

THE Commuter

Wednesday,
October 31, 2007

a weekly student publication

Volume 39 No. 5

Linn-Benton Community College, Albany, Oregon

www.linnbenton.edu/commuter

Cops to students: Just slow down!

Aubrey Chambers
The Commuter

Busy lives make very little allowance for speed zones. Students know this most of all. So it comes to reason that students, both high school and college, have the highest percentage of traffic accidents.

In the average day, Sheriff's Deputy Jeffery Carl meets at least 15 people on the side of any given road in Linn County. Per month, that number is increased to anywhere between 100 and 150. Most of these meetings result in the issuing of a traffic citation. Combined, the Traffic Force of the Linn County Sheriff's Office, located in Albany, writes nearly 500 traffic citations within 30 days. If one were to assume the number of citations per year for Linn County alone, the number of citations sky rockets above 5,000, seatbelt and speeding blitzes notwithstanding. Most of these citations are due to rushing to get to class and/or work or an excess of distractions in the car.

All of these things can lead to what Carl calls a "tunnel vision type effect," focusing the driver's attention away from the vehicle and the surroundings. Carl and his fellow traffic officers try to make allowances for minor infractions, such as only slightly speeding. But as a general rule, 15 mph over the speed limit and aggressive or reckless driving will result in a citation and a substantial fine.

"We write tickets to change people's

behavior," Carl explained. He went on to say that his main goal is to educate people and to make them realize the dangers of distractions in the car, especially during this time of year. The fall is perhaps the most dangerous time for drivers because most are still driving with the summer mentality, meaning that the driver operates the vehicle with the idea that the roads are the same no matter the season. Not true. The asphalt is wet more often than not, visibility is usually sub-par, and sudden rain can increase the likelihood of unsafe driving.

Speeding can truly affect a student in several ways. For example, driving more than 31 miles over the speed limit or driving at 100 mph can result in a license being suspended for 30 days. Four or more tickets within a calendar year can result in another suspension. Without transportation, most students would face a tremendous hurdle.

"That'd be a problem," LBCC student Bekka Hollander said of the possibility of a suspended license. "I'd have to get my parents or friends to give me rides everywhere." She further explained that she would feel guilty for imposing upon them.

There is something that students can do, however, if they are pulled over. Carl suggests that students go to court, if only to explain the circumstances and to quite possibly get the fine reduced. Carl also thinks students should be informed of their rights to information. A common



Contributed photo

LBCC students who break the speed limit may find themselves in the lights of "The General."

misconception is that drivers have a right to examine the radar equipment used to catch speeders. A driver may request to see the radar and the equipment, but the officer has the choice to refuse, which many do.

Those accused of speeding may feel safe in knowing that all the equipment is tested after each use, as is required, and if anything is found wrong, the citation that was issued based on the equipment is void. The driver should also document the conditions, the circumstances, and anything else that may be pertinent in court.

Though Carl doesn't particularly enjoy pulling people over, he does like knowing that he has a job that makes a difference in people's lives. "My goal is to educate and enforce," Carl said as he cruised Highway 34. "And, hopefully, to educate through enforcement."

Carl's tools to help achieve his goal are very formidable. His car, a Charger affectionately dubbed "The General," has an extremely tight turning radius and the ability to reach 130 mph within roughly six seconds. The lights flash from discreet alcoves on the inside of the car, alerting anyone within a mile that there's a law enforcement officer in the vicinity.

"I call it a Christmas tree on wheels," Carl said with a smile.

For students who want to avoid the sight of flashing lights in their rear view mirror, Carl has a little advice: "Leave your distractions at home, allow yourself enough time. Driver responsibility is knowing what you can and can't do."

Carl says that the bottom line is to do what one knows to be safe and responsible, and if everyone follows that basic rule, it's quite likely that there won't be any citations being handed out soon.

Work, school, sleep: Full-time juggling act

Dayla Nissen
The Commuter

Many college students juggle working full-time jobs and going to school full-time. But what is it that drives them? Tuition money? Extra cash? Both? Probably. But is it only hazardous to their social life?

According to the National Sleep Foundation, college-age students lose countless hours of sleep due to full-time night jobs and having to get up early for a full day of classes. Not only do their grades go down hill, their immune systems weaken, and they can also develop other sleep disorders such as insomnia.

According to the NSF, students should get at least eight hours of sleep a night or more to function correctly. Sleep deprivation starts in high school and the total number of hours of sleep needed decreases with age. It can be hazardous to learning if a student doesn't get the required hours of sleep needed, the foundation says.

Of balancing work and school, Katie Hiatt, a shift manager



at Arby's in Albany and a student at LBCC, said, "It's fine until you have those days when you know everything is due in class."

Hiatt normally closes the restaurant, leaving in the wee hours of the morning.

When asked about students keeping up with their crazy schedules, Charles Madriaga, a counselor at LBCC, said, "I would say that the majority of students who attend school full time and who work part time or full time have expressed feeling 'overwhelmed' at some point throughout their academic careers."

The NSF released a poll stating the many young adults are suffering from sleep deprivation. The average student gets around 6.5 hours of sleep a night, according to the study. Many more are getting less than that and are developing insomnia.

Besides losing some Z's, many students are not able to get all their homework done. About.com posted an article stating that students' grade-point averages are going down due to the lack of sleep.

► Turn to "Sleep" on Pg. 8

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Happy Halloween

The history of Halloween
in depth coverage on

THE BACK PAGE

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OPINION

Send letters to The Commuter
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 Please sign and keep to 300 words or less

Trick or Treat: Challenge Halloween "norms"

Elizabeth Uriarte
 The Commuter

Though I've never quite understood the term "trick-or-treat," at least not in the usual context (am I offering a trick or a treat, or asking for it?), but that has not stopped me from partaking in the age-old Halloween ritual that is trick-or-treating. Since I can remember, I have donned my costume and trekked all over town asking for free goodies from everyone who opens their door to me on Halloween.

Yes, I am a 26-year-old who still goes trick-or-treating. My excuse is that I have my own child to take out with me (though I still bring along my own pillow case to fill). I see nothing wrong with this; why shouldn't I get free crap on the day of free crap giving?

Many people have developed anxiety over trick-or-treating with their children, and rightfully so. While it is rare to find a razor blade in your candy or poisoned chocolate, it has happened (though not to my knowl-



"When I'm old and gray-er, you'll still see me hobbling my wrinkled, costumed arse around town to collect my Halloween booty."

ELIZABETH URIARTE

edge in Corvallis), and parents should do the duty of checking their child's treats before they're eaten.

So, with my 8-year-old daughter, my girlfriend and myself begging for treats today, my house will have more candy than my enlarging ass needs. Fortunately, I have a hungry staff at The Commuter who gladly gobbles up all the excess candy I bring in. So if I'm not eating it all, why go and get it in the first place?

Why not?

Many people say I should grow up and simply escort my daughter rather than join in her festivities. F that poop! When I'm old and gray-er, you'll still see me hobbling my wrinkled, costumed arse around town to

collect my Halloween booty. It's fun, it's free, and it gives me an excuse to dress like a freak and for once not get ridiculed for it...not that that ever stops me.

To all the adults who are in the same boat as I, trick-or-treat on, my friends! To those who disagree, well, maybe growing up isn't all it's cracked up to be. Halloween is the day when one is allowed to be someone else, to dress up in any outrageous getup you can find; so let loose, have fun, be a kid for a day, and enjoy it.

Letters to the editor

To the Editor:

I really needed to explain to some people that Halloween can really be disgusting and offensive. Ladies, we have worked our asses off so people will even BEGIN to take us seriously. With that in mind, I must ask, how exactly is taking any classic Halloween costume and making its bottom part a skirt so short your ass cheeks hang out and the top so tiny I can pretty much see the top of your nipple going to enforce a positive idea of an assertive woman who is intelligent and has a shred of self-respect?

I don't take these things lightly. Every time someone, including some of my dearest friends, shows me their Halloween costume and I am not exactly saying "oh my god! You'll look so cute in that!" but more along the lines of, "that's gross," I get labeled a party pooper.

Look, I believe in having fun. But I don't think someone's fun should be directly proportional to how slutty they look. If you call yourself a feminist stick to those principals every day of the year. Don't be a hypocrite. It might even be fun to dress up in these costumes, but ask yourself, at what price? These days, it takes more creativity and in turn, it's more fun, to make your own Halloween costume that's sexy, cool, feminine, and you know, not make you close to naked. Plus its pretty cold out lately, so if anything, cover up because of that.

Kirsten Studley

To the Editor:

In regards to the article "Harry Potter and the Homosexual Headmaster": While I did not object to the article in and of itself what I did find offensive was your term "Christian right-wing morality freaks." I happen to be a strong Christian and I find it interesting in a society where tolerance to every religion and sexual choice is promoted you find it necessary to criticize what a lot of people believe. You don't seem to be able to tolerate intolerance. You obviously have the right to criticize us, so why do you call us "freaks" when we also stand up for what we believe is right?

If turn around is fair play would you also accept me calling you an immoral left-wing hedonist? It is not being a freak to stand up for what you believe in, even if that does go against what society is beginning to consider acceptable. It is a noble thing to believe something and fight for it even when people criticize you; it is much better than the "liberals" changing their beliefs whenever it suits there ever changing needs, standing up for the issue of the moment and really being spineless when it comes to backing it up over a long period of time. If you preach tolerance for every type of diversity, sexual and religious, at least practice what you preach, or don't print anything about it at all.

Zachary Baker

PERSPECTIVES

"What is your favorite Halloween candy?"



"Candy Corn."

• Joe Ellis •
 Oregon Transfer

"Candy Corn during Halloween; Snickers bars otherwise."



• Cassie Schutz •
 Art



"That's easy: A Kit-Kat bar."

• Taylor Cook •
 Business

"Candy Corn."



• Linda Loehr •
 Nursing



"Candy Corn."

• Thomas Laird •
 Biology

"Watermelon Jolly Ranchers."



• Chelsea Nemeck •
 Exercise Science

Compilation and photos by
 Will Parker

The Commuter

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STAFF

www.linnbenton.edu/commuter

The Commuter is the weekly student-run newspaper for LBCC, financed by student fees and advertising. Opinions expressed in The Commuter do not necessarily reflect those of the LBCC administration, faculty and Associated Students of LBCC. Editorials, columns, letters and cartoons reflect the opinions of the authors.

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OPINION

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Bush administration ignores child health care

Walt Hughes Sr.
The Commuter

As usual, life goes on. While students in grade schools, middle schools, high schools, community colleges and universities work hard and even struggle to make good grades the future seems to be falling apart at an ever-faster pace. Heat waves, droughts, fires destroying thousands of acres of vegetation and hundreds of homes, a million displaced people as the price of a barrel of oil heads ever closer to that hundred-dollar mark. The list goes on.

