

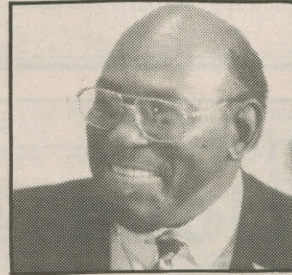
# THE TORCH

LANE COMMUNITY COLLEGE

January 20, 1995

4000 E. 30th Ave., Eugene, Oregon 97405

Volume 30, Issue 13



Bishop E. Lynn Brown delivers a powerful keynote address on MLK's dream of equality.

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## Women expand skills, explore options

Susan Tennison  
For The Torch

A free workshop for exploring career options and programs offered at LCC will be held on campus Jan. 28.

The workshop, the sixth coordinated by the LCC Women's Program and the Marketing Council, is meant for women in the community who are thinking of returning to work or school or to upgrade skills. It is also for LCC students who would like to choose a career direction.

Coordinator Kate Barry believes that "this will be a great opportunity for women to meet other women and check out their options that are available."

The workshop will be held from 8:30 a.m. to 4 p.m. in the cafeteria. Childcare, as well as lunch, will be free. For those wishing to attend, pre-registration should be completed by Jan. 23 in the Women's Center.

Several mini workshops will be offered throughout the day including career planning resources, how to get started, financial aid and technical careers for women. Women will be able to choose from several career areas such as Auto Mechanics, Aviation, Business Management, Business Development, Chemical Dependency Counseling, College Transfer Programs, Community Service, Computer Careers, Construction, Criminal Justice, Daycare, Dental Assistant, Drafting, Electronics, Energy Management, Graphic Design, Mechanical Technology, Medical Office Assistant, Nursing, Politics/Government/Law, Respiratory Care, Restaurant Management, Science Careers, TV/Radio/Newspaper Careers, Welding and Woodshop.

"As a goal for the future of the Women's Center, we hope to expand our programs whenever we can, and put a lot of emphasis on the transition program, which the Women's Day program is aimed at," said Barry.

## Three rehearse in 'Triplet'



BRIAN HENDRICKSON/THE TORCH

Left to right: Nick Serra, Darlene Colborn and Tori Schultz rehearse for "Manic Impressions, an evening of Short Plays," which runs Jan. 27, 28 and Feb 3, 4 at LCC's Blue Door Theater.

### • Kobe Earthquake

## Students worry about homeland

Chris Hansen  
Staff Writer

"I didn't know about (the earthquake) until I was on the bus coming to school Tuesday morning," says LCC student Fumi Ebisu, a native of Awaji Island, one of the areas devastated by the 7.2-magnitude earthquake that struck Kobe, Japan, early Tuesday morning.

The quake left over 4,000 people dead and thousands more injured or missing.

Ebisu, who has relatives and friends living on Awaji Island and in Kobe, was able to talk to her parents for the first time Wednesday night.

"My parents are fine. My house is broken," she says. "My parents can't stay in their house now. They can't use water or gas. They can't use anything. The city government has given them food. They stay at an elementary school now."

"My brother, living near Tokyo, often

has contact with my parents," says Ebisu. He wants to go to their parent's house, but is unable, because of the wreckage, she says.

"All transportation has stopped. He can't go back."

Ebisu's relatives who live in Kobe are also fine. But she was unable to contact a friend and is worried. "In my town, over 50 people have died," she says, citing information given to her from her mother.

According to International Student Advisor Mason Davis, four LCC students are from the Kobe area, and 10 are from surrounding areas that were not directly hit.

"From what we know so far, no student from LCC, or the university, has suffered a loss, other than maybe a structural one," says Davis.

He says, "... international students do a good job networking with other

(international students) around the country. They keep each other informed of what they have heard and know."

Journalism student Madoka Sugimori also has friends in the devastated area. She didn't learn about the earthquake until one of her instructors told her Tuesday morning.

Sugimori's hometown, Ueno City, which is two to three hours away from Kobe, felt tremors that hit close to 5 on the Richter Scale. She was able to phone her mother on Tuesday to hear that they were doing fine.

She says she has learned of one friend living in Kobe escaping harm by taking shelter in a elementary school gymnasium.

"We were wondering if she is alive or not," says Sugimori.

People interested in making an earthquake relief donation may contact the American Red Cross at (800) 842-2200.

## Depression comes out of the closet

Pam Larson  
Staff Writer

Lois Zimmerman knew something was wrong. She experienced horrible anxiety even though she was well prepared for exams.

"I would get so bad I'd feel I was going to pass out. I'd feel I had to get out of there. I knew the material. I wasn't aware that (depression) was what it was."

"Before, I always felt chemi-

cally there was something wrong with my body. I saw all kinds of doctors ... they'd say they wished they were as healthy as me," says Zimmerman.

Students suffering from depression may notice symptoms like a lack of ability to concentrate, poor memory, and severe test anxiety.

The National Institute of Mental Health (NIMH) estimates that 17.5 million Ameri-

cans suffer from depression each year; yet, two-thirds don't seek treatment.

The reasons vary. For some, depression carries a stigma, as if it is a sign of mental weakness. And internists and general practitioners diagnose depression incorrectly approximately half the time, according to an article in the Nov. 1994 issue of Redbook magazine.

There will be a free confidential screening on the LCC

campus Jan. 26 in Forum 309 (see Friday to Friday, p. 8). A video, information and referrals to depression care providers will also be available.

One reason depression is easy to misdiagnose is that in a short office visit, a physician may focus on physical symptoms of depression, such as stomach pain, headaches, fatigue, and miss seeing them as a part of the depression picture.

