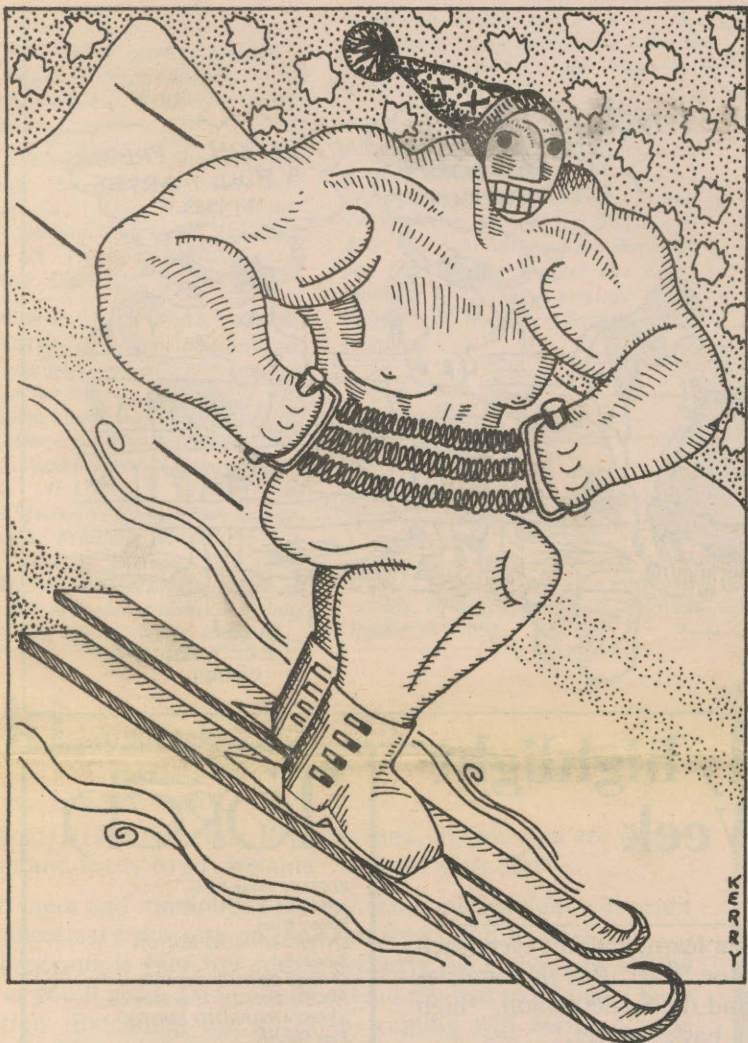


Mogul Mashers shape up for ski season



by Brian Frishman
TORCH Staff Writer

Ski season is approaching and that means all you Mogul Mashers, Powder Flowers, Downhill Demons, and first season Wannabee's need to start getting in shape.

Like any sport, condition your body gradually. Don't overwork the first week or two. Work out every other day during the first week. On following weeks, work out two to three days in a row, followed by one day of rest.

Rest is important because traumatized muscles, or strained ligaments are going to set your training schedule back and possibly hamper your performance during ski season.

To get ready for ski season, I concentrate on my cardiovascular system, muscular flexibility, and leg-strength during workouts.

- **CARDIOVASCULAR:** I think training on a bicycle, stationary bike, or rowing machine are exercises best suited for improving endurance, and they also strengthen leg muscles.

I think training on a bicycle, stationary bike, or rowing machine are exercises best suited for improving endurance, and they also strengthen leg muscles.

I begin at a resistance that can be maintained for at least 12 minutes. Eventually, I work up to 20 to 30 minutes of perspiration-packed power pedaling.

- **STRETCHING:** After my cardiovascular work-out, my muscles are warmed up. This is the ideal time to stretch. Again, start slowly.

I begin by stretching my thighs. Standing on one leg, I touch my buttock with the heel of my foot on the opposite leg. Grabbing hold of the foot, I pull it towards me until I feel a good stretch. I do this for two or three sets, for at least 20 seconds each set.

Other key areas I stretch are my hamstrings, inner thighs,

see *Ski*, page 7

TORCH editor resigns position



photo by Michael Primrose

by Robert Ward
TORCH Associate Editor

Stating it was a "very hard decision to make" TORCH Editor Diane Davis resigned on Mon. Nov. 9, effective at the end of the term.

She stated "due to personal obligations" she would be unable to continue in the position.

Pete Peterson, editorial and news adviser for the TORCH said, "It's important to note no TORCH editor has ever worked harder in matching staff, and editing and writing. She has certainly forged an organization that will continue to produce first-rate newspapers for TORCH readers. She's been a first-class editor."

The Media Commission, primarily the policy-making body for student publications, met in an emergency session on Thursday, Nov. 12, to discuss the procedure for selecting a new editor.

The Commission agreed to advertise the position for a two week period, according to its governing guidelines. It also discussed the potential option of appointing the associate editor to the position.

Students interested in applying for the position may pick up applications at the TORCH, Cen. 205. Applicants must have completed at least six LCC credits on the main campus within 12 months prior to his/her application.

Deadline for applications is noon on Nov. 25. The Commission will interview applicants and select the new editor on Dec. 7.

Wolfe resigns from ASLCC position

by Robert Ward
TORCH Associate Editor

Citing a "hiding of money" and poor lines of communication with the college administration, ASLCC Communications Director Bob Wolfe resigned his position at the Nov. 9 ASLCC Senate meeting.

Wolfe claimed he's quitting because of a "lack of ability to create a process to perform (my duties) the way I want." He also said priorities toward career goals were part of his consideration.

Among other allegations, Wolfe charged that student government has an un-budgeted \$25,000 to spend, but that ASLCC Adviser Jay Jones is "hiding it from the students."

"Jay has shown me an account book ledger with a \$25,200 carry-over. But I question the process of how

the ASLCC is informed about the carry-over."

Wolfe claims the monthly computer print-out sheets of ASLCC's budget doesn't show the existence of the carry-over, which is part of the revenue from the \$5 fee the college collects from students registering each term.

During a telephone interview after the meeting, Jones told The TORCH that the carry-over is documented. He said that he traditionally recommends a \$10,000 carry-over from year-to-year to protect student government programs from a potential drop in student enrollment. He stated it's also good business sense.

However, he explained, "If I say we have \$25,000 at the beginning of the year, then students get the idea they must spend it. But (during Fall Term) students on the Senate haven't learned how to spend and budget yet."

For example, Jones said he informed last year's ASLCC about a \$19,000 carry-over from 1985-86. He stated that last year's ASLCC, after spending months researching equipment, then spent \$9,000 of that amount to buy reader boards for the cafeteria and SRC, and a MacIntosh computer, printer, and hardware to share with the Legal Services program.

This year's ASLCC President Jeff Moisan said later that there is some validity to the charge (on the visibility of the carry-over). "The carry-over is not a constant figure. It depends on how many students enroll, and how much we spend. I was aware of the carry-over. I understand Jay's reasoning for not bringing it out in the open, but I think that this group is responsible enough to deal with the carry-over as part of our budget."

Wolfe also criticized Vice President of Instruction Jac-

quelyn Belcher's explanation of the purpose and rationale of Self-Support classes to the Senate at the Nov. 2 ASLCC meeting.

"I think Belcher treated us like a bunch of high-schoolers. She didn't respond to our intelligent and probing questions," he said.

Wolfe stated Belcher didn't address the ASLCC with respect and intelligence, and that she "used analogies to explain concepts and discriminating features in the (Self-Support) program. She wouldn't talk to the Board of Education that way."