Somewhere back up the line the words "No child left behind" were heard far and wide, yet hundreds of thousands of them are not good enough to have health insurance. Ironically, George W. Bush and cronies can talk about giving Mexico a billion and a half to help them fight drugs while the children who were not left behind go to school sick and with no way to seek medical attention because the United States government is too cheap to allow them health insurance. Pretty sad story from any point of view.

While all the rest of it is going on election time draws ever nearer. Perhaps for the first time in history you have a large number of candidates vying for the job of "leader of the free world." For the third time in U.S. history you have a female candidate, and for the first time in history you have a black candidate among them.



...the words "No child left behind" were heard far and wide, yet hundreds of thousands of [kids] are not good enough to have health insurance.

WALT HUGHES

Even the states are jumping on the bandwagon this time around. Kind of like a game of checkers, they keep jumping around to see who will have the first primary, and all those candidates are jumping through all the hoops as they attempt to garner enough votes for the nomination.

How does that affect the students at LBCC? The price of a gallon of gasoline is predicted to hit \$4 a gallon by the end of the year. Even if you live just down the road from Linn-Benton, it will get more expensive driving to school each week. Then look at the housing problem that has arisen lately. As more and more people lose their homes the price of apartments will go almost out of sight by next year. Combining those two with the rising costs of tuition and good shoe leather and lots of Top Ramen soup are looming just over the horizon.

To throw even more doom and gloom into the pot is easy. Bush and his cronies seem to think any and everyone who wants to jump the fence (or tunnel under it) should be able to do so without much of a problem, and that exporting your future jobs halfway around the world is the way to solve your problems. Top everything said so far with the notable fact Mr.

Bush also wants to give away another five billion of your dollars to the third-largest oil producing country in the world. All this while children in this country do without health insurance, the price of gasoline goes through the roof, and you pay heavily for the attempt to get an education for a job that probably won't be there when you graduate.

Poetry Club SHOUTS!

To the Editor,

Pen put to paper with propagandist intent—as W.S. Gilbert wrote "Hail Poetry!" In position of limited prominence obligation to divine comes to me a fascist

figurehead demanding salute poetics all you who can truly read. This then is the intent of our LBCC Poetry Club, a sort of call to wake up to the mother of literature no Bible but Mein Kampf and we come for two things in our anarcho-fascist intent: to celebrate the old auld lang syne, and to BLOW THEM UP preservation and destruction the same. To this end we offer the ability to everyone to become dictator and HAVE THEIR SAY!

Join yell shriek with us Nov. 6. Be revolutionary! Shout nothings into the wind. Or join us in our dictatorship of anarchy (major tyranny) and be Degenerate.

Harrison White, Esq.
Self-proclaimed Minister of Propaganda, LB Poetry Club

SCIENTISTS DIAGRAM THE NEWLY DISCOVERED "OPTIMISM" SECTION OF THE BRAIN...

RELAX. GLOBAL WARMING IS JUST A 'THING.'

A WAR? ON TERRORISM? SOUNDS PLAUSIBLE.

THAT GIRL IS TOTALLY IN MY LEAGUE.



CLASSIFIEDS

HELP WANTED

You can sign up at www.linnbenton.edu/StudentEmployment to look at student & graduate jobs. For more information about the opportunities listed below, please see Carla in Student Employment in the Career Center (Takena 101) x4788

Teen Computer Room Instructor (#5768, Lebanon) If you have a strong background in computers and an interest in working with children, this part-time job could be for you! Hours are M-F: 2-6:30pm and pay is \$7.80/hr.

Office Manager's Assistant (#5772, Albany) Are you an accounting student who will be graduating in December? This job is full-time, but will work with your school schedule for now until you graduate and then go full-time.

Urban Forestry Paid Intern (#5770, Albany) Horticulture, Agriculture or Forestry students are encouraged to apply for this wonderful internship with the City of Albany. Can't beat \$11.50/hr for a minimum of 15 hrs/week.

Customer Service Rep (#5776, Albany) Answer phones and schedule appointments. Part-time flexible during the week and Saturdays are a must. \$9/hr to start.

Great part-time work available at Lake Shore Lanes

Looking for energetic and outgoing people to fill bar tending position, no experience required. Lake Shore Lanes is a friendly working environment. We are now accepting applications at: Lake Shore Lanes, 5432 Pacific Blvd. SW, Albany, OR 97321

LBCC MAIN CAMPUS Commons

OCTOBER 31ST - NOVEMBER 6TH

Wednesday:

ENTREES: Pot Roast and Paella
VEGETARIAN: Three-cheese stuffed shells
SIDES: Potato Pancakes and Mexican Rice
SOUPS: French Onion and Corn Chowder

Thursday:

ENTREES: Liver with Bacon & Onions and Chicken Cordon Bleu
VEGETARIAN: Thai Vegetable Curry with Steamed Rice
SIDES: O'Brien Potatoes and Creamy Polenta
SOUPS: Ginger Chicken & Coconut (Tom Kha Gai) and Wild Rice

Friday:

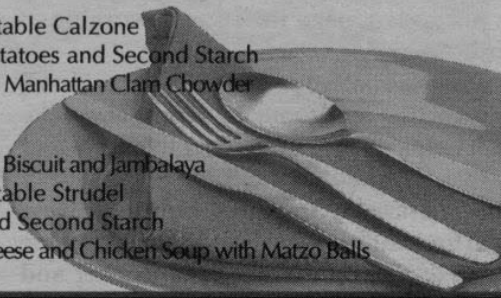
CHEF'S CHOICE

Monday:

ENTREES: Glazed Ham (Carved on display) and Beef Goulash with Spaetzle
VEGETARIAN: Vegetable Calzone
SIDES: Lyonnaise Potatoes and Second Starch
SOUPS: Split Pea and Manhattan Clam Chowder

Tuesday:

ENTREES: Chicken & Biscuit and Jambalaya
VEGETARIAN: Vegetable Strudel
SIDES: Couscous and Second Starch
SOUPS: Cheddar Cheese and Chicken Soup with Matzo Balls



Web site of the week: 20Q.net

Eric Goodwin

McClatchy-Tribune News Service (MCT)

Can a computer program read your thoughts? According to 20Q.net (<http://www.20q.net>), the answer is yes.

If the Web site's name sounds familiar, that's because it is brought to you by the same minds behind the popular Pocket 20Q handheld game. Both the online game and the small toy are driven by the same engine: an artificial intelligence algorithm that can guess what you're thinking in 20 questions—a modern twist on an old parlor game.

On 20Q.net, you can choose to compete against the artificial intelligence in 10 categories including sports, television, movies and even Harry Potter.

Think you can stump the program? It's not impossible to do. According to 20Q.net's statistics, the algorithm can predict what you're thinking 80 percent of the time after asking 20 questions. But after you play a few times, you'll be surprised at how often it's correct.

What's also amazing is that the artificial intelligence "learns" from each game it plays. After you complete a round, 20Q.net shows you the contradictions it detects in your responses versus the answers other players have given it. By cataloguing every player's answers, the program become more proficient at predicting answers.

Does this mean that in a few years machines will gain the intelligence to overthrow mankind? Stay tuned...

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CAMPUS NEWS

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

Medical assistant program graduates in demand

Monique Cohen
 The Commuter

Students of today are becoming the medical assistants of tomorrow. The two-year medical assistant program offered by LBCC gives students the knowledge and skills needed to work in a medical office. Students learn administrative and medical skills during the program.

Rick Durling, program coordinator, said the training is divided into administrative, general education and clinical skills. The administrative training involves learning billing and medical coding procedures for insurance, medical reports and keyboarding skills.

The general education classes include math, science, anatomy, physiology, psychology and medical terminology. The clinical skills training teaches phlebotomy, giving injections and assisting with surgeries and procedures.

Students complete a 270-hour work "externship" with a clinic, usually during the spring term of the second year. The clinic or medical office training allows the students to hone their skills and provides valuable experience.

"The training mirrors their real working experience out in the field," Durling said.

Once on the job, medical assistants perform varied duties such as recording patients' vital signs, collecting and preparing laboratory specimens, and assisting with medical procedures.

The medical assistant program class size has grown from nine people in 2004, to a record graduating class of 28 last year. Next year's class is expected to have about 30 students, Durling said. Attesting to the quality of the program, 100 percent of the 2007 class passed the medical assistant national certification exam, compared to the national average of 67 percent.



Contributed photo
 One hundred percent of the 2007 class of medical assistants passed the national certification exam.

"Additionally, we scored in the top 2 percent nationally on the exam on aggregate. With a class of 28 that is

extremely impressive. We're very proud of the students," Durling said.

Heather Wright graduated last year and said training definitely prepared her for her new job. Mt. Valley Medical Plaza in Lebanon hired her directly from her externship.

Sandra Lovelady worked for the State of Oregon at OSU for 18 years, but after budget cuts she found herself looking for a new career. She was directed to the Turning Points program at LBCC and found the medical assistant program to be a good match.

Lovelady was offered a job prior to her graduation in June. She currently works for Dr. Brian Curtis at The Corvallis Clinic. The clinic has five graduates from the 2007 class and employs many more past graduates of the LBCC program.

"The program is excellent and we were told, while in school, by Samaritan Health Services and The Corvallis Clinic that they were anxious to hire us because of our educational background at LBCC," Lovelady said.

Graduates of the program are employed at clinics and medical offices throughout the Willamette Valley. Durling said The Corvallis Clinic hired at least six students and a clinic in Lebanon hired three graduates last year. Last year the program had two male graduates.

"They were two of the first to get jobs. Male medical assistants are highly in demand," Durling said.

Durling said the job outlook is excellent. According to the Oregon Labor Market Information System, the occupation is expected to grow much faster than the statewide average.

"The starting pay for a medical assistant has risen from about \$10 per hour just two years ago, to a starting pay close to \$13 an hour in 2007," Durling said.

Area high school students take classes at LBCC



Contributed photo
 Braedon Dillenback, left, and Anthony McMahon are high school students taking classes at LBCC.

Caleb Thomas
 The Commuter

Around LBCC, a new phenomenon is abounding. From 13 area high schools, secondary students are flocking to LBCC's campus for higher learning opportunities.

"On average, there are around 300 [high school] students from the local area that attend LBCC for various classes," said Kathy Chafin in the admissions office.

Many of these students are in danger of not graduating, so high schools pay for them to get a GED from LBCC. However, many students attend because their school doesn't offer the classes they want to take.

"I'm here because I want to get some classes not offered at South Albany High School," said Anthony McMahon, a junior from SAHS, taking four credits.

McMahon also said that he really likes the atmosphere of LBCC.

