

The TORCH

"The written word passeth on the torch of wisdom"

Ralph Abernathy to speak at King celebration

by Diane Davis
TORCH Editor

The Rev. Ralph David Abernathy will be the keynote speaker for LCC's Martin Luther King, Jr. Commemoration on Jan. 15, 1988.

Abernathy and King were co-founders of the Southern Christian Leadership Conference (SCLC) in 1957, and Abernathy served as its president. He first became a close friend with the late civil rights leader while they were both in their twenties. From that time forward Abernathy was side-by-side with King in fighting for equal rights for America's blacks. Abernathy was also at King's side when the civil rights leader was assassinated on April 4, 1968, in Memphis.

Some of the more publicized results of Abernathy and King's activities during the 1950s and '60s were the integration of schools, restaurants, and buses in the South; the passage of the Civil Rights Act of 1964, and the Voting Rights Act of 1965.

On Nov. 25 ASLCC Cultural Director Rico Perez received confirmation of Abernathy's participation in the campus observance of Rev. King's birthday, Jan. 15.

"Throughout the city (of Eugene) the Martin Luther King observance is growing. We (the ASLCC) thought a direct link to Martin Luther King would be the most effective way of informing the public, and of observing Dr. King's birthday. We are for-

see Abernathy page 3



Ralph Abernathy (left) with the late Martin Luther King, Jr. in the sixties.

Women's cross country wins NWAACC title

by J.V. Bolkan
TORCH Sports Editor

The LCC women's cross country team streaked to a first place tie with host Spokane in the Northwest Athletic Association of Community Colleges (NWAACC) Championship on Nov. 13.

"It was a battle. A real exciting race. I really feel good about this championship. Everything we got, we worked for," says Coach Lyndell Wilken.

Spokane entered the meet as the overwhelming favorites, having trampled LCC by 30 points five weeks ago.

"At first it (the tie) was a letdown, then we realized we shouldn't have even gotten that," says LCC's Laura Pieratt, who finished fifth overall. "Our positive attitude is what made the difference."

Spokane's Kari McKay and Orinne Goldberg finished first

and second, respectively. But the consistency of the Titans was reflected in the results. Lisa Moe finished in fourth place with a time of 19:37, followed by teammates Taunya Pieratt in fifth, 19:47, Nicole Lightcap in sixth, 19:48, and Laura Loren in seventh, 19:50. Shelli Gray rounded out the Titan scoring,

finishing in 11th place at 20:09. LCC's Jennifer Huff finished 12th with a time of 20:11.

Loren crossed the finish line a half-second in front of Spokane's Heather Maple. According to Pieratt, that "was the difference between losing and getting a tie."

Wilken concurred, stating



photo by Michael Primrose

LCC's NWAACC women's track team.

that "Loren ran a tremendous race, performing beyond any expectations."

Loren admits to providing the pivotal points, but is reluctant to take personal credit for inspiring her teammates. "Everyone is going through the same thing out there. It's a lot easier when teammates are there to help."

Loren claims that concentration was the key to her performance, describing her near trance-like state during the race.

"You hear your own breathing and that of other runners. You can tell how tired they are by the way they breath. You can tell who you can pass, and who you can't. Sometimes I would hear a word that somebody would yell. I've never been as focused as this."

Loren trailed the leading

see Run, page 12

Eligibility for aid altered by new law

by Robert Ward
TORCH Associate Editor

Because of amendments Congress included in the Reauthorization of Higher Education Act of 1986, beginning Summer Term 1988 LCC's financial aid office can no longer consider costs incurred for supporting dependents when calculating financial aid eligibility.

According to Financial Aid Director Linda Waddell, only expenses for the applicant will be included.

And, she continues, "Financial aid eligibility for students will be based on their income from the prior calendar year."

Students who had an outside job the preceeding year could receive less funding even if they don't plan to continue working.

see Aid, page 3

Men's Basketball

Turn to **page 13** for an introduction to the 1987-88 winning team.

Final Exams

For a schedule of Final Exam Week see **page 11**. And for a summary of exam week rules, see **page 3**.

The Dream Lives On

Martin Luther King, Jr.'s dream of equal rights and justice for all is examined in a special feature on the late civil rights leader. See **pages 7, 8 and 9**.



LCC: A step on the ladder of life

Forum by Terese Lutz
LCC Student

Sometimes I ask myself, "Where am I going? Why am I here? What am I going to do with myself?"

Well, do you know what I'm doing? I am taking a good step. Not the kind of step defined by Architectural Graphic Standards which states: "A good step is twice the rise plus the run equals twenty-five inches." But, I am performing an action in order to achieve a goal. My goal is to graduate from Lane Community College.

Lane Community College is nestled against a hill-side and designed with multi-level architecture. Because of this there are many steps on campus which serve as a rest for the foot in climbing up or down. Do you suppose the architect did this on purpose? Do you think that he could have known that I would end up here and relate the steps at Lane Community College to the steps in my life?

One evening I stopped in at the bottom floor of the Center Building to buy a soda before class started. I had to hurry because my class, four flights up, was about to start. The weather was sunny and hot, and I was packing a bag full

of books. I started running up the stairs but quickly slowed down when I broke out in a sweat and ran out of breath. I didn't think I was going to make it to the top floor. But then I stopped and thought to myself, "One step at a time. You can do it, one step at a time." In fact, that is exactly what I did. I made it to the top of the stairs one step at a time, and I plan to work for my diploma the same way.

A step has a beginning and an end. The period of time that it takes to accomplish a step can be difficult and trying. For example, a small child learning to walk will struggle to get into a standing position, then totter and wobble while summoning up the courage to raise up one foot and place it in front of the other one. Similarly, making the decision to give up a full-time job in order to attend school and change careers can be equally difficult and trying.

I am sure you have heard the saying, "The first step is always the hardest." Indeed, this is true. It requires great effort to take the first step. Once the first step has been taken, goals can be reached and dreams can be realized. I believe I will make my own definition of a good step; twice the effort plus the courage equals goals accomplished, satisfaction and happiness.

Not O-KKK

Dear Editor:

Last month I was studying in the library when nature called. As I entered the stall in the library's second-floor bathroom, I began to read the graffiti. We all do it. After all, what else is there to do?

As I read I nearly became sick. Phrases like "long live the South and her ways - KKK" and "No Niggers Allowed," were all over the walls.

I could not believe how offensive this graffiti was. The words "nigger" and "KKK" were in at least 10-15 places in this one stall. As I began to get angrier and angrier, I thought, "Hey, wait a minute. Somebody who works for LCC, whether it be a janitor or a teacher, or whomever will notice this and take care of it." I was wrong.

As of Monday, Nov. 30, when this letter was written,

the ugliness was still there. Now, either the LCC administration is a group of apathetic unfeeling cretins who do not want to squeeze \$5 out of the budget for brown paint to cover up this offensive garbage, or they wholeheartedly agree with what is written and want it to remain on their walls as a statement of their beliefs.

If LCC does not do something to repair this indecency then they are as guilty as the mindless creatures who created it.

Pete Hodson
LCC Student

Didn't know

Dear Editor:

I was more disappointed than excited to see your review of the speech by Ken O'Connell, who spoke about hand and computer animation on Nov. 3.

I read the TORCH and I try to look at the bulletin boards regularly, yet I did not know about this speech. Was it sponsored by the Art Department? If any instructors in Data Processing knew about

see Letters, page 3

We must wake up to live King's dream

by Diane Davis
TORCH Editor

Next year, 1988, we will observe the twentieth anniversary of the assassination of Martin Luther King, Jr.

Twenty years ago, on April 4, 1968, a man who refused to hate whites -- and had every reason to -- who devoted his life to finding the solution to the injustices America had heaped upon its black citizens, was shot down on the balcony of the Lorraine Motel in Memphis. He was a man who had dignity and believed in non-violent direct action and love for your fellow man (no matter what the color), yet he was a victim of violence.

Dr. King believed that pacifism was the silent acceptance of evil and that America's blacks could no longer silently accept the unjust treatment of unequal housing, segregated buses and schools, poll taxes and physical threats to prevent them from voting. Yet, he believed that it was better to have violence inflicted on oneself than to be the inflictor, and once said "the aftermath of nonviolence is the creation of the beloved community, while the aftermath of violence is tragic bitterness."

But that was 20 years ago. Who cares? Things aren't like that anymore. Right?

This past summer a law enforcement officer from Idaho warned Eugene police officers that leaders of the extremist Aryan Nation want to claim Oregon, Idaho, Washington, Montana and Wyoming for their nationalized homeland. He told, during a two-day conference, how racial and anti-Semitic incidents that preceded the establishment of white

supremacists in Idaho started out subtly.

Also this summer, *The Register Guard* carried front page photographs of a Noti tavern that displayed anti-black signs at its entrance, and of a Brownsville tavern's derogatory ethnic caricatures.

and loved.

Yet, with the new year the reality sinks in. For the most part we are an apathetic lot, unconcerned with anything more than punching the time clock, making the grade, or earning that extra buck.

We can read story after

later by the same hate and violence he worked so desperately -- through love and non-violence -- to rid from the country?

Is there really nothing we can do to prevent prejudice and hatred? We have to look no further than the residents of Coos Bay, OR to answer that question. When threatened with the presence of the retiring Grand Dragon of the KKK, the community banded together in a united effort and said "No, we don't want that kind of influence in our town."

America as a nation should decay the influence of prejudice and racism by divesting itself of all holdings in South Africa. Why do we, as a nation, accept the inhumane treatment of blacks in that country? Why don't we denounce the prejudice in South Africa in the same way we denounce terrorists or communists?

As individuals we should eradicate racial slurs, whether on bathroom walls, posted on tavern billboards, in our speech, or in our jokes.

But, most importantly, we should teach our children that a person's value is not determined by the color of his or her skin.

The America of the eighties should be proud to proclaim that it truly has freedom and justice for all. We should not, still, be fighting for recognition and equality because our skin is a different color.

We no longer have Dr. King here to fight against the injustices present in today's world. Without his voice, are we immobile? No. Let's begin today to continue King's fight against prejudice and racism.



Most recently, a student at the U of O had his car vandalized and was threatened by fellow students because of his race.

Why bring all this up right before the holidays?

Because Christmas is promoted world-wide, by Christians and non-Christians alike, as a time of peace and brotherhood. Supposedly, this is the one time of year when we put aside our prejudices and concentrate, not on ourselves, but on our fellow man.

For this one month, most of us will enjoy being alive and will feel tremendously blessed

story about apartheid in South Africa or marches by the KKK in America and make no attempt to alleviate the injustices that hate and prejudice force on others.

We will, most likely, silently sit by while the Aryan Nation takes over the Pacific Northwest, either because we believe one person can't make any difference, or because we simply don't care.

During 1988, we should carefully consider the impact of the anniversary of Dr. King's assassination. Did this man labor in vain, only to have America overrun 20 years

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.

"Forums" are essays contributed by TORCH readers and are aimed at broad issues facing members of the community. They should be limited to 750 words. Deadline: Monday 10 a.m.

"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.

News Tracking

compiled by Robert Ward
TORCH Associate Editor

Hot line for Financial Aid

A toll-free hot line for students with questions about federal financial aid programs has been reinstated, four years after the Reagan Administration discontinued the service as a budget-cutting measure.

The service was re-authorized last year as part of the Higher Education Amendments.

The Reagan Administration estimated the cost of establishing the toll-free number to be between \$800,000 and \$1 million per year.

Sen. Claiborn Pell, D-RI, said the hot line was well worth the money if it helps deserving students get the financial aid they will need to attend college.

Pell said the operators could give information about federal aid programs and help students with questions about applications.

Students with questions can call, toll-free, (800) 333-4636, Monday through Friday, from 6 a.m. to 2:30 p.m., PST.

College Enrollment to Stabilize

College enrollment will be relatively stable over the next four years, according to projections by the US Dept. of Education.

Total enrollment topped 12 million throughout the 1980s and peaked at 12.46 million in 1983.

This fall some 12.3 million students are attending college, according to the department's Center for Education Statistics.

