

## The TORCH dims for summer

by Michael Riley

It's hard to believe that nine months ago the staff of the TORCH was putting out its first paper of the school year.

Not unlike an unborn child, this weekly bundle of words has grown and developed, giving news and entertainment to the students, faculty and staff of LCC.

And what news!

From the possible return of the "F" grade to the KLCC firings, we made attempts to keep on top of what was going on and reported on the same. In fact, when it came to giving students a clear picture of the KLCC situation, the TORCH published a special supplement.

That's not all; we also informed you about poisonous mushrooms and how to conserve water. Have you ever tried to interview a toilet? TORCH staffers worked late hours to give their readers material to line birdcages with.

Those days are by the wayside now. This is the last issue for the year. As a member of the slightly demented group behind this paper I find it hard to say good-bye to friends and companions on the staff. You see, we're more than just a paper—we're a family. The Waltons should be so close.

Now that I have gotten all the sentimental drivel out of my system, it's time to look at a number of things that I failed to write about over the last year.

For starters, have you ever noticed the turnstiles in the cafeteria and snack bar area? I hate to discuss my personal life in the paper but those devices are a hazard to my health!

The turnstiles operate in such a manner as to regulate the people who rush in and out of the food areas. Last fall, the food services office informed me of the amount of theft that goes on downstairs and said that's why the one-way devices are there. My "difficulty" with the entryways seems to be a rarity, according to many of the people who frequent the aforementioned places. Still, boxers like Muhammed Ali get penalized for hitting below the belt, so why can't a lousy turnstile get evicted for the same crime?

Hang gliding was another event not reported on. My life insurance agent rolled on his office floor in laughter when I asked if he'd cover me for a one-shot flight. (I am now wiser, realizing that hang gliding requires some education before you venture out into the wild blue).

Another disappointing failure of mine was not interviewing Don Bischoff of the Eugene Register-Guard. I never got the chance before last Tuesday and even though I had discussed it with him earlier it had slipped my mind. A fast call to the Register-Guard office allowed me to apologize to Bischoff. He informed me it happens to him on occasion and that it was no problem. As far as being classed as a story failure, he laughed.

Now that I have apologized for my faults and commented on the last year continued on page 3

## Work-study gets extra \$15,000

by Kathleen Monje

LCC's work-study students received \$15,000 worth of financial aid from the college's Board of Education at an occasionally stormy special meeting held over the Memorial Day weekend.

Tempers flared from time to time during the meeting as all seven Board members, the LCC administration and a small group of work-study students discussed the May 20 lay-off of 345 students in the Work-Study Program. The students lost their jobs because the program ran out of funds three weeks early.

Though some students were able to continue working because the college's various departments put them on their payrolls, 225 were still unemployed at the end of last week.

Dean of Students Jack Carter explained to the Board that LCC's Financial Aid office must overcommit its work-study

funds (which come partly from the federal government and partly from the college itself) in order to compensate for students dropping out. If too many students drop out and all the allotted money is not used, the federal government penalizes the college by giving less money the following year.

Playing this guessing game, LCC has been successful 10 out of 11 years. Board members expressed support for the Financial Aid Office's success. Carter said it came within \$10,000 of meeting its commitment to students—but Board member Catherine Lauris said, "Those students who were shafted don't give a damn how close it was."

The unanimously approved and much-amended motion that gave the extra \$15,000 to the students was made by Board member Larry Perry and seconded by Lauris. Perry moved that "spring term students to whom commitments were made

and not fulfilled be given the opportunity to work the hours that they have expected to work under the Work-Study Program, and that up to \$15,000 be transferred from the contingency fund for this purpose."

Carter said Tuesday that students will be able to be paid for as many hours "as they would have worked had the whole incident not happened."

Lauris suggested that a special work-study contingency fund be set up to avoid future shortages, but no action was taken at the Sunday meeting. The Board concurred with member Richard Freeman, who suggested that the college write a letter to the U.S. Department of Health, Education and Welfare asking for the removal of penalties from federal grant recipients.

"I think there's a failure on their part to understand where those dollars came from in the first place," commented Board member Ed Cooper.

## Pair takes landslide victory

by Linda Mooney

Tom Ruckman and John Miller were the overwhelming winners in last week's ASLCC elections for the presidential and vice-presidential positions. They won by more than a 6 to 1 margin over both of the other team competitors.

The ballot totals were Ruckman/Miller-

However, the remaining four positions will be filled from a list of 39 other write-in names. The 39 people, whose names have been posted by ASLCC, are being asked to come to the first ASLCC Senate meeting on June 7 at 4 p.m. in the Board Room. At that time it will be decided who will fill the four senator-at-large seats.

dent, attributed this lack of participation to (1) ASLCC's lack of power and impact on the students, and (2) the lack of other candidates to run for the other offices, for generating interest in the election.

Miller and Tom Ruckman, president-elect, assert that this lack of power is



ASLCC vice-president and president, John Miller and Tom Ruckman

190; Milliken/DiYanni-30; Ruiz/Walton-32.

Also a part of the winning ASLCC ticket were Mark McNutt, cultural director, and Curtis Best, treasurer. Both ran unopposed.

The vote for the seven senators-at-large was largely inconclusive. There were two candidates, Al Bravo and Wendy Whitlock, who were elected, plus one write-in candidate, Gaylan Littlejohn, who also won.

The turnout of students voting this year was termed "very poor" by Marta Casebeer, ASLCC vice-president. 264 people voted this year out of a student population of approximately 10,000.

Unfortunately, this is considered relatively normal, Casebeer continued. Last year, she said, 458 ballots were cast with three polls open. Only one poll was open this year.

John Miller, newly elected vice-presi-

caused by the administration. "The voluntary funding for ASLCC is the same as no funding at all," Ruckman said. This lack of funds leaves ASLCC with no power, they continued.

Miller is optimistic, however, about the outlook for student government next year. He and Ruckman feel that the LCC Board of Education is "progressive in its outlook and this outlook inspires confidence for next year's student government."

## A thank-you

by Kathleen Monje

In this last issue of the TORCH for 1976-77, I want to indulge myself by saying a few things about the staff that has put this paper together every week.

The entire editorial, news, advertising and production staffs have been serious full-time students. They have carried heavy academic loads and maintained creditable grade averages while working 10, 15 and 20 hours—often even more—each week on the

newspaper. They have been phenomenally hardworking and loyal, above and beyond any monetary compensation the TORCH is able to offer. Some of their names do not appear even in the small print in the masthead.

If this newspaper has been effective during the past year, it is because of the time and effort they have given. A public acknowledgement of their work is certainly due, along with an expression of pride in their ability and dedication.

### Commentary

## Meditate the friendly skies of TM

by Michael Mooney

*Reporter's Note: It has been eight years since my initiation into Transcendental Meditation [TM] and three years since leaving TM for another path. I attended this presentation out of a keen interest in what "New Breakthrough" into the demonstration of "supernatural powers" TM now had to offer after many years of official silence on the subject of these "powers" or "Siddhi."*

For five years I had appreciated the TM technique of growth into higher consciousness, yet I had been somewhat disappointed in the actual fruits beyond internal, subjective peace. I sought a more direct path toward expressing and manifesting the powers of the infinite inner potential of consciousness. This TM presentation, which took place May 26, at the Eugene Hotel, promised to present the fruits of this tree of TM, the roots of which are said to be in the very "ground of Being" in "God Consciousness."

The setting was the elegant King Cole Room of the Eugene Hotel. The time was 8 p.m., May 26, the greeters and speakers were all formally dressed in suits and ties and wearing radiant (or at least, well-polished) smiles. They were charging five dollars a head (three for students) for their presentation of how the Transcendental Meditation (TM) advanced course now teaches meditators to levitate or fly to become invisible, to sense beyond the physical senses; in short to demonstrate the miraculous powers of "consciousness in the field of all possibilities," (through meditation).