"It's a lot friendlier at LBCC [than at SAHS], the people are nicer, and it's just more relaxed," said Braedon Dillenback, also an SAHS junior. He feels that he is the same as the older people taking classes at LBCC, because, "We are both trying to better ourselves." Dillenback is taking six credits, as well as a full schedule at SAHS.

"It really isn't as stressful as you'd think, taking classes at two schools; it's the same workload, just at LBCC they aren't babysitting you," said McMahon.

"Another great thing is the classes are paid for by SAHS. Free college, gotta love it," said McMahon.

"The college is great," said Dillenback.

Services available for hearing-impaired students

Beth Tweedell
 The Commuter

It is not uncommon today to find a sign language interpreter in class for hearing impaired students. Title III of the Americans with Disabilities Act of 1990 states that "no individual may be discriminated against on the basis of disability with regards to the full and equal enjoyment of the goods, services, facilities, or accommodations of any place of public accommodation," which includes educational institutions.

LBCC's Office of Disabilities offers assistance to these students in several ways. With early registration and four to six weeks advance notice, an interpreter can be hired to attend classes with deaf students. According to Lynne Cox, the coordinator of disability services, there are some years where no services are needed. But in 2006, seven students requested sign language interpreters.

That meant disability services was scrambling to find

enough interpreters willing to do the job, said assistant coordinator Kathy Knecht-Miner.

"We are in a difficult area, geographically speaking, because Oregon State University uses up all of the local interpreters. It can be difficult to convince someone to drive from Salem or Eugene to interpret for a one-hour class in the morning, wait for an hour or two, and then interpret for another class in the afternoon."

Team interpreting is common, where there are two interpreters switching back and forth in their signing. This is due in part to avoid physical injury, according to Lori Salus, a sign language interpreter working at LBCC this term.

"We switch with each other every 15 to 20 minutes or so. We stay in the classroom together, and take turns signing. It helps us stay in shape, physically and mentally."

Students who are hearing impaired but don't need interpreters will find additional services available. One option is the use of microphones for the teacher and

ear buds for the student. Preferential seating is another option that assures a student of being close enough to read lips. Teachers are notified of a hearing impaired student in their class, and are required to make the best effort to speak so the student can see the lips move.

A few suggestions for hearing students in their interactions with deaf or hearing-impaired students: Talk to them; they can read lips, but talk normally, don't exaggerate lip movements. Paper and pencil are always a good option for communicating.

"Some people feel a bit nervous interacting with a deaf or hearing-impaired person," says Salus. "But if you think of it like meeting someone from another culture it might, in the end, help you be more open to everyone."

Joe Paris of LBCC's business and computer systems department, whose wife, Damara, is deaf, says, "I remember that the deaf are people too. A little bit of patience goes a long way, and is very much appreciated."

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LOCAL NEWS

News about our local community,
 including Albany, Corvallis, Lebanon,
 Sweet Home and Philomath.

Linn County Public Health offers low-cost medical care

Didi Clarke
 The Commuter

Supervising public health nurse of Linn County, Pat Crozier, RN, and health educator Ky Weatherford, want to get the word out that the Linn County Public Health Department offers a wide variety of low to no-cost health services to residents of all ages in the Willamette Valley.

All services are bilingual and include vaccinations for infants, children, and adults; a nutrition program for women, infants, and children (WIC); and infectious disease control including HIV and tuberculosis testing with free TB medication, as well as screenings, and prevention counseling for sexually transmitted disease and infections.

Crozier said that one of the largest programs currently being offered is the Family Planning Expansion Project which is federally funded and provides reproductive health services such as birth control (birth control pills, condoms, injectable contraceptives, IUDs, diaphragms, and vasectomy counseling and referral) and reproductive exams (pap smears and cervical screenings).

Pregnancy testing, counseling, and referrals are available as well, as are breast and cervical cancer screenings and mammograms. Emergency contraception is also available and Crozier stresses the difference between what they offer, Plan B, and a typical abortion pill after conception takes place. She explained that Plan B prevents conception from occurring and is offered as an option for those who request it. Unlike other health services for which appointments are recommended, emergency contraception is available for walk-ins.

Another service, the Oregon Mother's Care program, is aimed at giving assistance and guidance to newly pregnant mothers to ensure that they are able to receive prenatal care within the first trimester of pregnancy. Crozier gave an example that by helping a new mother get an Oregon Health Plan application expedited, it would give her the opportunity to receive prenatal care within the first trimester of pregnancy instead of waiting for standard application to be processed.

Linn County also offers the Maternal-Child Health Program, which assists women in finding prenatal care and provides educational home visits on parenting, infant nutrition, safety, and also links families with community resources.

Information and education concerning prenatal and postpartum depression is also provided.

Health education is also a large part of public health services and Linn County's health educator Weatherford described outreach programs that include visits to local schools, which provide information and education on infection control such as flu prevention by "covering your cough" and proper hand washing, and pandemic flu preparedness and prevention. Weatherford said she also educates the community and high schools on information as to the prevention of STIs and protection against HIV.

Though Linn County Health services normally do not include primary care such as treatment for colds, flu, and other illnesses, Crozier said that through their community outreach program, local physicians volunteer their time once weekly for patients on a first-come first-served basis (infants and children seen first) for those who need primary health care. Donations are accepted for services (usually \$5) but patients are still provided services if unable to pay. The Albany location sees patients every Thursday evening and the Lebanon office every Tuesday evening.

"The great thing about our services is that we provide health care for people who aren't insured or don't have the ability to pay for health services. They can come here and get the help they need," Weatherford said. Crozier added that although services are on a sliding fee schedule, they never turn patients away for inability to pay.

Appointments are recommended for health services and patients are asked to bring identification such as a birth certificate (if not born in Oregon) or other identification forms as well as any existing health records.

Linn County Public Health locations and office hours: Most office sites are open Monday thru Friday, 8 a.m. to 5 p.m. Call individual office for specific hours.

Albany: 315 Fourth Ave. S.W., Albany, 97321
 (541) 967-3888

Lebanon: 1600 S. Main St., Lebanon, 97355
 (541) 451-5932

Sweet Home: 799 Long St., Sweet Home, 97386

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photo by Will Parker

Sean Brown is the creator of the film "Home is Where the Heart Is."

Corvallis filmmaker promotes supporting local businesses

Crystal Beattie
 The Commuter

Sean Brown's film "Home is Where the Heart Is" premiered with a full house on Oct. 19.

The film portrays the importance of local businesses found in downtown Corvallis. With interviews from store owners, frequent customers, and even the mayor, the film pays tribute to the importance of shopping locally.

Although Brown based his film on how important small businesses are to the Corvallis community, he said he had no intention of putting down larger corporations.

"I'm not bashing anyone,"

Brown said. "My intent was to show what downtown Corvallis has to offer."

Brown's audience had nothing but positive feedback after viewing the film.

"Sean's film really influenced my decision to purchase more things from local businesses," said Sarah Cove.

From restaurants to movie theaters, the businesses shown in the film exemplified a personal touch to delivering service.

"I am glad someone took this upon themselves to finally show how special Corvallis' downtown is," said Chrissy Listman, a member of the audience. "I am definitely going to spread the word about this film."

Writers conference at Corban

For The Commuter

Mary A. Hake, an LBCC alumna who served on The Commuter staff from 1995 to 1998 was elected president of Oregon Christian Writers (OCW) Oct. 20. Hake, who is working on her first novel, now lives in Falls City, Ore., and has had her work published in a number of periodicals and compilation books.

OCW's annual winter conference will be Feb. 16, 2008, at Corban College near Salem. Keynote speaker will be Gail Sattler, a romance author from Vancouver, BC. The spring conference will be May 17, 2008, at Northwest Christian College in Eugene.

Bill and Nancie Carmichael, founders of VMI Publishers in Sisters, Ore., will be the keynote speakers.

The 19th annual Summer Coaching Conference will be held July 28-31, 2008, at Canby Grove Conference Center. Twelve genre-specific three-day coaching classes and 35 one-hour workshops offer hands-on instruction on all areas of the writing business. Stephen Bly of Winchester, Idaho, a popular author of western novels, will present the keynote sessions.

For more information about Oregon Christian Writers and their upcoming conferences, check their Web site, www.oregonchristianwriters.org.

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Arts in the Community

Linn-Benton
 COMMUNITY COLLEGE

Travel at the Tripp Film Series: "China: the 21st Century,"

Nov. 4, 2-4 p.m., Russell Tripp Performance Center

"Revealing the Art of Writing," a discussion with journalist Jack Hart,

Nov. 7, Noon, College Center, CC-203. Free.

"Celebrating the Art of Fiction" with novelist Alison Clement,

Nov. 8, 11 a.m., North Santiam Hall, NSH-206. Free.

Artist Paulina Hermosillo Lecture,

Nov. 15, 12:30 - 1:30 p.m., Forum 104. Free.

Shakespeare Festival Actors Performance

"Presenting the Art of Theater," Nov. 16, 10 a.m. & 1 p.m., Russell Tripp Performance Center. Free.

Concert & Chamber Choir Concert, "Singing The

Light Into Dark," Nov. 29, 7:30 - 9 p.m., Russell Tripp Performance Center



6500 Pacific Blvd. SW, Albany • 541-917-4531 • www.linnbenton.edu

For disability accommodations, call 917-4789. Submit requests four to six weeks before the event. To call any LBCC department by TDD, call through Oregon Telecommunications Relay Service 1-800-735-2900 and provide OTRS the number of the department you wish to reach at LBCC. LBCC is an equal opportunity institution.

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Newsroom Desk: 917-4451
commuter@linnbenton.edu

SPORTS

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



Chris Kelley and Will Parker
The Commuter

FACE OFF

NFL games in Europe, here to stay?



Chris "Cheese" Kelley: Bringing NFL games to Europe is a great idea. The exposure is lacking in the international field. This is a great plan to expand the popularity.

Will Parker: It's a bad idea, and this newest form of taking two established teams and playing a regular season game is wasted money. The NFL has had a presence in Europe since 1991 and nothing came of it. When the NFL failed to build enough popularity for Europe's own teams, they disbanded the franchise.

Cheese: The NFL Europe was like a minor league for backup players to get experience. The problem wasn't getting attention; bringing regular season NFL games over there will do a lot of great things.

Parker: While the exposure may be great for other countries, the U.S. depends on games for revenue.

Cheese: Football is the only main American sport that isn't an Olympic event. Outside of the Americas, football isn't known. What is the harm in letting them experience our game?

Parker: American football, like a lot of other culturally esoteric sports, isn't an Olympic event because it's just in the U.S. that the sport is played.

Cheese: Baseball, basketball and football were made in the U.S., two of the three are huge international, Olympic sports; what makes you think that an NFL football game wouldn't be supported there? The game was sold out in London.

