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health

by Laura Oswalt

Most states are known by their state flower, state animal, or state tree. In Oregon, we are rapidly becoming known by our state disease--HEPATITIS-A.

Large numbers of people who made contact during the summer with Crater Lake or who ate in two popular Portland restaurants have added to the usual rate of hepatitis-A in Oregon.

There is no specific treatment for hepatitis-A, such as a magic medicine. Resting and eating properly are the usual directions given. The illness can leave one feeling washed out for weeks, and with liver damage. So -- if tired, if you have yellow eyeballs, come in to the Student Health Service for diagnosis and advice.

The disease can be prevented with good hygiene. It is transmitted via the fecal-oral route. In other words, if people handling food always wash their hands scrupulously after toileting, there is less chance food will be the contaminant source. If you live with someone who has hepatitis, handle their dishes, glasses and tableware with lots of suds and hot water before you use them. If your water or milk source is contaminated, it is necessary to find where the organisms are entering the supply so you can eliminate the source of contamination.

Hepatitis-A is a contagious disease. Be aware and practice good hand washing techniques, lest you become a statistic added to the glory of Oregon's state disease.

classified

COLLEGE CAMPUS REPRESENTATIVE needed to sell Brand Name Stereo Components to Students at lowest prices. Hi Commission NO investment required. Serious Inquiries ONLY! FAD COMPONENTS, INC. 20 Passaic Ave. Fairfield, NY 07006. JERRY DIA MOND, 201-227-6814.

20,000 USED BOOKS. All selling at 1/2 or less of published price. Textbooks, cliff notes, magazines. USED BOOKS bought and sold. Smith Family Bookstore, 1233 Alder. Phone 345-1651. 10 a.m. to 9 p.m.

Two 74 Hondas, XL250, 500 miles \$775. XL100, 200 miles \$450, 687-0954 after 6:00 p.m.

1958 Vespa for sale. Runs great. \$250. 344-3826 evenings.

Need babysitter nights from 5:00 to 11:00. Dependable, own transportation. Call Tonya Gray 747-3786. Free German Shepherd. Good watchdog.

Are you a disabled veteran? Do you know what benefits you have? If not, call D. Johnson -- 747-3622. Mon. - Fri. between 4:00 - 7:00 p.m.

FT PERM: We are in need of a job candidate that is well-qualified to work as a legal secretary and has a career in mind. If you haven't had experience working in a law office, you might apply if you have worked in another type of business and have taken the legal secretary course at LCC. This is an excellent job opportunity for a person that is a self-starter and likes variety.

Women for Equality meeting, Wednesday, Oct. 15. Women's Lounge, off cafeteria in Center Bldg.

FLIGHT INSTRUCTION C-150. \$16 1/hr. solo □
 \$24 1/hr. dual. Days & evenings 484-1993.

ARE YOU INTERESTED IN A CHALLENGING SUMMER'S EMPLOYMENT? The Department of Oregon State Police will be accepting applications for their 1976 Summer Cadet Program from September 1 through November 30, 1975. Employment Season - Early June through Labor Day Weekend. Wage: \$703.00 month. For further information, contact: Department of State Police, General Headquarters, 107 Public Service Building, Salem, Oregon 97310 or any local State Police Office.

LANE
 COMMUNITY
 COLLEGE

Torch

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 Eugene, Oregon 97401

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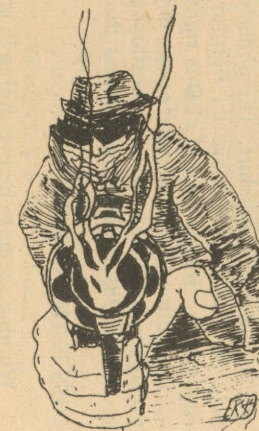


Pat Monson, center, and Cindy Taylor, right, attempt to halt the progress of the U of O JV's

Photo by Rex Ruckert

Field Hockey team lost, but not losers

[Story on page 1.]



The TORCH dauntlessly

reports on the aspects of FEAR

[Story on pages 4 and 5.]

Father of geodesic design expounds

Photo by Rex Ruckert



Buckminster Fuller, the designer of the Geodesic Dome, is shown during his speech to the 1975 Northwest Mathematics Conference.

by Rex Ruckert

There are approximately 100,000 geodesic domes in the world today being used where no other architectural design would suffice.

Scientist and author Richard Buckminster Fuller, inventor of the geodesic dome addressed the 1975 Northwest Mathematics Conference Friday afternoon at South Eugene high school's auditorium.

Fuller, ending a day of speaking engagements in Eugene spoke at length to teachers from the Pacific Northwest and British Columbia, on a topic entitled, "Humans in Universe."

Geodesic means designating the shortest line between two points on a surface, especially a curved surface. He has used this concept along with the tetrahedron, a solid figure with four triangular faces, in developing the design used for building geodesic structures, some of which are used on polar outposts. Fuller claims the tetrahedron to be the most stable minimum structure and that there has been a geodesic developed that is light enough to fly.

Fuller, the scientist, got very involved in his defense of the tetrahedron, claiming it to be "the minimum structure of the universe," and that, "no one can tell me any different!"

The eighty year old gentleman is the author of several books, the latest of which is an 870 page essay called, "Synergetics: the geometry of thinking." He agrees that is a lot of pages but says, "every word is important to me."

With a chalkboard at this disposal, Fuller, also used visual aids made of wood and cardboard to illustrate some basic points.

At one stage, the aging inventor after gaining assistance to put together a cardboard and bobby pin model said quietly, "the children like this very much."

After a lengthy introduction followed by a rousing cheer, he humbly responded with, "I love you all, it's true." At the end of two and a half hours, an hour longer than scheduled, Fuller introduced his new book, then emphatically thanked his audience for their attention. They, in turn, gave their thanks in the form of a standing ovation.

Board calls for greater efficiency

by Mike McLain

Board of Education Chairman, Dr. Albert Brauer, at the Board meeting Wednesday night, directed the LCC administration to implement increased efficiency measures in an attempt to stabilize the cost per student for an education at Lane.

Stressing that it is "opposed to any additional cuts in staff development, curriculum development, staff travel and capital expenditures," the Board approved a 10 point administrative directive to improve efficiency without further cut-backs. The directive was approved by a five to two vote with Catherine Lauris and newly elected member Larry Perry dissenting.

