down now,
 And you will surely fail,
 Because I have so much life to live,
 Nobody can bring down the hail.

~Danielle Beattie

Autumn is here!

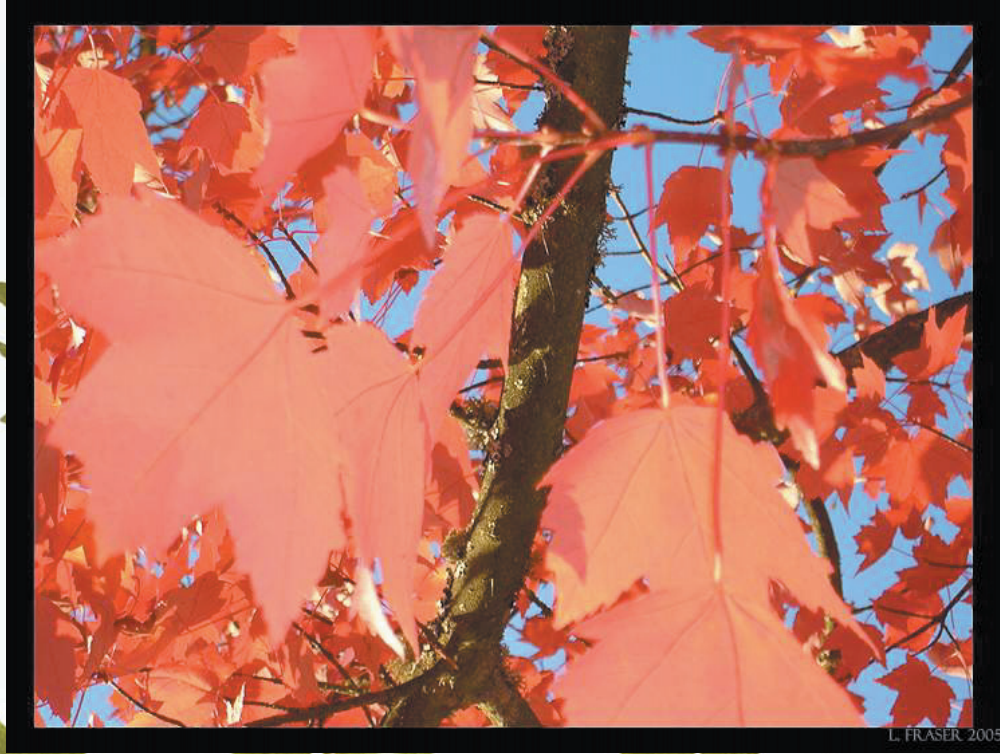
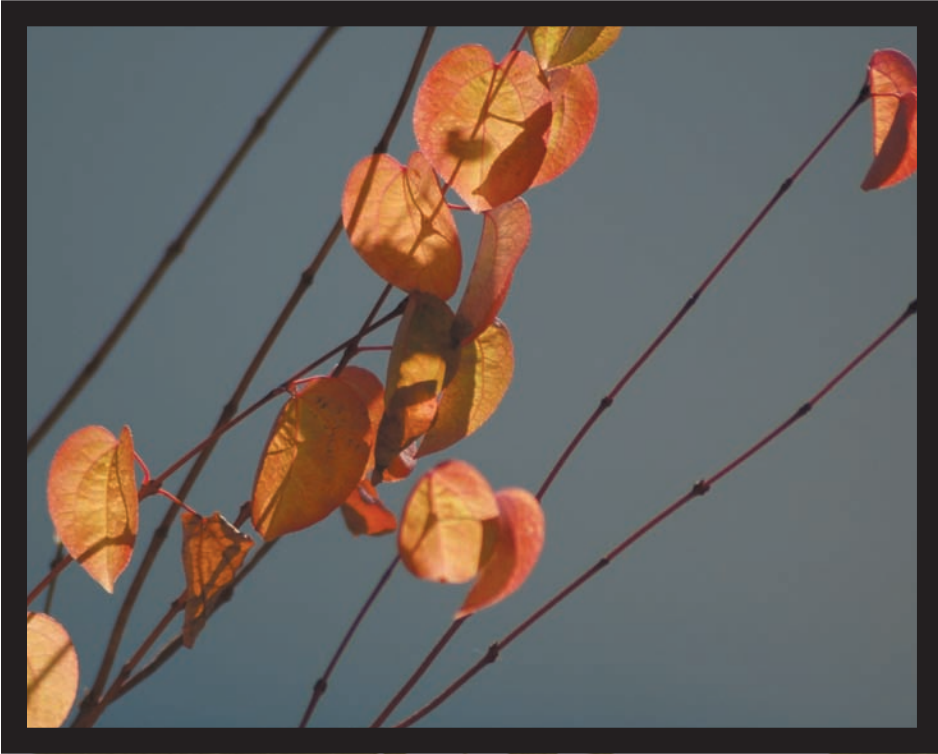