Parker: I wouldn't say baseball or basketball is a "huge Olympic" sport. Most countries don't have a baseball or a basketball team. And the U.S. made a joke of the Olympics the first time the U.S. let professional

basketball players in.

Cheese: The U.S. might have blown out teams at first, but it's only made other countries more competitive, the level of skill has greatly expanded and we have gotten some phenomenal overseas athletes due to the game being introduced to those countries. The NFL is keeping football a novelty in Europe by only giving one or two games a year.

Parker: Actually, since 1936 when basketball was introduced, the U.S. team won the gold all but four, taking either bronze or silver in three and not participating in the fourth due to a protest. And the most recent gold medal team, Argentina, had a team mostly composed of U.S. NBA players.

Cheese: Those U.S. NBA players were exposed to basketball because of international presence and the game being adopted. Before 1988, the U.S. was sending out amateur athletes, and since has allowed other countries to gain experience to compete with our professionals.

Parker: People love novelty-just because they sell out one game doesn't mean that it's enough for them to consistently get the sort of attendance expected in the States.

Cheese: NFL commissioner, Roger Goodell, isn't trying to make teams in Europe like David Stern of the NBA is. He's just giving them one regular season game played overseas this year. He has plans for two to three games next year. By rotating countries, it gives all of Europe a chance to experience why we love football so much.

Parker: But if the point of Goodell's actions is to get people hyped about football, why would they kill NFL Europe? This recent action is all about making money.

Cheese: Whether it is making money or expanding,

or both, the idea is being accepted.

Parker: One game doesn't mean a franchise. NFL in Europe will continue to flounder until someone takes the helm and realizes that the U.S. can't push its sport onto other countries.

Cheese: The NFL isn't trying to make teams over there to be added in the NFL. It is giving a different environment to spark more football frenzy. The NFL wouldn't move regular season games to Europe if it didn't feel it was good for the game.

Parker: Since this is the only game this year, then we'll have to wait until next year to find out if this game in London was a fluke or not. I'm voting Fluke.

Cheese: The NFL frequently has preseason games in Asia. The idea is about exposure, which will bring in more money. Any company's idea has something to do with making money. No one has an idea in which they hope to lose money. You are stating the obvious.

Parker: In the end, the sport is about the investors and the owners, not the players.

Cheese: Is that a bad thing? No players have openly voiced disappointment in going to Europe or Asia to play NFL games.

Parker: If the game's commissioner personally goes over to Europe to watch and comment on the game, which in their right mind would "openly voice" anything? Do you really think all the people that make money off the games in the U.S. are happy that they didn't get to make money this time?

Cheese: NFL Europe lasted for over 10 years; that's a success. Everything is due for a change, and bringing an NFL regular season game to Europe is the change that the NFL is taking. My prediction is the novelty will be huge for the NFL in Europe.

Ali Krebs: Setting the Roadrunners up for success

Nikali Covey
The Commuter

If you were to go watch the LBCC volleyball team, you would see a tight-knit group of girls flying around, making plays. But what is the force that keeps the team so close and functioning at such a high level? Many would say it's the leadership of freshman setter Ali Krebs.

Krebs is a hard-working student athlete with her eye on the future. She was born and raised in the Mid-Willamette Valley and has been playing volleyball for the majority of her life.

"I started it in the fifth grade," said Krebs. "I've watched it since I was a baby though."

She grew up watching her older sister Jen mature as a volleyball player and go on to play at Humboldt State University in California.

Krebs followed in her sister's footsteps and continued playing volleyball in her hometown of Lebanon, Ore. through high school. Juggling school and athletics, Krebs was able to maintain a perfect 4.0 GPA and earned the honor of Valedictorian. Her grades are something she is very proud of and are also very important to Coach Jayme Frazier.

Frazier expects her players to strive for excellence in the classroom as well as the court.

"School is the reason each of them is here-volleyball is the bonus," Frazier said. "I ask them to be in class everyday, manage their time and help one another in their classes and study habits."

Krebs is currently studying criminal justice at LBCC, but plans to transfer to Brigham Young University in Utah and perhaps finish out her volleyball career.

"I'm probably too short to play volleyball there," Krebs said. "But volleyball or not, that's where I'm going to be."

It's clear that Krebs is incredibly devoted to her schooling and has aspirations for the future, but what is her role right now as the No. 1 setter on the volleyball team at LBCC?

"She has to be the coach on the court," Frazier said. "That requires that she understand team and player dynamics and also who is on, what the defense is doing and the flow of the game."

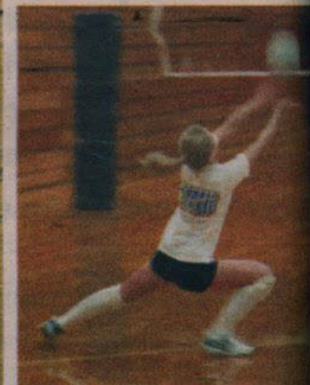
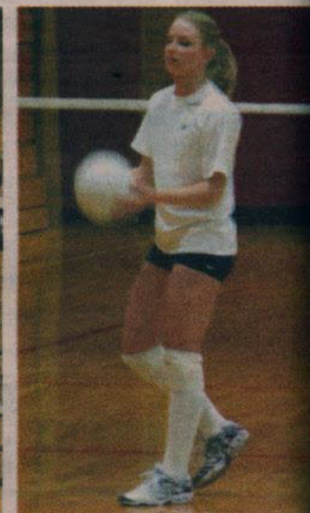
"Basically, after our passers do their job and give me the most gorgeous pass you have ever seen, I throw the ball up to the hitters, who in

turn smack it down on the other side of the net-usually leaving the other team A) paralyzed with fear or B) momentarily knocked unconscious due to minor head trauma," Krebs candidly put it. "I'm kind of like the quarterback of a football team or the point guard on a basketball team. I have the final say on what plays we run."

According to Frazier, Krebs also shows many great characteristics on the court that will serve her well down the road.

"I believe that in general, a positive athletic experience builds self-confidence that affects many aspects of life now and in the future," said Frazier. "Athletes that are truly willing to invest and become part of a team, will learn the importance of and display such characteristics as teamwork, commitment, good work ethic, sacrifice and discipline."

Krebs agrees that her time at LBCC will prove to be a valuable experience for her and believes that it will be a great



photos by Will Parker

Ali Krebs excels in all aspects of the game, hitting, setting and serving.

transitional phase between high school and a university such as BYU.

For now, Krebs is enjoying her time at LBCC and the success of her team.

"We are a very good team and I'm proud of us because we have come a very

long way since the beginning," Krebs said. "But, don't just take my word for it, come watch us at NWAACCs!"

The NWACC Championships begin Nov. 17 at Mt. Hood Community College in Gresham.

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SPORTS

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

OSU football gives Homecoming celebration

Chris Kelley
 The Commuter

CORVALLIS—A week after upsetting Cal on the road, the Beavers (5-3, 3-2 Pac-10) handed Stanford their fifth loss of the season in the 26-3 Homecoming beating Saturday—giving OSU students something to party about.

Reser Stadium looked as if it were holding a Halloween convention, as orange and black loomed thick to watch Sean Canfield quarterback a near perfect game throwing 14-21 for 142 yards and one touchdown. "We kept grinding all game," Canfield said on a key to the win. "Defense did a great job holding them to five yards rushing."

Defense put on a clinic, forcing two interceptions, two fumbles and having five sacks to go along with a blocked field goal. Joey LaRocque who had eight tackles and a sack and Dorian Smith had two tackles and two sacks.

Alexa Serna earned the Lou Groza kicking award last week after kicking three field goals and brought his consecutive extra points streak to 127-12 shy of the Pac-10 record.

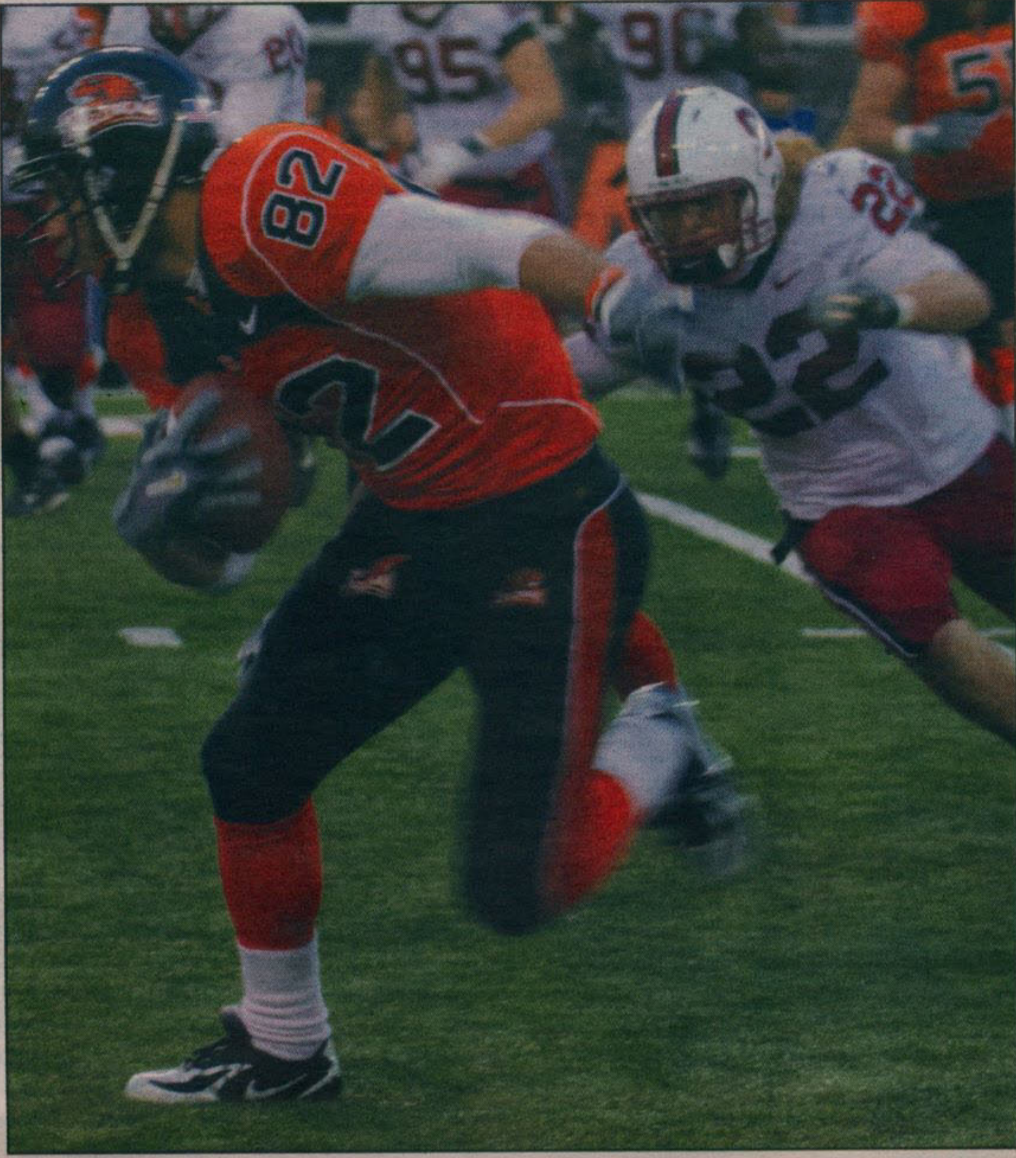
Oregon State amassed only 173 rushing yards, but runs for big gains were the theme. Starting early in the first quarter when James Rodgers broke down the sideline on a 51-yard rush until he was pulled down from behind on the two-yard line. He had 60 yards rushing on three plays and 18 yards in returns to earn Player-of-the-Game honors.