The Administration was directed to:

1. Serve the maximum of state reimbursement (7315 FTE) with no further increase in total budget allocation.
2. Allocate curricular development and staff development funds to projects and activities that specifically improve efficiency.
3. Immediately initiate steps to maximize the use of all existing facilities that will result in higher efficiency.
4. To increase the average section size for credit programs this year by at least 9½ over last year.
5. Accelerate the efforts currently underway to develop delivery systems and the instructional programs to be used on these systems.
6. A detailed report outlining the steps taken to implement items 2,3,4, and 5 above to be submitted to the Board by February 9, 1976.
7. Support areas of the college are also directed to immediately undertake efficiency improvement measures. A review is to be made and recommendations presented to the Board regarding utilization of the large categories of support staff such as counselors, secretaries, custodians and administrators by February 9, 1976.
8. The college administration is further directed to develop and present to the Board a resource allocation model for proposed use in subsequent years' budget development by March 8, 1976.
9. Further effort is to be placed upon identifying and controlling elements of

personnel cost. Personnel data bases and budget systems are to be developed to exercise line item control on the major elements of personnel cost by March 8, 1976.

10. The administration is also directed to provide to the Board information prior to November 8, 1976 on the actual full cost of each instructional program offered during 1975-76.

Perry, in expressing dissent, said he feared the Board would "become a rubber stamp" to administrative response, and that more time was needed to study the directives and to reach a clearer understanding of what efficiency really is. Catherine Lauris agreed saying "this is a very substantial directive we need more time to study it."

Board may "become a rubber stamp."

Eldon Schafer, LCC president, in response to Lauris and Perry, said "the administration will certainly follow Board directives, but if we have any questions we could come back to the Board with them."

In other action the Board approved the two year contracts for the classified, the faculty and also the Management Administrative procedures setting all three groups up for an 11.34% salary and benefits increase. In future action the Board will review the increases in more detail for final approval on the percentage increase for individuals.

Gave final approval to six bid responses authorizing purchase of new items including an airplane for the flight technology department.

Began the process of determining when budget elections should be held in the spring.

Heard a report from the nursing department stating that they have experienced a 98 retention of students from the first year program. This has caused them to cut down on the number of first year students that could be admitted this year.

Approved payment of the Siuslaw Study Skills Center construction costs on what Brauer described "a lovely building, just what the Board expected."

The open Board meeting was preceded by a closed executive session in the Presidents dining room.

Ruiz fails in bid for Veep position

By Scott Stuart

After heated debate last Thursday, the Student Senate failed to ratify Ed Ruiz as the ASLCC vice president.

In a Sept. 17 memorandum, ASLCC President Len Wassom had appointed Ruiz as Vice-President, subject to Senate ratification, "because of this involvement in community affairs, his awareness and understanding of student problems, and because of his positive personality." Ruiz was also a candidate for ASLCC president last spring, until he withdrew because of a change of plan by his vice presidential running mate Laurito DeGuarmo.

In a memo to Len Wassom, Ruiz stated that although he is not presently involved with any other organization other than the fire department, in the past he was involved with the Elections Department, Eugene Police Department, Lane County Sheriff's Department, Big Brother/Big Sister Program, Department of Environmental Program and the Boy Scouts, all of which are aimed to help the community.

The argument on the Senate floor began with the question of whether or not community involvement was the same as college involvement.

Len Wassom pointed out that Ruiz' experience in community organizations shows he can work with people. Wassom was then asked how he chose his vice president. Wassom said he had six people to choose from, but in a phone conversation with Ruiz, he was convinced that he was the best choice.

Ed Ruiz, called on to speak for himself, told the Senate that in his memo, he tried to state his experience and that he also had three goals he would like to work toward. He said those goals were: To change the image of LCC from what he said was "Last Chance College," to keep the Senate unified, and to form a better rapport with the people to whom the Senate is responsible. He ended by saying, "I think we can put this place on the map."

Wassom then queried the Senate what they expected of a vice president: "I think you turned down Ed because he hasn't worked with the Senate before," he added.

But Jim Frank, representative from Interdisciplinary Studies, claimed Ruiz was not familiar with student problems, and that the Senate needed someone who was familiar with the problems encountered in the past. Frank went on to say he also voted against Ruiz because he had not compiled the agenda for the Senate meeting as was his responsibility.

Wassom asked once again what they expected of a vice president, and what criteria they thought he should use in choosing one. More than one senator pointed out that the criteria for choosing a vice president was in the Bylaws and Constitution.

Manny Vasquez, representative from Flight Technology, ended the discussion by urging everyone to submit their ideas in writing and (cont. on page 3)

-EDITORIAL-

Heceta comment



Barry Hood could have handled himself in a much more civilized manner than he did. It's strange that Tammen gets all the official heat for the incident and that Barry Hood gets none. Both he and Tammen were at fault for losing control of their tempers. And that's still granting that Tammen overreacted in a much more serious manner than did Hood.

There has been a revision in the regulation about bringing dogs to Heceta. Now the county regulation, requiring leash control, is in effect, eliminating the old rule banning dogs altogether. That is good.

But the regulation against bringing family members, including spouses, is still in effect. That's bad. It's understandable that children shouldn't be allowed at Heceta -- it's not a family vacation retreat, it's for campus groups. But group members should be able to bring the person they have agreed to spend their life with.

But the worst and potentially the most dangerous outcome, is the administrative directive to enforce the Board of Education ruling against alcohol at Heceta. Harry Tammen decided to make an issue of this following the shooting incident and has succeeded.

Many of the groups which have utilized the Heceta facility for several years have had a moderate amount of beer and wine drinking even members of the Board of Education have participated in this casual, normal social custom. There has never been any incidents reported where drinking has been a problem and there has never been any official action taken to curtail the moderate social beer drinking that has taken place, until now.

Drinking had nothing to do with the shooting incident, but Harry Tammen brought up the drinking policy in his report and like a rider on a congressional bill, the drinking regulation has been given a higher priority as a result.

Drinking beer at a retreat facility where people are meant to relax should not be ruled out. The college administration has established that someone other than Tammen must be responsible for the group and that person should also be responsible for ensuring that beer drinking doesn't get out of hand.

I would hate to read a headline in another newspaper this year that someone who was staying at Heceta had died as a result of leaving Heceta to travel on the winding coast roads the 15 miles to the nearest town just to get a beer or two.