Moisan said he is "Sorry to see him (Wolfe) go because he is very talented in his position as Communications Director. He will be hard to replace. However, Bob's presence in ASLCC has created friction among other (ASLCC) members, and his resignation may allow us to operate more efficiently."

New loans mean long-term debt for students

Forum by Jeff Moisan

Income Contingent Loan Program (ICLP): What is it and how does it affect the student?

The Reagan Administration has created a new brainchild in the field of post-secondary financial aid called the Income Contingent Loan Program. Congress approved \$5 million

for 1988, with reductions in other areas of financial aid. The Secretary of Education, William Bennett, has hailed this new program as "the most exciting development in student aid in over a decade." Is the ICLP what they say?

The Income Contingent Loan Program is in actuality a dangerous development for

both current and future students. The following is an excerpt from a United States Student Association (USSA) bulletin: "The ICLP allows students to borrow money (first year-\$2,500; second year-\$3,500; third-fifth years-\$4,000) much like the Guaranteed Student Loan (GSL) program. Interest accrues at the annual Treasury bill rate average plus 3 percent (the "special allowance" for the banks), but is not subsidized by the federal government. Therefore, the student must

pay interest while attending school, or allow it to accrue each year, resulting in a higher level of debt upon leaving school.

The student's payment rate is contingent upon his or her income after leaving school (hence the name of the program). There is no time limit on repayment, and at no time will a borrower be asked to pay more than 15 percent of his/her income per month. The Department of Education is selling this as a big plus, but the ICLP means long-term

debt subject to changing interest rates -- this translates into much greater payments over time by borrowers. People with lower income will end up paying more because they pay longer."

As you can see, the ICLP is not in the best interests of the student. We as students need to tell our legislative representatives that the ICLP is not a good idea. The ASLCC has the addresses of all our representatives, and will pay postage for any letters written to them concerning this issue.

News Tracking

compiled by Robert Ward
TORCH Associate Editor

Bennett Proposes Changes

Secretary of Education William Bennett said last week that he planned to draw up strict new guidelines that could make hundreds of schools ineligible for federal financial aid.

Under his plan, beginning in 1990, colleges, universities, and other educational institutions would be disqualified from receiving Federal education grants and loans if their default rate in the Guaranteed Student Loan program exceeded 20 percent.

According to statistics released by the Education Department, 32 percent of institutions currently in the loan program would be disqualified if those standards were applied now.

The default rate is based on the percentage of students who were scheduled to begin repaying their loans in 1985 and had failed to do so by 1986. Under that definition, 2,190 of the 7,295 institutions had default rates above 20 percent. Five hundred institutions had a default rate above 50 percent.

Some higher education officials criticized Bennett's plan saying schools with low-income students would be penalized because they traditionally have higher default rates. Officials also noted that current students would be penalized for former students' defaults.

Fee Raised on GSLs

Students who take out Guaranteed Student Loans (GSL) as of Oct. 20 will pay a 5.5 percent fee, up from 5 percent. For example, the fee on a \$2,500 GSL rose from \$125 to \$137.50.

The government also made a slight reduction in the subsidy it provides to encourage them to offer loans to students.

Although the reductions were relatively minor, they may be only the first in a series of deeper reductions in federal spending on education and research.

President Reagan took the first step in imposing the cuts when he announced two weeks ago that financing for most education programs would be reduced by 8.5 percent beginning Nov. 20. The reductions would take effect if Congress and the President cannot agree on another way to slash \$23 billion from the deficit by that date.

Under the new version of the Gramm-Rudman-Hollings deficit reduction law, across-the-board cuts will be imposed if Congress and the President have not sufficiently reduced the budget.

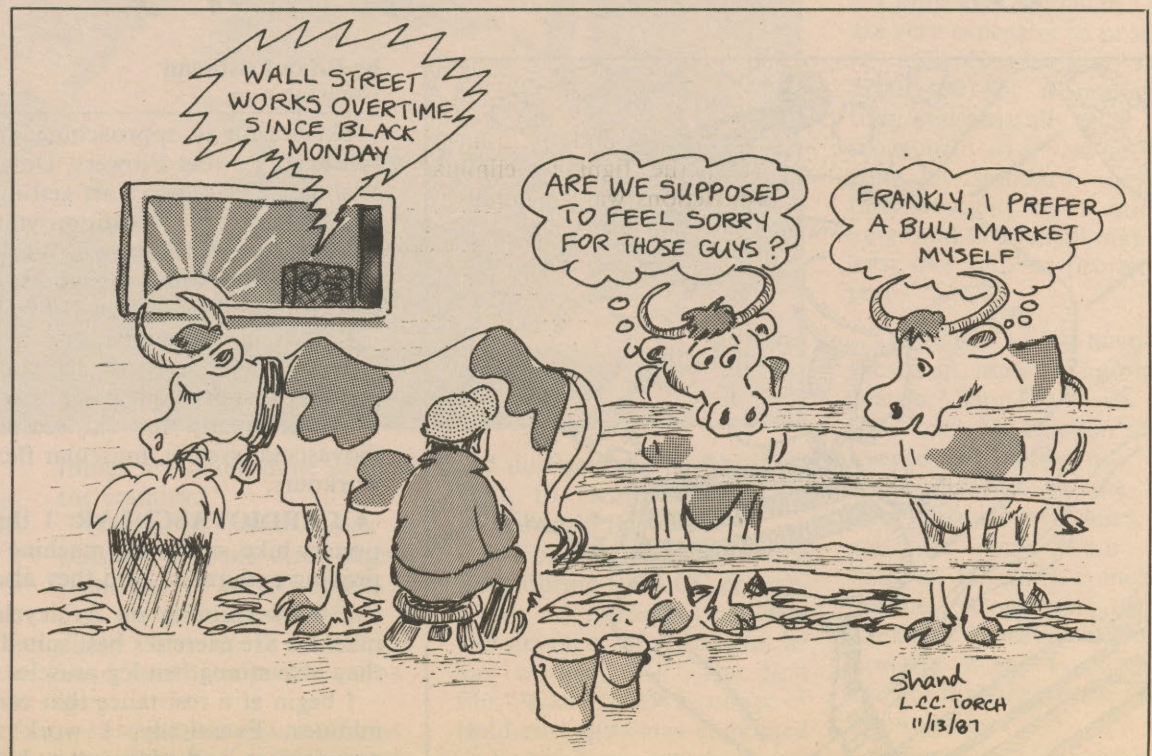
Even though the two parties have several weeks to work out a plan to avoid the automatic cuts, federal agencies were legally required to begin taking steps to make the reductions.

Bennett Criticizes Defaults

Secretary of Education William Bennett proposed several major changes last month in the process that the federal government uses to approve agencies that accredit post-secondary institutions. One of the most significant would direct colleges and universities to provide the agencies with evidence of how much their students have learned.

Dale Parnell, president of the American Association of Community and Junior Colleges and former president of LCC, requested a meeting between accrediting officials and higher-education leaders to discuss what kinds of measures can do the best job of assessing educational progress.

He said community colleges were concerned about Bennett's specific suggestion that testing be a suitable measure for student progress. Parnell said that other steps, such as job-placement rates for graduates, could provide a better way to evaluate quality.



'Neglected' study highlight of Geography Week

by Norman Gravem
for The TORCH

"Most American institutes of higher learning don't even teach geography," says LCC Instructor Joe Searl. But in countries like Canada, Great Britain, Japan and the Soviet Union, "high schools and universities teach it as a basic subject."

In an effort to give American students a better understanding of geography, Oregon, along with the rest of the nation, will celebrate its first Geography Awareness Week, Nov. 16-20.

Searl, and fellow geography instructor Ryan Anderson complain that the public often has misconceptions about geography.