The speakers were a panel of the Northwest Executive Governors of the TM program's Age of Enlightenment. The Governors were Joe Rept, Gary Gill, Peter Lyda, and Henry Eckstein.

They explained that in the past year and a few months the Maharishi, the founder of TM, decided to introduce TM teachers and all who would follow to the legendary supernatural powers

of the yogic tradition as recorded in the ancient Hindu scripture, "The Rig Veda."



The speakers, in turn, told the story of how they were given certain formulas or techniques from the "Rig Veda" which would help them manifest specific "life supporting desires" as they expressed the unlimited potential of Transcendental Consciousness. For example, in meditation, the slightest desire for an apple would cause the meditator to experience the image, the feel, the taste—even the experience of satisfaction of eating an apple. At first, they said, such experiences were just internal experiences like those of one's vivid imagination. Then, they were given formulas and techniques for more objective, externally observable demonstrations.

*They were eventually able, they said, to accomplish levitation, become invisible, understand the cries of animals, see, hear and, in general, perceive beyond all physical senses, and enjoy the bliss of absolute freedom in fulfillment of any and all "life supporting desires."*

The speakers described scenes at their training headquarters in rooms carpeted with wall to wall foam rubber in which meditators began lifting off the floor and floating up and down.

To the Editor,

I would like to take this space to inform all my friends that I have a boatbuilding job in Westport, Washington and that I am sorry I could not contact all of them in my haste to leave. I thank all my friends for their advice and encouragement during the many months that I looked for a job in the boatbuilding field.

I enjoy the job very much, building fishing boats from 40 to 60 feet in length with a lot of wood construction. I am working in wood which makes me very happy, and with a small shop such as this

(10 employees), I should move along and learn very quickly. Soon I shall start forming ideas for a boat of my own to sail in Grays Harbour, at the mouth of which Westport sits.

Again I thank everyone for their help and encouragement. Without them I would have remained in production of newspapers for the rest of my life.

John Brooks  
c/o C. Doolittle  
Star Route Box 673  
Aberdeen, Washington 98520

bouncing around the room with their legs crossed in meditation.

Certain brain wave recordings (EEG patterns) and other physiological data recorded during these "Siddhi" experiences were cited to "substantiate the evidence."

One was left to wonder if video tapes or live demonstrations of these powers would not have been more convincing "substantiation of the evidence." In fact, this reporter asked why no demonstrations were offered the audience. The answer was that the general public is not yet ready for the shock of such a demonstration of the potentials of the unlimited consciousness.

The TM "age of enlightenment program" is, however, ready to introduce TM meditators, of at least six months experience, to a special course of training in these Siddhi

techniques. The handout literature outlines a series of eight one-week courses from \$245 per course (including room and board at one of the TM course centers).

One might consider flying lessons for \$1,960—without the expense of a plane—as quite a bargain. Then again, one is not guaranteed a refund if she/he does not learn to fly (or become invisible, or create banquets out of the ether, or experience oneness with the universe, or whatever).

TM will undoubtedly get their share of business—in the commerce of those who can afford it. Those who are not investing so heavily in the financial commerce of the new consciousness will find other alternatives.

Further information about the Transcendental Meditation programs may be obtained in Eugene from their office at 170 E. 11th Ave., Suite 204; Phone 343-8738.

## Student Associates—there to help

by Diana Gatchell

New to campus? Feeling left out because no one in your classes talks to you?

Can't quite decide on where to go from here and you don't know which counselor to go to? LCC may have just the kind of help you need in their Student Service Associates (SSA's).

The Associates are students themselves of varying ages who went through an intensive training program last summer in order to provide a liaison between counselors and students.

Steve Hanamura, LCC counselor and advisor for the group, states they reach students counselors may not reach. "Going to a counselor can be scary for some students. I like teaming with an Associate. It's creative. I can work with students differently because the SSA's provide me with insight and information from the student perspective."

SSA Janie O'Brian has worked closely with several of the counseling staff this year. "It's a responsibility most people my age don't get a chance to have. I find students are more relaxed with me because they're not afraid of my title. And I feel I can make life easier for them sometimes by just general rapping about school."

Working with individual counselors is only one aspect of the SSA's job. Assisting a counselor in Human Relations and Career Planning classes is another option. Clair Lamata has worked in four classes this year. "Classes have been an intense personal experience for me. I've had a chance to see how others live and to help by bringing my own perspective and experience to the class."

Lois Sanborn, another SSA, agrees, "I feel I bring a number of experiences to the classroom. I've worked here at Lane for about five years and know the campus resources well. And I bring my experience as a parent and helping my children explore and grow up from grade school to college. It's neat to be part of the self-discovery process that happens in the class, and to grow myself."

"I see my role as a back-up and

supporter in the Human Relations classes" is how SSA Penny Rankin puts it. "One thing I do is role-play (acting out a situation) so students can see the concepts they're learning acted out and see how they might choose to act in similar situations."

Another job of the SSA's is working at the Career Information Center located in front of the library. They assist students with the computer and answer questions about jobs. Marilyn Cottrell finds it a good place to meet and help students, but it's not only job questions that are asked. "Often students' questions are about choosing a direction or time management. Sometimes they are having trouble with social skills and are overwhelmed by not being able to make a contact with anyone."

Terry Way has been involved in a different way this term. He has been part of a crew making career exploration video tapes for distribution to community colleges throughout the state. "The tapes are for students who want more information about a specific field and also about the career planning classes available at community colleges. "This summer there will be a tape for perspective students of just what goes on in a career planning class. And right now we're working on a tape to show interested students what kind of jobs there are in the auto body and painting field."

Workshops can be another part of an associate's schedule. Lois McClennan has worked this term with a special career planning workshop for CETA in Cottage Grove. "I've found this workshop more personally challenging than classes on campus. The people have had lifelong careers, but because they became physically disabled, they must find a whole new career. These people are desperately in need of a career change."

The Associates do a variety of things, but they are useful only if their job is known. Clair puts it this way, "We're not effective if people don't know we exist. One of us is usually at the Career Information Center. Drop by and check."

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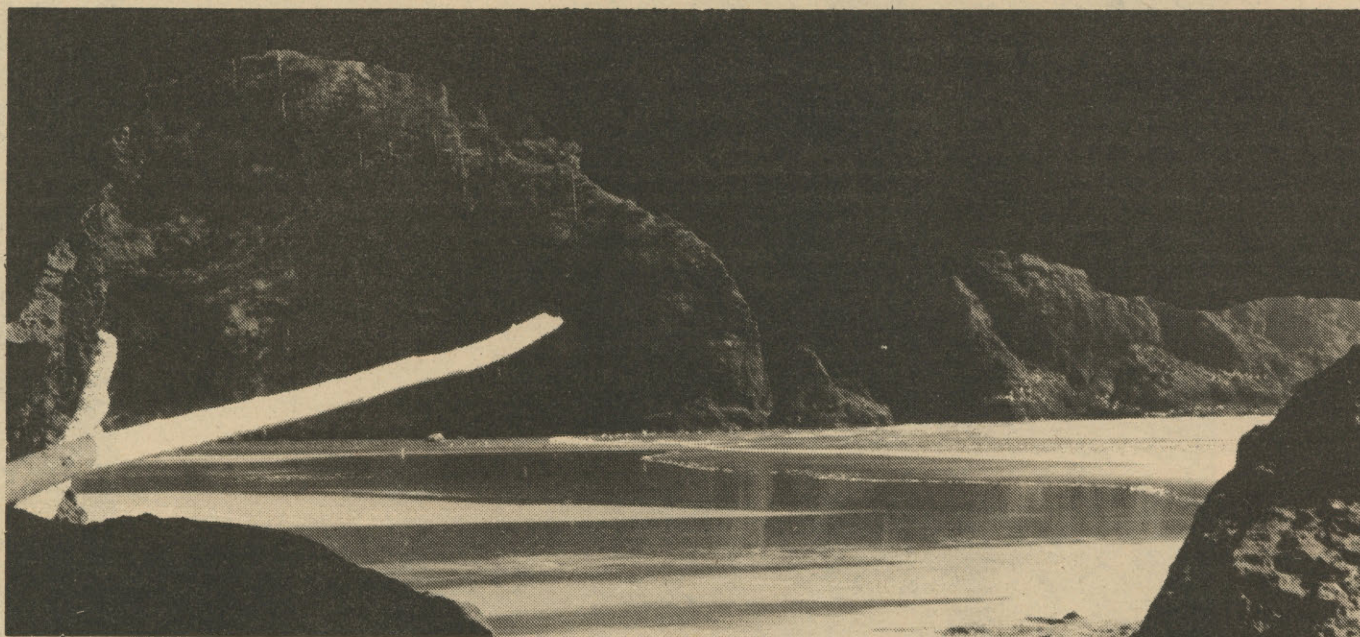
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All correspondence should be typed or printed, double-spaced and signed by the writer.