That would be very bad.

An Apology to Landis

We want to apologize to Leonard Landis for the very short article on the front page of last week's TORCH.

The TORCH blew it.

We had, at Landis' request, a story that Leonard had been reinstated, prepared to run in Tuesday's paper. We do our production on Mondays and on Monday at about 3 p.m. we found that Leonard had resigned. In the rush to get the revised story ready for Tuesday's paper we failed to get all the facts. Many people, including Leonard, were unavailable. We should have held the story until we could get all the facts. For this we apologize.

Leonard resigned regretfully. He feels it is an honor to serve on the student government, an outlook that is sometimes sadly lacking. But Leonard has had one heart attack and his doctor is concerned about the possibility of another. He may have to undergo open heart-exploratory surgery in the near future, and it would be hazardous for him to continue in his office.

Some of the reasons other people give for resigning similar positions are frivolous compared to Leonard's. The pressure of the job could endanger his life.

So we sincerely apologize to Leonard Landis.



The Innocent Bystander

Sin is Sin

By Arthur Hoppe

"All my first five worked wonderfully -- except for the third when Ricky arrived at the church three hours late dead drunk. I sometimes think the only thing that saves my present marriage to Biffy is that I haven't seen him in six years."

Stern moralists, on the other hand, have generally adopted a surprisingly tolerant attitude regarding the subject. "If people want to live together after marriage," says Reverend Billy (name withheld), I think that's their business."

One noted prelate, however, is not so sure. There can be no question that constant proximity of the sexes leads to temptation, contraception and recreation," he says. "These are issues that should gravely concern all Christians."

The experts appear deeply divided. Psychiatrist Albert Fitz-Fenster, author of "Live Alone and Lose Fifty Pounds," feels strongly that "It is living together, not marriage, that causes, in emotionally unstable individuals, deep psychological traumas, not to mention fist fights."

Anthropologist Margaret Maud advocates a trial-living-together after marriage. "Don't worry about the details," she says. "It's always a trial."

The young, as usual, seem confused. Mary Jane Pottsfeld, a Bloomington High School pom-pom girl, says she would consider living together with a young man after marriage, "But only if we had a meaningful relationship -- whatever the heck that is."

George (Che) Finnigan, a University Professor in plackard-making, reacted violently, however, to the question. "You mean I should live together with a chick just because some government fink signs a piece of paper?" he demanded. "Hell, no, won't go!"

Thus, until we receive guidance from Mrs. Reagan or Mrs. Ford, we must each resolve this touchy moral issue for ourselves.

And if you don't think it's a hotly controversial question, just put it to your spouse.

(Copyright Chronicle Publishing Co. 1975)

LETTERS

Dear Editor:

About the recent incident where there was a shot fired at a student outing on the coast: I agree that the caretaker should be fired. It is a violation of Oregon Law to possess a firearm on a college campus. LCC has its own rules making the LCC owned "Heceta House" (on US HWY101 approximately fifteen miles north of Florence on the Oregon coast) a part of the campus. Therefore, I believe that it is subject to the same administrative rules as well as state laws that the 4000 E. 30th Avenue campus in Eugene must follow.

The Heceta caretaker was in flagrant violation of the law and should be dealt with through legal channels so that incidents such as those that the student government experienced will never happen again.

Denny Helgerson

TORCH TO BECOME CREATIVE
STINDER BOX

Attempting to rekindle the creative fire, the LCC Torch is proposing a monthly supplement which will feature short fiction, poetry, graphics, and photography submitted by students, faculty, and anyone else who has a flair for the arts.

In past years, LCC students have compiled their artistic and literary talents into the magazine, "Concrete Statement," a free-lance publication which died in the wake of disorganization during the Winter and Spring terms of 1975.

A drastic attempt to make amends manifested itself in the printing of "currents" during Spring term, 1975. "Currents", in the tradition of the "Concrete Statement" failed to sell

enough copies to pay for its own printing. As a result of this inability to attract public money as well as public attention, student body fee funds were not granted for a literary publication during 1975-1976.

Mary Boyce, an LCC student who sees advantages to having a literary publication on campus "A publication like this will let people see a contrast to news," Boyce says, "and will open them up to new ideas. We hope to create a flowing, artistic, open channel to students, faculty, and community."

Although the staff for the publication will not be able to guarantee that all material will be printed immediately, the monthly, Boyce expects the four-page

supplement will allow widespread exposure for writers, artists and photographers.

"We would like to see a diverse and contrasting variety of expression, which will entertain, as well as expose people to others' creativity," Boyce says.

Boyce would like to have two editors in charge of each of the four departments.

She asks that anyone interested in aiding in the production of this publication or in submitting material, to contact her at the Torch office, 206 Center; Mondays from 10 a.m. to 4 p.m., Tuesday through Friday from noon to 4 p.m., or call 747-4501, extension 234.



ASLCC Vice-Presidency remains vacant

(cont. from page 1) get on with meeting.

In other business the Senate passed a motion to ask the college to give Evening Credit classes and degree programs parity schedule with the day-time operator. Jay Jones, director of Student Activities, pointed out that although the Student Senate did not have the power to make the final decision in Credit Parity, it could influence those who did.

Richard Weber submitted a motion which was passed as a statement of the Senate's goals or priorities. Weber said that without a list of priorities the Senate

chases it's tail and can't get anything done.

"I didn't sit in on all those committee meetings for nothing" objected Manny Vasquez. But Weber maintained the Senate is ineffective without clear-cut goals. He said the Board thinks the Senate plays kids' games. Weber suggested the Senate make it clear that it is not against the Board, but for the students.

After debate, the list of priorities was passed. The priorities are:

1. Developing of student support for the ASLCC.
2. Obtaining parity (or equality of student opportunity) for evening students.
3. Gaining collective bargaining rights for students.
4. Gaining recognition of the Student Senate by the Board of Education and the Administration as equals.
5. Decreasing financial difficulties connected with ASLCC funds.
6. Establishing a good schedule of class offerings.

Also passed were a new ASLCC budget, a new set of Rules of Order for the Senate, and the formation of an Interclub Council, which will provide for cross-communication between campus clubs in different matters, especially those concerning funding.

The Senate also entertained a motion by an evening student, James Banks, that the Senate formally apologize for the spitting/shooting incident at Heceta house to Mr. & Mrs. Harry Tammen. The motion died on the floor.