While the size of the 18-24 year-old student population will drop seven percent from 1987-1991, enrollment in higher education is projected to decline only 0.8 percent over the same period. This is due to a slight increase in the proportion of high-school graduates who enter college, and because of increased enrollment of older and part-time students.

During the next four years, the Department of Education's Center for Education Statistics expects:

- The number of full-time students to drop 3.3 percent, while the number of part-time students will rise 2.5 percent.
- Undergraduate enrollment will fall 1.2 percent, while graduate enrollment will rise 2.1 percent.
- Enrollments at four-year colleges and two-year colleges will decline 0.8 and 0.9 percent, respectively.

Accreditation Agency Questioned

The American Assembly of Collegiate Schools of Business (AACSB) may not be meeting federal standards for accrediting agencies, and an Education Department advisory panel has put off a vote on whether to renew the agency's status.

The action came after several community college leaders told the advisory panel that the business group had made it too difficult for students to transfer to four-year institutions.

While the advisory panel's action had little practical effect, it was viewed as a serious attempt to make the business-schools group more aware that some of its policies are highly controversial and might need revision.

The harshest attack on the business-schools group came from the American Association of Community and Junior Colleges (AACAJC). It charged that the AACSB had such inflexible requirements for accreditation that many community college students had been unable to earn credit for more than a handful of courses when they transferred to four-year business programs.

It also claimed that many community college students had to enroll in courses very similar to ones they had passed while at the two-year schools. These standards particularly harmed older student who do not have the time or the resources to repeat courses.

The Secretary of Education maintains a list of accrediting bodies he has approved. Institutions must be accredited by an organization on that list to be eligible to receive money from the Education Department.

Telephone registration upgraded

by Norman Gravem
for the TORCH

When students begin phoning-in their class requests on Dec. 14, they should experience fewer problems with the "Classline" Telephone/Computer registration system than they encountered during Fall Term.

In four meetings this term with department secretaries and administrative assistants, Admissions Director Bob Marshall and Computer Services Director Jim Kiezur have tried to devise solutions to procedural problems created by the new system.

In a series of articles in the Nov. 23 TORCH on Classline registration, one of the main complaints was that students did not receive a paper copy of their class schedule. Marshall says "There's a slight possibility" that paper copies will be available as early as January.

Most -- although not all -- of the other problems have been corrected, says Admissions Office Supervisor Sharon Moore. She says

students can expect the following changes when they register for classes beginning Dec. 14.

- The computer will have eight additional phone lines -- 24 total instead of the 16 of Fall Term.
- The college will provide a new telephone registration worksheet to make registering easier.
- The computer will "know" about prerequisites for any given class.
- The computer will "tell" the registering student if a desired class has been cancelled.
- A student will now be permitted to withdraw from school at any time during the first three weeks of the term without obtaining the signature of a counselor.

As far as the computer itself, Moore says "it overloaded the second day (of Fall Term), but there haven't been any problems since." She, Marshall, and Keizer expect better service for students on one end of the phone, and more efficiency from the computer at the other end.

Aid, from page 1

Congressional Methodology, a new system mandated by the federal government to determine students' financial aid eligibility, is the cause for these new regulations.

According to Waddell, Congress wanted more predictability in the system (of determining financial aid eligibility) usually delegated to the Department of Education.

Congress felt that the Department of Education was making too many interpretations in predicting financial aid eligibility for students.

In the past, says Waddell,

students applying for financial aid were asked to project their income for the upcoming year and then report any actual changes to their school financial aid office. But Congress claimed that students weren't reporting those changes.

As a result of this legislation, Waddell says the college is particularly concerned about the 415 single parents receiving financial aid at LCC.

"We can still allow for child care costs," she says, but students with dependents will probably have to rely on welfare, other agencies, or

child support to make up the difference.

The procedure for applying for financial aid has not changed.

The financial aid office has set up a series of workshops in January to explain the new changes and the effects it will have on students. On Jan. 12, 19, and 26 workshops will be held at 10:00 a.m. in Forum 309. On Jan. 13, 20, and 27 workshops will be held in Cen. 446 at 2:00 p.m. An evening session will be held on Jan. 20, in Forum 309, at 6:00 p.m.

Finals week procedures

by Robert Ward
TORCH Associate Editor

Final Exam Week of each term can be a trying time for students. But there are certain procedures and policies set up by the college to insure that students aren't presented with any surprises, and to protect a student's rights.

The official procedures for exam week are as follows:

- Final exam week is always the last week of the term. Final exams are not to be given prior to that week. Exceptions must be cleared through the department head.
- The normal time allowed for a final exam is one hour and 50 minutes.
- An instructor does not have the option of changing the final exam time, or room, for any course.
- Students having more than two exams in one day may request a rescheduling of one exam. This must be done prior to the date scheduled for the final. Students should see instructors to make this arrangement.

If a student experiences any difficulties with any of these procedures and is unable to achieve satisfaction from an instructor, he/she should contact the appropriate department head for that course.

Letters, from page 2

it, they neglected to tell the students.

Is a lot of campus apathy caused by not caring, or not knowing?

Ester Rogers
LCC student

Policy switched

Dear Editor:

The Financial Services Office has changed its policy of garnishing the advance checks of Veterans' Administration students. Veterans who have had their checks withheld by the Financial Services Office may apply to the office for a refund. The refund decision will be made on a case-by-case basis.

As of Nov. 3, 1987, this information has not been published by the Financial Services Office, however, the Veterans' Office on campus has been answering questions from those veterans who ask.

This information was to have been passed to me by the Financial Services Office as soon as a decision was reached. I found out about the change from the Veterans' Office here on campus; not from the Financial Services Office. Why?

Those veterans who are affected should check with the Veterans' Office on campus with regards to financial jeopardy.

Timothy J. Troupe
LCC Student

Abernathy, from page 1

tunate that we are the ones who are going to have that direct link."

Bob Demers of the American Program Bureau in Boston, MA which schedules Abernathy's speaking engagements, in a Nov. 30 telephone interview, told the TORCH that Abernathy devotes a large majority of his time now to traveling around the country and "speaking about the progress achieved by blacks, and goals yet to be achieved."

The Jan. 15 LCC observance is open to the public and free of charge. It will take place in the Main Theatre from 7 p.m. to 9:30 p.m. The event is sponsored and organized by the ASLCC.

Feds require college drug abuse prevention plan

by J.V. Bolkan
TORCH Sports Editor

LCC must provide a substance abuse prevention program, or face federal funding withdrawal.

Student Health Director Sandra Ing claims that while the government provides no money for the new program, it will discontinue financial aid grants if such a program is not implemented.

"It is a pretty big stick they wield. Fortunately, they haven't set any guidelines. We could probably get away with simply putting a few posters up." But she says while the US government isn't asking much, LCC will attempt to provide more.

To begin, Ing hopes to form a committee, hopefully leading to a task force, which could tackle the problem. "That way we can spread the work around," explains Ing.

Although demographics suggest that a serious drug and alcohol abuse problem exists at LCC, Ing thinks the problem is more easily hidden at a commuter school than on a dorm-based campus.

John Gieber, a former LCC student who now teaches classes for substance abuse counselors at Portland Community College, agrees that LCC has a substance abuse problem.

"Eugene has a huge problem with methamphetamines. The chemicals are very toxic. They are very destructive -- that drug messes people up badly," says Gieber.

Although methamphetamines are terribly destructive, there is a bigger threat from a more pervasive drug. In Gieber's opinion, the drug causing the most destruction in society is alcohol, and tobacco is a close second.

Gieber claims that figures from the 1985 *World Health Report* show between three and five times as many deaths are alcohol-related as opposed to deaths from illegal drugs.

Gieber says that well over \$1 billion dollars are spent annually on the advertising of alcohol. And he complains that much of the current focus on drug abuse is a "cop-out." As long as we pretend that the

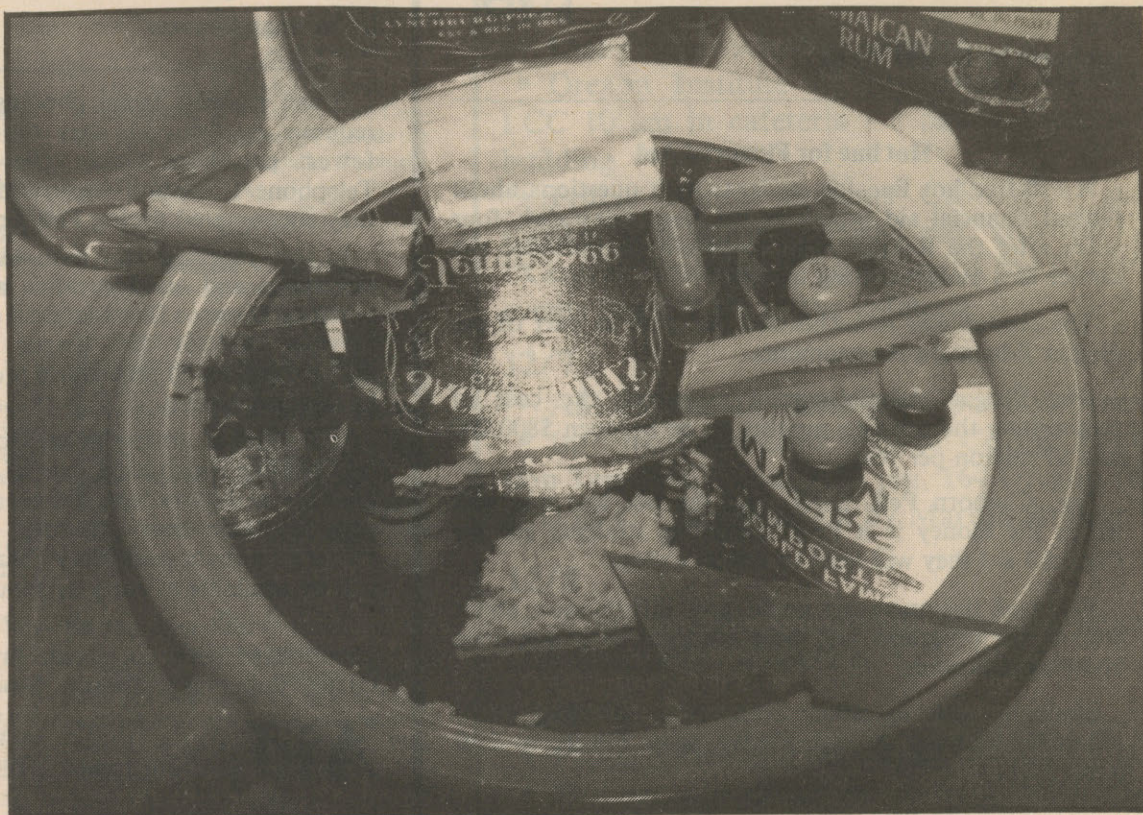


photo by J.V. Bolkan

LCC's substance abuse program will offer alternatives to drugs.

killer drugs are all right, "most abuse prevention programs are doomed to fail because they are based on lies."

Rather than run anti-drug

messages, which Gieber claims often backfire by arousing curiosity concerning a drug, Gieber says substance abuse prevention programs should offer alternatives to drugs.

"Let's face it, drugs work. We need to offer abusers something better than drugs. You can tell people to just say 'No,' but what can they say 'Yes' to?"

COME PLAY WITH US WINTER TERM!

PERFORMING ARTS PRESENTS EXCITING COURSES (SOME NEW) IN MUSIC THEATRE & DANCE...

SEE THE SCHEDULE AND SEE US, TOO!

Rolfing techniques relieve muscle and bone tension

by Brian Frishman
TORCH Staff Writer

When Steve Hargreaves studies he doesn't get a headache, or a painful, tense neck anymore. Not since he discovered a form of body restructuring called Rolfing.

"Since I went through the Rolfing series I have more energy, I'm less tired, and I don't have to endure the chronic pain that hours of studying over a long period of time can cause" says Hargreaves, a U of O student.