Mail or bring all correspondence to: TORCH, Lane Community College, Room 206 Center Building, 4000 East 30th Avenue, Eugene, Oregon 97405; Telephone, 747-4501, ext. 234.

# The Oregon Coast--a cultural event in its own right



Memorial Day weekend wasn't spent inside a stuffy theater or in an overcrowded concert hall. Instead, I found my way to a small fresh-water lake in the sand dunes on the Oregon Coast.

The Oregon Coast offers two extremes; it is either serenely spectacular under sunny skies, or it is violently picturesque under storm clouds and piercing, cold winds.

Nature allows us one of the most awesome cultural events if only we open up our senses and free our imaginations to

perceive the drama, the music, and the special effects Mother Earth has to offer.

The fresh-water coastal lakes seem to be a haven of wildlife. While enjoying the sandy and sylvan setting that surrounds the lake, I couldn't help but notice the activity of a Wood Duck family that inhabits the shoreline.

The mother duck was taking her 12 ducklings on what appeared to be their first tour of their greater environment (the whole lake). I felt honored that she would

share such an important event with me, and my family.

The sunny day made way for a beautifully clear night-time sky. The moon on the ocean created an illusion that even the most hard-hearted would succumb to. The coastal trees, knarled by wicked weather and vicious winds are dramatically illuminated by a spring moon. The sound of the ocean, as it comes crashing into the shoreline is musical and rhythmic, playing a symphony on the sand.

I must admit that I tend to be an incurable romantic, but at the same time I thoroughly enjoy what's around me.

As you may have noticed, I haven't mentioned where "my" fresh-water coastal lake is; it is a refuge for wildlife and is void of people and I want to keep it that way. I'm like that mother duck; I want to be able to explore with my children a place that is mostly natural and unspoiled.

## Student health service takes vacation

by Gary Vargas

LCC Student Health Services (SHS) will be closed this summer but will reopen in the fall in a new facility on the second floor in the Center Building.

However, a member of the campus security force has had para-professional medical training and will attend to any emergencies that occur during the summer.

The construction of the new SHS offices is being funded by an allocation of \$105,000 of state money. Although only about 300 square feet larger than the present facility, the new structure has been better designed and will boast twice as many examination rooms (four) and will have more storage space. The central location will also make the SHS more accessible to the rest of the campus.

**Dim** continued from page 1

of TORCH production, I turn to the future with some predictions toward the school and the people who are a part of LCC:

The library will be open on the weekends next year. Of course, due to the present energy situation, the lights and heat will remain off during that period of time, so bring flashlights and warm clothes.

The women's restrooms will be installed as promised in the vocational shops. The only difficulty will be in dividing present all-male washrooms to accommodate women.

Someone will goof, giving the standing urinals to the wrong side.

The parking situation will be improved next year. All cars will have five minutes to park before the lots close, with access available through only one entryway. LCC also plans to announce the opening of a course in operating your own wrecking yard for next fall.

So much for this year; see you returnees in the fall, and remember to turn over after well browned while sunbathing.

## What's Happening

### WHAT'S HAPPENING TODAY:

UO: Intensive course in Introductory meditation sponsored by Sri Chinmoy Centres tonight, 6:30 p.m. Erb Memorial Union Forum Room 2nd of a two part series.

### WHAT'S HAPPENING THIS WEEKEND:

UO: "Shampoo" June 3 & 4, 150 Science, 7 and 9:30 p.m., \$1.25.

Valley River Inn Dinner Theatre Entre Act Theatre presents: "She-Zam," contact Valley River Inn for more information.

LCC: Sunday: LCC Wind Symphony concert, Performing Arts Theater, 8 p.m., FREE.

### WHAT'S AHEAD:

Renaissance Faire, June 24-26

### WHAT'S HAPPENING IN CONCERT:

In Portland at the Paramount: Friday: Wild Cherry. Sunday: Tanya Tucker.

Lane County Civic Center: (formerly Willamette Christian Center) Flora Purim and Upepo, Friday. Two shows 7:30 and 10 p.m. Tickets \$5.50 in advance and usual ticket outlets, \$6.50 at the door.

### WHAT'S CONTINUING:

Music Bulletin: For information on tonight's music in Eugene, and concerts coming to the area call 485-1411 FREE.

UO: Dialing the phone number 686-4636 activates a recording that lists all that day's campus events (lectures, plays, movies, etc.) plus their times, locations and costs.

Willamalane Pool Building: Through June 9, women's self-defense, Tues., and Thurs., 9:30-11:30 a.m. Students learn basic self-defense techniques and increase physical fitness and body control. Pre-register at park district office. District, \$8; non-district, \$16. 1276 G Street, Springfield. 746-1669.

Summer Showcase: Eugene Parks and Recreation Cultural Arts Program is taking applications for performers in this summer's entertainment series, scheduled for parks, malls and community centers. Bands, jugglers, magicians, singers, mimes or other acts should contact Vivienne Friendly, 687-5353.

Saturday Market happens every Saturday, rain or shine, and features a variety of times handmade by local craftspeople, delicious food, and free entertainment, planned and impromptu. Corner of 8th and Oak, downtown, Eugene.

LOOK!



Editor's note: Since this is the last issue of the TORCH, the phone numbers have been included so that you may clip this section and save it for your own use this summer.

### FOR BARHOPPERS:

Black Forest: 344-0816 Whiskey Creek String Band \$1 cover charge.

Brian's: 687-8488 Cumulus Nimbus, soft easy listening, no cover.

Duffy's: 344-3615, Scandal, \$1 cover charge.

Eugene Hotel: 344-1461, Slipstream, Jazz.

Feed Mill: 342-3277.

Pearl St. Station: 345-0937, John Jarvie 8-11 p.m.

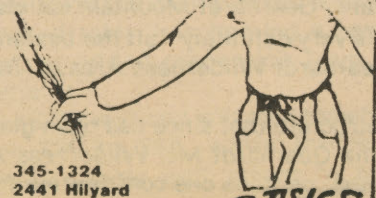
Back Door: 342-6943, Sapphire.

International: Captain Midnite, Disco.

Murphy and Me: Crayhaws, \$2 cover charge.

**ANDREA'S**

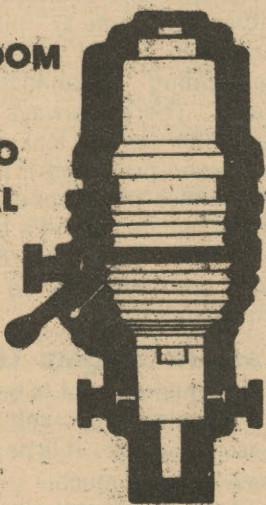
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# Backpack this summer; LCC Geologist recommends trails for novice hikers

Oregon is a veritable gold mine of thick, lush forests, rolling, green meadows, high mountain lakes, long, winding rivers and snow-capped peaks; the majority of which stand readily accessible via a network of trails seemingly custom-made for backpacking.