Other common symptoms

are a loss of interest in normal activities, and an inability to feel pleasure in things that are usually enjoyable. There can be a feeling of numbness, or emptiness. In addition, if some of the following symptoms persist longer than two weeks, it could signal of depression. These include:

- dramatic weight change, loss or gain;

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## • Guest Editorial 'Inspirational Light'

Angela K. Kellner

*Editor's note: Angela K. Kellner is the winner of the Martin Luther King, Jr. Essay Contest sponsored by ASLCC. She is interested in a career teaching abroad, and enjoys dance and music.*

As the official observance of Dr. Martin Luther King Jr.'s birthday approaches, I reflect on the importance and influence of his life. Dr. King lived to see the passage and implementation of the Voting Rights Act of 1964, delivered his now famous "I Have A Dream" speech to a crowd of over 200,000 people, earned a Ph.D. from Boston University, received the Nobel Peace Prize in 1964 for his efforts to unite the races and he wrote several books.

By the time of my birth, the bright flickering flame of Dr. Martin Luther King Jr.'s life had already been snuffed out. His tragic assassination on April 4, 1968, denied him the joy of seeing his dream for universal equal rights to be fulfilled. It is sad and ironic that Dr. King's life was ended by violence, an action he strongly opposed and vehemently spoke out against. After leading the Montgomery bus boycott of 1955, Dr. King became an energetic crusader for voting rights, non-violence, equal education and equal rights for the poor people in America who were neglected by their government. Using his background in the ministry and the knowledge he gained by studying the life and ways of Mahandas Gandhi, Dr. King committed himself to teaching and promoting non-violence as a way of attaining equal rights.

The violence that plagues our world today has gone beyond the control of government officials and

has many citizens concerned for their safety. The systematic use of prisons as an easy answer solution by the government has yet to show a reduction in the amount of violence occurring. Dr. Martin Luther King Jr.'s adamant stand on direct action using non-violent methods proved to be successful for the goals he set out to accomplish. Dr. King was an educated man who understood and promoted the importance of gaining a quality education. In the early 1960's, Dr. King campaigned for equality in the educational system, and he did his best to encourage the government of the United States to invest more money into education for poverty stricken areas rather than building more jail cells. Education for children of poverty was not a priority for our government at a time when they were engrossed in a bloody war in South-east Asia.

As the twenty-first century approaches, we are at a crucial time to stop the violence. The college generation is not fortunate enough to have a strong leader such as the late Dr. King to organize and inspire them to speak out for their rights and to hold elected officials responsible for their actions. We must find a common thread among us, a uniting factor that will pull us together so we can use the power of democracy to keep our schools funded, our streets safe, and our prisons uncrowded. The unfulfilled dreams of Dr. Martin Luther King Jr. are an encouraging element that helps me to speak out and take direct action. What will it take for the rest of my generation to stand up for their rights? The assassination of one of the greatest non-violent leaders should be enough to arouse this generation into action, or has this legacy been forgotten like a candle long ago burned out?

## • Forum

### Reader responds to Griffin column; defends Martin Luther King, Jr. Day

To the Editor:

I do not understand the logic of the piece written by Gary Griffin which appeared in the January 13th edition of the LCC Torch under the title "You've got some nerve!" in the Autonomous Zone section of the newspaper. Gary Griffin's argument is extremely flawed.

In this article, Griffin's stance seems extremely hypocritical and the sentiment expressed the words of a bigot. "It is hypocrisy," wrote Griffin, "to call Martin Luther King, Jr.'s birthday a holiday since what he sought has yet to be reached." The hypocrisy is Griffin's, for his next sentence is: "We should remember what the day should really be about because Martin Luther King, Jr.'s dream is for everyone." Griffin's main argument then is that we should not observe the holiday because it is simply a day off from school, but at the same time Griffin is adamant about the fact that LCC needs to overcome racist attitudes. How does not celebrating Martin Luther King, Jr.'s birthday help us overcome racist attitudes?

If we compare another holiday such as Memorial Day, we do not honor the dead because without them we wouldn't have achieved our goals — whatever those may be. No, we honor the dead for their selfless spirit in fighting for our country. Whether or not these dead fought winning battles is not important. The same is true when we honor past members of society such as Martin Luther King, Jr. in the form of a holiday, we do not undermine the integrity and courage by stating that they did not achieve their aims. This is especially true when the life of such a person is dramatically cut short by opposing forces as is the case with Martin Luther King, Jr. Griffin must come to understand the courage it took to stand up and fight racial oppression in this country at a time when segregation was commonplace. Unlike others, King chose nonviolence in his campaign to create change in this country. This act in itself is deserving of national recognition because many have not yet learned the importance of nonviolent protest. The riots in Los Angeles are a case example.

Griffin also states in his article that "Martin [Luther] King, Jr. did not look to Gandhi Mohandas for an excuse to create a holiday and take a day off." Quite true. Likewise LCC as well as the US government do not look on this holiday as an "excuse." Where does Griffin get the idea that these institutions just wanted another day off? I haven't heard of any such scandal. If this was the motivation behind instituting such a

holiday, they sure are doing a good job of keeping it under wraps. Apparently, not only is LCC and the University of Oregon in on the conspiracy, but a myriad of other organizations such as banks, credit unions and various government institutions like the Eugene Public Library.