"It was a wide receiver reverse called, and I got a good push to the sideline where I could squeeze it to get in the open," Rodgers said about that play. "It started with great blocking up front; I gotta love the big men!"

Questions were brought up all week about if losing left guard Tavita Thompson due to NCAA ineligibility would make the line weak but back up Ryan Pohl was solid in his first career start.

Yvenson Bernard rushed for 62 yards on 9 carries for a touchdown, but is listed as doubtful on the OSU Football website for this week at USC, after missing the whole second half of Saturday's game with a shoulder injury.

With a three game winning streak, OSU travels to USC to fight for control of fourth place in the Pac-10, with the top three spots still up for late season grabs. The Beavers hope to prove last year's win wasn't a fluke and having USC lose last week to No. 5 Oregon couldn't have helped more.



(Above top) Brandon Powers gains the first down and more off a Sean Canfield pass. (Left) Victor Butler (90) and Slade Norris (58) forced Tavita Pritchard to throw for an intentional grounding penalty with the Beavers' relentless pressure on defense. (above) Player of the game James Rodgers comes up two yards short of the touchdown on his 51-yard run when he was brought down by Clinton Snyder. (Photos by Will Parker and Chriss Kelley)

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CAMPUS NEWS

News about issues and events from
 around campus and the nation
 of interest to Commuter readers

LB program sends students to Europe, Costa Rica, Mexico

Monique Cohen
 The Commuter

Imagine spending spring term wandering the halls of the Louvre, gazing down on Paris from the Eiffel Tower, or strolling the Champs-Élysée and getting college credit at the same time.

The Study Abroad Program at LBCC has a scheduled trip to Paris, France, this spring term. The program is offered by LBCC in partnership with the Oregon International Education Consortium and the American Institute for Foreign Study. The consortium is comprised of eight Oregon community colleges.

LBCC student Shirley Austin traveled to Florence, Italy with Study Abroad fall term of 2006.

"When I think back at studying about some Renaissance art in the classroom, then taking a walk and seeing the original, I am overwhelmed and grateful for the privilege," she said.

Austin recommends looking into the Benjamin Gilman scholarship to help with funding overseas schooling. She offers this advice for students considering the program, "Do it! You will make friends for a lifetime and you will cherish the memories. It will make you grow."

Paris is a city rich in culture and home to many famous museums such as the Louvre, Musee D'Orsay, and Pompidou Center.

AIFS plans one or more activities for the student group each week. The activities may include a guided tour of the Louvre, a visit to Versailles or dinner in a bistro. According to AIFS, the Metro system is an easy and timesaving way to tour the city. There are 15 Metro lines throughout the city and trains operate frequently.

Students live with a local family but for an additional fee, they can choose a shared apartment.

"The students' feedback is that they get a lot more out of the program if they live with a host family," said Tammi Paul, LBCC's director of Student Leadership, Outreach and Retention.

The classes are taught by faculty from the community college consortium. The courses for spring term are Painting, History of Western Art, Survey of Visual Arts, Creative Writing, Introduction to Literature, and Drama in American Literature.

A Language, Life and Culture course is required and offers stu-

dents two hours a week to learn French, guest lectures about French culture, and excursions around Paris. Classes are held Monday through Thursday to allow students long weekends to travel. "We encourage students to take advantage of travel while they study abroad," Paul said, adding that the program is "very inclusive and age is not a barrier."

Life experience can be beneficial as an applicant. The Study Abroad Program is not just for students and is open to members of the community.

The cost of the Paris program is \$7,295 and includes a round-trip flight from Portland to Paris, round-trip airport transfers, student housing in Paris, a travel pass that can be used on the Metro and buses, medical insurance, guided excursions and a \$50 nonrefundable application fee. In addition to the program cost, AIFS has a \$285 fee for airfare taxes and a \$200 fee for a refundable damage deposit.

The program cost does not include tuition at LBCC. Director of Financial Aid Beverly Gerig encourages students who are interested in the program to meet with her soon, as participants are required to have a financial



Contributed photo

Laura Berman, left, and Shirley Austin visit the Colosseum in Rome as part of LBCC's study abroad program.

plan. A minimum of 12 credits is required for the term.

Paul said 25 to 35 students participate each term. Interested students must submit the LBCC Study Abroad application with two letters of recommendation from faculty and a check for \$100. If the student is chosen as a participant, then the application fee will be applied to their account, or it will be returned if the student is not selected.

The student will need a valid

passport, and will be responsible for optional field trips or excursions and personal expenses.

The other Study Abroad locations offered in the summer, Costa Rica and Mexico, and fall program is to Florence, Italy. The application deadline for the Paris program is Nov. 16.

For additional information about the Study Abroad Program, contact Paul at (541) 445-4457.

Sleep: All work and no rest make students dull-minded

From "Work" page 1:

One student knows all too well how hard it is.

"I hate it. I can't do my homework," said Kathleen Matlack, a student at LBCC who also works late nights at Arby's.

Losing sleep can also lead to other disorders such as depression and anxiety. In the article "What You Should Know About Teens, Sleep and Depression," the NSF states depression and sleep deprivation can "interfere with our ability to think, work, socialize, and enjoy life."

Symptoms of depression and sleep deprivation are a lack of energy, difficulty concentrating and making decisions, moody behavior, unusual sleep patterns, feeling guilty or helpless, withdrawal from family and friends, loss of interest in activities, and weight and appetite changes. Sleep deprived students also may feel like they've lost control.

"Often times it is a matter of individuals overextending themselves due to spouses' / childrens' needs, work, etc. that can lead to increased personal stress and a feel-

ing of being 'out of control' with their lives," Madri said.

Depression is an illness concerning the body, mind and thoughts. The foundation's article states about 12 teens suffer from depression before the age of 18. Half of them, who go untreated, may develop more serious disorders such as an eating disorder, borderline personality disorder (involves cutting, drug use or mutilation), or even suicide, which is the third leading cause of death in teens.

USC students feel effects of Sunday's deadly fire

Carolyn Click
 McClatchy Newspapers (MCT)

COLUMBIA, S.C.—They arrive on campus in late summer, brimming with vigor and curiosity, and armed with the particular combination of confidence and naivete that so poignantly marks the young.

Some college freshmen wave off their parents' tears and admonitions with bravado, others dissolve in waves of homesickness as the family car disappears down the street.

But slowly, these incoming students develop social and academic connections—with roommates, classmates, sorority and fraternity members, through campus and service organizations—that grow richer each passing year.

So when the lives of seven students are cut short, as they were in Sunday's devastating fire on Ocean Isle, N.C., all in the campus community are affected, even in a university as sprawling as the University of South Carolina.

"It's a very tight community," Dan Berman, director of the school's University

101 program, said Monday as he and other professors waited to learn the identities of the six USC victims and one Clemson student who perished.

"Whatever comes out of this, it is going to touch every student in the university."

University 101 brings together incoming students to learn how to navigate college life. In meetings two or three times a week, the students develop a deep camaraderie and understanding of their place in university life.

"They just do so many things together," Berman said. "It is a very holistic experience, not just dealing with the student academically, but helping them to achieve better (life) management skills."

By late afternoon Monday, instructors had learned that at least two of the deceased are among the 3,000 students enrolled in University 101.

"Everyone seems to be pulling together admirably to offer support and consolation for each other," Berman said in an e-mail. "Those of us who so love working with college students—with so much promise, intelligence, and vitality—find it so difficult

to contemplate the loss of life."

For many students, including those who perished in the blaze, the Greek sorority and fraternity system provided an early campus navigation system into collegiate life.

Most of those who died were associated with the USC chapters of the Delta Delta Delta sorority and the Sigma Alpha Epsilon fraternity.

Diana Brown, spokeswoman for USC's Sorority Council, said girls in a sorority truly develop feelings of sisterhood.

That bond is almost instantaneous during "rush," the weeklong recruiting ritual that takes place in August, she said.

"I really feel that through the recruitment process girls find out where they immediately feel at home," Brown said. "I really would say it is immediate, and after that the bond just gets stronger."

Monday afternoon, the president of USC's SAE chapter, which is believed to have lost several members in the fire, spoke of the depth of that bond at a university news conference.

Amid the tragedy, "there is a small part of my soul that is smiling today as

I witness the spirit of our community it comes together to support all those in need," Jay Laura said, as he described the outpouring of spiritual and material support in the hours after the devastation. "This is the same spirit that brought these students together at Ocean Isle, a sense of love, caring, fellowship and a shared sense of belonging."

As Laura faced the television cameras he recited the "True Gentlemen" creed that distinguishes those who pledge to the fraternity, founded in 1856.

In coming days, the victims will be remembered well in memorials and vigils and in simple one-on-one communication.

On Monday, one instructor wrote his "little U 101 community" and asked that they be present for class Tuesday to remember a male class member who died.

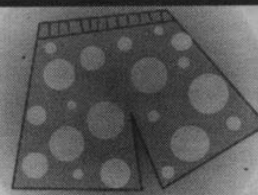
"Our class, our grief, our time, our lives. If you are unable to attend, I ask that you call and speak with me," the professor wrote. "I really need to know that you are doing OK. No one should be on their own at a time like this."

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CAMPUS NEWS

News about our local community, including Albany, Corvallis, Lebanon, Sweet Home and Philomath.

Campus Shorts



LBCC Phlebotomy Orientation & Training

A free phlebotomy training orientation will be offered through LBCC for those interested in training to become a phlebotomist.

The orientation is Wednesday, Nov. 7, from 2 to 3:30 p.m. at the Lebanon Community Hospital, conference room C, 525 North Santiam Hwy., Lebanon. No pre-registration is required to attend.

The 15-week phlebotomy training course starts Jan. 28, 2008 and runs through May 9, 2008. Skill areas covered in the training include medical terminology, basic anatomy and physiology, customer service, medical law and ethics, phlebotomy, job success skills, and basic Microsoft Office applications.