Photo by Eve Bruntlett

Photo by Lydia Elliott



Photo by Kristin Horst



Photos by Lydia Elliott (left, right)

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OPINION

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Drop-in: Forum 222
Please sign and keep to 300 words or less.

For homeless youth, free lunch isn't enough

Lydia Elliott
The Commuter

Homelessness is not a problem we think of when it comes to today's school children.

To administrators of Willamette Valley school districts, it is a considerable problem faced by hundreds of children each year.

In a recent flier sent home with students of Sweet Home school district, low-cost and free lunches were offered to low income and homeless children. Parents of some children at the school were surprised by the mention of homeless children attending the school.

"I was horrified to learn that there were homeless children in our schools," said Brenda Renden, grandmother of two school-age children. "We have to do something to change this."

The latest studies on homeless youth in Linn and Benton counties suggest that 49 percent of homeless people were actually children. Some children were accompanied by their parents, who were often homeless for periods of time due to job loss, illness, or drug and alcohol addiction.

Although shelters including Albany Helping Hands, Salvation Army, and many others offer programs for children, they lack the resources they need to provide the quality care many children need.

"We just don't have enough blankets, beds, and clothes to offer children or adults, especially as the weather gets colder. More people will begin to seek help then," according to Salvation Army employee John Scott.

Government reports have shown that the demand for food stamps and welfare has gone up by more than 52 percent in the past five years, a dramatic increase from previous years. Many of these requests come from homes with children, and it is the children who are often the forgotten victims.

According to Central City Concern, a non-profit based in Portland, Ore., homelessness threatens the stability and routine that is so necessary in a young

child's life. Homelessness also drastically increases the potential for mental and physical problems and leaves children and their families vulnerable to trauma such as witnessing violence, abrupt separation, and physical and sexual abuse. Homeless children are often unable to recover from these traumas because of the ongoing reminders and stress caused by being homeless.

As the weather turns cold and the leaves begin to change color, now is not the time to forget the children that are homeless in the Willamette Valley. Although local schools and shelters are working constantly to provide food, blankets, and housing, they are largely dependent on contributions from private citizens. Consider making contributions to your local homeless and women's shelters this winter. A single blanket or the cost of a mocha can make a difference in the life of one child.



Submit!

Both letters to the editor and guest columns are welcome. Letters should be limited to 250 words, but columns can be longer. Contributors who wish to submit columns are asked to first contact the editor to arrange for space in the next issues.

The Commuter attempts to print all letters received, although we reserve the right to edit for grammar and length. Letters that raise libel, poor taste or privacy concerns will not be printed.

Opinions expressed by columnists and letter writers do not necessarily represent the views of The Commuter Staff or Linn-Benton Community College.

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Applications for the LBCC Foundation's Merit & Merit/Need Scholarships must be received by November 21, 2008.

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PERSPECTIVES: How has cancer affected your life?

 <p>Debbie Wan</p> <p>"I have a family member that has cancer. I think it is an epidemic. It affects so many peoples lives."</p>	 <p>Crystal Cook</p> <p>"It really hasn't affected my life because I really don't know anyone who has cancer."</p>	 <p>Haley Florin</p> <p>"I have a friend who has it."</p>	 <p>Jacob Hodney</p> <p>"My grandfather died from lung cancer."</p>	 <p>Shagone Moore</p> <p>"I am more aware of my health, I go to the doctor more, and I know what my options are."</p>
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Compiled by Eve Bruntlett. Photos by Eve Bruntlett. The views expressed in Perspectives do not necessarily represent the views of The Commuter staff.