In another article which also appeared in the same edition of the Torch, Griffin interviewed Bill Powell asking his opinion of Martin Luther King, Jr. Day at LCC. "Until such a time as LCC moves toward bringing the entire faculty into the framework of this holiday as opposed to simply making it a day off for students, it will remain a sham," Powell is quoted as saying. The sham then, as Powell puts it, is not that Martin Luther King, Jr. Day is a day off, but that LCC has not moved "toward bringing the entire faculty into the framework of the holiday." It is my summation then that Powell feels that LCC faculty needs to understand the principles behind the observance of this holiday. He contends that the current motivation behind Martin Luther King, Jr. Day at LCC is found in the need of faculty to appear politically correct. The sham then is the perceived motivation behind the observance of this holiday not the simple act of honoring the holiday as Griffin would have us believe in his Autonomous Zone article. If anyone should understand this point, it is Gary Griffin because he wrote both articles. I do not believe that the Autonomous Zone article makes that connection. Because of this, I begin to question Griffin's motivations for writing this article. If his intentions were to confuse and offend, I believe he has succeeded.

I do agree with Griffin's sentiment regarding the scheduled civil rights speaker. "It seems odd to me that a civil rights speaker is scheduled to take the stage before most students will have coffee on a Monday they are not required to attend classes," he wrote. It is not just odd, it is preposterous. Who benefits from the words of a guest speaker when the majority of students will not be on the campus? This seems to support Bill Powell's criticism of the LCC administration in being less than proactive.

My suggestion is that in the future instead of Griffin using his journalistic license to create controversy by suggesting that we not celebrate Martin Luther King, Jr.'s birthday, why not attempt to offer specific, logical solutions? Understanding and comprehension — these are the keys in combatting ignorance.

Fight your oppressor.

Alan Curtis

## letters to the editor

### OSPIRG looking for participants

Every term the Oregon Student Public Interest Research Group or OSPIRG spends three weeks preparing for their campaigns. Whether the students in the LCC chapter are planning their projects, hanging posters, or calling other students who are interested in becoming involved, they are feverishly getting ready for the campaign kick-off at OSPIRG's General Interest Meeting.

The more students who get involved in the chapter, even if only for a few activities, the stronger and more successful the campaigns will be. OSPIRG is a student run

organization who exists on the Lane campus because students voted to fund it with a per student per term fee. The General Interest Meeting is a gala event that allows anyone who thinks that they might be interested in becoming involved check it out!

The only way to find out what OSPIRG is all about is to see for oneself. The General Interest Meeting is the perfect place to do this! OSPIRG's General Interest Meeting is on Wednesday, January 25th @ 2:00 in Forum building, room 308.

Mindy Meier

OSPIRG Chapter Chair for LCC

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THE TORCH IS PRINTED AT THE SPRINGFIELD NEWS; SPRINGFIELD, OREGON

THE TORCH is a student-managed newspaper; published Fridays, Oct.-May. News stories are compressed, concise reports intended to be as fair as possible. Stories will carry the reporter's byline. Unsigned editorials are the opinion of the Editorial Board. Commentaries and essays may be contributed by Torch readers and should be limited to 750 words. Deadline: Fri. 5 p.m. for the next issue. Letters to the Editor should be under 250 words and must include the author's phone number and address. Deadline: Mon. 5 p.m. for the next issue. Calendar listings are free to students and staff and are due Tues. noon for the next issue. Classified ads are free to students and staff with a 15 word maximum, and are printed on a space-available basis. Deadline: 5 p.m. Fri. for the next issue. Forms are available at the drop box outside The Torch.

The Editor reserves the right to edit submissions for grammar, spelling, libel, invasion of privacy and length. Submissions must be typed and signed by the writer.

Mail or bring all articles, stories, contest entries or commentaries to:

The Torch, Center Building, Room 205, 4000 E. 30th Ave., Eugene, OR 97405  
Phone: (503) 747-4501, ext. 2014



## LCC's new Kiosks attract attention from colleges throughout the U.S. New contraceptives available at clinic

Thomas Lee  
Staff Writer

When LCC instituted the kiosks in May of 1992, students could only print out transcripts and schedules.

Now, they can get their grades, find out current and upcoming events at Lane, financial aid information, degree evaluations, continuing education transcripts and high school completion transcripts.

The flexibility of this system has made it easier for evening students to access the information they need, without having to try to make it to the college when offices are open, says Admissions and Student Records Director Sharon Moore.

Moore says, "We have received a lot of feedback from students who love the system. It is just phenomenal what is going on with the kiosks." Moore says her department is receiving calls from New York, Florida and Canada asking about the system.

"Lisa Ball, a Media Arts and Technology student, made a video of the system that has been sent all over the United States," she says.

Admissions Specialist Bee McRae adds, "We had 10 copies made and never have them in."

Future kiosk services will

include a "speed schedule system" that will use a bar code on the student ID card and allow students to get their current schedules much quicker than before," says Moore.

There are even plans to allow students access to their records from the comforts of their homes through the Internet. This is "a ways off," but the ability of the system to expand is great, she says.

Students are using more paper since the college stopped mailing grades.

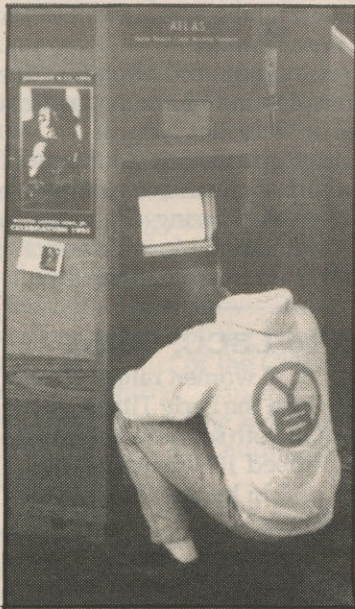
"As students adjust to the new system this will decrease. It is always bad at the beginning of the term but tapers off as the term progresses," says McRae.