What are some of the misconceptions? Anderson says that part of geography is "space, and how we organize ourselves in it." Searl says that when most of us think of geography, we think of land, names and places (states, countries, etc.), but that geography is "everything above the ground," which means your house is a part of geography, as are roads, cities, dams and airplanes.

These authorities feel that for some reason the study of geography has been widely neglected in this country.

The LCC Library will display books on different aspects of physical, cultural and social geography throughout the week. Searl and Anderson will place a bulletin board in the cafeteria in another effort to dispell misconceptions about the field, giving the discipline a broader, clearer definition.



LCC art exhibit

"Faces of the Stranger," graphite and color pencil by Claudia Cave is one of the pieces featured in the West Coast Drawing exhibit at the LCC art gallery from Nov. 16 - Dec. 11. The work of 29 artists from Oregon, Washington, Hawaii and California will be on display. Gallery hours are Mon.-Thurs. 8 a.m.-10 p.m., Fri. 8 a.m.-5 p.m.

The TORCH

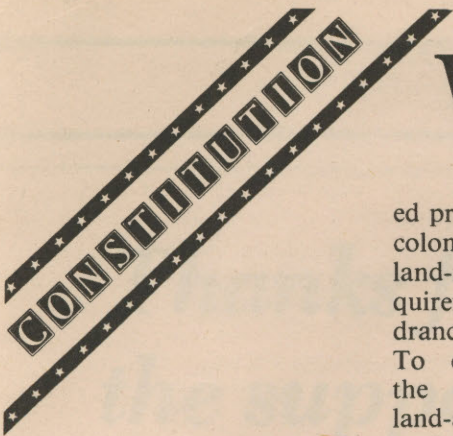
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The TORCH is a student-managed newspaper published on Fridays, September through May. News stories are compressed, concise reports intended to be as fair and balanced as possible. They appear with a byline to indicate the reporter responsible. News features, because of their broader scope, may contain some judgements on the part of the writer. They are identified with a special byline.

"Letters to the Editor" are intended as short commentaries on stories appearing in the TORCH. They should be limited to 250 words. The editor reserves the right to edit for libel, invasion of privacy, length and appropriate language. Deadline: Monday, noon.

"Goings on" serves as a public announcement forum. Activities related to LCC will be given priority. Deadline: Monday, 10 a.m.

All correspondence must be typed and signed by the writer. Mail or bring all correspondence to: the TORCH, Room 205 Center Building, 4000 E. 30th Ave. Eugene, OR, 97405. Phone 747-4501 ext. 2655.



Vote frees public

forum by George Alvergue
LCC Social Science Instructor

"Men at some time are masters of their fates: the fault, dear Brutus, is not in our stars, but in ourselves . . ."

(Shakespeare, *Julius Caesar*, Act 1, Scene 2)

The most valued civic right we enjoy as citizens is the right to vote. We fought a revolution to secure it ("no taxation without representation") and it represents the permanence of revolution, in the sense that ultimate accountability is secured in our legal system through periodic elections. The right to elect, re-elect and/or vote out our public officials is the basis for limited government. The ballot replaces the bullet and its permanence is evidenced in the fact that the US has never failed to hold its two year national election every year since 1789. Not a bad record! We should never take this permanence for granted, however, as Jefferson has warned us the "price of liberty is eternal vigilance." The best way to protect it is to use it.

The history of the vote in America is, generally, a progression of broadening the scope of eligible voters down to our present time.

From early colonial times to the formation of the Constitution, the right to vote is limited to property-owning adult, white males. This limited the franchise to less than half of the adult males, remembering, of course, that slaves and women could not vote and most colonies did not allow non-white citizens the right to vote whether or not they own-

ed property. Still, because the colonies were labor-poor and land-rich, the property requirement was less of a hindrance than one would expect. To encourage immigration, the colonies had generous land-acquisition laws. These, and modest property qualifications, gave new immigrants the vote. Ultimately, most white indentured males worked off their indenture and joined the rest of the white male population in the enjoyment of the franchise.

Given the belief by the Nation's early leaders that ordinary citizens lacked the knowledge and wisdom to vote, the fight to eliminate restrictions was an uphill battle. To their credit, disenfranchised citizens continued the struggle constantly and relentlessly.

Among the first restrictions to fall was religion. Jews and Catholics were not allowed to vote in some colonies before the Revolution. With the successful fight to disestablish religion in the 1780's, these restrictions fell.

Property requirements for white males lasted for some 50 years after the Revolution, until the 1840's when the last of the states abandoned the notion that one had to have a property "stake in society" in order to vote. A more egalitarian view was that characterized by the author, James Fenimore Cooper:

"The pretense has been that none but the rich have a stake in society. Every man who has wants, feelings, affections and character, has a stake in society."

The restriction of property ownership died hard and, until the 24th Amendment eliminated the Poll Tax in Federal Elections in 1964 and the Supreme Court ruled it unconstitutional in state or local elections (1966), black Southerners still had to pay this nominal "property tax."

The next two classes of

citizens to gain the franchise, women and blacks, had the most difficult struggle.

The fight for women's suffrage began as early as the Revolution when John Adams was admonished by his wife, Abigail, "...not to forget the ladies" in their deliberations. Oddly enough, it was through the promotion of two other reforms of the 1840's, prohibition and abolition of slavery, that women began to press for their "stake in society." While they did not achieve women's suffrage nationally for another 75 years, they did learn to organize and to petition their government for a redress of grievances. These basic first Amendment rights were not denied to them unless they had the temerity to become involved in civil disobedience to press their cause while making more people aware of the denial of that basic right. Starting with the Seneca Falls Convention in 1848, the list of heroines is endless but is headed by two stalwart champions, Susan B. Anthony and Elizabeth Cady Stanton. Beginning with the Wyoming Territory in 1871, women acquired the vote in state after state until by 1918, they could vote in 15 states and by the end of 1919, in 25 states. The Anthony Amendment to nationalize women's right to vote was proposed by Congress in 1919 and, in 1920, became the law with ratification of the 19th Amendment.

The fight for black suffrage began after the Civil War with the passage of the 14th Amendment which provided sanctions of reduced representation for Southern states which prevented blacks from voting. The 15th Amendment, which prohibited discrimination in voting on the basis of race, color or previous condition of servitude, was passed to "nationalize" black suffrage. Northern states which

see *Vote*, page 6

Oxfam sponsors harvest fast

by Diane Davis
TORCH Associate Editor

In an attempt to alleviate world hunger, Oxfam America will hold its annual "Fast for A World Harvest" on Thursday, Nov. 19.

People across the United States are being asked to fast from sundown Wednesday, Nov. 18, to sundown Thursday, Nov. 19, and then donate the money they save on meals to Oxfam.

An international, non-governmental agency, Oxfam funds grassroots developmental programs to alleviate hunger through donations and pledges.

LCC, in conjunction with the U of O, Oregon Student Public Interest Research Group (OSPIRG), and other community organizations is participating in the fourteenth annual fast for a day, and will hold a break-fast dinner on Thursday evening at the Wesley Center. Joel Ario, the coordinator for the National Student Campaign Against Hunger and

the Executive Director of OSPIRG, will be the guest speaker at the dinner.

The dinner will be held from 5:30 to 7:30 p.m. on Nov. 19. A \$5 donation for Oxfam will be collected at the door. The Wesley Center is located at 1236 Kincaid St.

ASLCC senators Mike Stewart and Curtis Grant (who also serves as the OSPIRG coordinator) have also arranged a special "before the fast" meal for Wednesday, Nov. 18. LCC's Food Services will provide a noon-meal of broth and juices in the cafeteria for a nominal fee. Anyone wishing to participate should inquire through the lunch line for the "fast" meal.