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OPINION

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Reading the small print matters

Make sure to understand those ballot measures before you vote

Max Brown
The Commuter

Ballot measure 59 could affect the state general fund by \$360 million its first year, \$1 billion in the second year and \$2.4 billion after two years. Measure 65 could make it very hard for a third party candidate to get on the general election ballot.

OSU Political Science Department Chairman Bill Lunch spoke on Oct. 14 about the upcoming election and the ballot measures that will be voted on. The room was packed for the speech at the Corvallis Benton County Public Library for the speech, which was sponsored by LBCC's Institute for Peace and Justice, the Willamette Valley Forum and the OSU Political Science Department.

At this time, Democratic presidential nominee Sen. Barack Obama is leading in the polls, said Lunch, but this does not mean he will win for sure. If you look at the election in 2000, you will see that Vice President Al Gore was ahead in October but still lost the election.

Not much of Lunch's speech was spent on the general election, however,

as it was intended to cover the local ballot measures. He covered every one of them and the impact they would have. Then it was opened to questions for about the last half hour.

During the Q&A, Lunch spoke about vote by mail, and encouraged people to vote before the deadline to avoid any problems. He said registered voters in Benton County should be receiving their ballots by the end of this week.

Tina Empol, a local of Corvallis who spends much time paying attention to politics, found the speech interesting and informative. She said Lunch always brings a wide body of knowledge that she otherwise would not have known.

Measure 65 is most important to Tina. She feels that it would make it more difficult for anyone not part of a major political party or independently wealthy to get on the general election ballot.

According to Oregon Voters' Pamphlet, Measure 65 would change general election nomination processes for most partisan officers. All candidates would run in a single primary, with the top two primary candidates competing in the

general election.

Measure 65 dominated most of the question-and-answer section of the speech. Lunch said that he thinks 65 will have the opposite effect than what it is intended for. Bill said he thinks it would actually drive parties further apart.

Supporters of measure 65 say it would give non-affiliated voters a chance to have a say during the primary season. Opponents say it would decrease turnout in the general election due to fewer candidates for each office.

Some of the other much asked about measures were measures 57 and 61. Both measures have to do with increasing sentences for certain crimes like drug trafficking and theft. Measure 57 was put on the ballot in response to 61 being seen as too costly, according to Lunch.

Measure 57 would cost less than 61. It enforces treatment of offenses linked to drugs instead of prison time. This would reduce costs associated with prison upkeep. Treating offenders is less costly than sending them to prison, Lunch said.

Measures 57 and 61 are unique.