The increased paper use is also due to the additional kiosk programs like the new degree evaluations and high school completion transcripts, she said.

Students can also use the kiosks to find open classes with the number of seats available that day, says McRae.

Moore credits Computer Services for the design and installation of the system. "This was done all here on campus without any outside agencies," she says.

Students should feel free to contact Moore with any comments, suggestions or concerns with the system at ext. 2686.



JAMES SHERMAN/THE TORCH

An LCC student explores the many options the kiosk has to offer from a new perspective.

Larry Thompson  
Staff Writer

LCC's Student Health Services is now offering two new birth control options and is extending its hours for the winter term.

The new Tuesday hours are from 8 a.m. to 6 p.m. for general appointments and 1 p.m. to 9 p.m. for women's care. It is open 8 a.m. to 4 p.m. the rest of the week.

Student Health Services Director Sandra Ing says this is a trial project, in order to better serve evening students.

Every credit student pays a \$6 student health fee for basic health care services. However, Ing says, "We don't have enough money to hire more people to staff the evening. And we are busy during the day, so

what we are doing is shifting some of our daytime staff to the evenings."

SHS is offering two new birth control services: the "morning after pill," and Depo-Provera injections.

Nurse practitioner Kathryn Reid says, "A woman can come in 72 hours after unprotected sex and get the emergency contraception that consists of a large dose of birth control pills taken in a 12 hour time span."

The Depo-Provera birth control injection, given every three months, is over 99 percent effective, making it the most effective birth control on the market, explains Reid.

Student Health Services is located on the south end of the first floor Center Building, Room 126.

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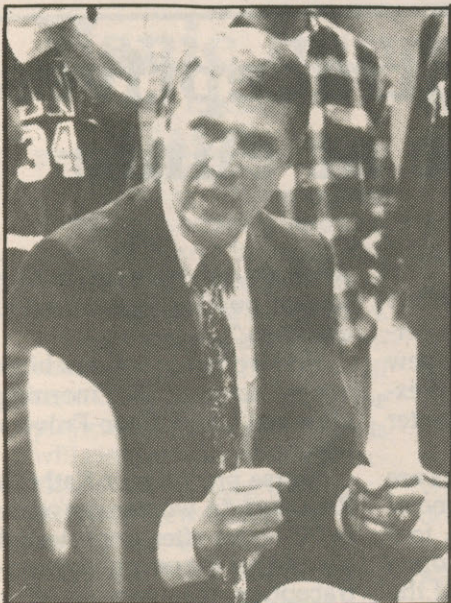
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STEVE NORRIS/THE TORCH

Coach Jim Boutin motivates his team to a victory over LBCC.

## Titans claim first place

The Titan men claimed first place in its division with a thrilling 80-78 victory over the Linn-Benton Roadrunners Wednesday, Jan. 18.

In the final seconds, LBCC's Jeff Taylor had the opportunity for a game-winning three-pointer, but his arching shot fell short as time expired.

The LCC men have a perfect 5-0 record in league play (11-4 overall). The Titans play on the road against Chemeketa (3-1 in league) on Saturday, Jan. 21.

Sophomore Taylor Ebright was named Co-Player of the Week for Jan. 8-15. He helped the men's team win a pair of road victories last week, scoring 47 points in come-back wins against Portland and Mount Hood. He also shot 83 percent (10-12) from the free throw line.

## Lady Titans fall to LBCC, 55-51

In the same evening, the LBCC women rallied from a three point halftime deficit to beat the Lady Titans, 55-51.

Shela Pratt and Leilani Finau both scored a team-high 13 points. Jenny Kammer grabbed 10 rebounds.

The women's team fell to 2-3 in league (8-6 overall). It plays at Chemeketa on Saturday.



STEVE NORRIS/THE TORCH

Krysten Leach fights off an LBCC defender. The Lady Titans lost to the Roadrunners in a close game, 55-51.

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## 'Look inward to move forward'

Gary Griffin  
Staff Writer

Civil rights activist Joe Madison, speaking to LCC staff during a Martin Luther King Jr. Day in-service session, said that what he had previously heard of LCC almost convinced him not to come, as a protest.

The Washington D.C.-based talk radio host said, "The one reason it makes sense for me to speak today is that I represent a generation of possibilities and opportunities that we all believed would emerge one day in this nation."

He pointed out the recent criticism of the college's ineffective Affirmative Action plan. Madison said LCC administrators "don't have the courage and the conviction to take the necessary action to change the situation that we all know needs to be changed. And yet we honor Martin Luther King, Jr."

Madison said one reason to hire minority faculty is to provide students with a realistic view of the world. He said, "The students who graduate from LCC will graduate into a global economy and that shock will make them curse the day they entered LCC. They will curse you for not having taught them properly."

He said, "Dr. King and thousands of men, women and children walked through the backwoods of one of the meanest countries of the modern world,

and before some of the most inhumane humans on the planet."

Headed, "Dr. King and the people with him did it with no one except themselves and their God to take them into the battle."

Madison continued, "One of the qualities that I suggest our heroes must teach us is the power of courage and conviction. That was the beauty of Dr. King. He exemplified courage and the power to stand by what he believed in. He challenged the people of his own community and the very structure of American racism."