Many of the common physical problems associated with studying, with using a computer, or with working at a desk job can be relieved by Rolfing, say Hargreaves and other advocates of the method.

In Rolfing a therapist manipulates fascia, the soft tissue that surrounds muscles and bones, so the body can return to its proper structure.

We've all seen fascia. It's the thin white membrane that surrounds chicken meat.

According to Rolfing specialists, in cases of chronic tension, like the often bent and sore necks of students, the vertebrae are bent and misaligned so the muscles in the neck and upper back must support the neck, instead of the vertebrae doing the job. When this happens the fascia hardens and takes on the inelastic qualities of bone. The muscles then become constricted as the fascia restructures itself to give added support to the muscle.

"Fortunately, by applying pressure and manipulating tissue, the fascia becomes more soluble," says Karen Lackritz, a Rolfer from Eugene. "It seemingly melts, and then it will form a new pattern, actually a new meshwork." Ida Rolf, who developed the technique in the thirties, once compared the body to a tent where the poles of the tent are like the bones of the body, and the fascia is like the strings that give the tent its shape.

By reorganizing these "strings" a rolfer can structurally integrate the body to its natural state, claims Rolf.

Joel Schwartz is a U of O senior majoring in Physical Education and Bio-Mechanics. Schwartz claims that, "Rolfing helped me to study better. I became more efficient. I was spending less time studying and getting more accomplished than before I was Rolfed."

"Essentially the physiology of the body affects how the mind works. You can't separate the two," he says.

see Rolfing, page 14

Health & Physical Education Department invite you to

Open House and Registration Faire

Open House GYM LOBBY Registration Faire

Wednesday, Dec. 9

9 a.m. - 3 p.m.

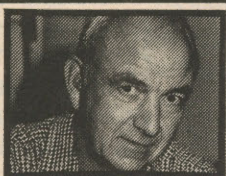
- Academic advising
- Financial Aid advising
- Registration assistance
- Winter schedule information
- Displays, drinks, free popcorn

Dec. 14-18

Drop by after your final

- PHONES
- REGISTRATION ASSISTANCE
- ANSWERS TO:

"What class best fits my needs?"



Irv Roth



Mary Seereiter



Debbie Daggett



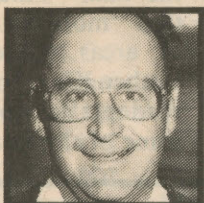
Bob Radcliff



Susan Burch



Bob Foster



Dale Bates



Jan Burrell



Cecil Hodges



Lyndell Wilken



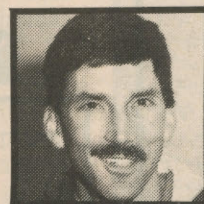
Sue Thompson



Fran Thomas



Bob Creed



Harland Yriarte



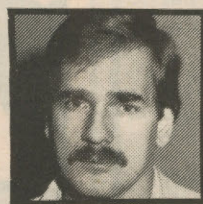
Judy Ward



Kurt Schultz



Jan Ryer



Gary Knapp



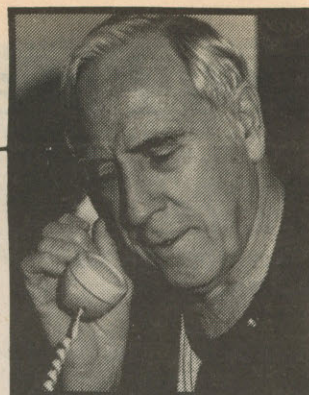
Dr. Fred Loveys
Dept. Chair

For additional information contact: Dr. Loveys:
Department of Health & Physical
Education/Athletics
747-4501 ext. 2545



Dave Roof
Counselor

Tom
Young



"The HPE faculty acknowledge Tom as a Master Teacher. We applaud his dedication to his students and marvel at his skills on the courts. Tom represents the best things at LCC. Neat students, outstanding teaching and great PE classes!"

We invite you to sign up for one of Tom's Winter Term classes.

MWF

Seq. 651 Beg. Badminton 10-11
Seq. 724 Pro Act Badminton 8-10
Seq. 688 Beg. Racquetball 1:30-2:30 (UofO)
Seq. 689 Int. Racquetball 1:30-2:30 (UofO)

UH

Seq. 655 Int. Badminton 10-11:30
Seq. 711 Int. Volleyball 8:30-10

COURSE OFFERINGS WINTER '88

FITNESS & CONDITIONING

- Circuit Weight Training
- Conditioning
- Correctives • Exercise Walking
- Exercise & Weight Loss
- Jogging
- Relaxation/Stress Reduction
- Strength Training • Weight
- Training • Yoga

INDIVIDUAL & DUAL SPORTS

- Badminton
- Bowling • Fencing
- Gymnastics • Racquetball

COMBATIVES

- Karate • Personal Defense

DANCE

- Dance Aerobics
- Intro to Teaching Dance

TEAM SPORTS

- Basketball
- Soccer • Volleyball

OFF CAMPUS

- Bowling (Emerald Lanes)
- Racquetball (U of O)

NEW COURSES (1-2 credits)

- Winter Camping/Survival
- Cross-Country Skiing
- Downhill Skiing

PE MAJORS & PROFESSIONAL ACTIVITIES

- Advanced Sports Conditioning
- Badminton • Basketball

HEALTH (3 credits)

- Advanced Emergency Care
- Care & Prevention Ath. Inj.
- First Aid • Health & Cardio. Disease
- Health in Later Years
- Human Sexuality
- Industrial Safety
- Personal Health

EVENING COURSES

- Cross-Country Skiing
- Dance Aerobics • First Aid • Karate • Personal Health • Strength Training • Volleyball

TV COURSE

- Personal Health

See Winter Term schedule for day & time.
\$ - Additional fee for off-campus courses.



George Gyorgyalvy

Dwane Miller

Winter Outdoor Classes

Enjoy the out-of-doors this winter in one of these physical education credit classes. For times and locations check class schedule listings under Health and Physical Education, or call Dwane Miller or George Gyorgyalvy in the Health and Physical Education Department, 747-4501, ext. 2545.

Cross-Country Skiing

Choose a class for students with children or one with students only.

Downhill Skiing

Two five-week sessions; Thursday skiing at Willamette Pass. The package price is \$100 which includes instruction, lift ticket, and transportation.

Wilderness Camping/Survival

An overnight camping trip in the snow.

Let us keep you in touch
with fitness

Rico Perez: Fighting apathy, inciting action

by Diane Davis
TORCH Editor

Student Rico Perez has been fighting apathy at LCC for two years.

Most recently he has pressed for an organized Center Building evacuation plan for disabled students. He admits he's been "butting heads" with the LCC Administration throughout Fall Term.

Perez was appointed as the ASLCC Cultural Director during Fall Term 1986-87, and re-elected Spring Term. But, besides coordinating music and public events, he wants to resolve what he considers legitimate problems on the campus.

"I'm sure the present government (ASLCC) does not want to butt heads, but (the lack of an adequate evacuation plan) is a problem that needs to be addressed. They (disabled students) have paid their money to come here. Why ignore them?"

He says because he is a minority member, he may be more sensitive to people who are being ignored -- and to apathy.

For example, he refers to a general campus-wide apathy he experienced after organizing last year's Martin Luther King, Jr. commemoration.

"I had to beg people to come. Five minutes before it began there were 10 people in the auditorium. Thank God, at 12 noon three classes showed up. (But) I was very disappointed."

Attributing the lack of student interest to deficient instructor support, Perez says,



photo by Russ Sherrell

ASLCC bids farewell to Cultural Director Rico Perez.

"I can't stress enough to the faculty here that the ASLCC would like to support you, but we'd also like to be supported."

Perez has already engaged performers for this year's Martin Luther King Jr. Commemoration, which will be held on Jan. 15 in the LCC

Performing Arts Theatre from 7 p.m. to 9:30 p.m. He has booked the *Inspirational Sounds Gospel Choir*, but says the program is still in the planning stages.

In addition to the King program, Perez has been formulating plans for campus entertainment for the entire

school year. This rush to organize and book groups for Peace Week, noon concerts, and outdoor concerts for Spring Term -- among others -- is predicated by his anticipated departure from LCC at the end of Fall Term.

"I will disappear into the flow of students at the U of O," states the music major.

To advance his goal of becoming a music promoter -- while getting an insider's view of the career he hopes to pursue -- Perez spent this past summer working as a bookings coordinator for the Hult Center. He gathered promotional materials and coordinated funding. And he booked entertainment for Concerts in the Park, the Harvest Fair, the Eugene Celebration, and Arts in the Vineyard.

"The Eugene Celebration was the most challenging by far. On three days of the Celebration I was stage manager for three productions. It really kept me running."

Anticipating his "disappearance," Perez admits he is grooming ASLCC Senator Mike Stewart to take over the position of Cultural Director.

"Mike Stewart is very dedicated. The (ASLCC) cabinet will have to appoint him, but they would be losing a major asset if they don't appoint him."

Stewart has already shown a similar dedication to some of the issues on which Perez has focused this year, namely disabled students.

The culmination of their ef-

forts for an organized evacuation plan is a month-long registration by the ASLCC of all disabled and incapacitated students on campus.

"The Administration is not listening. Otherwise they would have implemented a program beyond saying, 'Everyone will know what to do.' We're paying to come to this school. We have a right to be safe, and to courtesy instead of opposition."

Rather than waiting for what he claims were unkept promises by the administration for an organized plan at the beginning of Fall Term, Perez is conducting the current registration to get an up-to-date head count of all disabled students.

He also says it's imperative to find out what a student's disabilities are, before pulling him or her out of a wheelchair and causing possible injury.

Stressing again the importance of instructor support, Perez says, "It's not feasible to think that students will go orderly down the stairs, bringing the disabled with them. We must organize instructors to bring down these students, as well as their expensive equipment."

While Perez might not be around to see the actual fruits of his labor for an evacuation plan, he says he's leaving LCC on a good note.

"Despite some of the let-downs, you take the good with the bad." And Perez thinks that "more instructor support in areas concerning Martin Luther King Jr. and disabled students" would alleviate some of the "bad" at LCC.

International Students get American mentor help

by Katayoon Moavenzadeh
TORCH Staff Writer

Moving to a foreign country, making new friends, and learning a new language is a ponderous, and sometimes unbearable, experience for a student.

LCC's Peer Mentor program is designed to help international students in their transition to life in America through cultural awareness.

The program advocates learning about customs, social rules, similarities and dissimilarities between a foreign student's country and his (or her) new home.

"International students have language problems," says peer mentor coordinator, Hidehiko Suyama. "Therefore they have hesitations when it comes to communicating with American students. So they always get together with students from their own country."

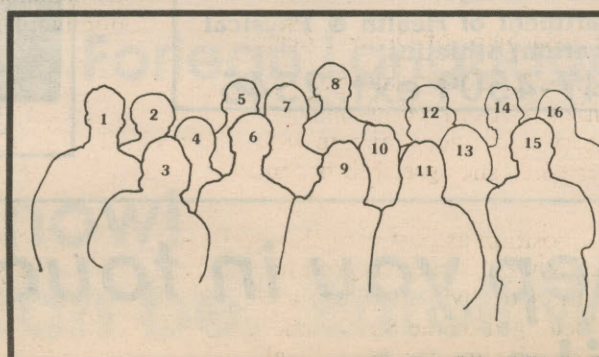
In order to break the social barrier, American students are asked to volunteer as mentors and are paired up with foreign students. Activities are scheduled to help them become better acquainted.

The paired couples meet at least twice a week to develop the language skills of the international student through conversation.

Paired students are also required to make cultural presentations at elementary and middle schools in the local area during winter and spring terms.

The peer mentor program is housed at the Multicultural Center because, according to peer mentor Advisor Mason Davis, both the center and the program share the common goals of encouraging people to develop a one to one relationship, regardless of where they are from. Both also uphold individual cultural identity and heritage, he states.