Cost for the course is \$2,800. The course is eligible for financial aid. Check the LBCC Web site for course prerequisites at www.linnbenton.edu/go/admission-forms-and-applications.

Attendance at the orientation is mandatory in order to take the course. For more information, contact LBCC Health Occupations and Workforce Education at (541) 917-4923.

LBCC Hosts 28th Annual Bob Ross Open Invitational Nature Photography Show

The 28th Annual Bob Ross Open Invitational Nature Photography Show will be held at LBCC on Friday, Nov. 9 at 7 p.m. in the Forum building, Room F-104.

This year's theme is "The Forces of Nature." Photographers are asked to bring photos that depict the living and non-living forces that bring about change in nature. Nature for this purpose is defined as plants, animals, scenics, rocks, clouds, water or anything else that one finds in nature and that lacks any evidence of humans. No architecture, vehicles, hot air balloons or backpackers, etc.

Nature photographers from

throughout the Willamette Valley gather each year on this occasion to celebrate nature and share their experiences, techniques, favorite places and things to see.

If you plan to show photos, please limit your photographs to no more than 20 digital images and come early to allow time to download your images prior to the show. If you have slides or negatives, contact Bob Ross about getting them digitized. No major manipulation of the photos is allowed. A slight adjustment to brightness, contrast or balance is acceptable.

This event is free and open to the public. You do not have to show photographs in order to attend. For more information, contact Ross at (541) 928-3711 or by e-mail at rosspix@comcast.net.

Linn County Democrats Music

The Linn County Democrats are hosting Bluegrass music, food and auction. Entertainers include the Bush Pilots, Robert Waterhouse & the Usual Suspects, and Wild Hog in the Woods. The event is Nov. 10, from 6 p.m. to 10 p.m., at Morningstar Grange, 38794 Morningstar Road N.E., Albany. Cost is \$10 per person.

LBCC Vice President Receives Howard Cherry Award

Mike Holland, vice president of Administrative and Student Affairs at LBCC, has been named the Howard Cherry Outstanding Community College Administrator of the Year by the Oregon Community College Association.

The Howard Cherry Awards are given in the name of the late Dr. Howard Cherry, a lifelong advocate for education. Awards are given to those who, by their contribution to the community college cause in Oregon, have brought recognition to community colleges statewide.

Holland has spent more than 30 years in education. He started in the vice president role at LBCC in 1995,

administering the college's business and human resource operations, student services programs, facilities, enterprises, and support services.

Holland served as a board member at Chemeketa Community College and Salem-Keizer School District, and spent six years as commissioner in the Office of Community College Services in Salem. He holds a bachelor's in humanities and a master's in counseling from Western Oregon University and a doctor of jurisprudence from Willamette University. Holland has plans to retire from LBCC in June 2008.

Halloween Carnival

There will be a Halloween carnival this afternoon in the Courtyard, from 1 to 5 p.m., as a fundraiser for the Young Democrats' planned trip to Washington, D.C. All kids-young and old-are welcome: face painting, prize wheel, cake-walk, and more will be at the carnival. Tickets are five for \$1. There will not be a dunking booth as no volunteers came forward. Costumes are encouraged.

LBCC Free Showing, Travel Film Series "On Stage Alaska"

Holland America Line and Azumano Travel proudly present an extra "free show" as part of the "Travel at the Tripp" film series sponsored by LBCC Performing Arts and Azumano Travel of Corvallis.

Alaska comes alive as an entertaining duo shares their passion for the Great Land with this exhilarating live performance and presentation of the film "On Stage Alaska" on Friday, Nov. 9 at 7 p.m. in the LBCC Russell Tripp Performance Center.

For disability accommodations, call (541) 917-4789. Submit requests four to six weeks before the event. To call any LBCC department by TDD, call through Oregon Telecommunications Relay Service 1-800-735-2900 and provide OTRS the number of the department you wish

to reach at LBCC. LBCC is an equal opportunity institution.

"Travel at the Tripp" Film Series 2007-08 Calendar:

"Hawaii Paradise" with Denise Burkhart, Sunday Jan. 13, 2008, 2 p.m.

"America's Parklands" with Gray Warriner, Sunday March 9, 2008, 2 p.m.

"Cruising Russia" with Clint Denn, Sunday April 20, 2008, 2 p.m.

LBCC Marketing Wins Silver Medal for TV Ads

LBCC's marketing team was awarded a silver medal from the National Council for Marketing and Public Relations Medallion Awards for their recently released TV commercials.

This year, NCMPR had 168 entries from 29 colleges, with one-third of those selected to receive awards. LBCC competes against other community colleges in District 7, which comprises Alaska, Idaho, Montana, Oregon, Washington, Alberta, British Columbia, Saskatchewan and the Yukon Territory in Canada.

Survival Seminar

Students who are expected to analyze, apply, synthesize, summarize or evaluate information on a mid-term need to practice similar tasks before they take the test. Why? One reason is so they can find out what they don't know in advance. Yet many students rely on high school study methods to get ready for tests: They simply re-read their textbook and cram at the last minute.

Test-taking Strategies, a Survival Seminar scheduled for today from 12-12:50 p.m. in IA 219, is designed to help students prepare for tests effectively using active learning strategies and time management.

For more information, contact Char-eane Wimbley-Gouveia at (541) 917-4691.

Poetry Corner

Heart what have you done?
will you beat 'till

M o r n i n g

comes?

there is a pain in my chest

Heart

you can feel it too?

can you teach me

Heart

to sing the blues?

You beat a rhythm

Heart

like a drum.

will a time

ever come

when your

melodies

will be one

with mine?

will my Blue

Note Heart

ever

learn to rhyme?

Perhaps

In time.

-Josef Westlind-

By Linda C. Black
Tribune Media Services

Today's Birthday (10-31-07): This year you'll have opportunities to achieve enormous success. It won't be easy, but you're determined and creative. Watch out, world!

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries (March 21-April 19): Today is a 5. Conditions are easing up on you, but it hasn't quite happened yet. Hold off on any major decisions or moves for another day.

Taurus (April 20-May 20): Today is a 6. Don't feel like a party pooper if you decide not to go out. Let the party come to you. It'll be lots more fun that way.

Gemini (May 21-June 21): Today is a 5. You're doing well, but don't go flashing your money around. That's not wise. Pretend you're barely getting by and you'll gather up more treats.

Horoscope

Cancer (June 22-July 22): Today is an 8. A person who's usually good with words doesn't seem to understand your subtle, non-verbal innuendoes. Come right out and say what's on your mind.

Leo (July 23-Aug. 22): Today is a 6. Not a good time to try a new method. Don't ask for an extension, either. Do the job you said you would, quickly and well. That will work best.

Virgo (Aug. 23-Sept. 22): Today is an 8. Be calm, patient and well-disciplined around one who's falling apart. Words won't help nearly as much as a display of your inner strength.

Libra (Sept. 23-Oct. 22): Today is a 5. This oral exam is not easy, but it could be very important. Be polite, follow the routine you've been taught and don't argue. Remember the password. You can do this.

Scorpio (Oct. 23-Nov. 21): Today is a 9. Delays and other minor frustrations do get in the way. Consider them inconsequential

and keep plugging toward your goal. Or just have it delivered.

Sagittarius (Nov. 22-Dec. 21): Today is a 5. Listen to your friends before making a big financial decision. Don't have that be your only resource, however. They could be wrong. Ask your banker, too.

Capricorn (Dec. 22-Jan. 19): Today is an 8. Words said in anger can cut like a knife, but sometimes they also reveal stuff the speaker's holding back. This skill will serve you well.

Aquarius (Jan. 20-Feb. 18): Today is a 6. One urgent matter is followed by another. These are not all your fault, but you are asked to fix them. Even if you're not in the mood, you are good at this. You'll do fine.

Pisces (Feb. 19-March 20): Today is a 10. You should be in a marvelous mood, floating on cloud nine. Still, you should listen to critics, as some of them have a good point. And if there's a payment that's late, definitely get that into the mail.

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ARTS & ENTERTAINMENT

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

"Into the Wild" is larger than life

Aaron Broich
 The Commuter

"I'll paraphrase Thoreau—'Rather than love, and money, and fame, and fairness, give me truth.'" says Christopher Johnson McCandless (Emile Hirsch) in "Into the Wild," Sean Penn's profound adaptation of the nonfiction novel by Jon Krakauer.

Chris, cutting loose from his former life, severs ties with everyone he knows, including his parents and sister, Carine (Jena Malone), having fulfilled the tedious expectation of college in Atlanta.

After his car is wrecked in a flash flood, Chris burns all of his money and hitchhikes to the Pacific Ocean, beginning his two-year trek crisscrossing the country west of the Mississippi.

The opening sequence places Chris at the edge of civilization in the Alaskan wilderness heading into isolation, to "kill a false being within and victoriously conclude the spiritual revolution." Like Buddha, and Jesus, before his time, Chris ventures into the wild, not to commune with nature itself, but to experience the

simple beauty and un-tethered freedom found there—to live free of society's paradigms and projections.

The film zigzags chronologically, interweaving past sequences of his former life with the epic tale of his journeys around the U.S., and the present experience of remarkable freedom found in Alaska.

His sister narrates between segues explaining the story of their emotionally tumultuous upbringing. After Chris graduated from high school, he drove cross-country to visit extended family and discovered that his parents had lied about their marriage—Chris' father Walt (William Hurt) was still married to his ex-wife when Chris and Carine were born, and Walt even had another child with his first wife after Chris.

"These revelations struck at the core of Chris' sense of identity, and made his entire childhood seem like fiction. Chris never told them he knew, and made me promise silence as well," Carine explains.

Chris journeys from the old growth forests of California to the prairies of

South Dakota, down the Colorado River to the Sea of Cortez and up to the deserts of the west.

Penn, perhaps more so than Krakauer, depicts Chris as really uncovering significant insights. Chris is able to inspire healing in the relationship of a hippie couple. There are eerie parallels between the motherly Jan (Catherine Keener) and Chris' own story.

Chris meets up with an old, retired military man named Ron Franz (Hal Holbrook), who thinks Chris ought to get an education and a career or something. While Mr. Franz mostly keeps to himself and is withdrawn in the world, Chris is out experiencing it. When Mr. Franz asks Chris what he's running from, Chris replies, "I could ask you the same thing."

It may be that Chris views everyone as trapped by what they believe will fulfill their desires—Chris tells Franz that joy does not principally come from human relationships, but that God has placed it all around us, to which Mr. Franz replies, "There's some kind of bigger thing that we can all appreciate, and it sounds like

you don't mind calling it God. . . . when you forgive, you love, and when you love, God's light shines on you."

His quest to rid himself of corruption and live the life of an "aesthetic voyager" does not so much become a need to rely on himself alone, but to experience what he really is. In the wild, he must have the game to stay alive and he can turn to one for help.