"The resistance for racial justice today is a much more sophisticated and subtle form of racial superiority and discrimination," he asserted.

Madison said, "In a 1993 study by the Anti-Defamation League 31 percent of all young whites, male and female, between 18 and 30 years of age thought that blacks were lazy and violence prone."

"I believe in the last 15 years America has once again felt comfortable with its racism."

Courage and conviction are what Madison said are required to implement change.

After listening thoughtfully and attentively throughout Madison's speech, Vice President of Instructional Services Jim Ellison said, "We need more straight talk like that to bring about changes."

## Cities honor Martin Luther King Jr.

Christian Hill  
Editor

The ASLCC co-sponsored a Martin Luther King, Jr. commemoration at the Hult Center Jan. 16 with gospel and jazz music and a powerful keynote address.

"Forward with Faith, not Backward with Fear" was the theme of the Eugene and Springfield communities' tribute to the civil rights leader.

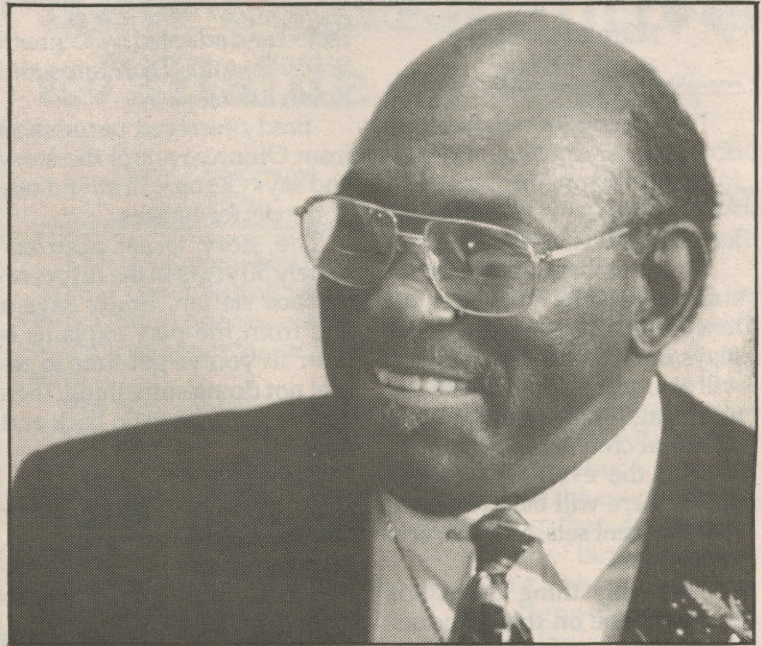
Bishop E. Lynn Brown, D.D., presiding prelate of the Ninth Episcopal District of the Christian Methodist Episcopal Church, delivered the keynote address to the 300 audience members.

He attacked both low voter turn-out for the November general election and the Republican-dominated Congress.

He said a country can not run on a 21 percent voter turn-out, otherwise it will put the Newt Gingrichs in office—those who wish to "turn back the clock" and weaken minority programs, like affirmative action.

"The clock will never be turned back because we will mobilize those other 79 percent," said Brown.

Brown said King's greatest power was the ability to "organize love" to fight evil. King fought racism, violence and poverty, and left the world a sense of renewed faith and a belief in non-violence, he said.



BRIAN HENDRICKSON/THE TORCH

**Bishop E. Lynn Brown gave a keynote address at the ASLCC co-sponsored Martin Luther King Jr. commemoration at the Hult Center on Jan. 16.**

"He left an indelible impression on our hearts and minds," Brown said.

He said troubled times are ahead, crises that go beyond social and economic themes, including "covert" racism.

"The bullets of violence and racism are flying over our heads and we must listen to what Martin Luther King said," Brown told his audience.

He concluded his address with the story of a little boy trapped in a deep pit. One man came with a

rope to drag him out of the pit, but the rope was too short. A second and third man followed, but, again, their ropes were too short. Finally, the little boy asked the three men to tie their ropes together to lift him to safety.

Brown's point is that to truly fulfill King's dream, every culture must work together toward equality.

Brown and several community leaders, such as Mayor Ruth Bascom, attended a reception prior to the event.

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Drawing of  
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at the American Museum of Natural History.

**Dr.  
Robert  
Bakker**

7:30 p.m., Jan. 27, Arlene Schnitzer Concert Hall  
8:00 p.m., Jan. 29, Hult Center

Portland tickets: Fred Meyer FASTIXX outlets,  
224-8499 (from outside Portland, call 800-992-8499).  
Eugene tickets: Hult Center Box Office, 687-5000.

Presented by the Institute for Science, Engineering and Public Policy and co-sponsored by:  
Oregon Public Broadcasting, the high-tech PR firm Waggener Edstrom, University of Portland,  
Oregon Episcopal School, University of Oregon/UO Alumni Association, In-Focus Systems,  
Community College Consortium and The Business Journal.  
Special evening co-sponsor CTR Business Systems.  
Additional support provided by Willamette Week, the Heathman Hotel and the Eugene Hilton.



# Manic Impressions in the Blue Door Theatre Dance festival visits campus

Mary L. Klacsan  
A & E Editor

Performing Arts students are directing, producing, and performing "Manic Impressions - An Evening of One Act Plays" Jan. 27 and 28 and Feb. 3 and 4.

Five members of theatre instructor Patrick Torelle's fall term directing class chose the plays, and department students will also serve as producer, actors, stage lighting and other technical crew members.

For the evening of short plays, there will be five plays, five different sets, and five acting groups.