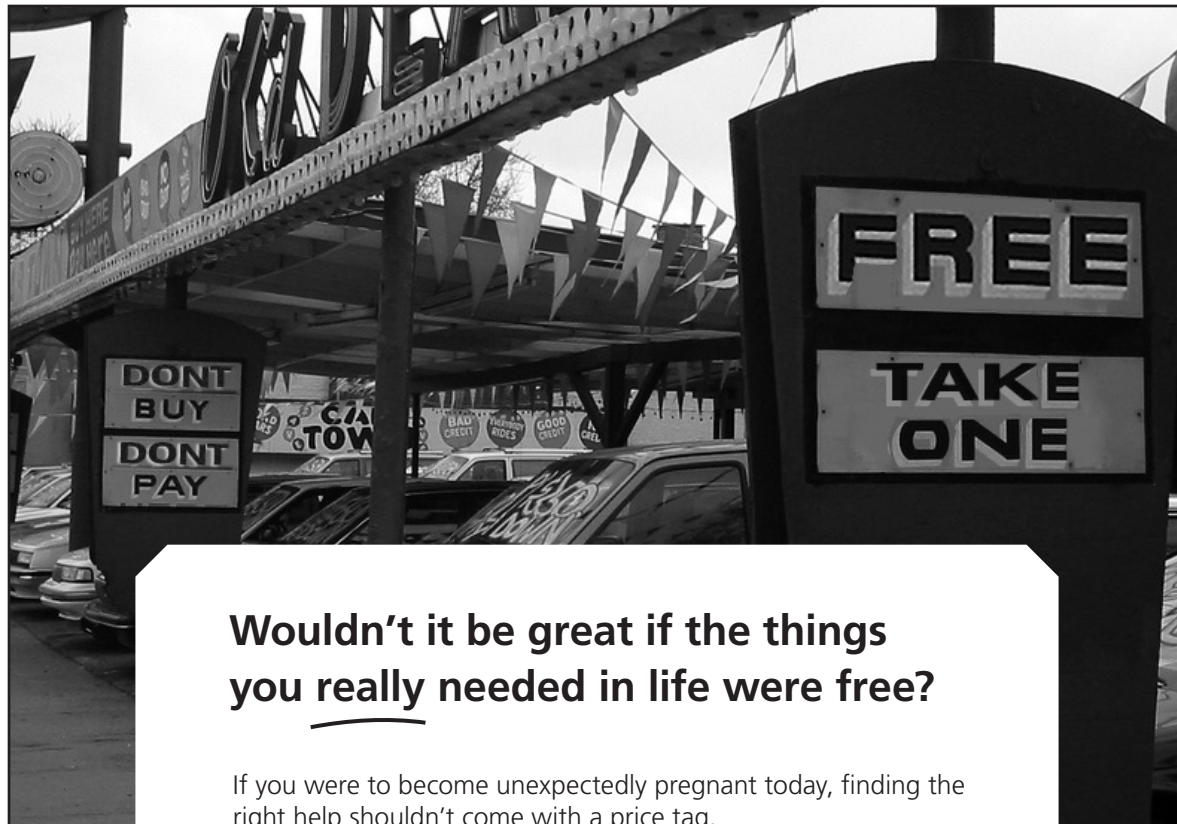
Because they are so similar, if both pass only the one with the most votes will be put into effect. Lunch said it is likely that both will pass so voters will decide which one they like more.

Measure 59 would allow unlimited deduction for federal income taxes on individual taxpayers' Oregon income-tax returns. This would reduce Oregon's general fund by billions of dollars after two years. Lunch said this will be a tax cut for the wealthy.

The Voters' Pamphlet for measures is 155 pages long, hardly light reading. But there are other places you can look for information on ballot measures if you do not have the time to read through all of it.

For a shorter yet detailed explanation of the ballot measures one could turn to the League of Women Voters Nonpartisan Voters' Guide. This is a 32-page pamphlet that covers not only ballot measures but also candidates for offices.

You can visit the League of Women Voters Web site at <http://www.lwv.org> to help you make informed decisions this year.



Wouldn't it be great if the things you really needed in life were free?

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Soft censorship

How to avoid being tripped up by your own good intentions

Brandon Goldner
The Commuter

There doesn't always have to be a suppression of truth to constitute censorship.

Sometimes it can come from friends, family and coworkers. It can come from your boss or your subordinate, from their suggestions or mere implications.

Working in journalism, good writers always try to get to the truth of the matter. They take their time, get every fact right, make every phone call, and don't put the pen down until all loose ends are tied.

Bad writers hurry. They slant the story they want it to be seen. They can't separate opinion from fact.

Sometimes the story itself falls into question, not by others but by the writer. To ask "Why am I writing this?" is important to consider before you begin.

There are waves and waves of influences that crash over the writer, even when they are at their most objective. People ask about a story, and want to add their take to it, even when you've reported the truth. You ask yourself what your intentions are: Is it to bring to light the series of events as you saw them, or is it to make people feel a certain way while they read?

This can lead a good story to be modified, edited or even killed. Second-guessing by others and within your own head has led to

the loss of many stories worthy of print.

So how does one prevent this form of soft censorship?

Before you go in, know why you're writing the story. Is it to report? Or is it your opinion? If it's an opinion piece, fine. If it's reporting, keep your own slant out of it. If you're mixing news and current events with your own perspective, be careful to keep them clear and separate. Record your interviews, and make a direct transcript to pull from and reference later.

When you're done, and you're sure you've been fair and objective, it's done. Unless you have misstated a fact or quote, or have an egregious error in the story, keep your ground. Don't be pushed to make changes that aren't necessary, don't pull something out because it may hurt feelings. If you have any doubt, it's probably nobody's fault but your own: You didn't go through the list and lock everything down beforehand.