Happy Holidays from the TORCH Staff



- (1) Mike Saker (2) Kyle Abrams (3) Mike Primrose (4) Jaylene Sheridan (5) David Monje (6) Russ Sherrell (7) J.V. Bolkan (8) Pete Peterson (9) Penny Whalen (10) Jennifer Archer (11) Dorothy Wearne (12) Diane Davis (13) Julie Crist (14) Kerry Wade (15) Robert Ward (16) John Kane

photo by Michael Primrose

Martin Luther King, Jr.

1929 - 1968

A Dream Deferred

*What happens to a dream
deferred?
Does it dry up like a raisin in
the sun?
Or fester like a sore -
and then run?
Does it stink like rotten
meat?
Or crust and sugar over -
like a syrupy sweet?
Maybe it just sags like a
heavy load.
Or does it explode?*

Langston Hughes

Page Designs by Diane Davis

TORCH Editor

Story by David Monje and Diane Davis
of the TORCH

Martin Luther King, Jr., was born in Atlanta, GA, on Jan. 15, 1929. His mother was a school teacher named Alberta Christine Williams King, and his father, Rev. Martin Luther King, Sr., was a Baptist minister.

From 1935 to 1944 King attended the David T. Howard elementary school, the Atlanta University Laboratory School, and the Booker T. Washington High School.

He left high school after his junior year, and entered Morehouse College as a freshman, at age 15. His fervor for learning, which had induced him to apply for college at such a young age, remained with him throughout his years at Morehouse.

After graduating from Morehouse in 1948 at age 19, King obtained a license to preach and became an associate pastor to his father at Ebenezer Baptist Church in Atlanta.

While serving the congregation with his father proved to be a time of closeness for the two, they differed in their outlooks towards the racism surrounding them. Martin had not developed the resentment towards whites that the senior King had. He once told his father, "I know I could resent every person in the white race, and it would be easy. That's the point. It would be too easy, and I know the answer to so much of this is more complicated."

His need to find a means to solve the oppression of his race drove him to enter Crozer Theological Seminary in Chester, PA., in September of 1948. While there he studied the teachings and philosophy of Mohandas K. Gandhi of India. It was through his study of Gandhi that King developed the seeds of his plan of non-violent direct action that he would later use to confront the injustices against American blacks.

He came to believe that non-violent direct action was not the same as pacifism -- simply ignoring an evil. Instead, he said, it was a "courageous confrontation of evil by the power of love, in the faith that it is better to be the recipient of violence than the inflictor of it."

He later said of his study of Ghandi, "My skepticism concerning the power of love (Jesus' 'turn the other cheek' and 'love your enemies' philosophy) gradually diminished, and I came to see for the first time its potency in the area of social reform . . . I came to feel that this was the only morally and practically sound method open to oppressed people in their struggle for freedom."

In 1951 King graduated from Crozer with a Bachelor of Divinity degree.

In 1953 he married Coretta Scott of Marion, AL. Coretta had grown up as a farm girl in a rural community about 80 miles south of Montgomery. She had entered the New England Conservatory as a voice major in 1951 and was developing a promising career as a singer when she agreed to become the wife of the Rev. King.

A year after the marriage, King accepted a position as pastor of the Dexter Avenue Baptist Church in Montgomery, AL. While it bothered both he and Coretta to return to the prejudice of the South, after living in the relative freedom of the North, they both knew they belonged to the South, and "We came to the conclusion that we had the moral obligation to return," said King, "at least for a few year."



On Dec. 1, 1955, a black seamstress, Rosa Parks, was arrested for failing to yield her bus seat to a white man. King and fellow ministers in the city, Ralph David Abernathy, H.H. Hubbard and L. Roy Bennett, organized a boycott of Montgomery buses which lasted one year and led to the integration of all buses in the predominately black city.

In February of 1957, King and black leaders from around the South met and formed the Southern Christian Leadership Conference. King was elected its president, and with the election his nonviolent philosophy became the dominant institution for the South.

After returning to Atlanta to co-pastor once again with his father at Ebenezer Baptist Church, King led the historic "March on Washington" in 1963.

He received the Nobel Peace Prize in 1964 for his nonviolent demonstrations throughout the South.

In May of 1966 King agreed to serve as cochairman of Clergy and Laymen Concerned about Vietnam. An antiwar statement by King was read at a large Washington, D.C., rally to protest the war in Vietnam.

King was assassinated on April 4, 1968 by James Earl Ray, while standing with friends on the balcony of the Lorraine Hotel in Memphis.



Clan members in Birmingham, Alabama organize to fight integration.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident; that all men are created equal.'

Martin Luther King, Jr.



KKK members picket an establishment which tried to integrate its customers.

'I Have A

(Editor's note: In Washington, D.C. on Aug. 28, 1963, more than 200,000 persons participated in a "march for jobs and freedom" at the Lincoln Memorial -- one hundred years and eight months after the Emancipation Proclamation. The march was intended to prod Congress to deal at last with the issues of civil rights and poverty.)

"Five score years ago, a great American, in whose symbolic shadow we stand, signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

But one hundred years later, we must face the tragic fact that the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languished in the corners of American society and finds himself an exile in his own land. So we have come here today to dramatize an appalling condition.

In a sense we have come to our nation's Capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men would be guaranteed the unalienable rights of life, liberty, and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check; a check which has come back marked "insufficient funds." But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check—a check that will give us upon demand the riches of freedom and the security of justice.

We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to make real the promises of democracy. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to open the doors of opportunity to all of God's children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood.

It would be fatal for the nation to overlook the urgency of the moment and to underestimate the determination of the Negro. This sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality. Nineteen sixty-three is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. There will be neither rest nor tranquillity in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people who stand on the warm threshold which leads into the palace of justice. In the process of gaining our rightful place we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force.

The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny and their freedom is inextricably bound to our freedom. We cannot walk alone.

And as we walk, we must make the pledge that we shall march ahead. We cannot turn back. There are those who are asking the devotees of civil rights, "When will you be satisfied?"

We can never be satisfied as long as the Negro is the victim of the unspeakable horrors of police brutality.

We can never be satisfied as long as our bodies, heavy with the fatigue of travel, cannot gain lodging in the motels of the highways and the hotels of the cities.

A Dream'

We cannot be satisfied as long as the Negro's basic mobility is from a smaller ghetto to a larger one.

We can never be satisfied as long as a Negro in Mississippi cannot vote and a Negro in New York believes he has nothing for which to vote.

No, no, we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream.

I am not unmindful that some of you have come here out of great trials and tribulations. Some of you have come fresh from narrow jail cells. Some of you have come from areas where your quest for freedom left you battered by the storms of persecution and staggered by the winds of police brutality. You have been the veterans of creative suffering. Continue to work with the faith that unearned suffering is redemptive.

Go back to Mississippi, go back to Alabama, go back to South Carolina, go back to Georgia, go back to Louisiana, go back to the slums and ghettos of our Northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair.

I say to you today, my friends, that in spite of the difficulties and frustrations of the moment I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident; that all men are created equal."

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slaveowners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a desert state sweltering with the heat of injustice and oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today.

I have a dream that one day the state of Alabama, whose governor's lips are presently dripping with the words of interposition and nullification, will be transformed into a situation where little black boys and black girls will be able to join hands with little white boys and white girls and walk together as sisters and brothers.

I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plains, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood.

With this faith we will be able to work together, to pray together, to struggle together, to go to jail together, to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with new meaning, "My country 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the Pilgrims' pride, from every mountainside, let freedom ring."

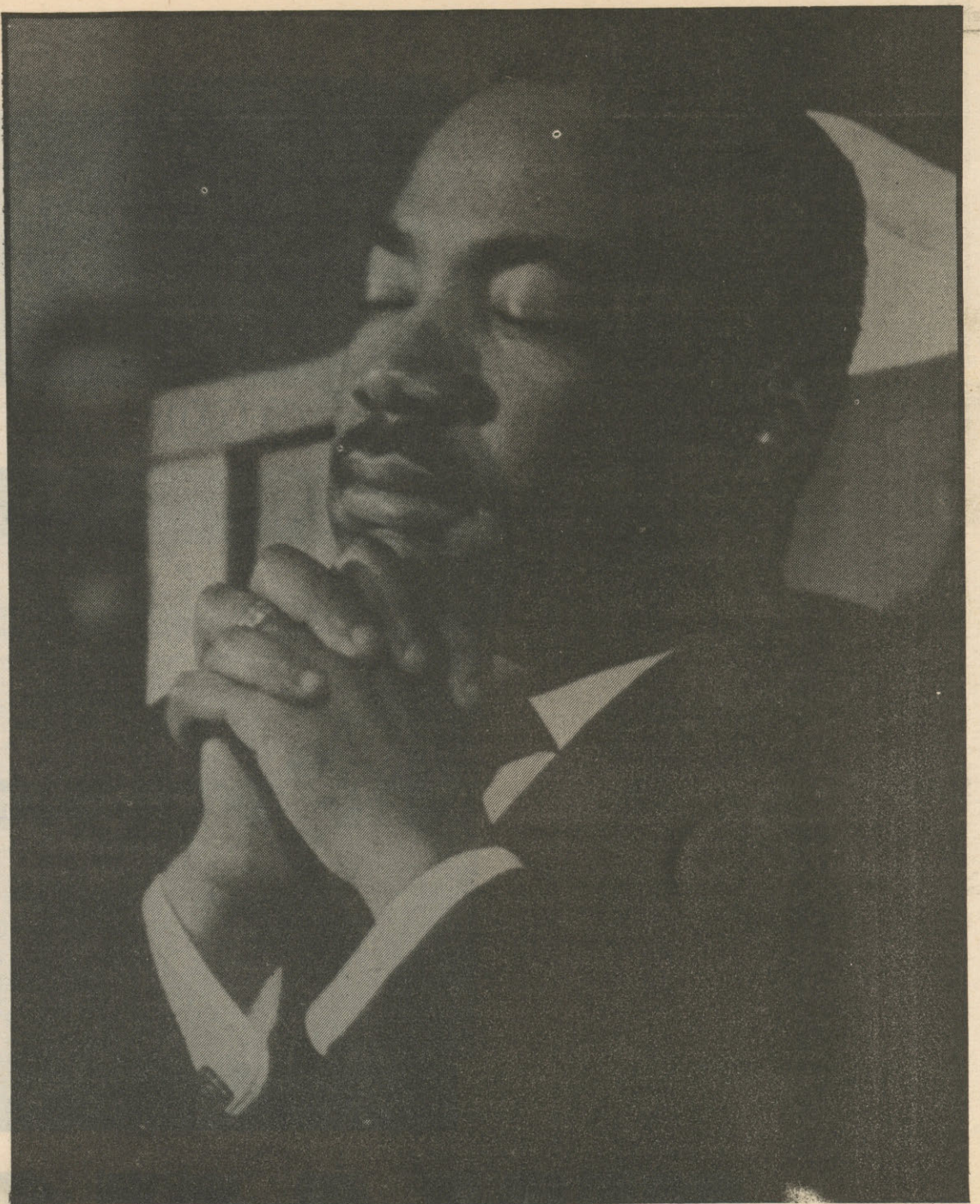
And if America is to be a great nation, this must become true. So let freedom ring from the prodigious hilltops of New Hampshire. Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania!

Let freedom ring from the snowcapped Rockies of Colorado! Let freedom ring from the curvaceous peaks of California! But not only that; let freedom ring from Stone Mountain of Georgia! Let freedom ring from Lookout Mountain of Tennessee!

Let freedom ring from every hill and molehill of Mississippi. From every mountainside, let freedom ring.

When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual,

"Free at Last! Free at Last! Thank god almighty, we are free at last!"



'We can never be satisfied as long as the Negro is the victim of the unspeakable horrors of police brutality.'

Demonstrators in Birmingham, AL in 1963, were met with K-9 killer attack dogs (left) and water from high-pressure hoses "that could take the bark off a tree forty feet away" (below).





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 who use their SELCO Exchange or SELCO Visa Debit cards in 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.