Anyone wishing to donate money or pledge to fast may register at a table in the LCC cafeteria on Nov. 16 through Nov. 19 from 10 a.m. to 2 p.m. U of O will also have a registration table set up in the Erb Memorial Union and OSPIRG will take phone pledges at 686-4377.

Of interest

Condoms available at S.H.S.

by Todd Thomas
for The TORCH

Condoms are available to LCC students from the Student Health Services (SHS) -- and also from machines located in two of the men's restrooms on campus.

According to Sandy Ing, director of the SHS, some students may prefer buying condoms from machines rather than purchasing them over-the-counter because, "You can buy them anonymously and one at a time."

One condom dispenser is located in the men's locker room in the Physical Education Building, and the other is located in the men's bathroom on the first floor, Center Building, just past the SHS hallway.

The condoms are approved by the Oregon State Health Division and sell for 50 cents each.

Condoms available at the SHS are relatively inexpensive at a cost of six for \$1, says Ing, who describes them as a standard Sheik brand, with "no fancy colors or designs."

Prophylactics purchased from both sources are lubricated and electronically tested, according to their packaging labels.

Ing says that the condom machines were installed over 10 years ago by then SHS director Laura Oswalt. LCC did not request a percentage of the profits of the vending companies sales, unlike it expects from other distribution companies. It was a community service agreement, says Ing.

Until the AIDS epidemic, condom use continued to lessen in popularity because women often used contraceptives, states Ing.

The machines were forgotten -- in fact Ing and Vice President of Student Services Jack Carter do not recall the name of the vending company.

International students

by Traci Veenendaal
for The TORCH

The 164 foreign students, representing 26 different countries, make up the largest enrollment of international students in LCC's history, according to Mason Davis, adviser for international students.

In addition, 40-50 "resident status" students attend LCC. A resident status student is one who is in the process of becoming a United States citizen, says Davis. This takes five years.

An international student will only remain in the US for his or her education and then will return to home. Together, the international and resident status students make up about three percent of LCC's population.

According to Davis, there are three major ways that he and other LCC personnel are able to "bridge the gap" between international and American students.

- **The Multicultural Center** located in Room 409 of the Center Building, provides a place where foreign and American students can meet and share positive experiences.

- **Peer Mentors** are students who volunteer to increase the English speaking and listening skills of international students through two to 30 minute conversations each week. Hidehiko Suyama and Chris Ng coordinate the program through the MCC, matching up first-year international students with American students. The mentors are also asked to be a part of group social events, such as the International Coffee Hour, and help the international students prepare the cultural presentations they give to the elementary classrooms in the Bethel School District.

- **A retreat** is planned at least once each year. This year 40-50 students will go to Sky Camp in the Fall Creek area for a two-day camp out.

Several sources in the community fund these retreats. Students pay \$10 for food and transportation, and the Kiwanis Club, which owns Sky Camp, has waived the fee for the second day's camping.

And Bethel School District contributes \$200 for the retreat.

These programs also receive funds from the LCC budget.

When asked if there were any problems or complaints with the international student programs, Davis says, "actually not." Students who are involved with the international students are volunteers and so they really want to be a part of making it work.

\$500,000 gear sounds the best

by Bob Walters
for The TORCH

LCC's Mass Communication students will soon have the opportunity to create complex, professional-quality soundtracks with the addition of an eight-track recording console. The console will be purchased with some of the \$18,000 the department received from a state vocational grant.

The console will compliment the computerized video-editing facility which was installed last year.

"This will bring us up to the same level of equipment used in the market that we're preparing our students for," says Jim Dunne, department head.

The grant also provides for the purchase of three two-track audio cassette machines and three audio mixing consoles which will replace outdated equipment, according to Bob Tanner, the department's chief engineer.

Other equipment purchases made possible by the grant are a character-generator, which will allow video students to create characters (letters) and computer images through the use of a keyboard, and a "desk-top publishing system" for publication design students.

According to Tanner, these latest acquisitions will put the value of the department's production inventory at well over \$500,000. "You'd have to go to Seattle or San Francisco to find a school with facilities equal to ours," he says. "We have the best program anywhere in between."

Dunne is proud of the success the departments graduates. "The chief videographer at every local television station has been through LCC's program," he says. "John Hockenberry and Howard Berkes of National Public Radio went through LCC. Bebe Crouse, who now writes for Dan Rather, was one of our students."



FINANCIAL AID

You don't have to look further than the LCC cafeteria for financial aid, SELCO-style. The cash machine from SELCO Credit Union offers all the benefits of teller banking without leaving the campus.

We know, for instance, that students can run as short on time as they do on money. The SELCO machine makes it easy to deposit and withdraw in one quick exchange.

With an Exchange Card, SELCO members can access their Regular Share Account as well as their Share Draft Checking Account. When you're a SELCO member, you can get cash at *any* Exchange Machine

and there are no transaction charges.* Plus, SELCO even pays interest on Share Draft Checking and offers government backed Guaranteed Student Loans.

The SELCO Exchange Cash Machine isn't just another cafeteria convenience. It's your source of financial aid.

* There is a 55 cent charge per transaction for SELCO members using the U.S. Bank Cash Machine in the LCC cafeteria.

SELCO is part of the nationwide Exchange Cash Machine Network.

SELCO serves the following people who work or live in Lane County: LCC employees, students and alumni—all school, city, county and federal employees and family members of members.



DOWNTOWN: 299 East 11th Ave., 686-9251 VALLEY RIVER: 752 Goodpasture Island Road, 344-3247 SPRINGFIELD: 1010 Main Street, 484-3737

Thanks for the support

by J.V. Bolkan
TORCH Sports Editor

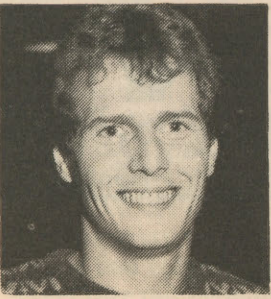
I'm a little early for Thanksgiving, but in sports, getting a jump is half the battle.

There are many things for me to be thankful for; many people have contributed to making the past year really special.

Val Brown, last year's Sports Editor, thanks for making it so easy to be a part of the TORCH. To the rest of last year's staff, thanks for making the TORCH so fun to belong to.

Some of the best images from the last year are about the women's basketball team. Dave Loos, women's basketball coach, thanks for pretending not to notice my nervousness. You were my first interview ever.

For letting me hang around and ask sometimes silly questions, thanks Camee and Liz. You made me feel comfortable, making the job easier.



'The Athletic Supporter'

The '86-87 women's basketball team. More than anything else last year, the images of that team stand out. Watching the dedication and intensity they played with reaffirmed my belief in sports' more noble aspects. I learned that as far as 'heart' is concerned, LCC athletics are definitely big-time.

Then there was track season. I remember fearing it. I'd become very comfortable with my sources in the basketball program, and was not really sure I wanted to start all over again.

Lyndell Wilken erased all uneasiness I had. Thanks for knowing exactly what I would need, and providing it before I even knew I needed it.

Harland Yriarte, thanks for showing me that it is not only the athletes that become intense. No one gives quotes the way you did. Your intensity raises the intensity of everyone around you.

Assistant track coaches, Curtis Smith and Kevin Myers, thanks for answering the silly questions I asked, and for not laughing.

Special thanks to Lance Deal, another assistant track coach. You did laugh at my questions when they were silly. By not taking everything terribly seriously, I was able to keep perspective and see the fun side of sports.

The afternoon that we discussed 'off the record' subjects let me know that you really do take some things very seriously. Thanks Lance, for trusting me, and making me feel like a real sportswriter.

