

# The Torch

VOLUME XXXII, NUMBER 9

LANE COMMUNITY COLLEGE

NOVEMBER 22, 1996

## Dance!

LCC's annual Faculty Dance Concert, presented Nov. 15 and 16, featured performances by faculty and students. See story on page 5.



Photo by Lisa Stephenson

## Downtown Center: 'one-stop shopping approach'

Jack Clifford  
Sports Editor

The LCC Downtown Center Student Services has expanded its academic and career counseling scope in an attempt to make a college student's life less stressful.

"The services at the Downtown Campus are extremely valuable, but not enough people know about us," says Ruth Songer-Jensen, LCC counselor. "Using this service can save students time and gas. They don't have to drive or take the bus all the way out to the main campus."

An array of services — which Songer-Jensen calls a "one-stop shopping approach" — is available to downtowners. In addition to finding basic handouts and information, students can take care of admissions, and take advantage of career counseling and placement testing.

Continuing education and returning students may find the smaller crowds enticing. Advisors can give closer attention to their needs, says Songer-Jensen. She adds that international students are also a specific focus for the downtown group.

The Latino population has

grown at a rate five times the rate of the general population in Oregon.

The English as a Second Language program is one such service available for international students. The goal of the classes is to empower them with the verbal skills to ease the transition from their native countries to the U.S.

Potential funding cuts due to the Measure 47 fallout will likely have an impact on the overall services provided in the future by the Downtown Center, but Songer-Jensen portrays the satellite campus staff as having a "wait-and-see attitude. We're moving forward until we hear otherwise."

She also encourages non-students to enter the Downtown Center's doors.

"I really want more community people to come here," she says, pointing out the easily accessible job board as one service available to everyone. "People who are searching for a job don't have to go to one of those employment services to access career counseling and advising. We have everything they need right here."

Downtown office hours vary, but appointments with a counselor can be made by calling 747-4501, ext. 2940.

## Man arrested in women's locker room



Kelly Schulze  
Managing Editor

Oregon State Police arrested a man who was found

in LCC's women's locker room on Friday, Nov. 8, according to Campus Security Manager Paul Chase.

LCC security officers detained Dwane Matthew Seidlitz, 25, after locker room attendant Kim Gilbert found him hiding in a toilet stall at 10 a.m..

Gilbert directed the women in the locker room to a separate area and phoned Campus Security who were able to detain Seidlitz.

Chase would not comment if Seidlitz struggled before campus officers detained him.

Campus officers took Seidlitz to the security office where he broke out a window at 10:50 a.m. and tried to dive out, head-first, in an attempt to land on his head to kill himself, according to an OSP log entry.

When State Police officers arrived, they took Seidlitz to McKenzie-Willamette Hospital to stitch a cut on his right

hand he sustained in the escape attempt. He was then taken to Lane County jail.

According to Chase, LCC is charging Seidlitz — who is not an LCC student — with second degree trespass and first degree criminal mischief.

This wasn't the first time that Seidlitz has been found in the women's locker room. According to the OSP log entry, campus security found him in the women's locker room on Oct. 31 and told him not to come back.

Chase would not comment on what Seidlitz was doing at the time he was found inside the stall.

## 30th Avenue rises

Oblio Stroyman  
Staff Writer

For over a year now, commuters have watched the Spring Boulevard exit on 30th Avenue gradually slip into the abyss. Now, finally, after much time and effort, it stands again.

Carl Cleaver, the project manager for the future public works department, says the primary reason for the 1995 collapse was the instability of the soil beneath the road. Much of the road was once under water, and there are subterranean clay layers which could not be seen from the surface.

The portion of 30th Avenue has been moving for about the past 15 years, at a rate of about 1-2 inches per year, says Cleaver. The continued development of the road, combined with the additional rain, caused the clay layers to give out, thus creating the chasm.

To repair this very serious problem, the city crew first removed all of the slide material, and excavated down to the rock layer, says Cleaver. It replaced this material with rock to an elevation of about 30 feet below the surface, and placed a soil embankment on top of that.

Cleaver says he does not expect any further problems.

## Heavy rains flood field



Photo by Stanley Armanino

The heavy rains of earlier this week did not miss the small town of Harrisburg, located 25 miles north of LCC.