Final Exam schedule: Dec. 14 - 18

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, 0700-0850	F, 0900-1050
0800 or 0830	your exam day and time will be on M, 0800-0950	U, 0800-0950
0900 or 0930	your exam day and time will be on W, 0800-0950	H, 0800-0950
1000 or 1030	your exam day and time will be on M, 1000-1150	U, 1000-1150
1100 or 1130	your exam day and time will be on W, 1000-1150	H, 1000-1150
1200 or 1230	your exam day and time will be on M, 1200-1350	U, 1200-1350
1300 or 1330	your exam day and time will be on W, 1200-1350	H, 1200-1350
1400 or 1430	your exam day and time will be on M, 1400-1550	U, 1400-1550
1500 or 1530	your exam day and time will be on W, 1400-1550	H, 1400-1550
1600 or 1630	your exam day and time will be on M, 1600-1750	U, 1600-1750
1700 or 1730	your exam day and time will be on W, 1600-1750	H, 1600-1750
1800 or LATER	Evening classes, those that meet at 1800 or later, will have final exams during FINAL EXAM WEEK at the regularly scheduled class time.	

ASLCC to hold holiday food drive

by Alice Wheeler
TORCH Staff Writer

The ASLCC and Student Resource Center will co-sponsor a holiday food drive beginning Dec. 3. Donations received from the food drive will go to benefit the Eugene Mission and Women's Space, a non-profit organization that helps battered and homeless women and children.

The two campus groups are also planning local support for the food drive by placing food donation boxes in local grocery stores.

According to ASLCC Senator Mike Stewart, donations of food items can be placed in the ASLCC Christmas Food Drive box next to the Christmas tree on the second floor of the Center Building.

Donations of toys and small luxury items for women would also be appreciated.

Any and all campus groups are encouraged to become involved. Please contact Mike Stewart at ext. 2332.

Baskets benefit needy

by Rhonda Kerns
for the TORCH

"Sharing is Caring" is the attitude at the LCC Campus Ministry Office where, every Christmas, the staff prepares Christmas food baskets for needy families.

In the past six years CM has distributed over 140 baskets to needy families. Last year alone it delivered 30.

With this year's effort, which began Nov. 30, the CM is hoping LCC students and employees will respond with money contributions, voluntary assistance, and gifts for needy families.

The CM staff begins by making lists of those families who will receive baskets. There are no written criteria for determining who will receive a basket, says Father James Dierringer, the Roman Catholic priest who directs Campus Ministries.

"People are referred to us through faculty members, students, friends, or the families themselves."

To avoid "surprise visits," a CM staff member meets with the families beforehand so they know their names have been suggested as possible recipients of a basket. CM asks about the ages of the family's children, their clothing sizes, and any special needs they might have, including assistance with disabilities or illnesses.

Then CM coordinates an effort to ask LCC departments and individuals to "adopt" the families, and therefore provide the family with a Christmas meal and a gift for the children. At the same time, CM solicits contributions to use towards the gift baskets which its office staff and volunteers prepare.

"One year," says Dierringer, "instead of exchanging gifts among themselves, a couple of departments decided that everyone would bring a gift to be donated to the CM Christmas basket program."

Last year's contributions totalled over \$200. "Any money given, but not completely used towards the Christmas baskets, is applied towards assistance throughout the year," says the priest.

Anyone interested in adopting a family or helping to deliver the Christmas baskets should contact Marna Crawford in the CM office, or by calling extension 2814.

Of interest

Culinary Arts to hold annual bake sale

by Roxanne Smith
for the TORCH

With the holidays quickly approaching, the Culinary Arts and Renaissance Room students are preparing an array of fancy pastries and breads for LCC students and the public.

Culinary Arts Program members will meet tradition by holding their annual bake sale on Dec. 4 from 9 a.m. to 2 p.m. on the Center Building's second floor concourse.

According to second-year Culinary Arts student Al Erickson, students may purchase baked goods individually -- muffins at 25 cents each, one slice of quiche at \$1.25, for example -- or place orders for carrot cake, whole loaves of bread, and whole quiches.

Ordering deadline is Dec. 2, at LCC extension 2697.

In addition, the Renaissance Room students will continue to accept orders for their delicious french bread and braided Jewish Challah bread, which are both available daily. And until Dec. 10, the Renaissance Room will take orders for Sticky Cinnamon Rolls made with currants and mixed nuts, selling them for \$2.50 for a half-dozen.

"About 40 to 50 loaves of the french, challah and other varieties are made fresh daily and sold," Erikson says.

Health insurance plan offered

by Todd Thomas
for the TORCH

Health insurance policies available to LCC students are "very reasonable," according to Sandra Ing, director of the Student Health Service (SHS).

The health insurance plan currently marketed to LCC students is underwritten by Guarantee Trust Life Insurance Co. Its medical coverage extends to all students enrolled in four or more credits, according to its brochure, which is available at the SHS counter.

After the student pays the premium, and the \$100 deductible fee, Guarantee Trust will pay 80 percent of medical expenses, up to a maximum total of \$25,000, of usual and customary charges as determined by the company.

Hospital room and expenses, and doctor and dentist services are covered by the plan, as specified in the brochure.

A premium for an independent student is \$42.25 per term, or \$181 per year. The brochure also lists premiums for coverage of the student and his/her spouse; the student and his/her children; and student, spouse, and children. Premiums also increase with the age of the applicants.

One local insurance representative acknowledges that most independent insurance companies offer similar plans for premiums ranging from \$55 to \$65 per month for the age group 18 to 35.

Ing says the Guarantee Trust "is a pretty good policy. They are good about paying-off the 80 percent of the bill."

She notes, however, that the company does not offer coverage for pre-existing medical conditions. And she advises students to read the company's definitions of other medical situations which it does not cover in the policy.

Friends help library awareness

by Angela Englert
for The TORCH

Are you a FOTLCCL?

FOTLCCL is the acronym for Friends of the LCC Library, a group organized in 1982 to make students and others more aware of the LCC library.

Through Open House meetings, posters placed around campus, and film/lecture sessions with local, national, and world renowned authors, writers and literary figures, FOTLCCL achieves its goal. One program, sponsored by the Oregon Committee for the Humanities, included a film/lecture by newspaper writer and author John Nance.

Since its inception the group has raised over \$5,000 through donations from students and staff, and from 10-12 members off-campus.

"We want to keep the library well supported financially, to help it achieve its goal of service to all," says Katherine Wiederholt, reference librarian and staff advisor to FOTLCCL.

The contribution for membership in the group is \$1 for students and senior citizens. For added fund raising, the library also organizes a used book sale each year.

Telecourses bring education home

by Bob Walter
for the TORCH

Many students whose daily schedules aren't in sync with LCC's class schedule, and those who can't coordinate their transportation to campus, are enrolling in LCC courses nevertheless.

They're studying through LCC telecourses.

Telecourse subjects range from Medical Terminology and Business English to Astronomy and Anthropology.

LCC leads the state's community colleges in telecourse enrollments, and in the number of courses offered, says Telecourse Coordinator Cynthia Leathers.

Leathers, a coordinator for 10 years, has seen the program grow from a single course offering with 23 students in 1979, to a selection of 16 courses this term and an enrollment of nearly 800.

"Often, the people who benefit the most from these classes are women with small children at home, and people with full-time jobs," she says. "Our mission is to bring education to those who can't get to the campus."

The classes are equivalent to similar offerings at the campus, with textbooks, required assignments, and exams. LCC instructors grade the assignments and tests, and provide feedback. Students can consult with them in person, or by telephone.

While the course completion rate for telecourses is the same as traditional courses -- about 70 percent -- Leathers says classes by TV aren't for everyone. Without the reinforcement of regular class attendance, the students must be self-motivated.

"It's very important to stay on task," she says.

Sports Editor

The TORCH student newspaper is looking for a Sports Editor beginning Winter Term.

Students interested in the salaried position, who have a knowledge of sports and experience in journalistic writing are encouraged to contact Pete Peterson or Diane Davis at The TORCH, Cen. 205.

CAMPUS MINISTRY

We're here for you.

Anyone for payroll deductions?
We are looking for members for our team of supporters of Campus Ministry. It's easy to sign up. Contact Marna or Jim at Center Bldg. 242, ext. 2850.

Stop by and talk to us!

Center 125 Ext. 2814

LCC's captain assaulted, out for '87-88 Run, from page 1

by J.V. Bolkan
TORCH Sports Editor

The captain of the LCC men's basketball team is more interested in blocking pain than blocking shots.

Last year's most valuable player, a NWAACC second team all-star selection, should be leading the Titans onto the floor. Todd Doll should be attracting attention from major college basketball scouts.

But, Doll won't play basketball for LCC this year. A brutal class-four felony assault following the U of O - California football game Oct. 31 left Doll with a fractured skull.

Doll says he and his friend Greg Hicks were playing catch with a football, waiting for the sluggish Autzen Stadium traffic to clear in the parking lot. When traffic began to move, Hicks found the keys to his Ford Bronco were missing.

A passing motorist told the pair that he'd seen some men "messing around" with his truck. They were driving a light colored Wagoneer slightly further along in the traffic.

When confronted by Doll and Hicks, the driver of the Wagoneer told them that the keys were under Hicks' car seat. Hicks ran to check, while Doll remained to keep the men from leaving until the keys were recovered.

"I was just standing there, tossing the football up and down. They began harassing me. Sensing a confrontation, I walked away. That's the last I remember," says Doll.

Al Weller witnessed the attack from his car near the scene. Emerging from the passenger side front seat, a man came up behind Doll, swung an unknown object, hitting Doll on the side of the face, according to Weller.

The blind-side blow knocked one of Doll's teeth through his cheek. He fell unconscious to the parking lot surface.

The assailant fled on foot, and has yet to be apprehended. He was a white male, 25-35 years old, about 6 feet tall, 170 pounds with dark hair. He was wearing a Washington Huskies hat, a dark wool sweater, and light gray cotton pants. Anyone with information is asked to call the UO Campus Security Office, 686-5444.

Weller has told Doll that when Hicks noticed Doll was injured, he began pursuing the Wagoneer on foot. Catching the vehicle, he dove in the window and turned off the ignition. Police, arriving to aid the unconscious Doll, arrested Hicks for disorderly conduct. After taking the names of the three passengers of the

Wagoneer, police allowed the them to leave.

It has been one month since the attack. Doll appears quite healthy, except for a small scar on his cheek where the tooth broke through. Handing out towels from the equipment room, Doll is asked how basketball is going this year.

Already becoming rote, Doll briefly explains that a head injury is keeping him from competition this year.

Before the question can be framed, Doll smiles, he's aware that the extent of his injury is not noticable. "When my head hit the ground, my brain was thrown against the front of my skull. Swelling and bleeding occurred, then blood clots formed.

Only because I'm a healthy, young athlete did they decide not to perform brain surgery," explains Doll. The possibility of seizures has caused him to be monitored around the clock for the past thirty days. He was not allowed to drive a car, only walk, or ride.

He must take the anti-convulsion drug, Delantin, for at least another three months, possibly a year. He has been in constant pain from the pressure exerted by the blood pooled behind his right eye.

"Thanksgiving was the first

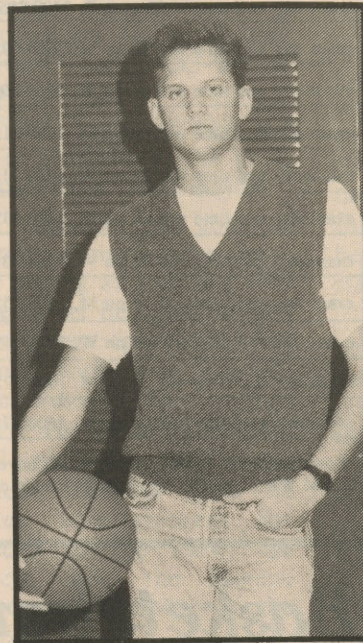


photo by Russ Sherrell

Todd Doll

day I didn't take aspirin, but I really had to fight it (pain)," says Doll.

He had plenty of reasons to become depressed. He was not covered by insurance sufficient to pay the large medical bills he was rining up.

He would miss the opportunity to build upon last years all-star performance on the basketball court.