A motion by Phi Theta Kappa (PTK) concerning a William Faulkner film festival was tabled for at least a month pending further information, and another PTK motion for a Halloween Carnival was withdrawn.

Food stamps get licked

Most college students who now receive food stamps would be cut off from this program under a Food Stamp Reform Act proposed by Rep. Robert H. Michel (R-Ill.) and co-sponsored by several others. The bill disqualifies persons who are voluntarily unemployed from receiving the stamps. Among specific classifications that would be ineligible is "any household . . . that includes an able bodied adult between the ages of 18 and 65 . . . who is enrolled in an institution of post-secondary education and such enrollment is a substitute for full time employment, as determined by the Secretary . . ."

Committee hearings on the bill are scheduled to begin shortly.

Optometry students get visual aids

Pacific University, Forest Grove, Ore. -- Students considering the optometry profession will be interested to know of the new Visual Evoked Response (VER) unit at the Pacific University College of Optometry.

Pacific now has a VER clinic, the first in the Northwest. The VER will also be used to instruct Pacific's optometry students in the applications and procedures of VER examination, for basic research, and for post-graduate continuing education courses. The Pacific VER unit is the heart of a new electrodiagnostic and treatment center at the Pacific College of Optometry, one of 13 in the nation.

VER is a minute electrical discharge of the brain associated with vision, which occurs when the eye is stimulated with light or pattern. Amplification and summation of these 5-millionths-of-a-volt discharges enable the specific characteristics of their waveform to be evaluated for any given patient.

For example, a VER examination can tell if a baby has amblyopia (lazy eye). If amblyopia is detected, the examination can determine if it is treatable, explains Dr. William M. Ludlam of the Pacific optometry faculty who has developed the VER unit.

The method is easy, painless, and quick. An infant may be held on his mother's lap in an examining chair in a black walled room except for a silver-colored screen covering one wall. An electrode is placed on the back of the baby's head and another on his ear.

Then the lights go out and the screen is filled with pulses of light in differing patterns of lines and squares. An attendant places a cover over one eye of the patient and then over the other. In an adjacent room Dr. Ludlam is watching a computerized instrument that is linked to the



electrodes on the baby's head.

The instrument records brain wave patterns stimulated by the baby's visual response to the flashing lights. Dr. Ludlam can tell how clearly and sharply the baby can see the images. The whole examination takes 50 to 60 minutes usually.

ASLCC President fills vacancies

In order to follow student government constitutional outlines, ASLCC President Len Wassen has appointed himself Student Senate Board of Education Liaison in place of Judy Weller.

The Constitution states that the ASLCC President shall serve as the official representative of the Senate and the Associated Students of Lane Community College ASLCC. It also states that the Vice President shall assume the duties of the President in the President's absence.

It is Wassen's own interpretation of the Constitution that the President should be the one person to speak for the students at the Board meetings, and in the event of an unavoidable absence, the Vice President should take over.

Wassen told the TORCH he would like to make it clear that his decision is not based on any personal considerations or conflicts of personalities, and that since Judy Weller resigned her position in the Student Senate to assume the Liaison position, she may, if she chooses, be reinstated as Department Senator representing the students of the Social Science Department.

Len Wassen has also appointed Francie Killian, ASLCC activities coordinator, to the temporary position of Director of Student Resource Center (SRC). A permanent director will be appointed when the Senate is able to conduct interviews and discuss the various alternatives for running the Center. Killian worked with the SRC last year, and is familiar with its operation. However, due to her position as ASLCC activities coordinator, she will be unable to maintain the SRC position all year.



YOU NEED YOU!!

FALL ELECTIONS
Departmental Senators

applications & information

available in the **SENATE OFFICES**

filing deadline: **FRIDAY OCT. 24 5pm**



DUFFY'S

FRIDAY 4:00-6:00
Pitcher Sale

FRIDAY & SATURDAY 9:00-2:00
Free & Easy 50c cover

SUNDAY *pool tournament*
sign up with bartender

13th & Alder

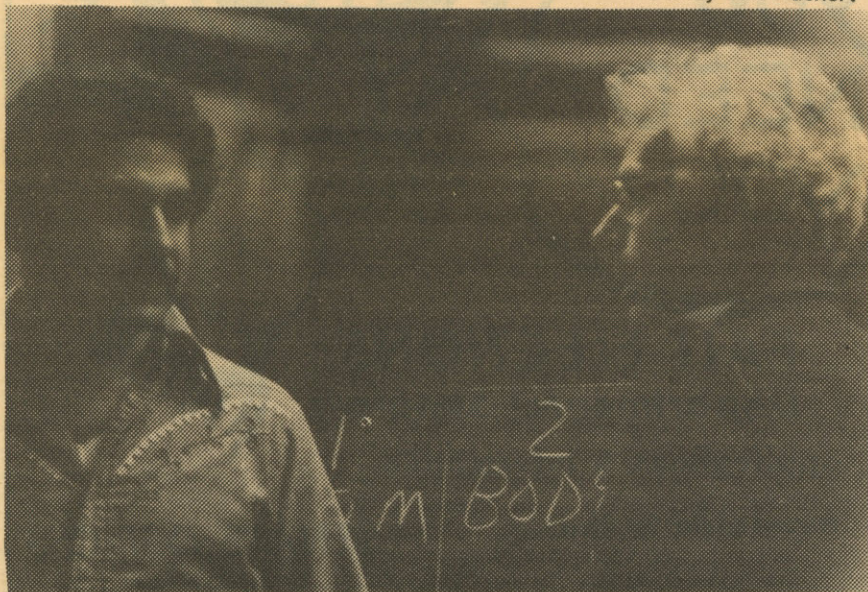
fear symposium

What is fear? Can it be controlled?

Do we sometimes fear irrationally?

At a Fear Symposium specialists discuss the psychological phenomenon we all experience.

Photo by Rex Ruckert



George Pransky and John Enright confer during the Symposium.

by Steve Goodman

"Come prepared to work" they beckoned "and possibly even discover a little anxiety on the spot! The poster announced a seminar on FEAR.

Fear is... "misdirected excitement." Fear is... "an early warning system." FEAR was an enlightening seminar conducted by psychologists John Enright and George Pransky under the auspices of the Good Neighbor Program.