By Russell Kaiser

Aside from the enjoyment that good old-fashioned physical exertion can afford, Ryan Anderson believes that geographical diversity is most important when choosing a backpacking trail. Land forms, vegetation and waterways all combine to make for interesting hiking.

An instructor of geology, geography and natural environment classes at Lane Community College and an almost-native Oregonian, Anderson has been backpacking and hiking his way through Oregon countryside since he was 14 years old.

"I usually combine business with pleasure," he says. "Most of my outdoor trips are focused around the question 'What do I need for my classes?'" Anderson spends a good portion of his summers seeking and gathering information and pictures to be used in the classroom. However, for the first time in six years at LCC, Anderson's outdoor activities will be somewhat curtailed this summer as he will spend the summer in a hot, stuffy LCC classroom teaching Geography of Oregon; no doubt thinking of the great outdoors.

Ryan Anderson has spent 16 some years backpacking in Oregon, certainly qualifying time enough to make suggestions on several trails for the beginner and some hints on how backpacking can be made more enjoyable.

## Local Trails: McKenzie Pass, Santiam Pass

There are two good trails within 100 miles of the Eugene/Springfield area. One is the McKenzie Pass to Sunshine Shelter trail and the other the Santiam Pass to Marion Lake Trail.

The McKenzie Pass/Sunshine Shelter Trail is a weekend trip. If you're used to southwest Eugene, it should be relatively easy with slight variations in elevation.

It is approximately six miles one way; a beautiful trail distinguished by much visual variety. Along the way, the backpacker may see fresh volcanic landscapes including Four-in-one Cone, Ahalapam Cinder Field and Yapoah Crater. Views can be had of several glaciers including the Collier, Renfrew and Linn glaciers in the Three Sisters. There is plenty of water what with all of the Mathieu Lakes region and Minnie Scott Springs along the way. Once at Sunshine Shelter, Obsidian Falls and Sister Springs are both within a mile to provide more water if needed. This trail is easily accessible to backpackers from the Eugene/Springfield area well traveled as a result, so don't expect to spend the entire weekend alone; chances are, you'll have plenty of company.

To reach the beginning of the McKenzie Pass/Sunshine Shelter Trail, travel due east on Highway 126 from Springfield until you reach Belknap Springs. Turn off at this point onto Highway 242 and proceed to McKenzie Pass. The road trip is approximately 65 miles one way. Begin the hike at the Pass,

## Tastes like dandelion souffle

by Michelle Kraxberger

Stinging nettle omelettes and specially prepared snails contributed to educational pursuits in the "Edible and Poisonous Foods" class, taught by instructor Jay Marston with instructor Tom Wayne assisting.

Marston teaches fundamental botany with a focus on distinguishing between poisonous and edible plants. The plants are found locally, including dandelions and chickweed which grow in backyards.

Learning is organized around studying the specifics of plant biology in the classroom and making practical obser-

vation on field trips to nearby areas once a week. At the end of the term, a major field trip is taken to Siltcoos Lake, to an area donated to LCC.

An important part of learning is finding edible foods and preparing them to make them palatable. Working in groups, the students prepare dinners that have included rumex pie, dandelion souffle, and wild carrot cake.

Wayne stresses the importance of understanding ecological relationships and the diversity of life. He wants the students to attain a personal interest in maintaining the natural environment and preserving ecosystems.



Mt. Jefferson invites packers in the Cascades

[Photo courtesy of Oregon State Highway Division]

following the Pacific Crest National Scenic Trail south to Sunshine Shelter in the Three Sisters Wilderness Area. Should you wish to cut your hike short, Oppie Dildock Pass is another convenient point at which a base camp may be set.

Santiam Pass/Marion Lake: This trail is just as crowded as the Sunshine Shelter trail even though it begins 85 miles from the Eugene/Springfield area.

It is a flat trail with rises in elevation amounting to less than those of the Sunshine Trail. Approximately nine miles long one way, it makes for a simple weekend trip.

To reach the beginning of this trail, follow Highway 126 again to the Santiam Pass. This time, follow the Pacific Crest Trail north. In doing so, you will pass through some thickly forested area, skirting 6,604 foot Porcupine Peak. About 1.5 miles past Porcupine Peak is a trail to the left leading to Marion Lake.

"A lot of people underestimate the amount of physical conditioning they have to have to backpack," says Anderson. He explains that if isolation is what you want—to be alone—then physical condition is imperative because to get away from the crowds, you must be able to hike farther, longer and in rougher country than the average backpacker.

Anderson says that "You have to know your limitations," and warns against pushing yourself too far, overextending yourself and getting into "trouble" situations.

'If you don't like being sweaty . . .

. . . you might as well not go'

The physical shape needed to backpack depends on the trail that is chosen. The Sunshine Shelter and Marion Lake trails are relatively short and easy, but there are trails that are much longer and more demanding in terms of physical exertion. One of these in Oregon is the Mt. Hood Trail. It is about a 5-to-7-day hike some 37 miles in length. Completely circumventing Mt. Hood, Anderson says it is far from boring; there is a great deal of ascending and descending drainages that are anywhere from 200 to 600 feet deep in some places. There is always the sight of the Mountain to your left and as you reach the timberline and look around, the Columbia Gorge and Mt. Jefferson both can be viewed providing it is a clear day.

One nice thing about this hike is that you can park your car at Timberline Lodge, where the hike begins.

To reach the start of this trail, leave Portland via Highway 26 and follow the signs onto Highway 35 which will ultimately deposit you on the doorstep of Timberline Lodge.

## Eastern Oregon: Gearhardt Mt., Strawberry Mt.

One mistake that is being committed fewer and fewer times in recent years is that of isolating yourself too much. This sudden turn-around is all for the wrong reason however. It is no longer possible, in most areas, to isolate yourself at all, much less too much.

There are several places, though, where those who wish to make the mistake of overisolation can do so. Two of these places are located in Eastern Oregon. According to Anderson, it is truly "a place where you can really be by yourself."

Some 30 miles northeast of Klamath Falls, Gearhardt Mountain stands in the center of its very own wilderness area. It is very definitely "off the beaten path" as shown in statistics which name the Gearhardt Wilderness Area as the least visited wilderness area in the state.

Gearhardt Mountain is an old volcanic structure that since has been glaciated. Approximately 50 square miles in size, the Gearhardt Mt. Wilderness Area is extremely warm during the summer months; perhaps one contributing factor to its limited use.

continued on page 6

# Equipment for the experienced or novice backpacker

by John Healy

Wherever you go backpacking this summer--the Cascades, Eastern Oregon, the Columbia Gorge area--go prepared.

Taking the right equipment won't guarantee that you will enjoy yourself, but it will make the excursion more bearable--and may save your life.

### The Pack-A-Home on Your Back

The most basic piece of equipment is the pack. It's your own portable home capable of carrying 50 pounds of equipment.

There are two basic types of backpacks: The rucksack, used mainly for day hikes or overnight excursions, and the packframe and bag, which is geared toward longer trips.

The typical rucksack (or knapsack) will carry up to 20 pounds of equipment but since it lacks a frame or hip belt, it tends to get extremely uncomfortable after a few hours of walking.

Most rucksacks are currently made from nylon--canvas went out with World War II--and run from \$10 to \$20. They are available in most sporting and camping stores in the Eugene/Springfield area.

The more serious hiker will probably buy the packframe and bag, as it is more comfortable and can carry a heavier load than the rucksack. The contoured frame is made of tubular titanium or aluminum with the nylon bag attached to the frame. Most feature padded shoulder straps and a waist-belt, which transfers roughly 75 per cent of the pack's weight from the shoulders to the hip region.