"The only thing that's not student done on this (production) is the writing," says one student director Kenneth Brady.

The evening presentations include: "Ariel Bright," by Kathryn Long, directed by DJ Adams and starring Sonya Miller and Ezra Holbrook, and "The Next Contestant," by Frank D. Gilroy, directed by Lonny Lozar and starring Aaron Nakahara, Tim Stratis and Kyra Kelly.

It also includes "I Can't Imagine Tomorrow," by Tennessee Williams, directed by Zach Parson and featuring Renee Morrison and Ben Caudle, and "Triplet," by Kitty Johnson, directed by Lisa Railsback and starring Darlene Colburn, Nicole Serra and Tori Schultz.

"The Love Song of Laura Morrison," by Jerry Oltion, di-

rected and adapted by Kenneth Brady features DJ Adams and Robin Lindsey.

Brady received permission from Oltion to adapt the story and says Oltion will attend one of the performances.

The story is set approximately 50 years in the future on a space station. Brady says a line from the play explains it best: "If you've got time to regret not doing something, then you've got time to go back and do it."

Directing a play, he says, has been quite a learning experience. Student directors must all work with the student producer, DJ Adams, and make sure she understands their needs, from set designs to props.

They talk with LCC Costumer Katherine Nance about appropriate costumes.

They've had a few production meetings but, "It's difficult to schedule so many people that have as eclectic and full schedules as we do," says Brady.

And then there are the actors.

"I think you need a good relationship with the actors," he says. "I don't think I'm so much trying to get them to do what I want them to do as get

them to do what their characters would do. You have to be able to work with all your actors and show them what your vision of it (the play) is and then let them go on from there."

Actor Tim Stratis, featured in "The Next Contestant," has never worked with a student director before but, "I've found that in some ways it's easier. It's more of a peer thing. There's more of a comfort level there."

He says director Lonny Lozar is "doing a really good job."

The play, only 10 to 12 minutes long, is a quick look at greed versus simple kindness. Actress Kyra Kelly says, "It's a pretty powerful piece."

Because the work is so short, she says, "You get to know all the characters more personally."

Producer DJ Adams needs to know everything about everything.

She says a producer is like a "den mother or an administrative secretary—The person that actually does all the work for the CEO."

She is responsible for publicizing the plays and making sure directors are on track with their time schedules.

"I organize the technical

**"If you've got time to regret not doing something, then you've got time to go back and do it."**

— "THE LOVE SONG OF LAURA MORRISON" BY JERRY OLTION

**"more personally."**

## Dance festival visits campus

Mary L. Klacsan  
A & E Editor

The Veselo International Folk Dance Festival will be held in the LCC main gym, PE 202 and 203 for three days, Jan. 20-22.

Nancy Anderson, a dance instructor in the Health and P.E. Department, says two internationally-known instructors headline the festival: Peter Iliev, a young and athletic dancer/teacher from Bulgaria, and Dick Crum, one of the first Americans to research folk dance abroad.

There will also be two dance bands, The Big Foot Band, from Arcata, Cal. and The Cociks, from Seattle, Wash.

The event begins Friday night at 7:30 p.m. with folk dance performances by Humboldt State University students demonstrating a Mexican Dance Suite. Eugene performers are Dance Africa, belly dancer Maria Shadd, Hungarians Northwest, and Fiddle Magic, a group of children ages seven to 10-years-old playing "old timey music."

Instructors will also teach some simple dances. Tickets are \$4 for general admission and \$3 for students.

Saturday, registration for weekend events begins at 8:30 a.m., followed by classes throughout the day, and a dance party starting at 8 p.m.

On Sunday, dancers meet at 11 a.m. for a free 90-minute cultural session with Iliev and Crum. Dance classes start at 1 p.m. and conclude at 4:15 p.m.

Admission for all weekend events is \$25, or dancers can pay for entrance to individual classes or the Saturday dance party. Prices vary.

Anderson says 150 to 200 people along the West Coast are expected to attend this weekend's festival.

The Health and P.E. Department is offering "Dance Around the World," a folk dance class during spring term for interested students, says Anderson.

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CLASSIFIED ADS are free to LCC students and staff, 15 words maximum, printed on a space available basis. All other ads are 20 cents per word per issue, paid in advance. *The Torch* reserves the right to refuse ads. You must include your name and phone number. Ads will only be run for two weeks unless re-submitted. CLASSIFIED AD forms are available outside the main entrance of THE TORCH Office. Deadline is Friday, 5:00 p.m., for next Friday's issue. Calendar forms are also available at THE TORCH Office. Deadline is Tuesday noon for the following Friday's issue. For info call 747-4501, ext. 2014.

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**PARENT'S CLUB** for information call: Paula Liddle 744-2531.

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**STUDENT HEALTH.** Women's Clinic. Pap smears, breast exams, STD screening \$30. Pregnancy test \$6. Birth control pills \$5 per cycle.

**FREE DROP-IN TUTORING** for all LCC students is in the Writing Center, CEN 450 M-F, new hours: 8-4.

## for sale

**BECKMAN Industries** digital Multimeter, used one term, plus case, \$70 call Thomas 726-2809.

**WASHER & DRYER** great condition, \$300 obo. Contact Troy at 344-6208.

**SKIS** with bindings, boots and poles \$150; extra boots \$45; extra bindings \$40 call 933-2511.

'81 **CHEVY** Citation great for school/work only \$300 obo. Call Derek or Raychel 741-4190.