The meeting room was spacious and warm with a soft yellow carpet, tinted windows and a high arched ceiling. Enright and Pransky were low-key, humorous and friendly men. Both were obviously buoyed by the enthusiastic response they received from an audience that seemed evenly divided between the sexes and largely of college age.

No alternatives to fear were offered. Rather, there was an emphasis on the nature of fear and its value.

George Pransky defined fear as an "early warning system," set up as a defense after a frightening incident in one's early life and triggered by a stimulus similar to that which was originally present. It is a vital warning system, Pransky said "after all, it is better to have a warning of danger which doesn't come, than to have no warning of a danger which is truly imminent. But our minds overcompensate in our fear." The system isn't perfect in that the amount of fear we feel isn't proportional to the likelihood and immensity of the danger.

The two psychologists offered their theory and a method by which an can find the origin of his or her fear. No amount of rational analysis will bring the original incident into mind as well as concentrating on the body and imagery.

It works like a juke-box, they claim, you put the body sensation and imagery in the coin slot, then they push the button and out comes the childhood incident.

I myself participated in this exercise, so did others during the evening. I found in this instance, that I was able to isolate the body sensation and imagery which accompany my fear of falling from a height; a fear which has frustrated me lately due to frequent use of ladders. I was able to

define the physical sensation as a bloated feeling in my lungs and lower chest accompanied by a sense of weakness in my legs. The situation I placed myself in to dramatize my fear was a roof and the imagery which came to my mind included some green tree tops at the level of my feet and a vision of the ground below me, its soft surfaces and hard concrete ones.

These are the coins which operate the juke-box, and the psychologists had me going back, recalling a time in my life when I had the same physical feeling, or perhaps the same imagery, or both.

As a participant, I didn't think about it until Pransky and Enright "pushed a button" and the new picture disk dropped onto the turntable of my mind. The idea is that the event to which my fear is linked in my mind might never be discovered by re-constructing falls from trees in my childhood. The connection is probably more vague. It could be a kite flying in the sky or a pair of red shoes instead. Or a bloated feeling in my chest.

That the "body and imagery are the bridge" was one of the key principles expounded. A great many of the audience members seemed to agree.

This information, if it is actually discovered, is of value to the individual. If his or her present fear is uselessly tied to this dimly remembered stimulus it may be causing a greater degree of fear than the stimulus actually deserves.

Fritz Perls, the late renowned Gestalt psychologist, described fear as "misunderstood excitement." Biologically, fear is a form of excitement. The rush of adrenalin comes as a great bubble of energy to which the individual can choose either to react expansively (excitement) or by drawing back (fear).

When the fear can be analyzed perceptively in terms of the relation of the fear-provoking stimulus to the probability of the feared event occurring, a person will find himself acting more and more expansively and without a loss of personal safety.

Although psychologists Pransky and Enright are active mainly in the San Francisco Bay area, they have been active in the community for about two years offering preventative counseling at the Family Counseling Center. They are available to conduct workshops and seminars for local groups. They can be reached at 342-3051 for further information.

Oregon gets goat

The Oregon Department of Fish and Wildlife just got the state of Washington's goat. It got six of them, in fact.

Thanks to the generosity of the Washington Department of Game and the assistance of the Oregon National Guard, six mountain goats were recently released

in the Columbia River Gorge near Cascade Locks.

During a three-year period, 1969-71, a total of eight mountain goats from Washington were released in the same area. Unfortunately, only two of the eight were males or "billys". One of these was shot and killed by a poacher shortly after release. The other was an immature animal which apparently did not live long. At least, no offspring have ever been seen in the area and only three of this original group are still known to be living.

Many people have reported seeing mountain goats on the cliffs near Multnomah Falls but these are actually domestic goats that have taken up residence within view of Interstate Highway 80.

The six goats just released were trapped

in the Olympic National Park in Washington by a crew from the Washington Department of Game. Fortunately, the group includes two billys, both in excellent condition. With any luck, the Columbia Gorge goat population can now begin to build.

The goats were transported by helicopter from the park to a waiting truck at Port Angeles on the north edge of the Olympic Peninsula. The six-hour truck ride from Washington was made during the night and the animals were met at daybreak at Troutdale Airport by a jet-powered National Guard helicopter which completed the final leg of the transplant. The whole operation from trapping to release at the new site took less than 24 hours and the animals entered their new environment in excellent condition.

The mountain goat is native to both Washington and Idaho but, as far as is known, the Columbia and Snake rivers formed an impassable barrier which goats never crossed. In addition to the Columbia Gorge introduction, mountain goats were introduced in the Eagle Cap Wilderness in 1950. That herd expanded and some limited hunting seasons were held, but the herd has stabilized at about two dozen animals, which is apparently the carrying capacity of the area. No hunting seasons have been held in recent years for mountain goats.

Female veterans to educational benefit

By Cris Clarke

Female veterans who were denied additional allowances for their spouses for educational benefits between June 1, 1966 and October 24, 1972, will now be paid for those allowances, according to a notice published in the Federal Register on July 1.

Claims for the additional benefits must be filed on or before July 1, 1976. All claims should be submitted to the VA representative who has jurisdiction in the claimant's area of residence. The only evidence required to substantiate the claim shall be acceptable evidence that the marriage exists or existed, and proof that the spouse was alive during that period.

Among other VA announcements recently are: Persons who served in the Armed Forces between Oct. 1, 1972 and Jan. 1, 1973 may have back pay coming to them because the federal government failed to pay a legally authorized pay raise during that period.

Among other VA announcements recently are:

Persons who served in the Armed

Campus Shoe Shop

For complete shoe repairs

BOOTS-DYER MOCCS

LEATHER GOODS

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an LCC counselor discusses FEAR!

Myke Qlemmins

"If we didn't have it, we wouldn't survive."

"The body has to have some way to signal that danger is near," continued Frleigh, an LCC counselor with experience in advising people who have fear and anxiety problems. "And so every one, from the time they are dropped (born) and even in utero, has evidences of fear."

Frleigh described clinical experiments in which pregnant mothers were startled in one way and that the fetus was observed to react with symptoms that could be translated as fear.

It would seem, therefore, that humans are born with the capacity to react to fear or

"danger signals." The way these reactions are dealt with is then influenced by the environment that a person is brought up in.