Kelty produces the best packframe and bag combination for the serious hiker, if you're willing to pay around \$50. Recreational Equipment, Inc. (REI) has a large variety of durable backpacks running from \$25 for a basic model to almost \$50 for their "deluxe" backpack, which features what seem like a million separate compartments to stow your gear in.

Gerry, Alpine Designs and Jan Sport all produce top-notch packs for the beginner or veteran backpacker--their prices are similar to REI's.

### Tenting is the Palace

There are an immense number of tents and tarps currently on the market, and a person willing to spend the money can buy a veritable palace for upwards of \$200.

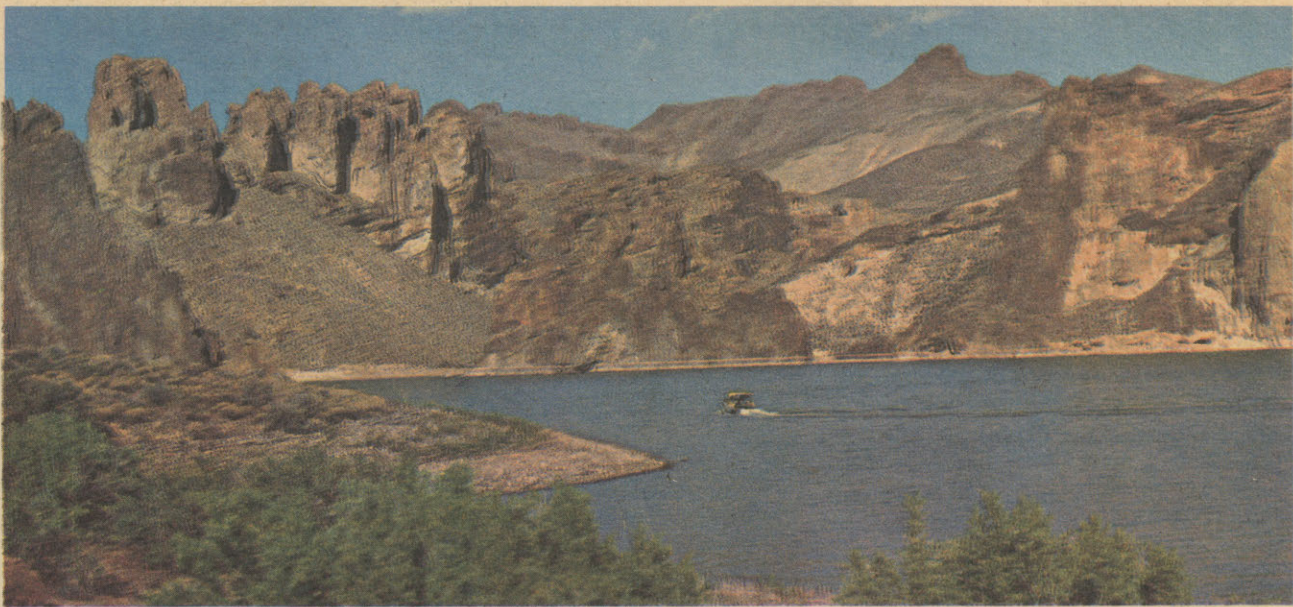
The cheapest way to go is to purchase a sheet of polyethylene (poly) from the nearest hardware store--it's commonly used as a painter's drop-cloth. Only .002 of an inch thick, you can buy a 9 by 12 foot piece of poly for just a few dollars. It's light, easy to carry, waterproof, and large enough to accommodate two to three adults.

Most camping stores also sell a more expensive version of the poly tarp, made of polyurethane-coated nylon. It's a lot stronger than poly and doesn't tend to tear as easily in a strong wind; sells for under \$20.

Two basic types of tents are available: The single wall tent and the double wall or "true" tent, the major difference being the tarp which comes with the double walled tent--it can be placed over the main part of the tent in event of rain, thus forming a second roof for added protection from the elements.

A single wall tent will cost anywhere from \$30 to \$80, while the more popular double wall ranges in price

continued on back cover



Owyhee Reservoir: A different beauty to explore

[Photo courtesy of Oregon State Highway Division]

# What a deal! Backpacking & biology

by Mike Arnold

Backpacking and biology will be combined this summer in what Biology Instructor Jay Marston has called an "incredible" journey.

"We're going into the most isolated place in the United States in terms of being away from people and roads," said Marston. "We walk right along the ocean in the Olympic National Forest in coastal Washington State for 50 miles."

Two sections of the class, with the enrollment ceiling of 19 students each are scheduled for this summer.

The class is called Coastal Field Biology and covers just about every aspect of the coastal environment. "The students live it, eat it, drink it, taste it, and feel it," said Marston. "To me, it's one of the most incredible educational experiences because in two weeks time these people come away knowing a lot more about biology than if they spent a year in the classroom here on campus," he said.

Marston will teach a class offered June 23 to July 5. Biology Instructor Tom Wayne will teach the second class--offered July 22 to August 3.

Both classes begin with 24 hours of instruction packed into two days at the LCC Heceta House on the Oregon Coast. "We've broken the major academic course into five mini-courses, and we spend about five hours on each of them," said Marston. "We deal with topics like marine biology, oceanography, botany, ecology," he said.

•Marston elaborated on the class outline, explaining that Coastal Ecology will concentrate for the most part on the (Olympic) rain forest.

•The topic on Marine Ornithology deals with birds the backpackers are likely to see on the trip.

•The study of the waves, the wind and ocean currents will be covered under the topic of Marine Oceanography.

•The unit on Coastal Botany concentrates on the edible and inedible plant life found in the area.

Backpacking is not taught so much in this class as it is lived, said Marston. The only formal training comes at the Heceta House session. It is here that the backpacking hopefuls learn about foods the students should take, boots, clothing, tents, and rain gear, and the precautions they'll need to take against hypothermia (The lowering of the body temperature caused by cold and wet conditions).

Neither Marston nor Wayne has been formally trained in backpacking. For this reason, according to Wayne, an orientation on backpacking is given

by a professional backpacker.


Marston has never seen a serious accident on any of the backpacking trips he has led, yet he thinks it's probably inevitable. For this reason, the groups check in at the ranger stations before starting into the forest. The groups aren't completely isolated, admits Marston, "We'll see a ranger about every two days. We're within a day from the ranger station either way along the coast, although you have to walk around the tide. You can't get through a lot of areas unless you're on the right tide."

Most of the accidents are caused by the terrain, Marston said. "We walk on a lot of large boulders that are covered with algae, and that makes them extremely slick. Any kind of

abrasion or broken leg or cracked skull is a possibility. Falling off a cliff is a possibility," he said.

Marston said he and the instructors and assistants are prepared with first aid supplies. "The thing we don't do is give any (first aid) instruction. We know who has CPR (cardiopulmonary resuscitation) cards, and who has advanced first aid cards, and these people are labeled with little red crosses. Everyone is aware of who these people are, and what the dangers of the trip are."

Before going on a trip the students sign a waiver which indicated they have been given a description of what to expect in the way of accidents and possible hazards, said Marston.



## GET MORE OUT OF THE OUTDOORS

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*Guide to planning and preparation of simple, satisfying, strength giving foods that will make your trip more enjoyable. \$3.00*

**BROWN: KNOWING THE OUTDOORS IN THE DARK \$2.95**  
*How to identify creatures.*

**MALO: WILDERNESS CANOEING \$4.95**  
*Information on planning your trip, equipment, food, activities, weather predictions and more.*

# LCC BOOKSTORE

## LCC hiking, climbing classes offered this summer

by Mike Arnold

Two classes, Backpacking and Mountaineering, will be offered by the LCC Health and Physical Education Department this summer.

Both classes will again be taught by Bud Proctor, who has been teaching them for six years. Proctor, who is the community education coordinator for Adult Education will be on loan to the PE Department for the two classes.