Doll worried that his financial aid award would disappear if he failed to pass the re-

see Doll, page 13

group of LCC runners for approximately the first half of the race.

According to Pieratt, "She snuck up from behind and said, 'There's the third Spokane runner.' We said, 'Go get her' and she did."

Working as a group the Lane runners passed the competition enmasse. Explaining the theory behind the strategy, Wilken says, "It's a lot easier to pass when you're with your teammates. You support each other in addition to demoralizing the other runners.

"Other schools really burst out. We ran very conservatively and closed the gap."

Wilken says she devised the team strategy after assessing the difficulty of the course. Citing the hilliness and extreme softness of the course due to rainfall, she concluded that opposing runners were likely to begin at a pace faster than reasonable.

LCC's victory gained Wilken her third consecutive NWAACC Coach of the Year award. She also won in it 1983 when LCC finished second.

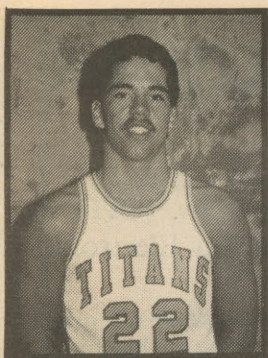
Championships are not unique to Wilken, but she claims this year's team is special. "This one means more than the previous two. The team has amazing cohesiveness and dedication. They improved so much."

"WHETHER YOU SPEAK TO ONE OR ONE THOUSAND, YOUR ABILITY TO COMMUNICATE EFFECTIVELY IS THE SINGLE MOST IMPORTANT ACTIVITY OF YOUR LIFE." Bert Decker

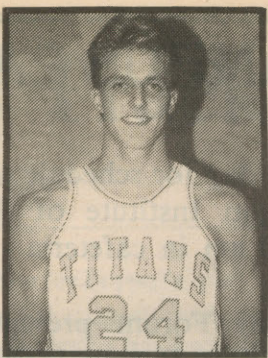
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Speech 110	Voice and Articulation
Speech 111, 112, 113	Fundamentals of Speech Communication
Speech 214	Interpersonal Communication
Speech 215	Small Group Communication
Speech 216	Understanding Media
Speech	Business & Professional Speech

English and Foreign Language Arts Department

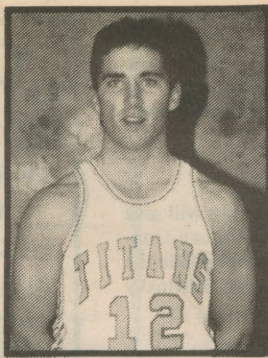
**Prepare yourself now!
Be the best you can be. Enroll Winter Term.**



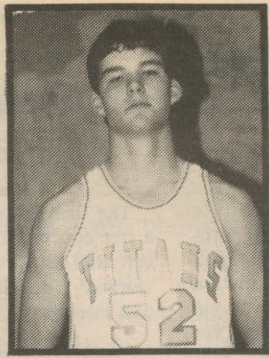
Don Brent Guard-Forward



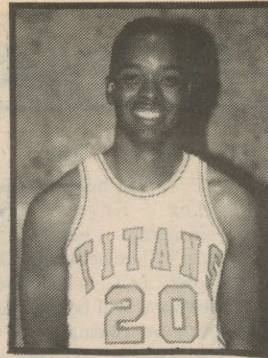
Matt Waddell Forward



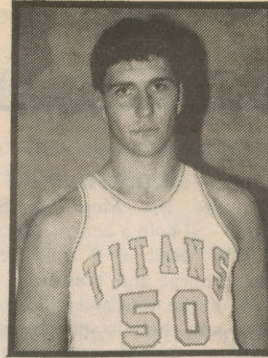
Dusty Auxier Guard



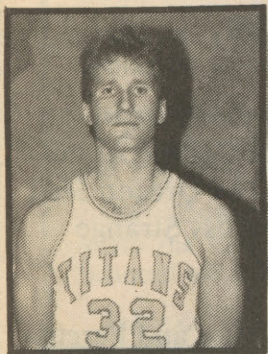
Scott Carmichael Post



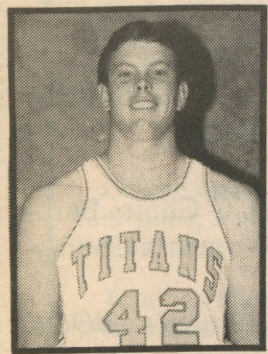
Tony Broadous Guard



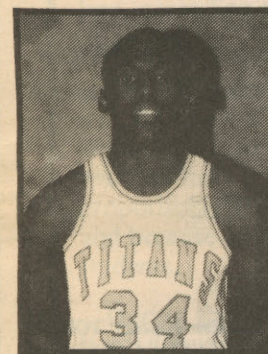
Mike Surmeier Post



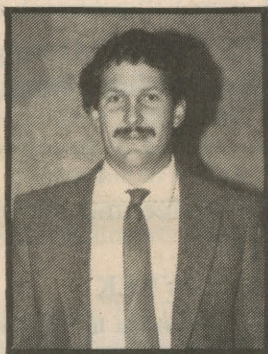
Harold Michaud Forward



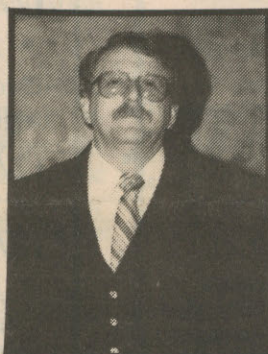
Steve Courtney Post



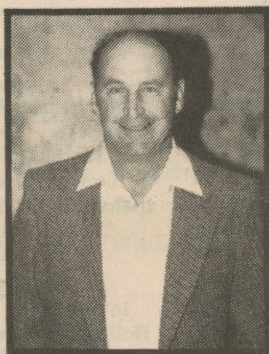
Harrison Branch Forward



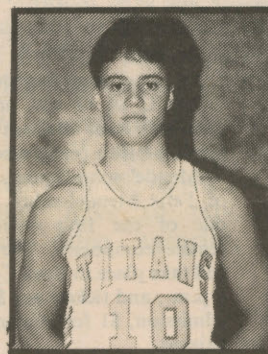
Greg Merlau Assist. Coach



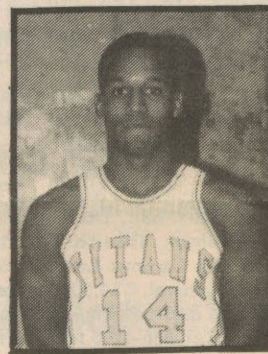
Monte Alderson Assist.



Dale Bates Head Coach



Dave Fleissner Guard



Michael McCloud Guard

Meet the Titans

by J.V. Bolkan
TORCH Sports Editor

The newest version of the LCC men's basketball team will be a racing model.

The Titans will be a high energy, pressure type team, says head coach Dale Bates. Stating his team lacks height, he says it plays "tall," by having quick feet and good jumping ability.

Experience in the back court should help the Titans keep the running game purring. Dave Fleissner and Tony Broadous both return from strong seasons last year.

The other two Titan returnees are Jeff Thomas, and Steve Courtney, both front line players who'll be expected to contribute heavily as the season progresses.

The starting line-up for the first game features three first-year players. Harold Michaud, a former all-league player with Thurston will join post player Mike Surmeier, and forward, Harrison Branch.

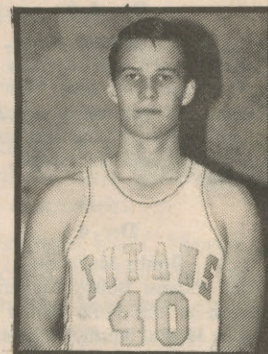
Bates is looking for the Titans to use deception, as well as speed in the pursuit of a play-off spot. "We'll present multiple looks on both defense and offense in order to con-

fuse the other team."

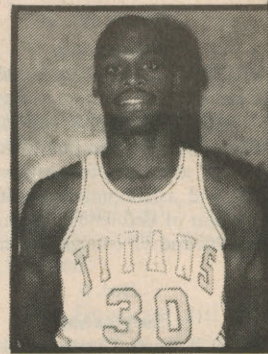
Assisting Bates with coaching duties are Greg Merlau, back for his sixth year, and Monte Alderson, returning after an absence.

While Bates feels his team is much too young to evaluate accurately at this point, he does admit to a good feeling about this team.

"I think we'll be the kind of team that will just keep getting better and better as the year goes on. If we can close the first third of the season at 7-5 or 8-4, I'd say watch out, because we'll be in a good position for the play-offs."



Corey Cole Forward



Jeff Thomas Forward

Doll, from page 12

quired 12 credit hours.

Most depressing was the fear that his basketball career would be ended. Weber State, and Idaho State, among others had expressed interest in him following his sensational freshman season.

Doll's brother-in-law, Tim Carmichael says, "Losing an opportunity is tragic, you're not young forever. Basketball means a lot to him."

That Doll had to battle bitterness and depression is far from suprising. That he seems to be winning the battle is amazing.

"I feel lucky to be her (LCC). The faculty and staff have been wonderful, fantastic. They came to see me in the hospital, they're supporting me, helping me get my classwork caught up," says Doll.

LCC instructor Jay Marston is singled out, along with Doll's sister Colleen (Carmichael), and his roommate, Garth Smith as being

important in his fight against depression.

"Jay told me that adversity brings out qualities you normally don't see. It's so true. The Northwest Christian College basketball team came to visit me in the hospital. I've played against those guys, but really don't know them. It meant a lot that they cared.

"I see a real contrast between the jerk that hit me, and all the people that were so concerned."

"Todd was terribly suprised by the great response, cards, flowers and phone calls literally poured in. It's really changed him," claims Smith, friends with Doll since high school.

"I want to be more like the people who showed concern for me. I never realized how important it can be to someone," says Doll.

Todd Doll will recover from his injuries. The pain will fade. He'll discard the anger. But you get the feeling that he won't ever let go of the warmth he discovered in others.

Titan women open season

by Robert Ward
TORCH Associate Editor

LCC women's basketball team opened the season at home on Nov. 28, losing to the Columbia Basin Hawks 72-61.

Tanya Thompson was the mainstay of the Titans as she scored 20 points and pulled down 13 rebounds. The Titans, playing man-to-man defense the whole game, had fallen behind 50-32 with 13 minutes to go in the second half. But Lane's full-court pressing began to pay off as the Titans scored 8 points in a row to close the gap to 10.

Coach Dave Loos said, "We played a lot better the second half after a little nervousness" in the beginning.

A basket by Stacy Jepson at the 6:30 mark made the score 54-46 until, with 3:37 to go, two free throws by Ann Fitch cut the Hawk lead to 59-52.

Columbia Basin raised the margin to 11 points again until Laynette Prom and Fitch hit back-to-back buckets with a minute left to get the Titans within 7 points, 65-58. But it was a classic case of too little -- too late.

Coach Loos stated that he was pleased with his team's second-half execution after being a little nervous in the beginning. He said a plus for the team was "the kids that came off the bench. They (the players) should take pride in starting, but I believe in finishers."

On the team's effort, Loos said "We got out-rebounded (34-33) by a smaller team and gave them too many easy baskets."

The Titans shot only 31 per-

cent from the field for the game, but sank 17 out of 22 from the free throw line.

Lane hosts its own Invitational Tournament Friday and Saturday, Dec. 4 and 5. Lane plays Western Baptist JVs at 8 p.m. on Friday night, preceded by Linn-Benton Community College vs. Western Oregon State College JVs at 6 p.m. The losing teams play at 6 p.m. on Saturday, while the winners play for the championship at 8 p.m. Admission is free with a LCC student body card, \$1 without.

I.D. Photos

STUDENTS!

Update your I.D. photos before Winter Term begins.

Returning students: Dec. 14-18, from 10 a.m. to 2 p.m. every-day during Winter Break.

New students: Dec. 21,22,23, from 10 a.m. to 2 p.m. Come to Student Services, across from Financial Aid.

Creditline

Reminder

Students must have all Creditline account balances paid before they can register for Winter Term.