The acting is high-caliber in "Into the Wild." Hirsch supplies abundant character and unpretentious insightfulness to the real life role of Chris McCandless. Marc Gay Harden also does an excellent job of portraying Chris' materialistic, glamorous mother, Billie. William H. Macy is flawless.

The movie is filled with brilliant scenes that are skillfully interwoven with outstanding cinematography. Its characters are diverse, and when placed alongside the eclectically free surroundings, the movie instills a sense of manifold possibilities, the sort of romantic giddiness that we all experience from time to time. "Into the Wild" is easily one of the best movies of the year.

Ruth debuts new album "Secondhand Dreaming"

Aaron Broich
 The Commuter

Ruth shines with their debut release, "Secondhand Dreaming", a pop/rock record with refreshingly sincere singing. Although they have a somewhat familiar sound, they achieve brilliant clarity and focus of devotion in their music.

The singer/songwriter, Dustin Ruth spent years trying to scrounge up a record contract in the Los Angeles area, only to return to his home of Portland, Ore. where he fell into a life of hard drugs and partying. With the help of a friend, he pulled himself together, and recommitted his life to Christ.

The band Ruth, got their name from Dustin's last name used as an acronym: Return Us To Him. Ruth sounds similar to modern bands like, Switchfoot, Cadet, Everyday Sunday, and Weezer.

The album opens with "One Foot In, One Foot Out", a poppy, guitar-driven song about unfettered devotion to God. They go easy on the distortion, letting the lyrics draw the song higher, and then a beautiful keyboard melody comes in, accompanied by a tasteful bass chop.

"You're all I want. You're all I need. I can't ride this fence, it's tearing me apart. One foot in, one foot out. I can't keep this straight now. I want to be blind to the things that drag me down... I don't want to sell out."

For a Tooth & Nail record release, it's surprisingly candid

in its expression of hope in God, at a time when many Christian bands shy away from outright declarations of love for God, whom some might say are 'selling out'.

"Here To New York" has a country western flavor with pop singing and delightful steel guitar. Dustin Ruth sings with courageous resolve, "Oh, but I'm not afraid, of things that might come my way. I just hold my hands and pray."

"Mr. Turner" has slower melodies, graceful cello interludes, and lyrics about transformation as newfound hope builds, "My family prays with all their hearts that I could change, and I'm ready to start thinking it over. What if I keep my eyes on You? Could I sail across the ocean blue, and your Sun will guide me through this I know, if I go, I'm headed home."

Perhaps the highlight of the album is the last song, "Well With Soul," a sonorous ballad with acoustic guitar fingerpicking, and dissonant electric that echoes in the peripheral nervous system. "You give me—I want to love everyone, I want to show them what You're made of, love," Dustin Ruth sings with passion.

Ruth is exceptional pop/rock, although it has run-of-the-mill drumming and marginalized bass guitar. The driving guitars and subtly poetic lyrics, complement Dustin Ruth's quite well, who sings with sincerity along with the occasional falsetto excursion. The overall feeling of "Secondhand Dreaming" is uplifting and hopeful.

South Town Hounds tear it up at Bombs Away Cafe

MaryAnne "Rose" Turner
 The Commuter

The funky beat that escaped the Bombs Away Cafe on Saturday night was something you couldn't miss. "This band of brothers can jam like no other," said Jefe Contreras, bass player and vocalist for the performing band The South Town Hounds.

Also in the band is Jordan Lucas on percussion and vocals, Rigel Woodside on drums, Luke Thomas on guitar and vocals, Thomas Mackay on the keyboard, Ed Propst on the trombone and vocals, and Matt Calkins on saxophone and effects. The

band has been jamming together for about six or seven years with diversity and different lineups.

Their style fits a realm of funk and reggae with some dance hall beats. Every tone and beat that comes out of the band's speakers makes even the shyest person want to get up and dance. The atmosphere is very free.

"My favorite thing about the Hounds is the freedom in form and the communication," said Propst.

In 2002 they released their first album called "Sheepdawgin." Then five years later in 2007 they released their newest album "Boogalism."

The form and sound of the

new age funk bands seems to be sweeping more clubs more often.

"Southern Cali is a vibe that has become world wide," states Lucas for his opinion on the unique and intriguing sound.

These guys are on the rise—their sound is unstoppable. They have many originals, and with their enthusiasm and the drive they portray through their music, I urge you to take a chance to see these guys perform locally. You may not get many more chances.

Visit their Web site for music samples, information and more at www.myspace.com/thehoundsmusic.

Fists of Rage owns the stage

Crystal Beattie
 The Commuter

When Cody Cooper, a student at LBCC, takes the stage, he owns it—and in a way, he really does. As founder and operator of Fists of Rage Comedy Tour, Cooper does everything from advertising the shows to performing in them.

Fists of Rage is a touring comedy group which began last June as a means to bring live comedy to people around the state. The group tours in cities ranging from Eugene to Seattle with different comedians performing at each show. Fists of Rage derived its name from the idea that their humor exemplifies "angry comedy."

Cooper says that it is a shame

people have not been exposed to these local comedians.

"They are all really good performers and appeal to many different sense of humors," said Cooper. "We like to take social taboos and wrap them in a package for our audiences."

Anything from fitness through Nintendo Wii to Carebear abortions, Cooper likes to "take things that are innocent and find something dirty about them."

Those that have seen Fists of Rage in action claim that they "love the live interaction with the audience" and "cheap prices for a great show." In fact, tickets to their events are generally around \$5.

To see what Fists of Rage Comedy has to offer, you can visit their Web site at www.myspace.com/fistsofragecomedy.

The Web site provides directions, bios of comedians, dates of the tour, and videos of the comedians from previous shows. If you'd like further information, you can be added to their mailing list by submitting a request to fistsofragecomedy@gmail.com.

Fists of Rage performs next at Iovino's in Corvallis on Nov. 9 at 9 p.m. Two well-known comedians, Joe Fontenot and Gabe Dinger, who won the 2006 Laugh Off in Portland, will be a part of the show. According to Cooper, the upcoming show will be the biggest yet. To see Fists of Rage in action, be sure to attend their show; tickets will be sold for \$5 at the door.

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HALLOWEEN

Haunted Halloween stories to chill the spine and frighten the funny bone...

SNELL FIRE

Greg Dewar
 The Commuter

The klaxon call of 5-9s rang in front of the narrowly dug trench, here and there across the landscape the shells puffed down into the soft earth and began spewing their zombifying stench. Every nearby burst illuminated the fields, trees stripped by fire and acid cast shadows across the wary group of soldiers. Just beyond their field of vision was movement, but the Sergeant-Chief called a cease-fire until they could be identified as friend or foe.

They were part of an Artillery Division under the command of General Pierre Ruffey's Third Army, whose orders were to fortify the weakened French communication lines and divide the ranks of the Jerries between Aug. 21-23, 1914.

Sergeant-Chief Fusilierre had his field glasses to his eyes: the night was dead, but the shapes were moving through tear gas, ever slowly. His first thought was that they were lost members of his regiment trying to return to the command post.

A charge by the German Fourth Army under General Albrecht earlier had nearly broken their ranks and forced a hasty retreat; luckily they were pushed back. In the ensuing chaos fully half of their regiment never reported back in.

Then there was artillery blast, this time from the French forces to their rear overhead; it ignited uniforms detailed with the Iron Cross and the French flag, covered in blood and gore. One of the soldiers fired and a hostile went down.

"Cease Fire, Cease Fire! They're wounded! There are Frenchmen out there!" shouted the chief into the dead silence. "They will be given full hospital care or taken as prisoners of war,

The Corpse

Elizabeth Uriarte
 The Commuter

It was far too dark to see it, but Lily could smell it. It smelled like something dead, rotting, putrid. Fear filled her body as that horrible scent filled her nostrils, and Lily strained her eyes, forcing them to adjust to the inky darkness of her bedroom. She could just make out the angular shapes of the dresser and bookshelf. Not even the window allowed any reprise from the darkness, for her drapes were as black as the night.

Never before had Lily felt such panic in the dark; she was a self-proclaimed "Goth," she welcomed dark—normally. But that smell...whatever was the source of that dastardly odor, Lily knew it was something she wanted nothing to do with. Thinking of death, dressing like death, even toying with death was cool, but meeting death...

Lily considered reaching up to turn on the bedside lamp, but stopped before her hand made it out from under the blanket. She realized then that she didn't want to be able to see in the dark; she could smell it, and that was enough. But what was it?

This is stupid, she thought, It's probably just a dead mouse in the closet or something. Those things can really stink!

Lily had almost convinced herself of this theory when

or both!" This time he mounted his garbled German: "German soldiers throw down arms, surrender and medical care soon." The forms stopped and focused on the trench, peering, something in his human words had gotten their attention, then they began to quicken their pace toward to the line. The one that had been shot stirred and rose.

"Drop your weapons! French fighters step away from the German soldiers!" the chief again shouted into the moonless night.

"Sir, I don't think they're carrying weapons...and maybe those aren't really French..." quipped Charleroi, Soldat 1e Class. The chief nodded and shouted: "French fighters step away from the German soldiers, we are friendly. We are not afraid to shoot." As they shambled closer, the chief shouted again: "Halt, and slow your pace with your hands above your heads!" The lackluster charge continued.

At a space of 5 feet, Charleroi fired a round and screamed in terror: "Chief, Chief, these men look like they're already dead!" "UNDER THE AUTHORITY OF THE FRENCH ARMED FORCES YOU WILL STOP OR YOU WILL BE SHOT!"

It was too late, they were in the trench and piling onto bayonets; arms outstretched, their rendt guts feeling no pain, their eyes deathly filled with a strange lust. French and German: their horribly mutilated bodies fervently

sought flesh. The men fired through their stomachs spewing bile and gore out the back onto the level, but muddy ground. The chief screamed in rage as three of his men's jugulars were ripped out with bare teeth, their corpses falling loosely to the ground. His fire could be heard by the surrounding forces in the dead night until all 10 rounds out of his Lebel M1886-93 rifle had been discharged; he fumbled for another stripper clip.

They weren't dying, they weren't even slowing down. Only the chief and Charleroi remained breathing.

"Hit them in the head, son," Chief said between rounds. The closeness of the range with the high-powered rifles literally caused the zombie's heads to explode as they went down for good.

Between the two of them the five corpses ceased their onslaught and the rains came down. "Sir, I think we should head back to Command, I don't like this. I don't like this at all," Charleroi said with fear in his voice, images of his horribly mangled compatriots assaulting his visual sense.