## messages

**KIM:** Will you give me another chance? Please call me. Bob 345-3100 •

**HAPPY 22nd Anniversary** Mom & Dad. We're glad you made it. Mike & Kristy.

**NEED A VALENTINE?** Place a

message in the Classifieds to someone you love or have special feelings for. Space available January 27 to February 10. Applications outside the *Torch* office CEN 205.

## opportunities

**HOW TO MAKE BIG MONEY FISHING** in Alaska!!! For your informative guide and current company listing: send \$14.95 to: Alaskan Opportunities, P.O. Box 22541, Eugene OR 97402 •

## travel

**GREAT BRITAIN** 16-day EF educational tour departing 6/20/95. Student fee \$2169; adult \$2411. Sharon Thomas ext. 2145.

## BRAIN continued from page 1

- disruption of normal sleep schedule such as waking at night and being unable to get back to sleep, or the desire to sleep all the time;

- loss of energy; fatigue out of proportion to efforts;

- overwhelming feelings of worthlessness, hopelessness, or self-reproach;

- and thoughts or fantasies about death or suicide.

Headaches, digestive problems, chronic pain and changes in social activities can also accompany depression.

Current research indicates depression is caused by a lowered level of brain chemicals called neurotransmitters. The level of the neurotransmitters in the brain may fall after a period of prolonged stress. However, some people are born with lowered levels. Stressful events early in life can also make a person more vulnerable to depression. Women are twice as likely to experience depression as men.

Many depressed people get better on their own, but they may suffer for a long time. The suffering is unnecessary, however, since many new anti-depressant drugs are available which specifically balance the affected chemicals in

the brain. In addition, the new drugs avoid many of the side effects of older drugs for depression.

Medication can balance the brain chemistry relatively quickly, allowing the patient to address whatever events are occurring which triggered the depression.

According to the article, psychotherapy which centers on action—replacing negative thoughts and building social connections—is a valuable aid in managing depression. Depression does not respond as quickly to psychotherapy as medication in the short term, however.

Exercise can play a valuable part in managing depression. Certain exercises increase electrical and metabolic activity in part of the brain associated with depression, and may prevent stress-overload which can end in depression.

Zimmerman manages her depression with medication. "Now, I get a little nervous but not like before," she says. For more information about depression or the depression screening, call Lane Mental Health at 687-2965.

**Due to a filing error, all persons who submitted an essay to the Martin Luther King, Jr. Essay Contest are being asked to leave their name, social security number and telephone number with the receptionist in Student Activities on the second floor of the Center Building. We apologize for the inconvenience. Thanks.**

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February 3

Lift Tickets are \$9

Transportation and Lift Tickets \$15

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Tickets are:

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**Sale Table**

**Monday Jan. 23**

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**9-10 a.m.**

Job Opening  
ASLCC  
Book Exchange  
Director

Position is now open.

Please contact your

Student Resource

Center for more

information.

SRC is located in front

of the library.

## ASLCC

**• Next ASLCC Meeting**

**Monday, January 23,**

**4:00 p.m. — PE 205**

All students invited to attend.

We welcome your input

## Student Lobby Day

February 23

Come to Salem

with

**ASLCC**

• speak with legislators

about

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Help to make the decisions that affect you. Join a Committee. ASLCC has 12 active committees, one of which has an opening just for you.

**ASLCC** Child Care Co-op has an opening for one Board Member serving as a student at large. The board covers issues relating to child care, policies, procedures and other interesting topics related to the Co-op. Anyone is welcome to apply. See SRC for application.

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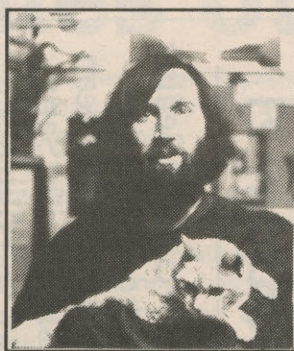
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**Denali**  
needs submissions!  
The theme for winter term is  
**Science Fiction**  
Submit fiction, poetry, art, or photography!  
**Deadline is Feb. 8, 5:00 p.m.**  
Pick up a submission form at the SRC or in the Denali office (479F CEN) or call 747-4501 ext. 2830



## Jerry Oltion

is the author of *Frame of Reference*, two books in Asimov's Robots and Aliens series, and a collection of short fiction, *Love Songs of a Mad Scientist*. His short fiction appears regularly in *Analog* and the *Magazine of Fantasy and Science Fiction*. Jerry will read, followed by a question and answer session.

**Wednesday at 4:00 p.m., Feb. 1, in the Blue Door Theatre (PA103)**



# Friday to Friday

JANUARY 20 - JANUARY 27

## Friday 20

"Cross cultural Relations in American Popular Music," panel discussion and dialogue, Ben Linder Rm., 1-2 p.m.

## Saturday 21

The "Secrets Of Selling Fiction," Kristine Kathryn Rusch, Dean Wesley Smith, Saturday. G. Willicker's Restaurant, Coburg Road, Eugene, 11:30 a.m. to 7 p.m. \$35.00 (Pay at the door)

Free Audubon bird walk and work party, 8 a.m. at Delta ponds. Information or car pool, 465-2814 days, or 344-9591, evenings

## Monday 22

Friends of the Library program presents "Where Rolls the Oregon," 2-4 p.m.