Thanks have to go to the entire track team, both the men and women. A feature on one of you became my first commercial sale. Any of you could have been my subject. Your attitudes and talent made covering track very interesting and a lot of fun.

At least half my byline should go to the people within the Athletic Department. Bob Foster, Judy Ward, and all the people that hustled to bring me results and statistics. Your support and constant smiles made the Athletic Department a second home.

For Pete Peterson, the TORCH Journalism Advisor, your advice has helped. It never failed me. Your faith in me helped me gain faith in myself, even when times get tough.

Everyone else, many of you are still helping make the memories that I'll be thankful for years from now. That I didn't mention you is less poor memory than restricted space. I can only hope that each of you have great reasons for Thanksgiving.

Spikers seek to salvage season

by J.V. Bolkan
TORCH Sports Editor

Enjoying a late season renaissance, the LCC women's volleyball team defeated Clackamas in Oregon City on Wednesday, Nov. 4.

"We started playing as a team, not as a group of individuals," explains Titan hitter Candy Weischedel.

After winning the first game 15-4, the Titans went down to defeat 16-18 and 12-15 in the next two. The Titans roared back, taking the fourth game 15-2 and closed out the match by winning the final game, 15-12.

"We simplified the offense, and that has in-

stalled confidence in the women," says coach Ed Jacobson.

The final three games are against Umpqua, Chemeketa, and Southwestern Oregon (SWOCC). All games are away. Jacobson feels that his squad should beat Umpqua, but will be definite underdogs against both Chemeketa and SWOCC.

"If we can win two of the three final games, that would put a good ending on the season," he claims.

The Titan season ends Saturday, Nov. 14. A final home match against Northwest Christian College has been canceled.

Runners ready for championships

by J.V. Bolkan
TORCH Sports Editor

The tradition-laden LCC cross country teams travel to Spokane on Saturday, Nov. 14, for the Northwest Athletic Association of Community Colleges (NWAACC) Championship meet.

First year mentor Kevin Myers says the men's team is a definite long-shot for a trophy. Individual goals, and the excitement of a Championship meet, are the main reasons for his teams attendance, says Myers.

Matt Turnow, the top runner for the Titans this year, feels his team has a shot at a trophy. "Everyone made lots of improvement during the (District IV) meet. Things look real good," he says.

Mike Bordenkircher will join Turnow as the Titan's only returnees to the NWAACC Championships. Bordenkircher, who finished in 12th place in the district race, has been bothered by shin splints. He hopes to be healthy for the final meet.

A young group of inexperienced runners round out the squad. Steve Hawley (8th) made an exceptional effort at the district meet, nearly kicking past Turnow at the end.

Other runners are Mike

McGraw (17th), Gary Carpenter (18th), and Rick Virgin (25th).

The women harriers will be attempting to capture their third straight NWAACC championship for District IV Coach of the Year Lyndell Wilken.

The District IV Champion Titans will be tested by Highline, and host school Spokane, says Wilken.

Leading the Titans will be first-year runner Lisa Moe, who finished 3rd in the district meet. Joining Moe will be veteran runners, Nicole Lightcap (4th), and Shelli Gray (6th).

Taunya Pieratt (5th), Laura Loren (7th), Jennifer Huff (10th), Merrie Gesner (12th), and Tiese Roberson (20th) fill out a strong and consistent Lane squad.

CAMPUS MINISTRY

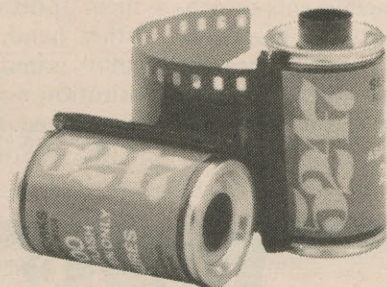
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CAMPUS CALENDAR

Nov. 13-26

- 13 • Disabled Student Forum 9-2 main cafeteria
- Noon deadline for applications to ASLCC Budget Committee
- LCC Fall Theater presents, "Ladyhouse Blues" 8 pm/cost \$6
- Last day to withdraw with no grade record
- 16 • ASLCC Senate Meeting 4-6 pm Boardroom
- 18 • Free coffee and tea compliments ASLCC
- ASLCC Noon music series guest: Peter Thomas

- 17 • Eastern Oregon State College representatives in LCC cafeteria 9-1 pm
- Workshop for Elementary Education majors Math/Arts room 250 at 1 pm
- 18 • Semester/Quarter Conversion Meeting at 2:30 Performing Arts Theatre -- students and staff encouraged to attend
- Western Oregon State College representatives will be in LCC cafeteria 10-1 pm
- Last day for grade option changes
- 23 • ASLCC Senate Meeting 4-6 pm Boardroom
- 25 • "Win a Turkey Trot" 2-miles at noon/track
- 26 • THANKSGIVING HOLIDAY -- four day week-end --

To publish information in the Campus Calendar contact TORCH Calendar Coordinator Denise Abrams at ext. 2655, or ASLCC Communications Director Bob Wolfe at ext. 2332.

GOINGS ON

November

March of the Falsettos

Seymour's Restaurant, 996 Willamette is presenting a cabaret production of "March of the Falsettos" every Friday, Saturday and Sunday at 8:30 p.m. Food and beverages will be available. Tickets are \$7 in advance and \$8 day of show. Senior citizen tickets will be \$6 in advance, and student rush discounts will be offered one hour before the show for \$5 with I.D. Tickets are available at Seymour's Restaurant, or call 683-4369.

Nov. 14

Dan Hicks

The W.O.W. Hall, 8th & Lincoln presents an evening of humor and acoustic music with Dan Hicks and his Acoustic Warriors. Doors open at 8 p.m. and showtime is 8:30. Admission is \$7 in advance and \$8 day of show. Call 687-2746 for information.

Nov. 14

Eugene Concert Choir

The Eugene Concert Choir will present their traditional Autumn Songfeast, a gourmet dinner and concert at 6 p.m. Dinner and desserts will be provided by choir members and local restaurants. The Choir will present a full concert featuring Schubert Mass in G, Russian liturgy and American folk music. Willamette Christian Center Gymnasium, 2500 W. 18th. Tickets are \$10 for adults, \$5 for children 12 and under, and are available at the Hult Center ticket office and all Hult outlets, and at the door.

Nov. 14

Country Dance

The Eugene Folklore Society will present a country dance featuring contra and square dances. No experience necessary, all ages welcome, all dances will be taught. Soft soled shoes only, please. Admission is \$4. Call 683-5522 for information.

Nov. 15

Dave Brubeck Quartet

Master jazz by the Dave Brubeck Quartet will join forces with the eight member Murray Louis Dance Company in a performance at the Hult Center at 7 p.m. Tickets are \$15, \$10, and \$7.50, with a limited number of student and senior discount tickets at 35 percent off, and are available at the Hult Center or by phoning 687-5000.

Nov. 18

Danny O'Keefe

The W.O.W. Hall presents singer-songwriter Danny O'Keefe at 8:30 p.m. Admission is \$6 in advance and \$7 day of show. Call 687-2746 for information.

Nov. 24

Alexander Cockburn

Alexander Cockburn will speak at 7:30 p.m. in GEO 150 on the UO campus. Admission is on a sliding scale fee of \$3-5 dollars. It is a benefit for CISPES and the Sister University project.



"Ladyhouse Blues"

Eliza Roaring Springs, Suzan Zeitlin, Lisa Bray, and Renee Jones play four women sharing a St. Louis apartment in 1919. The play follows the women's lives as they search for independence and identity. LCC Theatre performances are Nov. 13, 14, 18-21. Reserved seats are \$6 and may be purchased at the door, or call 726-2202.