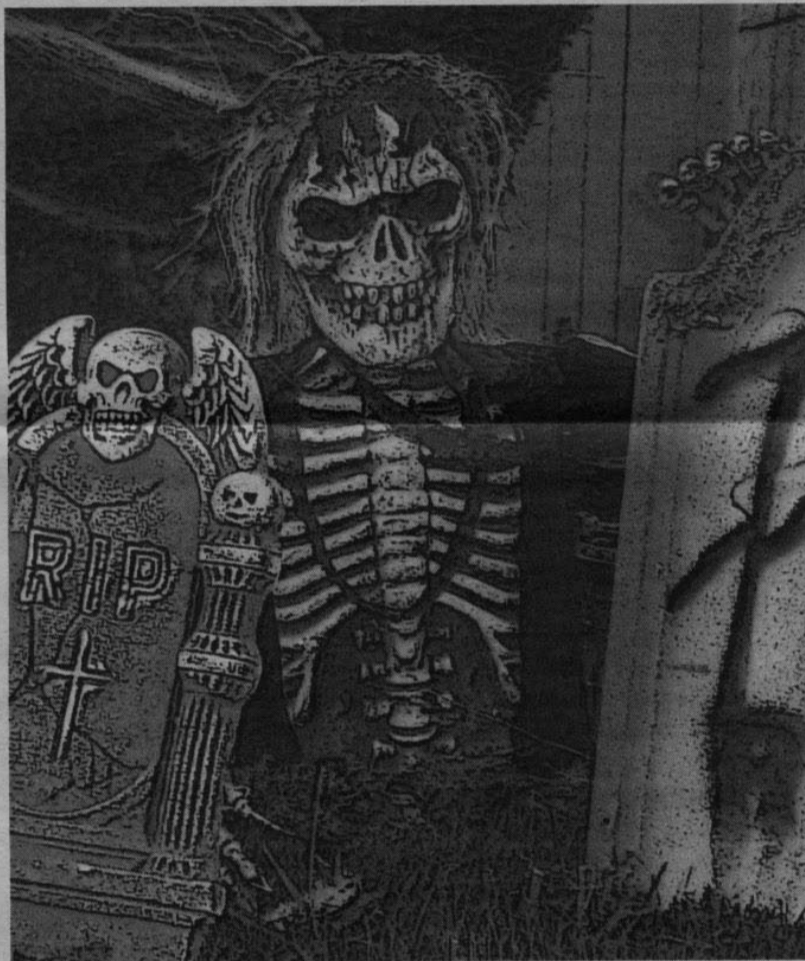
"Don't get scared now, son, we are going to have to..." the chief let out a yelp, a still warm hand grasped onto his leg; it belonged to one of his countrymen.

Before he could speak there was another at his throat and his life was over, his jugular ripped from his neck and thrown into Charleroi's face. Charleroi shot his two countrymen, while the rest started to rise.

He screamed and ran, as the chief's blood dripped down into his mouth and sickened him, but the trench he was running down was already occupied by the living dead, attracted to the sound of gunfire and the smell of blood. He passed through a cloud of mustard gas without realizing it in his fear.

Permanently blind, he could hear their footsteps getting closer and closer. He fired the remaining rounds in his rifle down the trench and heard them hit flesh until he was out; as he fumbled for a clip, they were on him.

He could do naught but scream through hacking coughs as he drowned in his own disintegrating



she heard something in the hall just outside the door. It was a faint dragging sound, like a large "something" being dragged over the carpet.

Like a corpse, she thought, and cringed further under the black silk sheets. She was drenched in sweat but shivering, covered in gooseflesh. She strained her ears rather than her eyes this time, desperately trying to decipher the sounds in the hall, to turn them and the smell into something rational. But how could one rationalize death?

The old glass door knob rattled; there was a click as the bedroom door opened. Lily stifled a scream and yanked the covers over her head. The intensity of the decayed odor was tenfold as she heard the dead thing slide its way into the room. Lily's heart rammed painfully in

her chest and she gagged from a combination of fear and revulsion.

I'm not going to die cowering like this! Lily told herself. She then sat up, flicked on the light and grabbed the closest weapon-like object within reach—a hardback Harry Potter book. Poised to hurl the novel at whatever creature lay waiting, she frantically eyed her surroundings, saw nothing out of the ordinary, and blinked with confusion. She noticed the smell was gone, replaced with the familiar odors of cinnamon incense and marijuana.

"Whoa," Lily said out loud in a shuddering breath. She set the book down, lay back against her many pillows and tried to calm herself, already convinced the whole thing had been a nightmare. Her rapid breathing eased, her heart slowed to a trot. She slowly let her eyes droop, but left the light on for the rest of the night.

In the morning, Lily awoke to her alarm, slightly dazed, and barely remembering the events of the night; that is, until she opened her bedroom door and entered the hall. On the floor were bloody drag marks staining the brown carpet with dark maroon. Her breath caught as she stumbled back into the wall, then spun around so she could look everywhere for the corpse. There was no corpse, but on the wall just outside the door written in dark, old blood was her name...and a smiley face.

Costume tips

LAST-MINUTE HALLOWEEN COSTUME GUIDE

Jessica Berger
 Sunshine, Sachs & Associates

FOR DUDES:

IDEA #1: Risky Business
 REQUIREMENTS: A white collared

shirt, tighty whiteys, tissue paper to stuff the underwear with, sunglasses, socks, candlestick.

IDEA #2: Pregnant Male
 REQUIREMENTS: Pillow, white T-shirt that says "Bun in the Oven," an appreciation for the movie "Junior."

IDEA #3: Clark Kent
 REQUIREMENTS: Suit, Superman T-shirt or blue long sleeved shirt to wear underneath, glasses, muscles.

IDEA #4: Sperm

REQUIREMENTS: White turtleneck, white pants, duct tape, white swim cap, willingness to admit you own a turtleneck.

FOR GIRLS

IDEA #1: A Guy
 REQUIREMENTS: Eyeliner to create facial hair, sports jersey.

IDEA #2: Facebook Wall
 REQUIREMENTS: Large poster board,

markers, basic motor skills.

IDEA #3: iPod Nano
 REQUIREMENTS: Bright poster board, black shirt and pants, black hat, iPod, no fear of being hit by a car.

IDEA #4: Mother and Child
 REQUIREMENTS: Vacuum cleaner hose, Old jeans, tighty whiteys, a guy desperate enough to do anything for you.

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THE BACK PAGE

Random pieces of entertaining news we see fit to take up a full color page because we care about you, the reader.

HISTORY OF HALLOWEEN

Elizabeth Uriarte
 The Commuter

It's scary; it's sweet; it uses an obscene amount of orange; it's Halloween! Tricks and treats mark this very Americanized holiday that often conjures thoughts related to death, monsters, and the supernatural. People young and old dress up as their favorite icons and parade around without fear of ridicule, asking perfect strangers for free goods.

Who came up with all of this madness anyway? Halloween as we know it today originated from a number of ancient traditions, many of which have very little resemblance to contemporary celebratory practices.

According to "Haunted History of Halloween," a History Channel documentary, the spooky end of October began 3,000 years ago with the ancient Celts and their new year celebration of Samhain (pronounced sow-in) on Nov. 1.

"For the early Celts, once your harvest was in, that was all you got. There was no way of getting more. And as the dark days came in, you would look to the winter with a certain amount of trepidation," says Chris Thompson, druid princess.

Celts believed that on the night before the new year, the worlds of the living and the dead became one, the History Channel Web site states. Ancient Celts feared that the spirits of the dead would return to haunt the living on Samhain Eve, so the Celts offered "treats" to appease the spirits. According to the document-

ary, this is thought to be the source of trick-or-treating.

As for costumes and ghost stories: the Celts believed the return of the spirits enabled the druids to tell the fortunes of those present; these stories were told over and over, and "ghost stories" were born. As they made these predictions, they wore "costumes" of animal skins.

"The belief in death; the belief in the wandering spirits; the idea of dressing up in costumes and being allowed to perform mischief and pranks, much as supernatural creatures would; much of our contemporary Halloween traditions seem to be reflected in this ancient Celtic holiday called Samhain," Jack Santino, folklorist from Bowling Green State University says in the documentary.

It wasn't until the plague-like spread of Christianity that Halloween was seen as a day of evil. The History Channel says that Christians believed anything Pagan was evil, including the celebrations of Samhain. Early Christians sought to convert Pagans to Christian views, and thus created their own autumn celebration of All Saints' Day. Oct. 31 was All Saints' Eve, also known as All Hallows' Eve (hallows being equivalent to saints, eventually becoming Halloween).

So what about the popular Halloween monsters like witches, vampires, and zombies?

Witches:

Witches come from the ancient Pagan spiritualists known as wiccans, meaning "wise one." Wiccans were usually female, and of course women had no business being powerful in Christianity, so they were seen as being of the devil.

"They [witches] were dangerous; they were upsetting the normal male chauvinist universe that has male gods: father, son, Holy Ghost; no woman. So women are not welcome in the hierarchy," says Berkeley Folklorist Alan Dundes of Christian beliefs.

The black cat, a common symbol of a witch, was made so because it was believed that black cats were the embodiment of a witch's spirit.

Vampires:

Vampires have less of a direct relationship with Halloween; however, being a popular symbol of death and evil, vampires are commonly associated with the holiday. In the History Channel documentary "Vampires Secrets" the origins of the creature are from a number of historical "real" vampires, such as Vlad Dracula aka "Vlad the Impaler." The fictional character of Dracula is loosely based on this real bloodthirsty man. While there are no accounts of Vlad Dracula actually drinking blood, he killed thousands in battle, impaling their bodies on large stakes and leaving them for hours or even days to die.

Another "real" vampire was Elisabeth Bathory, aka the "Blood Countess." Bathory killed hundreds of young girls and bathed in their blood, believing that doing so would keep her young forever.

Zombies:

Zombies are similar to vampires in that they rise from the dead; the major difference between the two is that while vampires are powerful beings of control, zombies are mindless corpses who are easily killed (depending on the myth), and prefer human flesh to blood.

According to an article on the University of Michigan's Web site, zombies stem from ancient Haitian voodoo; the word "zombie" means "spirit of the dead" in Haitian. Voodoo priests called Bokors were thought to have powers to bring life back to the dead with a special powder derived from puffer fish toxin. The toxin didn't actually kill the victim, only gave the appearance

of death. When the "zombie" came out of the poisoned stupor, the Haitian people thought their loved ones were resurrected.

Countless zombie films have stemmed from this belief, and are increasingly popular in American culture, from George A. Romero's "Night of the Living Dead" series to "28 Days Later."

Halloween, whether viewed as evil or great fun, does not appear to be fading from our culture anytime soon.

According to the "History of Halloween" documentary, Americans spend around \$2.5 billion a year on the holiday, making its commercialism second only to Christmas.

Traditions have changed, but the spirit of honoring the dead (and fearing it at the same time) has not.