"Obviously, as a youngster develops, some people are more explorers, they feel good about their environment and some people are not explorers. They're fearful, they're clinging. They've attached more negative values to changing environment, changing things, and look more fearful. They exhibit more fear behavior."

Fear can be learned at any age, according to Frleigh. "You don't learn all your fears as an infant growing up. You learn to be fearful as an adult just as readily. Traditionally, people have said, 'well what do is go back into the past and unravel all that (childhood fears and I think it's unnecessary to do all that, in most cases.'"

"My point is that people who are looking to the past as the only way to change or to learn are missing the boat. You could spend eons trying to recollect the birth trauma, and, from my point of view, you'd be throwing money down the tube. There are some situations where going back to the critical event (one causing anxiety) is significant, but it's an over-rated thing to say it's absolutely critical, absolutely necessary, to unwind the past in order to deal with the present."

"The number one fear among adults is the fear of failure," according to Frleigh. He then broke this into three categories:

"The fear of failure to make it academically or with your work, to make it with your peers, and to make it sexually."

"There are a lot of people who are motivated to produce so that they can get in there and make it. And it may be that they don't. So there's a lot of that fear of failure."

When asked if this fear of failure is being coped with successfully Frleigh responded with "Apparently, I mean people aren't falling apart in grand numbers, society goes on. We manage it."

"I think that when fear is managed, so that it isn't bizzare and out of proportion to a point where it's crippling you, I don't find fear totally negative."

"You look at music, the anxieties involved, that's what puts the first class performance in balance. You're up, but you are not so up that you are out of control, and you're not flat. You've managed your anxieties. So what I've been saying is that fear and anxiety, when managed and within a good range, is productive."

a physician's view

by Cris Clarke

"The thing that frightens me the most is that I see people afraid, and they don't know what they're afraid of," says Doctor Larry Glass, of LCC's Health Services.

A general practitioner, and having worked for the White Bird clinic, Glass finds that more and more people have irrational fears and anxieties: "I feel there are very real reasons behind everyone's fears, even though many people can't put their finger on them"

In his everyday encounters with patients, both at LCC and elsewhere Glass sees that people are having trouble facing their anxieties long before they turn to him for help.

"By the time they get to me they are already failing to deal with their fears," Glass says.

Glass attributes much of our society's fears to our bureaucratic-style economic and governmental systems. He says they tend to alienate the bulk of our society from the central, or controlling body.

"Depersonalization breeds fear and anxiety," says Glass. "fear is a sign of the times. We're in a depression, and people are naturally afraid and depressed"

He explained that in this tumultuous time some Americans have seen their economy draw ever-closer to crumbling. Some think their government is more of a vehicle for certain corrupt political figures to use to manipulate people. Some citizens have undergone a massive loss of personal identity.

Another fear Americans have developed is the fear of getting involved. Glass refers to recent low election turnouts as proof -- perhaps for some people apprehension about national affairs is a real fear.

"We (Americans) have an apathetic national attitude, and a low motivation level," says Glass. "There is a real question in people's minds. They're not sure whom or what to believe in."

In other words, he says, many Americans have lost faith in their leaders, their system of government, and have lost the feeling that they can shape their own destiny.

"People have become jaded and cynical over the events of the last five years."

The bleak job market is another fear-arousing source of the psychological stability of our culture. "People who have families and other responsibilities are faced with the prospect of being out of work, and they are afraid of what's going to happen to them in the next five years," says Glass.

But jobs themselves have negative aspects which can create apprehension. Dr. Glass says that many people today are into really doing what they feel comfortable doing.

"Not many jobs today will stroke you emotionally," he says, "and you rarely hear of anyone being praised for what one has accomplished on the job."

It seems that in these days people are having difficulty in finding professions which are rewarding. And if one chooses not to work, one is faced with the possibility of having no income whatsoever: "The system does not allow for people who don't have a job, or for people who don't qualify for welfare," says Glass.

"Being the most negative of all emotions," Glass says, "our major weakness is fear."

How do we learn to cope with and overcome this weakness?

A 1973 graduate of the Philadelphia College of Osteopathic Medicine, Doctor Glass feels that a sense of unity among individuals would help.

"During the 1960's I saw a certain unity among groups of people, but in the 1970's I see people pulling apart."

But, he says, people can work on coping with their anxieties on an individual basis, too.

"I think people should be as high as possible, and stay high," Glass says, "and if they would only realize their own potential, they could accomplish what they want in life."

Part of the escape from fear is being personified by people's use and abuse of various drugs. But Doctor Glass sees this attempt to reach a higher state of consciousness as a positive aspect of dealing with anxiety, in one sense.

"I'm not advocating or recommending the use of drugs," he says. "Drug users are trying to get high, and even though they may be ultimately harming themselves, their drug use is at least an attempt to overcome their fears."

There are other means, though, to alter consciousness.

"There are many forms of being high," says Glass, "through religion, education and awareness."

Glass feels that a better understanding of our bodies and minds will eventually lead to the defeat of personal fears.

"It's a matter of challenging our energies in the right directions," Glass says. "I feel everyone has the ability to overcome fear."

get ts for husbands

Forces between Oct. 1, 1972 and Jan. 1, 1973 may have back pay coming to them because the federal government failed to pay a legally authorized pay raise during that period.

Veterans interested in extending their educational benefits for nine months, Public Law 93-508 provides an additional nine months of entitlement to eligible veterans or in-service students pursuing an undergraduate degree at an institution of higher learning.

In order to qualify for the extension, the veteran or in-service student must have been entitled to the full 36 months of benefits originally, and must have been enrolled in an undergraduate program at an institution of higher learning at the time the original entitlement was exhausted.

Also, no change of program will be accepted for the extension period from the original program pursued, and veterans already holding degrees either through G.I. Bill or other means are ineligible for the extension.

Health, P.E., recreation instructors trade new ideas at conference confab

by Don Sinclair

"The conference was a success. Some people said it was the best ever held. And they loved our campus . . . they thought LCC was beautiful," answered Dr. Susan Cooley, chairperson for the Oregon Association of Health, Physical Education & Recreation's 58th annual conference at LCC last weekend. It was the second time in five years that the conclave met at LCC.

Over 1,000 school teachers from all over Oregon were in attendance in a program geared to acquaint teachers with new ideas in sports, physical education and health.