Vote, from page 3

had exhibited considerable prejudice towards blacks began to pass laws to prevent them from voting. Congress asked the question: how can we insist that the South refrain from doing what the North was already doing? The 15th Amendment appeared to answer that question, that is, at least for the present. In the 1890's, Southern states discovered legal devices to circumvent the intent of the 14th and 15th Amendments to provide social justice to blacks. In effect, they didn't prevent blacks from voting, if they could satisfy other legal requirements:

- **The Poll Tax.** As previously stated, they could vote if they could pay this nominal fee. By the 1960's, these requirements were eliminated or found to be unconstitutional.

- **The Literacy Test.** They could vote if they could pass a simple test in American History or Government. This requirement was grossly abused as poor whites had only to satisfy a simple "understanding" of government or history. Blacks, on the other hand, were required to know minutiae from the Constitution. Congress finally eliminated this requirement with enforcement of the

Voting Rights Acts of 1965 and 1970 which were held to be constitutional by the Supreme Court.

- **Grandfather Clause.** You could vote only if your grandfather had voted. Since slavery was eliminated only between 1863 and 1865, it would have been well into the 20th century before many of the South's black citizens could vote.

- **White Primary.** As the Democratic Party became the dominant party of the South, the Democratic primary election became the "real election." Texas became the first of many southern states to limit the primary vote to white voters (1923). By 1944, the Supreme Court ruled any restrictions of the voting right based on race as unconstitutional.

With legal restrictions eliminated, white Southerners resorted to other methods ranging from individual intimidation to group violence (KKK). It became obvious that the Federal Government needed to implement more direct enforcement of laws to protect black voters who attempted to register and/or vote. The Civil Rights Acts of 1957, 1960 and 1964 were efforts in the right direction but it took the

Voting Rights Acts of 1965 to put some real enforcement 'clout' into the law. Under the Act, Federal marshals went into the south to see that blacks could register and vote without intimidation. A temporary measure, it was extended in 1970, 1975 and, finally, in 1982, it was extended for 25 years. The results have, thus far, been significant as the number of registered blacks in the South have gone from a low of 29 percent of eligible voters to 43 percent in 1970 and 56 percent in 1985.

The emergence of Jesse Jackson as a viable presidential candidate is no accident! It is a reflection of the emerging confidence of blacks to have an impact in the political process. It has even been suggested that opposition to Robert Bork, recent Supreme Court nominee, by Southern Senators was a reflection of the large black vote and their opposition to Bork.

The last restriction to fall of age when, in 1971, the 25th Amendment nationalized the 18 year old vote. The Vietnam War had driven home the logic that if persons could be drafted and fight, and perhaps die for their country, why couldn't they be part of the

process that makes that decision!

Finally, considering the hard fought struggle involved in expanding this right, it is both ironic and extraordinary that we take it for granted in casual voting habits, or worse, in squandering it entirely, by not voting at all. While voter turnout in the South has gone up slightly between 1960 and 1984 (reflects upsurge in black registration), turnout in the North and West has gone down during the same period. The most glaring nonvoters are the young (21-29 year old). While granting that there are some registration barriers, this is not a good record and bodes ill for the future unless there is a reversal of this trend. To assume that your vote doesn't make any difference or that perhaps, by chance, good leaders will be elected anyway, is reckless gambling. Both nature and politics abhors a vacuum. If you don't want leaders who are antagonistic to views of major concern to you, then you'll have to do something about it. Edmund Burke has warned that 'evil triumphs only when good men do nothing.' Do your part to play a part in your future. Register and vote!

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CLASSIFIEDS

HELP WANTED

THE TORCH needs typesetters and production workers.

WRITERS NEEDED for the **TORCH**. C.W.E. work study, and tuition waivers available. Writing experience necessary; must be able to meet deadlines. Stop by Center 205 to fill out an application (see Diane Davis, Editor). For more information call 747-4501 ext. 2655.

SPORTS WRITERS needed for the **TORCH**. C.W.E. and work study available. Applicants should have strong sports background and writing skills; must be able to meet deadlines. Typesetting skills are helpful, but not necessary. Stop by Center 205 to fill out an application (see Diane Davis, **TORCH** Editor). For more information call 747-4501 ext. 2655.

GOVERNMENT JOBS \$16,040 - \$59,230/yr. Now hiring. Call 805-687-6000, Ext. R-2000 for current federal list.

OVERSEAS JOBS - Summer, year round. Europe, S. America, Australia, Asia. All fields. \$900-2000/mo. Sightseeing. Free info. Write IJC, PO Box 52-0R2. Corona Del Mar, CA 92625.

JOIN OUR "NANNY NETWORK" over 600 placed by us in the Northeast. One year working with children in exchange for salaries up to \$250 wk., room and board, airfare and benefits. We offer the **BEST CHOICES** in families and location. Contact **HELPING HANDS, INC.** at 1-800-544-NANI for brochure and application. Featured on **NBC'S TODAY SHOW** and in Oct. 1987 **WORKING MOTHER** magazine as nationally recognized leader in Nanny placement. Established in 1984.

OPPORTUNITIES

FEDERAL, STATE & CIVIL SERVICE JOBS \$14,707 to \$66,819/year, now hiring! Call job line 1-518-459-3611 ext. f-6018 for info. 24hr.

GOVERNMENT HOMES from \$1 (U-repair). Delinquent tax property. Repossessions. Call 805-687-6000, ext. GH-6150 for current repo list.

WANTED

ARTWORK NEEDED for an album entitled, "Machine of Five Spirits". For information call Rhiannon at 895-4261.

DENALI - LCC'S Literary magazine invite artists, photographers, and writers to submit their work for the next issue. Please bring your submissions to the editor, John Makosky, 479F - Denali office.

USHERS NEEDED! LCC'S fall performance of *LadyHouse Blues* is in need of volunteer ushers. We need 6-8 persons per evening on Nov. 13 and 14, also Nov. 18 - 21. It's a chance to dress up, help out, and see the plays for free! Please contact the house manager by leaving a message at the office in the Performing Arts building.

SERVICES

PLAN AHEAD FOR THE HOLIDAYS! Give the gift of massage to your sweetie. Christine Kerwood LMT 689-8866.

QUALITY TYPING: Also word processing, editing. Free pickup/delivery. Ronda 935-1892.

MEETING EVERY TUESDAY, for **LA RAZA** - the Chicano Latino Student Union. From 12-1 in Center Building Room 410. For more info contact the Multi-Cultural Center.

LCC KARATE CLUB meets Fridays 6-9 p.m. PE 101. More info: Dave 343-5361, Wes 746-0940.

PTK Fall installation for new members Nov. 19, 1987 at 7:30 p.m. in the Boardroom.

VISIT THE CLOTHING EXCHANGE PE 301, 8-5 p.m. Monday-Friday. Donations welcome!

CAREER INFORMATION CENTER - Open Saturday mornings Fall term 9-10:30 a.m.

TYPEWRITER REPAIRS - Free estimates, most types repaired. Call 688-0497 in afternoon or evenings.

PROFESSIONAL LANDSCAPE service -- reasonable rates for free estimate call Chris at 345-0390.

IF YOU WISH to become not unlike Elvis, call the **Elvis Hotline**, 34-ELVIS.

FREE

FREE LUNCH - Every Thursday, 12-1 p.m., PE 112A. Sponsored by Baptist Student Union.

BIBLE STUDY - Every Thursday, 1:15-2 p.m., PE 112A. Sponsored by Baptist Student Union.