Contact the Financial Services Office for account balance and payment information, first floor Administration Bldg., or call 747-4501, ext. 2602.

GOINGS ON

Dec. 4

W.O.W. Dance

Eugene Big Mountain Support Group will hold a benefit dance at the W.O.W. Hall at 9 p.m. featuring Peter Thorpe and Transister. Tickets are \$5 at the door and will benefit the Hopi and Navajo people who are resisting forced relocation. Call 342-3786 for information.

Dec. 4, 6

Kronos

San Francisco's Kronos string quartet will perform new wave classical and jazz music at 7:30 p.m. Tickets are \$14, \$12.50 and \$10 at the Hult Center and its outlets, or call 687-5000.

Dec. 4

Bobby McFerrin

Jazz vocalist Bobby McFerrin will perform at the Hult Center's Silva Concert Hall at 8 p.m. Tickets are \$13 reserved. Call 687-5000 for information.

Dec. 5-Jan. 3

Planetarium

WISTEC, 2300 Centennial Blvd. will present "From Here to the Galaxies" planetarium show on Saturdays and Sundays at 1 p.m., and "A Star in the East" at 3 p.m., featuring seasonal music and astronomical explanations of the Star of Bethlehem. Admission is \$2 adults and \$1 college students.

Dec. 5

Surplus Sale

LCC Property Control will hold a surplus sale of office equipment including typewriters, chairs, TV cameras and more from 10 a.m.-3 p.m. in the Campus Services Building on the LCC campus.

Dec. 3-12

Noises Off

The U of O presents Michael Frayn's comedy "Noises Off!" at 8 p.m. Thurs.-Sat., Dec. 3-5 and 10-12 in Robinson Theatre, Villard Hall, 1109 Old Campus Lane. Tickets are \$5.50 general, \$4.50 seniors and students at the Robinson Theatre box office. Call 686-4190 for information.

Dec. 6

Sing-along

The Eighth Annual Messiah Sing-along will be held in Beall Concert Hall, 961 E. 18th Ave. at 4 p.m. Admission is \$5 general, \$2 for students and seniors. Call 687-5000 for tickets. Vocal scores will be sold at the door for \$6.

Dec. 6-Jan. 24

Art Across America

A free exhibit of diverse work by faculty members and graduate students from university art programs across the country will be on view at the U of O Museum of Art, 1430 Johnson Lane from 12-5 p.m. Wed.-Sun. Call 686-3027 for information.

Dec. 7

Brass Quintet

A U of O Faculty Artist Series Concert will be held at 8 p.m. in Beall Concert Hall. Admission is \$4 general, \$2 senior citizens. Call 686-3761 for tickets.

Dec. 5

Christmas Liszt

The Eugene Symphony's "Christmas Liszt" SuperPops program will be held at 8 p.m. in the Hult Center. LCC music director Edward McManus will be featured with David Kruse in Telemann's "Concerto for Two Horns." Tickets are \$17, \$14, \$10 and \$7 at the Hult Center and its outlets.

Dec. 5-6

Symphony Walk

The fifth annual Eugene Symphony Walk will feature tours of festively decorated homes in the Fair Oaks area. The self-guided tours are 10 a.m. to 4 p.m. Saturday, and 12-4 p.m. Sunday. Tickets are \$5 and are available at the Eugene Symphony Office, 45 West Broadway, Suite 210. Call 344-1745 for information.

Dec. 6

Hanukah Faire

The fifth annual Hanukah Faire will occur at Temple Beth Israel, 2550 Portland St., Eugene. Handmade crafts, and Jewish foods, music and entertainment will be featured. Admission is \$2.50 adults and \$1 children over 5. Call 485-7218 for information.

Dec. 8

Choral Christmas

The U of O will present "Choral Christmas XII," a free holiday music program featuring four U of O music school choirs at 8 p.m. in Beall Concert Hall.

Dec. 9

Joan Benson

The U of O will present faculty member Joan Benson singing the music of 19th century composer Fanny Mendelssohn Hensel. Hensel, sister of Felix Mendelssohn, is considered one of the 19th century's leading female composers. The performance will take place in Beall Concert Hall at 8 p.m., and tickets are \$4 for general admission, \$1 for students and senior citizens.

Dec. 9

Collegium Musicum

The U of O's Collegium Musicum will give a free performance at 3:30 p.m. in the Throne Room of the U of O Museum of Art, 1430 Johnson Lane.

Dec. 9-10

Christmas Crafts

The EMU Craft Center and Cultural Forum will hold their annual Christmas Crafts Fair in room 167 EMU on the U of O campus. There will be live entertainment, craft demonstrations, hot cider and Santa Claus. Call 686-4361 for information.

Dec. 9-13

Big Bird

"Big Bird's Sesame Street Story," a live Sesame Street performance, will be held at the Hult Center. Tickets are \$9.50, \$9 and \$8. Call the Hult Center at 687-5000 for times.

Dec. 10

Sinfonietta

The University Sinfonietta will give a free concert at 8 p.m. in Beall Concert Hall. The program will include the work of Handell, Borodin, Stavinsky and Poulenc.

Dec. 12

Breakfast with Santa

Lane County Relief Nursery will sponsor a pancake and sausage breakfast with Santa Claus at Central Presbyterian Church, 1475 Ferry from 9 a.m. to noon. Tickets are available at the door and cost \$1.50 for children and seniors, \$2.50 for adults, and a family ticket is available for \$9. The Relief Nursery serves families with children from six weeks to five years old in preventing child abuse and neglect.

Dec. 12

Museum Opening

The Museum of Natural History will officially open its new building and exhibits with a free gala celebration from 2-5 p.m. at 1680 E. 15th Ave.

Dec. 12

McCaslin-Ringer

The Community Center for the Performing Arts (the W.O.W. Hall) at 8th & Lincoln will present country-folk music by Mary McCaslin and Jim Ringer. McCaslin and Ringer mix contemporary songs with traditional material to create country and honky tonk styles. Doors open at 8 p.m., showtime is 8:30. Admission is \$5.50 in advance and \$6.50 day of show. Call 687-2746 for information.

Dec. 17-20

Nutcracker

The Eugene Ballet will present The Nutcracker, Thurs.-Sat. at 8 p.m., Sat.-Sun. at 2:30. Tickets are on sale at the Hult Center Ticket Office and outlets for \$4.75-\$19.75.

Dec. 19

The Quiet Revolution

In honor of WISTEC's Medieval Holiday Fair, the Planetarium will offer "The Quiet Revolution" at 1 p.m., which traces the history of astronomy and features the science of the Middle Ages. Call 689-6900 for information.

December 19

Medieval Fair

WISTEC presents its Medieval Holiday Fair, with demonstrations and sales of authentic crafts and technologies by members of the Society for Creative Anachronism from 12-5 p.m.

Dec. 19-20

Mouse King

The Hult Center will hold a free Mouse King Tea Party at 1 p.m. in Studio 1.

Dec. 18-24

A Christmas Carol

The Oregon Repertory Theatre will present "A Christmas Carol" at 7:30 p.m. on Dec. 18, 19, 22, 23; 2 p.m. on Dec. 20, and 6:30 p.m. on Dec. 24. Tickets are \$12.50 and \$9.50 at the Hult Center and its outlets.

Dec. 27,31

Eugene Opera

The Eugene Opera will present "Daughter of the Regiment" at 2:30 p.m. on Dec. 27 and 8 p.m. on New Year's Eve in the Silva Concert Hall. Tickets are \$16.50, \$13.50, \$10.50 and \$7.

Dec. 31

Slumber Party

Amazon and Westmoreland Community Centers are offering a New Year's Eve slumber party for children ages 4-10. An evening of stories, videos and snacks starts at 8 p.m. A light breakfast will be served on New Year's morning. Pre-registration is required by calling Amazon Center at 687-5373, or Westmoreland Center at 687-5316.

CAMPUS CALENDAR

12/4

- Last day for schedule changes
- Oregon Institute of Technology (OIT) at LCC 10 am in cafeteria - 2 pm in Electronics building
- Friday Forum presents CISCAP - guest speaker Guy Burton 11:30-1 pm, also the film "Central America - The Roots of the Crisis" - events begin 9 am in the cafeteria

12/7

- ASLCC Senate Meeting 4-6 pm Boardroom
- Information session: Medical College Admission Test (MCAT) at 3:30 pm, 164 Oregon Hall at U of O - presentation by Marliss Strange

12/8

- Concert: LCC Symphonic Band and Percussion Ensemble - 8 pm/free/LCC Theatre

12/9

- FREE coffee and tea in the SRC
- Musical and theatrical skits: LCC Student Showcase 12-1 pm/free/ LCC Theatre

12/10

- LCC Christmas Concert - LCC Choir, Baroque Orchestra and Harmony, Women's Choir -- 8 pm/free/LCC Theatre
- LCC Learning Resource Center's *BOOK GIVEAWAY* 9-3 pm RM 316 of the LRC

12/14

- ASLCC Senate Meeting 4-6 pm Boardroom
- LCC Classline Winter Term Registration begins

12/16

- FREE coffee and tea in the SRC

12/14-18

- **FINALS WEEK**

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

Rolfing, from page 4

Lackritz points out that the primary aim of Rolfing is to realign the body's structure. A side-effect of this procedure is the elimination of pain, she believes.

An activity like studying can result in chronic pain, but structural problems can also be caused by traumatic and psychological problems.

Traumatic problems include any physical injuries that cause one part of the body to support the weakened area.

Psychological problems become chronic when a shy person slumps or a macho person affects a particular stance. When these postures become fixed, as an exterior manifestation of personality, the body uses muscle and fascia to create a new form of support, say Rolfers.

Rolfing consists of 10 sessions of approximately one hour each that are usually spaced at least one week apart. The price ranges from \$40 to \$75 an hour.

Most patients claim that after the sessions their bodies aren't as apt to get into the positions that caused their problems in the first place.

Lackritz suggests some simple tips for students when studying:

- Sit correctly so you're not straining when reading or writing.
- Get up every hour to stretch and take a short walk to get a drink of water.
- Align your books in a position where the neck is not bent over. When working at a computer try to have your papers or monitor at eye level.
- Don't rush out and do an activity that requires a burst of energy right after sitting for long periods of time.

Thousands of people have been relieved of pain and become more efficient and energetic from Rolfing. For the student faced with the mental stress of school and the physical problems associated with studying, Rolfing may be just what the student needs.



STUDENT SPECIAL

\$1.89

Single • Fries
11 am - 1 pm

BEST BURGERS IN THE BUSINESS

- ID may be required
- Not valid with any other offer

CLASSIFIEDS

OPPORTUNITIES

ARE YOU INTERESTED IN helping children and the homeless families of Lane County? Brethren Housing knows someone who needs you. We are a non-profit shelter for homeless families and we have volunteer positions open for our new children's program. Call Jan at 726-8125.

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

MEDITATION CLASS: Yoga postures, diet, chakras, spiritual philosophy. Six weeks. \$20. Relaxed, informal. 689-1892.

HELP WANTED

WANTED - GENESIS JUICE Co-op seeks new member, with mechanical skills and tools. Call 344-0967. Genesis Juice Co-op, 174 Almaden, Eugene, Oregon.

DENTAL HYGIENE Student needs patients for class work. Complete cleaning \$9.00. Call Chuck weekday evenings at 342-8611.

SPORTS WRITERS needed for the TORCH. CWE 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.

LEGAL SERVICES needs a CWS student for Winter Term. Applicants should have basic secretarial skills, to include typing (60 wpm preferred), filing, appointment setting, telephone screening and message taking. Position will start for training upon selection, and work days will be Tuesdays and Thursdays, 1-5 p.m. Additional hours are negotiable. Applicants should have a pleasant appearance and be personable in nature, with ability to greet clients. Please call Diana at ext. 2340 for an appointment to interview.

TUMBLING/GYMNASTICS instructor M-TH afternoons to teach basic techniques to elementary age children. Willamalane, 765 N. 'A' St. Springfield. 726-4313 or 726-4302.