Dr. Cooley explained, "We tried to cover all the bases with special emphasis in elementary school physical education, which is an up-and-coming and long overdue aspect of PE. There is no reason why children should get to junior high before they are taught how to use their bodies with grace and efficiency."

All teachers in the state had Friday off as a professional day in order to attend seminars of continuing education. The attendance was not as high as had been initially expected because of some teacher strikes which are imminent around the state, Cooley said.

Dr. Dooley, who holds a doctorate in Corrective Therapy from the U of O,

explained that the material presented by guest speakers was both pertinent and timely. She was responsible for organizing the state-wide event.

Registration fees and exhibit fees, paid by 22 different companies and organizations, netted the Association about \$7,000 before expenses. This money is to be used to pay for speakers and programs in the future.

Photo by Rex Ruckert



Dr. Susan Cooley, a specialist in corrective therapy, chats with a colleague at the registration headquarters in the Health and Physical Education Building foyer.

Jazz musician undergoes classical conversion the hard way!

Review by Myke Qlemmins

Friday evening is a time for all good folks to ready themselves for partying.

But where was this hip-and-on-top-of-it-Jazz-Columnist headed? To a classical

piano concert, a benefit affair for the LCC Music Scholarship Fund. Making it possible to help promising LCC students with financing.

It's not that I have anything against Brahms, Beethoven, or any of those cats,

after all they are the roots of us all, music-wise. I mean, where would Frank Zapp...

Well, gulping the last of the beer my loving editor had paid for, I left the warmth and security of the College Side Inn and drove slowly to the LCC performing Arts Theater.

Maybe I would catch some sleep (don't tell my editor) during the performance.

I was definitely mistaken.

To begin with, having arrived a bit early, I persuaded the lady at the door to let me enter the theater before it was officially open. The light crew was still making the final adjustments, but it was nice to watch--a sort of 'call of the stage' feeling shivered through me, triggering my imagination.

I was beginning to appreciate this tie that binds all music, the state, when with the first shuffles behind me, the audience began to filter through the door marked exit.

A few minute later the last had taken their seat.

The lights began to fade. Barbara Myrick, a teacher in the Performing Arts Department walked out on state. She seemed a little startled by the opening applause as she sat down at the baby grand piano. However, any anxieties she felt only seemed to add the final flourish to a well played Sonata in F Minor, Beethoven's Opus 57. The unanimous applause marked the finish of her portion of the evening. Not bad, for a rainy October night.

Following the talented Myrick, Pamela West-Mann thoroughly trounced my musical biases with Brahms' Intermezzo in A Minor, Opus 118, no. 1 & 2. This was, however, only the beginning.

I was caught totally off-guard by "Harmonies du soir," by Franz Liszt, and when the ending I felt had to happen did happen, I was still surprised. Subtle, subtle.

As if somehow still uncertain of the victory over my soul, after a brief intermission, the next performers of the evening, Frances Ragozzino and Patricia Nash opened up with both barrels by playing a duet. Their ammunition consisted of Jeux d'enfants, Opus 22, which boils down to a musical interpretation of a lot of kid's toys--tops, dolls, a merry-go-round, to name a few. Bizet, the composer, either had a lot of kids, or was one himself, for it wasn't hard to picture the various musical definitions.

As Ragozzino and Nash closed the concert with a Mozart Sonata and three Gershwin Preludes, and one of the most enjoyable music performances I've seen in this area, I tried to find where my weak points had been in my feelings toward classical styled music. Though I hadn't been too upset about the prospect of an evening spent as it has been, I certainly hadn't looked forward to it.

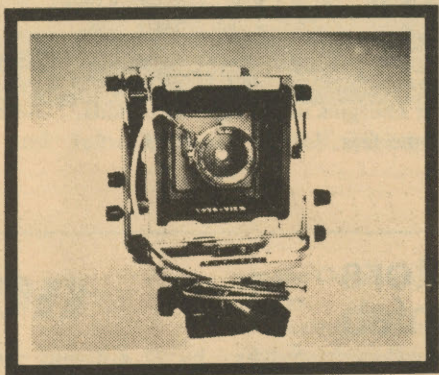
Maybe I had just forgotten that many things can become exciting if you just open up and drop the mental blocks.

And although I'm by no means any less into jazz, I think I might not mind a few other programs such as this benefit concert held for the music school scholarship fund.

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Wheatfield re-forms

Wheatfield, probably the most popular Eugene based musical group is once again at full strength and actively working toward their opening engagement in about two weeks.

John Powell, the keyboard player who left the group in early summer, has returned.

They gave sneak previews both Friday and Saturday nights at Duffy's featuring Will Hobbs singing lead in Sam Cooke's classic, "Chain Gang." Pete, John, Rex and Paul joined Will in 5-part accapella harmony that showed the extensive work these men have been doing to create their music.

The band broke up earlier when, according to sources close to the band some of the members weren't carrying their weight in upgrading their musical capabilities. There was no evidence of foot-dragging last week.

The new member of the band, Paul Douglas, is just finishing his contractual arrangement with his old group in Seattle.

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DON SINCLAIR'S SportsNews

Women's field hockey

A weekend warrior

Saturdays are busy days for sportswriters--especially in October. I'm no exception. I'm Don Sinclair, the sports editor of the **TORCH**. This is my introduction so you'll know my philosophy, my world, and my column.

This is my first newspaper writing experience. My other world has been radio--I'm the Sports Director for KZEL-FM here in Eugene. I have two sons, a college degree (pharmacy) and a strong desire to make the **TORCH** a leader in sports news.

My Saturday started early, reading the morning sports in the 8 a.m. Register-Guard. Then at the radio station, I listened to the start of the World Series while going over the final rehearsal for "Sorting Out Sports" at 10:30. At noon I was munching a sandwich to the tune of six Red Sox runs in the seventh inning and ultimately a Boston, first-game victory.

From 1:30 'till 4 p.m., I was embeveled in the Autzen Stadium Press Box covering the Oregon-Cal game which was mentally distressing.

Then came LCC soccer coverage and I arrived just after the Titans had handed Clackamas another defeat in their first home game.

Then came "Wide World of Sports" on TV, coupled with dinner and followed by a shower and off to cover a social event for Myke Qlemmins. Here endeth the first weekend day.