Proctor's classes begin with an orientation session where he brings to class "exactly what I would be taking on a particular trip. I'll bring my pack, loaded with everything except food."

Proctor goes through his pack describing or pointing out features that students should consider. "I'll break my pack frame and pack sack down, showing why I use what I do," said Proctor, "but I emphasize that my preferences are one of many styles available."

"We talk about shelter in terms of moisture and warmth," said Proctor. "We'll talk about sleeping bags. My thought is, no matter how tired you get during the day, that's fine, providing you get a good night's sleep."

According to Proctor, "If you don't take the right equipment to sleep comfortably, then by the second or third day, you're going to be wiped out."

Next, Proctor shows what he'll be wearing on his feet. "Without adequate shoes, you're just not going

to be able to handle the hiking," he said, "and I'll talk about socks, as well as foot wear."

"Then I'll go into clothing and the why of clothing. As an example, cotton versus wool. I'll talk about the layer system. Is it better to carry two or three lighter weight pieces of clothing; than one very heavy, warm piece of clothing," said Proctor.

Proctor discusses "keeping the extremities warm; hands, fingers, head, feet, and so on. How to stay dry. Types of rain gear. The 10 essentials: flashlight, knife, map, compass, and so on."

Definitely covered is "hypothermia" said Proctor, "because I feel it's something everyone should know about. Hypothermia is not something that occurs only in cold weather. It can occur in weather well above freezing, and if a person isn't aware of that or the symptoms that go with it. . ."

Proctor's mountaineering class is exposed to much the same orientation, but with the addition of an introduction to ropes, knots, belaying, belaying signals, and actual climbing techniques.

All students can apply for the class by seeing Bud Proctor in the Adult Ed Building. Applicants are selected by the instructor. "I check out the people pretty thoroughly before I will accept them in the class," said Proctor. The PE Department has not released the class dates yet.

## Oregon trails

To reach the Gearhardt Mt. Wilderness Area, leave the Eugene/Springfield area on Highway 58 until it intersects Highway 97 from the north. Follow 97 to Klamath Falls and take Highway 140 to Bly. Directly due north of Bly stands Gearhardt Mountain.

Another area that lends itself readily to those who wish to be as isolated as possible is the Strawberry Mountain Wilderness Area near John Day in Eastern Oregon. A network of short hikes up to 7 or 8 miles in length traverses the entire area, and 9,038 foot Strawberry Mountain hovers peacefully over Strawberry Lake, casting a shadow in the afternoons. Volcanic formations once again make up the geology of the area. Many wide, open valleys dot the area.

To reach the Strawberry Mountain Wilderness Area, take Highway 126 out of the area, pass through Redmond and intersect Highway 26 at Prineville. Follow 26 to John Day.

Once again, if it's isolation you want, you must be prepared to work at getting it--both the Gearhardt Mountain and Strawberry Mountain Wilderness Areas are almost 200 miles from Eugene.

Since you will be isolated quite a bit, if you hike either of these areas, Anderson doesn't recommend that you add insult to injury by hiking alone. Anderson doesn't feel as though hiking alone is a good idea "until you feel comfortable and have a lot of well-founded confidence in yourself. "Otherwise," he goes on, "backpacking can be dangerous." He believes that three is the best number for beginning hikers. "That way," he says, "if something happens to one person someone can stay with him and the other can find the way out."

If hiking alone can cause certain problems, so can hiking with a companion--if he or she is the wrong kind of companion. Such is the case with children. Anderson has two of them, ages 3 and 1. He doesn't take them on his backpacking trips because, he says, "They are too young for what I consider to be enjoyable." On the other hand, Dave Croft, history instructor at LCC and Anderson's hiking companion, has involved his two children in backpacking since they were three years old. "I think it's great, as long as you don't push them too far."

Anderson says children present special problems on the trail because hikes must be cut short, and their needs catered to. "The important thing is not to push them so far that they get disenchanted with it." If that becomes the case, Anderson continues, "By the time they are old enough to make their own decision about whether they want to go or not, if it hasn't been fun for them in the past, they are not going to want to."

### Southern Oregon: Sky Lakes

The Sky Lakes Wild Area, not yet designated a wilderness area, is located some 37 miles east of Medford on Highway 140. It is an area of approximately 162 square miles. More than 200 lakes dot the landscape; from mere ponds to shallow lakes of 30 to 40 acres.

Remnants of ancient volcanoes are recognizable in 9,495 foot Mount McLoughlin, Devil's Peak and other prominent but less imposing points. Cinder cones are evident in Goose Egg and Goose Nest.

Glaciers at one time covered the area, as witnessed by the wide valleys, the gentle lake basins, and the steep, immense canyon walls. Evidence of rapidly flowing water from ages long since passed and Moraines (glacial deposits) fill many pockets of the landscape.

Crater Lake is readily accessible to the north, and there is a trail, one of approximately 40, ranging from 1.5 miles to 35 miles, that will take the enterprising hiker to the lofty top of Mt. McLoughlin.

Anderson believes that the beginning of September is by far the best time to go hiking. "By that time," he says, "all of the families are out of the woods because public schools have started, many people give up with the end of August, all the leaves are turning, the nights are cool so it's easy to sleep in a bag that's usually too warm, it's nice and warm during the days, the mosquitoes are gone because there has already been a couple of frosts, and the bug problem isn't as bad."

Others believe that the best time is late spring and still others contend that mid-summer is the best time. Whatever the case may be, Anderson says that some people don't like the feeling of being sweaty, and if you don't like being a little grubby, you might as well not go."

### Pacific Crest Trail: Right up the middle

Whatever your preference you can always find a section of the Pacific Crest National Scenic Trail (PCNST) open and ready to greet backpackers.

Some say it is exciting. Some say it is boring. Some say it is hard. Some say it is easy.

Whatever else it may be, the PCNST is long; extending some 2,500 miles from the Washington/Canadian border to the California/Mexico border; 420 of those miles are in Oregon.

The PCNST vertically bisects Oregon from the Columbia Gorge in the north to a point approximately 28 miles southwest of Ashland to the south. Along its route through Oregon there are many campsites and numerous offshoot trails leading the hiker to lakes, streams, and rivers. There are also numerous points along the trail at which roads intersect. This makes it easy to take shorter trips for those who do not wish to complete the entire trip.

Nearly every type of Oregon geology may be found along the length of the trail as well as game and vegetation of almost infinite variety.



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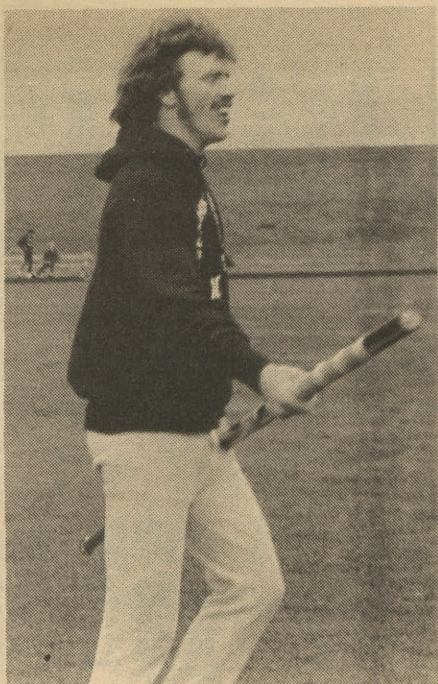
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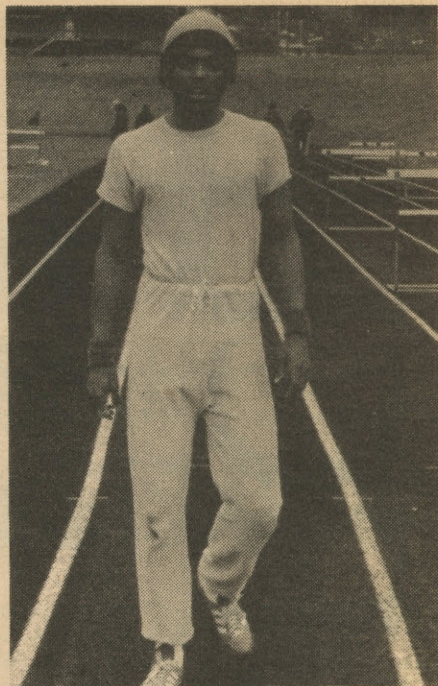
Joel Johnson

## Banks, Johnson named Co-Athletes of the Year

They came out of the blocks together, hit the finish line at the same time and now it's a tie -- tracksters Andrew Banks and Joel Johnson have been named TORCH Co-Athletes of the Year by the editor and staff of the sports department.