In some cases, it may be necessary to pull a story altogether, as I recently did. I was unsure that I was objective and fair. I rushed. I didn't talk to everyone I needed.

It's a mistake that won't happen again. Some stories just won't be done in time for print, and you have to live with that. It's better to miss a deadline because a story wasn't done than to run something that isn't finished.

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SURREAL LIVING

Crosswords, cartoons and some fun facts to brighten your day.

Crossword

- ACROSS**
- 1 Coconut trees
 - 6 Happiness
 - 10 Ticket receipt
 - 14 Like a couch potato
 - 15 Leo's bellow
 - 16 Cabal unit
 - 17 Downright
 - 18 Mystique
 - 19 As soon as
 - 20 Put in writing
 - 22 Fearsome flies
 - 24 Offspring of a goat
 - 25 Gangsters' guns
 - 26 Dangling ornaments
 - 30 Gallery work
 - 31 Palo __, CA
 - 32 __ Alamos, NM
 - 34 Street talk
 - 39 Promissory notes
 - 40 People with upturned noses?
 - 43 Toe the line
 - 44 Beguiled
 - 46 Made a lap
 - 47 Close forcefully
 - 48 Ernie of the PGA

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64					65		66			67			
68					69					70			
71					72					73			

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- DOWN**
- 1 Papal name
 - 2 Pot starter
 - 3 Riga resident
 - 4 Sitcom equine
 - 5 Pitch or putt
 - 6 Family member
 - 7 Costello or
 - 8 Chanteuse Kitt
 - 9 Chalk remover
 - 10 George C. or Zachary
 - 11 Nervous
 - 12 Open sore
 - 13 Render holy
 - 21 Smith and Clark
 - 23 Digs in
 - 26 Follow secretly
 - 27 Soap additive
 - 28 Popular poker game
 - 29 Middling
 - 33 Distress signal
 - 35 Among the missing
 - 36 Qualified
 - 37 Come closer
 - 38 Exercise rms.
 - 41 Singers with deep voices
 - 42 Porkers' pads
 - 45 Simon or Diamond
 - 49 Classic Nabokov novel

Solutions

S	L	A	V	E	S		S	P	S	A		L	A	V	E	S
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- 50 Plumber's tools
- 52 Quick drinks
- 53 Evil characters
- 54 Bus itinerary
- 55 Fight venue
- 56 Like some waves
- 60 Traditional wisdom
- 61 On the waves
- 62 Delicate touch of color
- 63 Extremes
- 66 Psychic's gift

MorOnTV

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Believing oneself to be perfect is often the sign of a delusional mind.
 -Data, to Borg Queen, Star Trek: First Contact

MorOnTV

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I would be delighted to offer any advice I can on understanding women. When I have some, I'll let you know. -Captain Picard to Data, Star Trek: The Next Generation, "In Theory"

Welcome to Falling Rock National Park by Kid Shay



The Commons Fare

10/22-10/28

Wednesday
 Dishes: Beef Stew; Lavender, Fennel, Garlic & Cracked Pepper Pork Chops; Kolokopita Triangles
 Soups: Red Lentil and Chicken & Rice (GF)

Thursday
 Dishes: Turkey Club with Pasta Salad, Chili Verde with Flour Tortilla and Eggplant Parmesan
 Soups: Turkey Vegetable (GF) and Split Pea (GF)

Friday
 Chef's Choice

Monday
 Dishes: Buttermilk Baked Chicken, Cajun Meatballs with Red Beans & Rice, Frittata (GF)
 Soups: Pozole (GF) and Puree of Potato Leek

Tuesday
 Dishes: Beef Stroganoff, Fish a' la Florentine and Portabella Sandwich
 Soups: Mulligatawny and Vegetarian Vegetable (GF)

*Gluten-free

*Get the NEXT GENERATION
of LBCC NEWS*

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What you'll find on the web today:

Expanded "Autumn is
here!" gallery

Additional comics and
crosswords: updated
three times a week!

New staff blogs!

Interested in writing for The Commuter?

Have an opinion you want aired?

Do you enjoy photography or copy editing?

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like to appear on our cover?

Send all letters to the editor, art, and news tips
to commuter@linnbenton.edu with the subject
"submission".

We'd love to hear from you!