BLACK MALE CAT to good home. He's very affectionate and needs some TLC. Call 935-7903 evenings/weekends.

TEN MILEAGE and Long-Life tips for your car send (self addressed stamped envelope) to: **TIPS 24814** Parkside Dr., Veneta, OR 97487.

NEED TO FIND HOMES for 3 young cats. Call Sue 342-8106.

FOR SALE

PLUSH HIDEABED, green plaid, very comfortable, only \$70. Call 343-3493 after 6 p.m.

USED BICYCLE \$40. Call 344-9036 after 3 p.m.

APPLE IIe Computer - 128 K, lots of extras. Call Randy at 342-1913. \$600 or best offer.

10 SPEED BIKES Good condition, must see/make offer. Call Randy at 342-1913.

SKIS: 180 cm Dynastar with Troyolla bindings. Never even mounted. \$180 firm. Call 344-0019.

2 CARPETS from "Carpets by Stuart," 6 x 6 gray and 6 x 9 camel. \$40 each. Call Jan at 345-5796.

CRICKET DOLL - \$40. Tape included! Good Christmas gift - shop early! Regularly \$90, like new. Call 726-5145.

DARK ROOM SET B/W enlarger, timer, light, focus scope, etc. Must sell, call Francisco at 345-4452 evenings.

UPRIGHT PIANO - Stetson 1905 - Mahogany, excellent musical tone, appraised \$1150. Make offer 747-3446.

ACOUSTIC FENDER GUITAR. Top condition. \$100 or best offer. Contact Christine, 746-2606. Must sell.

15 CU. FT. UPRIGHT FREEZER, call any morning before 10 a.m. 746-7804. Will deliver, \$250.

QUEEN SIZE WATERBED, padded rails, waveless mattress, 8 drawer pedestal, headboard. \$350, evenings, 746-3104.

AUTOS

'73 **DODGE VAN** Longbed 1 Ton. Heavy duty rig for hauling, camping. \$2,000, Call Michael at 342-1038.

'73 **Ford Maverick** "Grabber" Original 302 V8 3-speed, AM-FM, dependable, quick, only \$650. Call Eric at 683-6562 evenings.

'79 **DATSUN 280ZX** 5 speed, power mirrors, windows, cruise. Excellent condition, \$4395. Please call 345-5564.

FOR RENT

FEMALE ROOMATE WANTED - one bedroom at \$162.50. Non-smoker, fireplace, dishwasher, pool, suana, new carpet, furnished! Call 726-5145.

ROOMATE WANTED - Excellent location 1/2 block from University of Oregon. Nice, clean apartment. Call 344-1902, ask for Shawn.

MESSAGES

THIEF! YOU STOLE MY WALLET and \$125 on 11/4/87 in P.E. locker room. I retrieved it from the trash container and had it dusted for prints. Yours are on it! So it's just time before I find you. Avoid trouble and return money to 1443 Delrose, Spfd. OR. 97477.

TERALYNN - Work is toe-tally awful without you under foot. My heart, your foot. Doortender.

A.A., Thursday, Room 219 from 1-2.

ADAM COMPUTER owners. Hundreds of public domain programs available. 747-6771 or message at **TORCH**, - Jeff.

FANTASY GAME CLUB will hold a meeting to accept new members and select new officers Nov. 18 at 3 p.m. in the cafeteria beside the video games. Please be there, Secretary FGC Rex Jemison.

DIANE - WE hate to see you go, but wish you the best in everything you do. The **TORCH** won't be the same without you. We're gonna miss ya! - Sad Torchies.

ROBERTSON'S DRUG

Your prescription is our main concern.

343-7715

30th & Hilyard



Ski, from page 1

calves, neck and torso.

• **WEIGHTS:** Now that I've stretched, my muscles are warmed up and ready to lift weights. Again, I start slow.

Strength and stamina are the key. Too much weight will result in unnecessary pressure on the knee joints and ligaments.

Three simple exercises, done properly, will give you all the power you'll need. I don't fully extend my legs to a locked knee position. Extending the knees in training will increase your chance of knee injuries.

• **HALF-SQUATS:** I start at a weight which will allow me to complete 20 to 30 repetitions. Holding the weights in front of my body -- making sure I look at the ceiling to prevent leaning too far and causing back injuries -- I slowly lower my body, bending at the knees.

Increase the weight for sets two and three, and do as many reps as you can. You should feel a (it hurts good) burn, but avoid this burn during your first week of training.

• **SEATED LEG EXTENSIONS:** Using ankle weights, I sit in a chair -- or at a Nautilus machine -- and slowly raise my legs to extend in front of me. Taking care not to lock the knees, I do four sets of these in the same increments as the half-squats.

• **LYING HAMSTRING CURLS:** Hamstrings must be worked to balance the strength your thighs will be gaining.

Lying on my stomach with my legs extended, again using ankle weights or the Nautilus, I slowly raise my feet so that my heels touch my buttocks. Again, I do four sets of these in the same increments as the half-squats.

When working out keep your mind on your goal (skiing) and you'll have better results on the slopes. And remember, skiing's FUN!

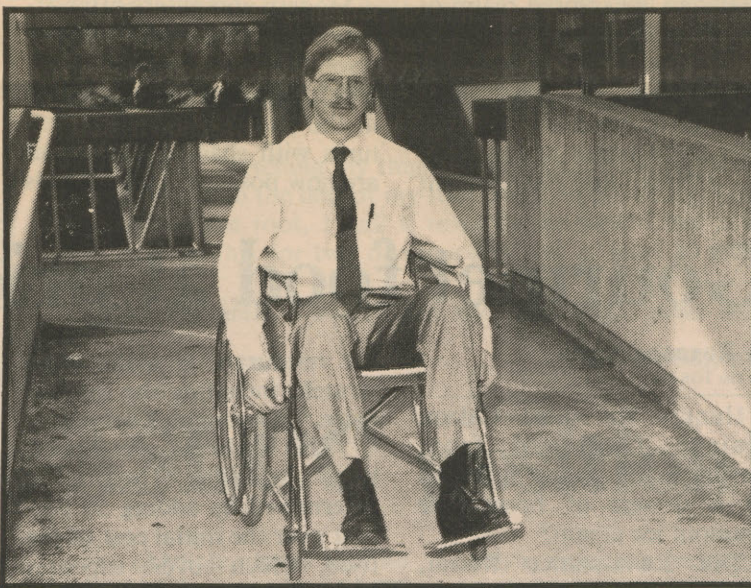


photo by Russ Sherrell

ASLCC Pres. Moisan participates in "Disabled Student Awareness Month."

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The Denali

LCC's Literary Magazine

is accepting submissions of poetry, fiction, art and photography for the first issue.

DEADLINE: Jan. 8, 1988

Submissions can be delivered to:

John Makosky, Editor
479 Center Building

Cheap thrills

FREE

First and third Fridays of each month "Dances of Universal Peace" will be held from 7:30 -9:30 p.m. at the Friends Meeting Hall, 2274 Onyx. The dances integrate many of the world's religions, singing and teaching.

11/13 Witness for Peace, a delegation that traveled to Nicaragua this summer will discuss and show slides of their trip beginning at 7:30 p.m. at Friends Meeting House, 2274 Onyx, Eugene. Call 485-1755 for information.

11/14 A dance in Room 167 of the Erb Memorial Union will feature salsa, merengue and cumbia music by the group "Cojunto Alegre," a ten-piece, Portland-based orchestra from 8 p.m.- 12 a.m.

11/14 The Saturday Market, 8th & Oak will present island jazz by Mark Harris at 11 a.m., gospel by "Inspirational Sounds" at 12:30 p.m., and jazz by "Moment's Notice" at 3 p.m.