Both athletes had fine years. Banks, a potential world class sprinter, took firsts in the 100 and 220 yard dashes and long jump at both the league and region championship meets, in addition to competing well by taking third in the 100 at the Nationals. Johnson, dubbed "Mr. Everything", won the decathlon in league and regional competition before he came back on the second day of competition to claim the National title in his specialty. Banks signed a letter of intent to attend Oregon last Friday, while Johnson is reportedly still undecided on his future plans.

Other nominees were: Ken Martin, cross country and track; Rich Harter, cross country and track; Kevin McCarthy, men's basketball; Janel Huser, women's basketball; Teri Booth, women's basketball; Steve Upward, baseball; and Tom McDonald, men's bowling.



Andrew Banks

## SPORTS

# Most programs on winning track

BY JACK SCOTT, Sports Editor

The last ball has bounced in Lane inter-collegiate athletics for the 1976-77 academic year.

The men's teams have proven once again that they, along with perhaps Clackamas and Mt. Hood, are the cream of the crop in Oregon community college circles. Although Clackamas outpointed Lane in the running for the men's All-Sports trophy, they also competed in two more sports—golf and tennis—in the Oregon Community College Athletic Association ranks.

And don't forget the women. Coach Sue Thompson's female basketball team had a banner year, while the women's tennis team captured the Northwest Women's Collegiate Sports Association Southern Area title.

### Cross Country

It was another outstanding season for coach Al Tarpenning's men's cross country team.

Business was as usual as they claimed their sixth straight OCCAA title with Ken Martin taking first, Rich Harter second, Mike McGriff fourth and Dave Martin fifth. They failed to win a sixth straight Region 18 championship, though, as they took second with Ricks of Idaho, led by several foreign athletes, taking home the trophy. They did manage to out-point Ricks at the Nationals by nabbing seventh place with Harter earning All-American honors.

### Soccer

Since Lane doesn't field a football team, students settle for second best—or maybe even the best. Coach George Gyorgyfalvy's men's soccer team enjoyed a fine year, using exceptional quickness to breeze through their regular season schedule and into the league playoffs.

### Men's Basketball

The men's basketball team was hurt by inexperience and inconsistency in finishing the season with a disappointing 14-15 record.

After a disastrous pre-season, they started picking up steam early in league play and finally peaked just before the season-ending four-team tourney to decide a second OCCAA representative in the Region 18 playoffs. However, Linn-Benton knocked them out of the picture by winning

the opener, 96-85. It was the Albany school's fourth straight victory over the Titans of the season. Following that loss, they came back to down Chemeketa, 83-66, in a consolation contest to earn third place honors in league action.

Sophomore Kevin McCarthy was the team's brightest star. He led the squad in scoring, turned in the tough clutch plays and was the only Titan awarded all-star accolades. Following John Hassler's departure at mid-season, McCarthy and reserve Mike Haberly were the only lettermen on the team. That allowed freshmen Brian Conlon, Steve Halverson, Rob Holstrom, Dennis Immonen and Mike to develop, so look for them to be much tougher next year.

Central Oregon and Linn-Benton, the top two teams this year, should again be strong. Both clubs boasted top freshmen, like COCC's Dave Hildahl and LBCC's Tim Dungey, both all-stars, who will return.

### Women's Basketball

The women's basketball team, exemplifying the team concept that has shot the Portland Trailblazers into the National Basketball Association championship finals, used the slogan "March in Montana" as inspiration to make the regional playoffs.

First year coach Sue Thompson molded her short but quick outfit into a devastating force, capable of running a team right out of an arena. Finishing the regular season with a best-ever 15-2 mark, their only nemesis was the tall and talented Clark Chicklettes, who handed them their only league losses.

Both teams competed in the Northwest 'A' tournament in Montana during March. Clark failed to place, but the Titan women nailed down fifth place, beating Shoreline of Seattle in their opener before losing their next two.

Center Janel Huser had an outstanding season, leading the team in rebounding and finishing second in scoring. Freshman guard Teri Booth led in scoring, floating in jumpers or driving to the hoop almost at will. With Booth and six other returners back, they just might be able to knock off Clark next year.

### Wrestling

Although failing to take any individual titles home, the men's wrestling team did

manage to snag third place honors in the Clackamas-dominated OCCAA tourney.

That they had a team at all was a wonder, considering the plague of injuries that hampered the squad all season. Coach Bob Creed never had a chance to sit down and think about wrestling; he was usually more worried about x-rays and medical reports. With a healthy team, Creed figures they could have taken runner-up honors in the league.

### Track

Veteran coach Al Tarpenning has boasted some fine teams since initiating the men's track program here eight years ago, but none has been as strongly balanced as this season's edition.

In winning their sixth consecutive OCCAA team title, they proved they could score and score big in just about every event. In the league meet May 7, they took first in 10 of 19 events and outdistanced Clackamas, 215-101, for the team title. However, they had their string of five straight Region 18 championships snapped by Ricks of Idaho, host of the meet. The Ricks' distance runners, taking advantage of the 5500 foot altitude, nullified Titan scoring potential in all races over 1500 meters.

Versatile Joel Johnson was perhaps their top performer this season, scoring consistently in both hurdle events, pole vault, high jump and mile relay. He capped the season by winning the national title in the decathlon May 18.

Right behind Johnson was sprinter Andrew Banks, who won the 100 and 220 yard dashes and long jump at the OCCAA and Region 18 meets. He tied the national junior college record in the 100 meters (10.39) during a prelim at the Nationals, eventually taking third in the finals.

Other top performers included sprinters Bobby Persons and Chuck Casin-Cross,

distance runners Ken Martin, Glenn Owen, Rich Harter, Mike McGriff and Kevin Shaha, weightmen Jim Pitts and Charlie Keeran and leaper Kevin Richie.

### Baseball

The baseball team finished just one game out in the race for a regional playoff berth for the second year in a row.

They took third in OCCAA action with a 20-6 mark. Umpqua (22-4) and Linn-Benton (21-5) snared the berths in the Region 18 tourney with Umpqua defeating Linn-Benton, 8-5, in the title game to advance to the nationals. There, Umpqua won their opener but then lost two in a row to be eliminated.

Pitcher Steve Upward, outfielder Randy Guimond, catcher Rick Edgar, second baseman Mark Piesker and designated hitter Gary Weyant all garnered all-star honors. Edgar, Piesker and Weyant will return next year, along with first baseman Steve Gillespie and outfielder Terry Kirby, in hopes of finally nailing a long elusive playoff spot.

### Women's Tennis

After winning the NCWSA Southern Area title early in May, the women's tennis team fell on its face during regional action the next weekend and could send only two netters in finals competitions—in the consolation round. Still, it was a successful season for coach Nancy Osborn's racquet-teers, with their upset of Mt. Hood for the Southern Area title the highlight.

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FT PERM: We need four persons to drive cabs. They should be responsible and have good driving records.

FT PERM: We are always looking for cocktail and food waitresses who are over 21 years of age. Employers often prefer experience, but are generally willing to train good candidates.