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.

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

SPORTS EDITOR needed for The TORCH student newspaper. Salaried position. Knowledge of sports and experience in journalistic writing preferred. Great experience! See Pete Peterson or Diane Davis in Center 205 for application. Deadline is Dec. 18.

WANTED

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

AUTO MECHANIC who makes house calls. Call Todd at 344-4203 weekdays or 746-6207 weekends.

SERVICES

BICYCLE REPAIRS - (flats, brakes, etc.) and painting. All kinds and sizes. Cheap rates! Rick Morelan, 485-2461 or 485-0115.

TYPING SERVICE: Term paper, resume, cover letter, business letter, price negotiable. Call Mary 485-6080.

LOW COST COUNSELING available. Help with: Depression/Anxiety, Eating Disorders, Parenting. Sharri A. Gallick, M.S. 484-4737.

COATS COATS COATS! The Clothing Exchange now has childrens winter coats. Stop by and check it out. P.E. 301.

MASSAGE! Holiday special. Give the gift of good health. Gift certificates, sliding scale. Christine Kerwood, LMT, 5 years experience.

BICYCLE REPAIRS (flats, brakes, etc.) and painting. All kinds, sizes. Cheap rates! Rick Morelan, phone 485-2461 or 485-0115.

DENTAL HYGIENE student needs patients for class work. Complete cleaning \$9. Call Chuck weekday evenings, 342-8611.

EUGENE'S PSYCHEDELIC Rock-n-Roll band "Hole In The Ocean" is booking gigs & parties. Bob 683-7131.

TYPING: Fast/accurate/reasonable. Ginger - 746-2969

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

SANTA - for parties, schools, company parties & Christmas Eve. References available. 726-7487.

FOR SALE

BRITTANY SPANIEL - three-year-old male. Hunting/show-AKC. \$200 O.B.O. 344-3647 after 6 p.m.

'85 HONDA ELITE 150. Low miles, excellent shape. Only \$800. Call 345-3198, leave message.

TANDY 1000EX COMPUTER, IBM compatible. 256K, single disk drive, lots of software included. \$850. 688-2001 eves.

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

FIR FIREWOOD. Prices will increase \$7 per cord on Dec. 15. Order NOW and save. 1/2 cord \$30. Full cord \$55.

REFRIGERATOR: Great condition. Steal it for \$100/O.B.O. 485-8263.

12 FT. TRAVEL TRAILER older, good condition. Call 747-4656.

WOMEN'S ONE-SPEED 26" Vista bike, nearly new, \$30. Call Debbie at 344-3241.

WOMEN'S 26" 3-speed Huffy bike, good condition, \$25. Child's car seat \$10. Debbie, 344-3241.

DRAFTING TABLE with drawer, adjustable top, Mayline straight edge, Borco cover. \$225. Call after 5 p.m. 687-0528.

BMX BIKE, Great condition! Red frame w/blue z-rims, alloy handle bars & accessories. \$100 726-7487.

PC/VIDEO game, Atari 400, joystick, movies, River Road, Pac-Man, manual book. \$175, OBO. Gama 747-7742.

IBANEZ Semi-hollow body guitar, excellent condition \$350. Call Rico 343-9336 after 2 p.m.

QUEEN WATERBED, Excellent condition. Headboard, 8 drawer pedestal, waveless mattress. \$800 new, asking \$350. 686-2703.

USED AUTZEN STADIUM FOOTBALL TURF. Makes a great souvenir. Phone 746-6678.

JVC 3-WAY HOME STEREO speakers. Great sounding! Only \$40 each. 726-7487.

CRICKET DOLL with tape, \$40. Great Christmas gift! Call 726-5145.

RECORDS & TAPES, new condition - as low as \$4, L.L. Cool J - Bon Jovi - Stacy Q, etc. 726-7487.

FISH TANK 55 gallons, clear, set up, 2 air pumps, gravel, hood, \$225, OBO. GAMA 747-7742.

AUTOS

'79 DATSUN 280ZX 5 speed, power mirrors, windows, cruise. Excellent condition, \$4300. Please call Larry 345-5564.

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'72 FORD PICK-UP, low mileage, canopy, auxiliary tanks - 747-4656.

'83 TOYOTA PICKUP SR5 w/canopy, 5 speed, AM-FM, loaded, excellent condition, \$3500. Tom 342-6795.

'68 DATSUN PICKUP - 1300. Parts truck only - David 485-6198.

'74 TOYOTA CELICA ST. automatic, new paint, tires, 200 watt stereo, \$1,800 OBO. Kim, 342-8611.

FOR RENT

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

RENT-A-SANTA - Have a professional Santa at your Christmas party or Christmas Eve. 726-7487.

FREE

ATTENTION STUDENTS! Workshop on "How to Take Essay Tests." Wednesday, Dec. 9, 2-3 p.m., Center 476.

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

FREE LUNCH - Every Thursday, 12-1 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.

KITTENS, de-fleaed, de-earmited, dewormed, 8 weeks old, call 746-7029.

TWO KITTENS one orange and white, the other black. Both females-- Call Nita 726-9127 after 3p.m.

MESSAGES

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

MUDPUPPY - Little Pookie is asking about you. What do I say? We miss you. Bud.

TORCHIES - Merry Christmas and Happy New Year from the "ex-boss." I'm going to miss you all. Good luck and best wishes!

IT'S HERE, it's finally here. The end of the term and the last Fall Torch. Now all you Torchies enjoy your time off and get plenty of rest cause we're gonna need it. Ciao Kow, moo!

FACE: Roses are red, violets are blue, your stuff is delectable, and so are you. Cougar.

OH, HAZEL . . . I have something of sentimental value that belongs to you. See me. Howie.

MOM, DAD, SCOTT, KRIS, DENNIS & KARAH - may your holidays be warm and cheery! Love and kisses, Kimberly.

ATTENTION STUDENTS! Workshop - How to take essay tests. Wed., Dec. 9 from 2 - 3 p.m. in CEN 476.

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

LA RAZA - Meeting every Tuesday for the Chicano Latino Student Union. From 12-1 in Center Building Room 410. For more info contact the Multi-Cultural Center.

HAZE, Kissy Huggy Lovey Poo, What a gal! I'm impressed with you. Elwood.

CREDIT-LINE - Students must pay all Credit-Line account balances before they can register for Winter Term. See Financial Services office for payment assistance.

PHOTO ID's - Continuing students may update photo ID's Dec. 14-18 from 10 a.m. to 2 p.m. each day during registration. New students needing an ID card should come to Student Services between Dec. 21-23.

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Dec. 4, 5 St. Alice's Festival de Noel Community Musical Program will be held in the church at 15th & G. St. at 7 p.m. Refreshments will be served afterward in the school gym.

Dec. 6-Jan. 6 A three-person mixed media show will be held at the Hult Center's Jacob's Room Gallery. Hours are 8 a.m.-5:30 p.m. Mon.-Fri. and 11 a.m.-3 p.m. Sat.

Dec. 8-10 LCC's Performing Arts Department is presenting three free concerts. The Symphonic Band will perform on Dec. 8 at 8 p.m., there will be a student showcase on Dec. 9 at 4 p.m., and a Christmas Choral on Dec. 10 at 8 p.m.

Dec. 8 "Choral Christmas XII," a free holiday music program featuring four U of O music school choirs, will begin at 8 p.m. in Beall Concert Hall.

Dec. 6, 13 The U of O will present two holiday open houses at the Oregon Museum of Art, 1430 Johnson Lane for the "Art Across America" exhibit featuring an invitational collection of works from colleges and universities throughout the U.S. The open houses are at 5 p.m. and will feature entertainment by the U of O School of Music, and refreshments by the Friends of the Museum's Gourmet Group.

CHEAP

Dec. 6 The Eighth Annual Messiah Sing-Along will begin at 4 p.m. in Beall Concert Hall. Tickets are available at the Hult Center Box Office, \$5 general admission, \$2 students and seniors. Call 687-5000 for information.

Dec. 3, 5, 6, 10 Pleasant Hill High School will present "Anything Goes," a musical comedy, on the Pleasant Hill High School stage, 36386 Hwy 58. admission in \$3.50 adults, \$2 students and seniors. Call 747-4541 for times and ticket reservations.

The Nutcracker

by Julie Crist
TORCH Entertainment Editor

What has dancing Bon Bons, baby mice and Royal Rodent Troops?

Yes, once again Herr Drosselmeyer is giving his niece Clara a nutcracker for Christmas in the Eugene Ballet Company's performance of "The Nutcracker."

When Uncle Drosselmeyer brings Clara the gift at her family's Christmas party, her brother Fritz jealously breaks it. But Uncle fixes the nutcracker, and the party ends in one final dance.

When Clara falls asleep with her nutcracker on the sofa, Uncle Drosselmeyer returns to cast a spell of good dreams over her.

Clara awakens to find that large and small mice have overrun her home, and everything in it is growing larger.

The famous battle ensues when the vicious Mouse King leads his troops to attack Clara's nutcracker. When Clara ends the battle by bopping the Mouse King over the head with her shoe, the grateful nutcracker invites her on a trip to the Kingdom of Sweets.

During her trip, Clara meets the Snow Prince and Princess and the Sugar Plum Fairy, who holds a festival of dance in Clara's honor. After the dance, Clara is back at home. Was it all a dream?

"The Nutcracker" will be performed Dec. 17-20. Evening performances are at 8 p.m. Saturday and Sunday matinees are at 2:30 p.m. Tickets are \$4.75-\$19.75 from the Hult Center and its outlets. Call 687-5000 for information.

Gift ideas

by James Barber
for the TORCH

LCC's resident potters want you to give a useful, inexpensive, handmade gift this season.

On Dec. 1 and 2 in the college cafeteria they displayed their coffee mugs, casseroles, tea sets, dinner and pie plates, candlesticks, and bowls of assorted shapes and sizes. Many of the potters will now take their collections to local art fairs.

Anne Dumbleton is one of LCC's potters who sold her wares at the Dec. 1 and 2 display. She says "The best place to gain recognition as a potter in Eugene is to set up a booth at the Eugene Saturday Market and sell, sell, sell." She says the most difficult task is to determine a reasonable price that will attract buyers, but will not lose profit.

Other pottery sales this season include:

- The Christmas Country Fair at the Westmoreland Center in Eugene (next door to Jefferson Middle School near West 18th) on Dec. 4 and 5, from 10 a.m. through 8 p.m.

- The Holiday Arts and Crafts Fair at the Lane County Fairgrounds, Dec. 11 through 13.

by Laura Wonka
for the TORCH

LCC's music groups have prepared their schedule of free concerts to help get students and the community into the holiday spirit.

The concerts are free to the public.

- On Dec. 8, both the Symphonic Band and the LCC Percussion Ensemble will perform at 8 p.m. in the LCC Main Theatre. The 40-member

band, under the direction of Edward McManus, will play four pieces, the major work being Moussorgsky's "A Night on Bald Mountain," made famous by the Disney movie "Fantasia." The percussionists will perform five numbers, the major work being "Triptych" by Anthony J. Cirone.

- On Dec. 10, LCC's choirs will perform traditional Christmas favorites. The free



Graphic Arts Show

Graphics by Yvonne McCauley's Graphic Design class will be on display in the LCC Art Gallery 12/14-18.

LCC's music groups usher in holiday season

concert begins at 8 p.m. in the Main Theater.

The 12-member Chamber Choir, under Wayte Kirchner's direction, will perform several selections *a capella* (unaccompanied), and will feature soloist Elizabeth Helbling. Among the numbers will be "Carol of the Bells," "Deck the Halls," and "Throw the Yule Log On, Uncle John."

Kirchner will also direct the

32-voice Concert Choir, which will sing "The Little Drummer Boy," "Snow, Snow, Beautiful Snow," "Sing Unto God," and "Dance Alleluia."

Under Dan Sach's direction, the women's group Harmony will present selections from its repertoire.

The Baroque Orchestra, directed by Nathan Cammack will also be featured. The program will include pieces by Bach and Vivaldi.