11/16-17 The U of O Outdoor Program will explore Telemark, Track and Touring thorough discussions, demonstration and videos in Room 23 in the basement of the Erb Memorial Union. Call 686-4365 for information.

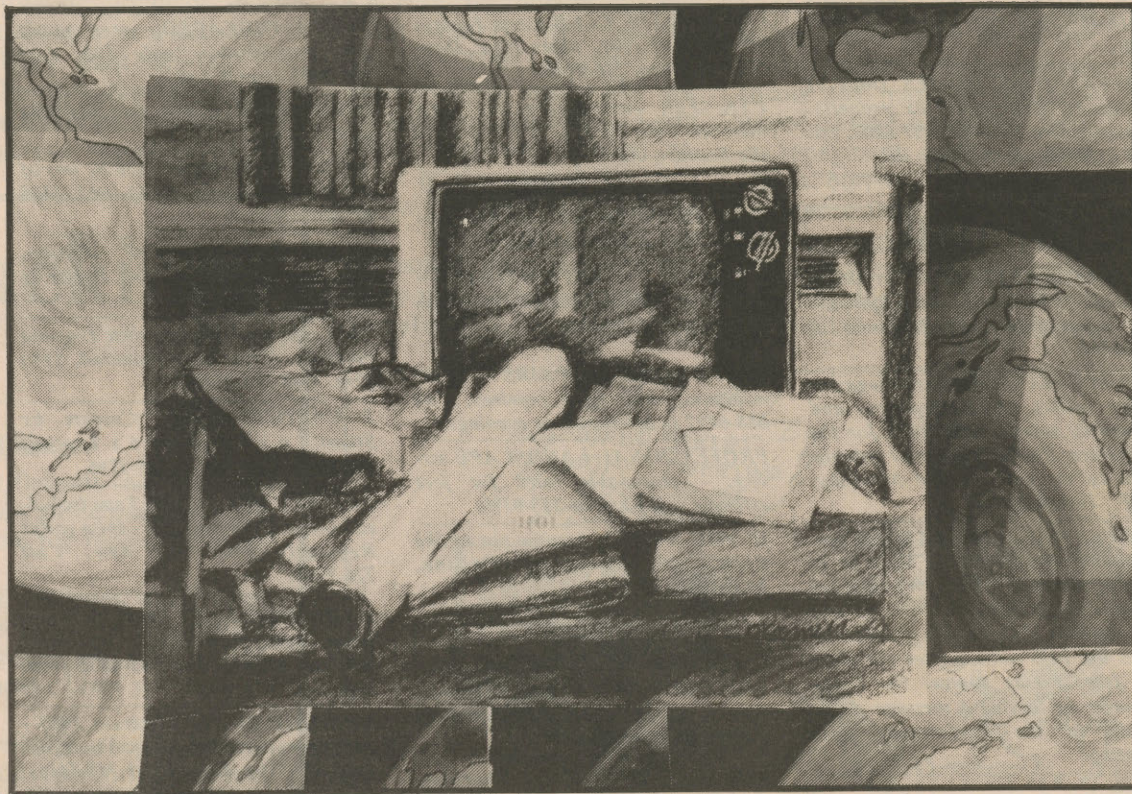
11/18 The U of O Outdoor Program will feature "Sawtooth Odyssey" at 12:30 p.m. in the basement of the EMU. The film features a ski-mountaineering expedition through Idaho's Sawtooth range.

CHEAP

11/19 The U of O Jazz Lab Band I and the Vocal Jazz Ensemble will perform at 8 p.m. in Beall Concert Hall. Tickets are available at the door for \$3 general admission and \$1 for students and senior citizens.

Submissions for Cheap Thrills are gladly accepted at the Torch office, 747-4501 ext. 2655 or 205 Center Bldg., c/o the Arts & Entertainment editor.

Computer art expanding creative horizons



by James W. Barber
for the TORCH

Whether using a paint brush, a potter's wheel, or a crayon, the artist expresses a new creative thought using his or her imagination as a tool.

The computer, with its new graphic capabilities, offers a relatively unexplored realm of creativity for artists.

"Computers are a new tool for artists," says Ken O'Connell, head of the Fine Arts Department at the U of O. "New and significant

things are being done around the country."

O'Connell, who holds a Masters of Fine Arts degree from the U of O, spoke at LCC on Tuesday, Nov. 3 about his works involving hand and computer animation.

Modern computers offer artists like O'Connell greater resolution and color choices, which were extremely limited in the past. Complicated textures with shading and detail are now possible. Hair, clouds

and dust particles are still difficult to create but will be overcome in the future.

O'Connell showed three films during the LCC engagement, demonstrating the various types of animation he has worked with. The first film "Kids III," is a collage of children's drawings combined with his own, which shows how each child views himself as a human being.

The second film shown was an unfinished piece called "Oregon Country," geared to

show the world the types of people who live in Oregon, the rain, the territory, and more rain.

The third film "Ships in Space," demonstrated how the computer can take a simple drawing like a cube and maneuver it into several angles only the computer can simulate.

Computer animated films are very expensive to produce. It usually costs from \$200-\$400 for a minute of film, and generally takes from six months to a year to complete. A standard animated film is about 12-15 minutes long, and O'Connell makes at least one film or project per year.

O'Connell's films have been shown in Japan, Yugoslavia, Seattle, San Francisco, and New York. He has won several awards, including Top Animated film at the U.S. Film Festival in Dallas, TX and the Ann Arbor Film Festival. His work is included in the "Computers in the Creative Process" collection showing at the U of O Art Gallery throughout the month of November.

Also shown were several slides of O'Connell's pastel and charcoal drawings that were on display at LCC from Oct. 26 through Oct. 13 in the Art Department Gallery.

Gourmet food at prices you can swallow

by Roxanne Smith
for The TORCH

Hungry for some Calzon Maison fashioned from freshly made pasta, followed by a dessert of homemade spumoni ice cream?

The Renaissance Room, located on the first floor of the Center Building near the north elevator, offers this and many more delicacies to flatter the palate for the standard price of \$4.

According to Renaissance Room Coordinator Willie Keohola, faculty, students and the public can enjoy a delicious meal Monday through Thursday, 11:30 a.m. to 1:30 p.m.

The restaurant, run by the Culinary Arts Program, provides a unique experience for students by developing their skills at menu planning, cooking techniques and customer service.

Although the restaurant has a standard menu, it also offers daily specials, such as Shrimp 'n Seafood Creole, Chicken Teriyaki, Grilled Lamb Kebabs, Chimichangas, and many others. With each meal the waiter serves a soup or salad, homemade bread, and dessert.

"Everything served from

the restaurant is made from scratch, including the mayonnaise," comments Keohola.

"This is a break-even operation," he adds. "The price is determined by adding 50 percent over the initial cost of the food, which covers expenses such as menu printing, cocktail napkins, disposable

items, and fresh flowers."

The LCC Culinary Arts Program, in conjunction with the Renaissance Room differs from other culinary schools. "Students leave here after two years with an associate of applied science degree," Keohola says. "They have received not only food preparation skills,

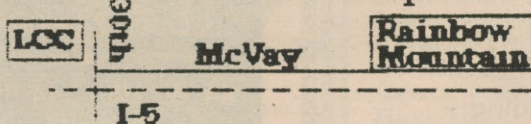
Editor Needed

An Editor is needed for The TORCH student newspaper.

Applications for the salaried position may be picked up in the TORCH Office, Cen. 205 beginning Monday, Nov. 16. Deadline for all applications is Nov. 25. Contact TORCH Advisers Pete Peterson or Dorothy Wearne for further information.

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