PT PERM: We are in need of a female to take care of a handicapped person in the morning. There is some housekeeping work along with personal help involved. If you're interested, come by and check it out.

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# EXAM SCHEDULE

If your class is on →	M, W, F, MW, MF, WF, MWF, MUWHF, MUWH, MWHF, MUHF, MUWF	U, H, UH, UWHF
and starts at		
0700 or 0730	your exam day and time will be on F, 0700-0900	F, 0900-1100
0800 or 0830	your exam day and time will be on M, 0800-1000	U, 0800-1000
0900 or 0930	your exam day and time will be on W, 0800-1000	H, 0800-1000
1000 or 1030	your exam day and time will be on M, 1000-1200	U, 1000-1200
1100 or 1130	your exam day and time will be on W, 1000-1200	H, 1000-1200
1200 or 1230	your exam day and time will be on M, 1200-1400	U, 1200-1400
1300 or 1330	your exam day and time will be on W, 1200-1400	H, 1200-1400
1400 or 1430	your exam day and time will be on M, 1400-1600	U, 1400-1600
1500 or 1530	your exam day and time will be on W, 1400-1600	H, 1400-1600
1600 or 1630	your exam day and time will be on M, 1600-1800	U, 1600-1800
1700 or 1730	your exam day and time will be on W, 1600-1800	H, 1600-1800
1800 or LATER	Evening classes, those that meet 1800 or later, will have their final exams during FINAL EXAM WEEK at their regularly scheduled class time.	

## Backpacking equipment continued from page 5

from \$75 to \$200. The more expensive double-walled tents will protect you from everything but an enraged bear, can sleep six people, and weighs less than ten pounds. If you can afford the high price tag, investing in a double-walled tent is worthwhile.

### Sleeping Bags Can Be Cadillacs or...

Sleeping bag manufacturers have outdone even the tent manufacturers for sheer complexity. There are so many different shapes, fillings, and styles of sleeping bags it's a wonder any of the producers are able to break even.

The best buy for your money would probably be the relatively new polyester and dacron-filled sleeping bags, which currently sell for between \$25 and \$40. Many are "mummy" shaped (ideal for retaining body heat) and have a nylon outer shell.

The "cadillac" of the sleeping bag field are the goose down-filled bags which cost around \$100 but

will keep you warm even in 10 degree weather. Unfortunately moisture tends to wreak havoc upon the down if you aren't careful while camping, and the slightest tear in the bag's nylon shell will let loose clouds of goose down.

### Stoves

Another extremely important piece of basic equipment is the cooking stove. The age of the roaring bonfire has passed--the damage it does to the ecosystem just doesn't justify its existence.

Optimus puts out an excellent line of stoves for the backpacker, with prices ranging from \$11 to \$20. The stoves burn either white gas or kerosene at the rate of about a half pint per hour.

The Optimus 8R, priced at around \$14, is extremely efficient. It is capable of boiling water in six minutes, weighs less than two pounds without gas and comes in a compact case about the size of a small radio.

### Munchies

The area which has experienced the greatest growth in the backpacking field has been freeze-dried foods. The top firms marketing freeze-dried food include Seidels, RichMoor, Wilson, and Mountain House.

Although they charge rather high prices, it's amazing what these firms and others have to offer. You can start your meal with shrimp creole and end with an ice cream bar or a bowl of peaches (soaked overnight to restore the moisture taken out through the freeze-dried process).

Much of the food is rather bland and unappetizing, but it's extremely light and convenient, and if you have access to lots of water, you might enjoy trying a "no-bake lemon pie."

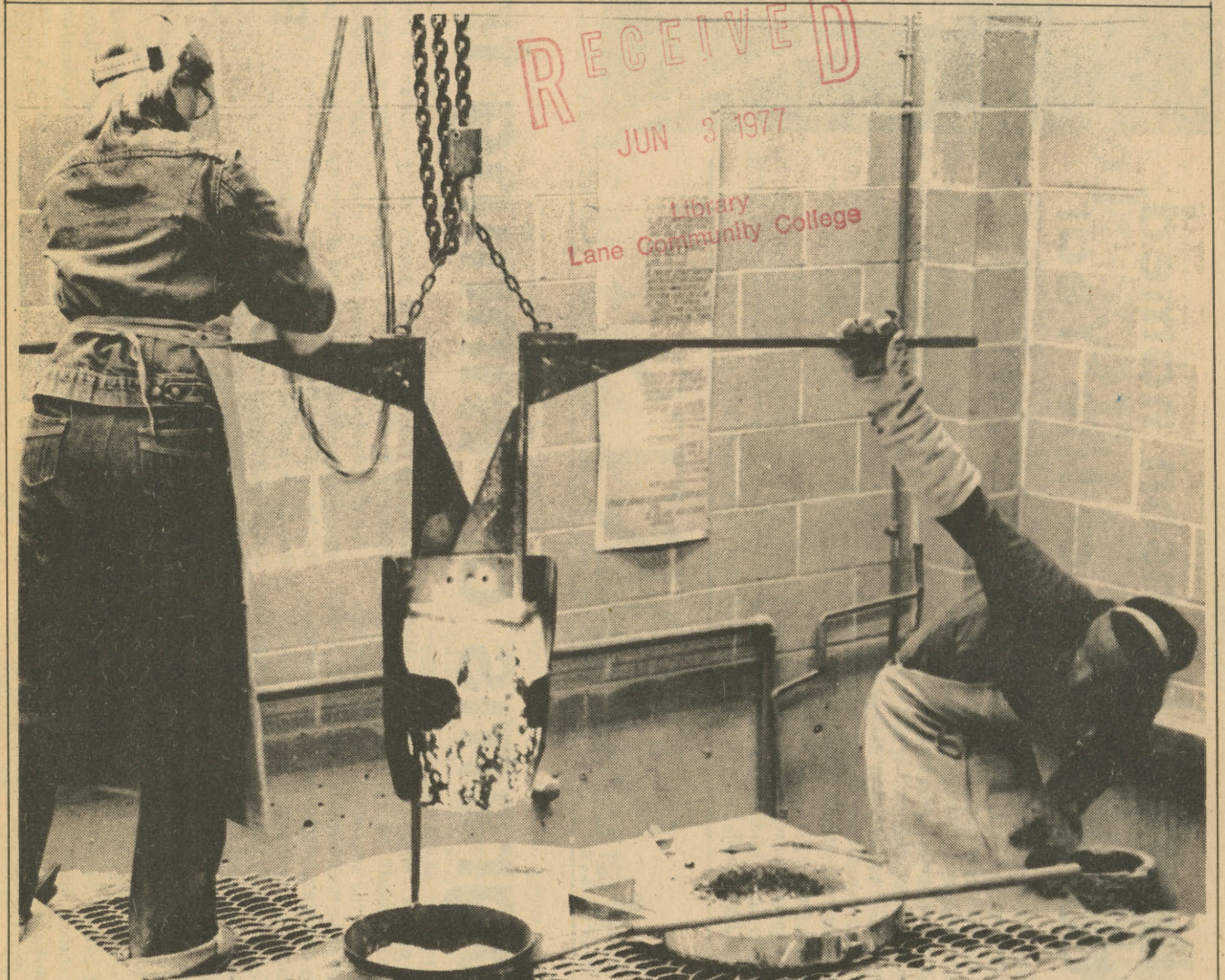
Before you go out in the field, make sure you're well prepared. Spend a few extra dollars on good, durable equipment and you won't regret taking that week-long trip through the Cascades.

Lane  
Community  
College

# TORCH

4000 East 30th Ave. Eugene, Or. 97405

Vol. 14 No. 30 June 2, 1977



Art students Holly Baumgart and Tom Morandi cast a sculpture by pouring hot bronze into a mold. Photo by Steve Thompson.

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