This is the intensity with which I cover sports. The theme of this column will be to cover the LCC Titans, but not exclusively. No sport with possible interest to LCC students will be allowed to red-shirt. The underlying goal of the sports page of the **TORCH** is to help LCC athletics achieve its rightful place of Number Two in the Eugene sports community. Bigger-time U of O is rightly Number One.

In addition, I offer the sports page to you. I'll publish letters that are responsible and timely comments, and answer questions publicly that you might have. Mail or drop them in at the **TORCH** Office, 206 Center Building, LCC.

LOSS IS THE CAUSE

Winning seems to be everything in sports, but nothing in Oregon football. The Ducks are much like the New York Mets in their early years: Coach Don Read could easily replace Marvelous Marv Thronberry in character since Marv could always somehow seem to snatch defeat from the jaws of victory. And Ralph Petty, "The Voice of the Ducks" for KUGN, could easily take the place of the late Casey Stengel when he semi-describes the game action in Petty-Patter, definitely an evolvement of Casey's confusing "Stengelese."

And the cheering, wine-drinking hippies at Autzen resemble those of Shea Stadium. Fans seem to cheer a loss with ever-inebriating vigor and wouldn't know what to do with a win. Ignored like the cross-town Yankees, are our LCC Super Soccer Strikers as they win again and again. Loss is the cause.

Some out-of-place advocates of winning will soon be calling for the resignation of Coach Don Read. But it cannot be. How could we have the beauty of the Mets without our own Marvelous Marv and his ineptness (Marv once hit a home run with 2 out in the bottom of the 9th which would have tied the score. Unfortunately he missed second base and became the final out).

And like Marv, Don Read is a fine man, a hellava nice guy to be around. He communicates with you. His philosophy of teamwork is commendable. However, his capabilities as a gridiron tactician are at best, questionable.

Don Read could rewrite TV history if he were in charge of the Air Force Promo Spot called, "The Big Play." He designs his plays to mesh with the upcoming defensive alignment. He'll never take 3 points when he could get none.

But that's alright. Alabama has the football team and we have the environment. More importantly, you now have an alternative: You can watch the losing battle at the Duck Pond or you can watch our winning Titans at the aeration lagoons.



Photo by Rex Ruckert

Schedule of Athletic Events, Oct. 13-18

SOCCER	DATE	OPPONENT	HOST	TIME
	October 14 (Tuesday)	Judson Baptist	LCC	3:00
	October 18 (Saturday)	Warner Pacific	Portland	2:00
WOMEN'S FIELD HOCKEY				
	October 14 (Tuesday)	OCE	LCC	4:00
	October 18 (Saturday)	Jamboree	Willamette	
		LCC vs. EOC		
		LCC vs. Willamette		
CROSS COUNTRY				
	October 18)	Linn-Benton	Albany	11:00
		Central		

INTRAMURALS: Flag football sign-up at the Intramural Office in the gym

Titans run for victory

Miller regains winning form

John Miller, running like he did last year, was a scant second behind Gary Schoeder of Central Oregon and led the Titans to a convincing victory in the seven-way Mt. Hood Invitational Cross Country meet last Saturday.

The Titans eased in with five of the first ten places for a winning low score of 28 while Central Oregon was second with 70.

Besides Miller, Titan scorers were Jerry Rea (4th), Glenn Owen (5th), Rich Harter (8th) and Bill Sharp (9th). Young Mike McGriff finished 11th.

Lane's undefeated team goes to Albany this Saturday for a triangular meet with Linn-Benton and Central Oregon, which will provide some excitement as the rejuvenated John Miller will again get his chance to beat Cary Schroeder of Central Oregon. Miller was nipped by just one second over the four mile course Saturday, but at Albany he will cover five miles. The meet starts at 11 a.m.

L.C.C.'s S.I.D.

by Don Sinclair

Fred Crafts, a veteran Eugene reporter, has been named Sports Information Director at LCC.

Crafts, 35, has been a reporter for over twenty years, including work for the Register-Guard and several radio stations in Eugene, and KNX/CBS in Los Angeles. He is currently a news editor at KPNW.

Crafts is available at any time at 747-4501, Ext. 277. His duties are to release sports information concerning LCC to the press.

team to host O.C.E.

by Don Sinclair

Carol Miller got the LCC Women's Field Hockey team off to a good start last Wednesday with the first goal of the game, but a stiff zone defense by the U of O confused the Titania offense, holding them scoreless for the rest of the way, Oregon winning 3 to 1.

Coach Debbie Daggett's team, with only 3 veterans from last year, is inexperienced. Many of the women are playing the sport for the first time. This week's practices have been geared to eliminate existing mistakes in the fundamentals. Games this week will show how well they've done.

The women host Oregon College of Education today (Oct. 14) at 4 p.m. and then travel to Willamette University on Friday. The games will be tough because both teams represent four-year schools with experienced players that have been working together for a long time. It will be an aggressive challenge for Lane's young, inexperienced team.

Titans break one

scoring record and tie

another in 11-1 victory

by Don Sinclair

The Super Soccer Strikers, Cort Lea and Bobby Henderson, combined for 7 goals and 6 assists between them as they baffled Clackamas 11 to 1. The 11 goals scored ties a school record set in 1969, also against Clackamas and the point spread of 10 goals is a new school record.

The offensive teamwork of the Titans was devastating as they set up well and then passed the ball around, over and through the more experienced but weakly unified CCC club.

Jack Debrick had a pair of goals for the Titans and Paul McCoy scored one and set up Lea with a beautiful assist from the right side.

LCC Super Soccer Strikes again today, Tuesday afternoon, against Judson Baptist. The match is billed as one of the best games of the year. LCC is now 2-0 on the year and Cort Lea has a chance at the season scoring record. He has scored 7 goals in his first two games.

College Side Inn

Lunch Menu

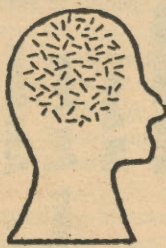
Hamburger	.85
Cheeseburger	.95
Chili Burger	1.25
Turkey	1.00
Ham & Turkey	1.25
Ham	1.25
Ham & Cheese	1.35
Grilled Cheese	.50
Chili	.50
Cottage Cheese	.25
Potato Salad	.25

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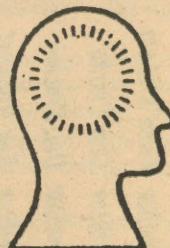
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