## Wednesday 25

Lesbian, Gay, Bisexual Alliance coffee hour Wednesday, 3 p.m. LCC Women's Center. Questions? Call Tara, 343-8050

Third International Student Social Hour, hosted by International Student Community Program, 3-5p.m. Learn about the featured country, Japan. Videos, displays, clothing, etc., also tea and snacks. Across from the Renaissance Room

"Is a student center possible at LCC?" open meeting, 10 a.m. to 11 a.m., Administration Bldg. Board Room

## Thursday 26

Free Depression screening. 9 a.m. to 4 p.m., Forum 309. Informational video, confidential questionnaire and referrals. Info, 342-1578

19 colleges and universities from around Oregon will be in the LCC cafeteria between 9 a.m. and 1:30 p.m. to answer students questions

## Friday 27

An evening of short, on act plays, written, produced, acted in and directed by LCC students will be held at the Blue Door Theater, 8 p.m.

Sigma Zeta, the Lane chapter of Phi Theta Kappa, is offering \$100 scholarships for the best poem, short story, drama or essay. The two top entries will be entered in an international competition. Deadline is January 31. Call Velma Jesser at ext. 2157 for details.

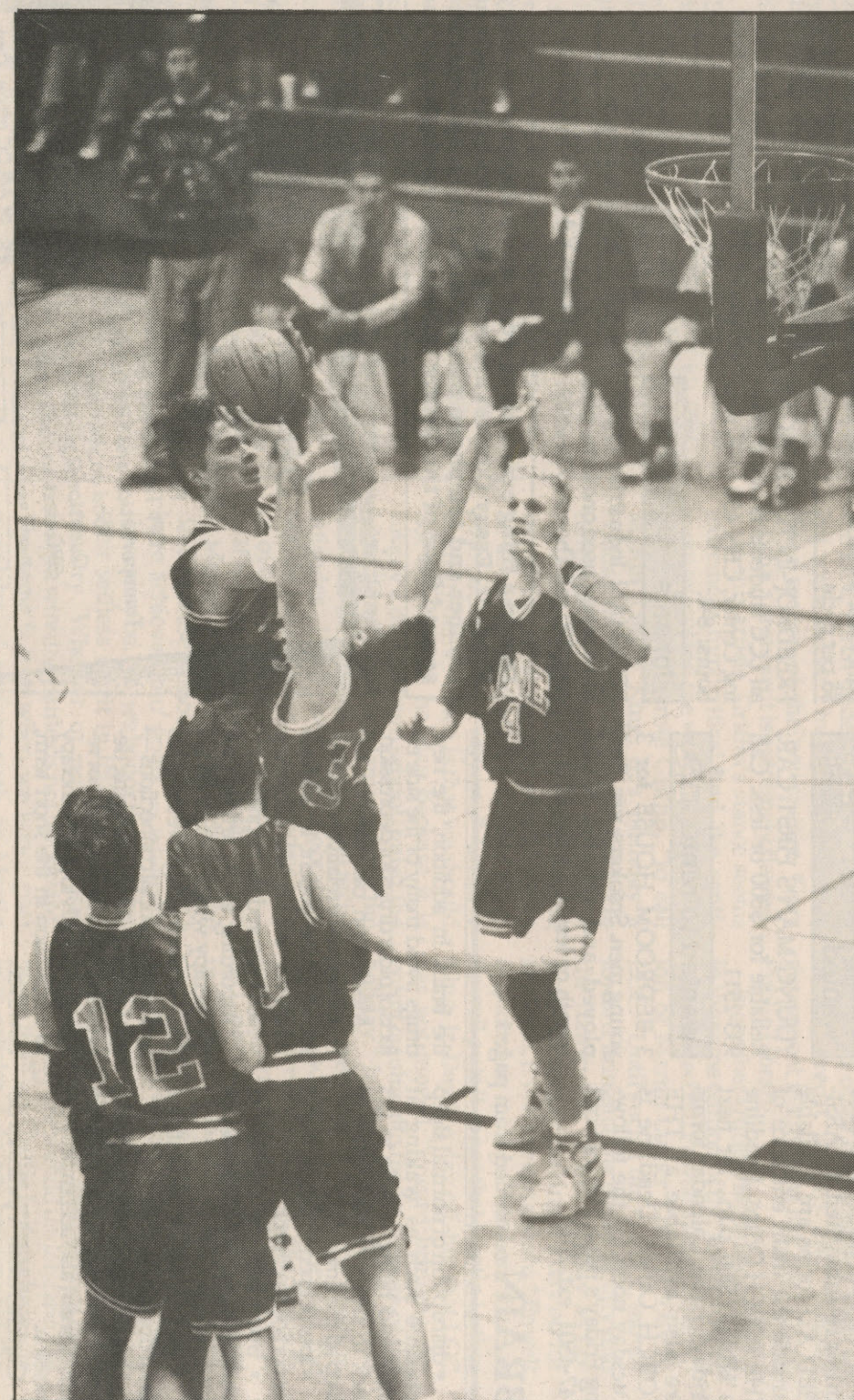


# THE TORCH

LANE COMMUNITY COLLEGE

January 20, 1995

4000 E. 30th Ave., Eugene, Oregon 97405



STEVE NORRIS/THE TORCH

## INSIDE

### PAGE 1:

#### EARTHQUAKE

The deadly Kobe earthquake in Japan, which has killed 4,000, worries LCC students whose families live there.

### PAGE 2:

#### EDITORIAL

Angela Kellner questions us all on the condition of Dr. King's vision of equality.

### PAGE 5:

#### SPEECH

Radio talk show host Joe Madison pulls no punches speaking about LCC's Affirmative Action problems before an audience of administrators and instructors.

### COVER —

John Kromer attempts a shot while avoiding a charge. The Titans defeated Linn-Benton Community College 80-78 and claimed first place in the Southern Division.