# OPINION & EDITORIAL

RYAN K. BATE, EDITOR-IN-CHIEF

THE TORCH

747-4501 EXT. 2014

FALL TERM

TANOSHII  
KYUUJITSU WO!!  
-HAVE A GOOD HOLIDAY!!-

WEEK 10

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News stories are concise reports intended to be as fair as possible. Unsigned editorials are the opinion of the newspaper's Editorial Board.

Letters to the Editor should be limited to 250 words and include the author's name, phone number and address (address and phone number are for verification purposes only and are not for publication). Commentaries should be limited to 750 words and should also include the author's name and address. Deadline for the following issue is Monday, 5 p.m. The Editor-in-Chief reserves the right to edit letters and commentaries for length, grammar, spelling, libel, invasion of privacy and appropriate language.

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## Favorable friends found only in preschool past

### COMMENTARY

Heather Hafer  
Staff Writer

Friendships are too complex!



them? They were great — honest, dependable, devoted. Back in those

I can't stand it! Making new friends these days is just one more stress factor that I can live without.

Whatever happened to those good ol' preschool pals? They're the kinds of friends to have. Remember

days friendships were based on who shared their cupcakes with you and who you asked to play with during recess. And that's all it took. That's all it needed to take.

I miss those days.

These days, friendships have changed. You have to worry about feelings, communication and misinterpretations. What was once pure, innocent fun, has turned into a mass psychoanalysis session. And you don't even get credit for it!

I, for one, am tired of dealing with all the prerequisites involved with a full-fledged friendship.

Don't get me wrong, communication is great and all, but there is such a thing as too much.

And when did it all happen? That's what confuses me. One day

you're playing four square with your best buddies and the next day they're not talking to you. Or you're not talking to them. But by the time you figure out who's mad at who it doesn't even matter because whatever has happened has happened and it's beyond repair.

And while all this is happening instructors choose this exact time to start taking away our nap time. What's up with that?

You know what I want? I want someone to come up to me with half of their Ho-Ho and say "Let's be friends forever" and I'll say "Sure!" Then we'll go out and play everyday after school - until it gets dark.

Not once will we mention how the other one hurt the other's feelings

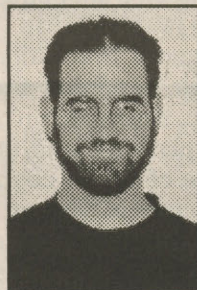
See FRIENDS page 7

## Step aside StoveTop®, here is the real thing

### COMMENTARY

Jon Limer  
Staff Writer

I bet you wanna' tell your turkey to get stuffed this Thanksgiving. Me too.



but as a rather good cook to boot.

You see, I am among a number of people who have made this area a new home. Therefore I have been unable to eat Mom's cooking. A few thousand miles has this tendency to do that. So, over the last five years away from home, I have developed the wonderfully impressive skill of cooking things other than "mac n' cheese."

Among the number of other recipes I have found/researched/created, I have a basic stuffing recipe that is good, simple, and easy to modify. I have decided to present this to all of you so that if you are spending your Thanksgiving away

from home, you can at least have some good homemade stuffin'.

Go to the local store and get a loaf of the cheapest bread you can find. Doesn't matter what brand it is, just so long as it is bread. Toast the loaf, (in a toaster or equivalent.) Feel free to buy the pre-made bread crumbs. However, it sounds kind of dumb to buy pre-made bread crumbs doesn't it?

You'll also need a small chunk of onion (chop it very fine), some salt, pepper, poultry seasoning (either just buy some in a jar, or mix very small amounts of chili pepper, ground celery seeds, ground nutmeg and coriander seeds, some onion, garlic, paprika, and corn starch), butter or margarine, one cube of both chicken and beef bullion, and some water. Don't forget the turkey, it will feel left out if you forget it.

OK, now we get technical. If you are the type that needs "Cooking Measurements for Dummies," then you may want to refer to your local measuring table. Chemistry books, and those notebook folders from high school are great for this. In a really big bowl, put 4 cups of bread crumbs. Use the rest of the loaf to make cinnamon toast, or just make more stuffing.

In a separate bowl/soup pan, melt 1/3 cup of butter or margarine.

Measuring butter is easy, there is a neat little ruler thing on each bar. Margarine you'll have to actually measure with a cup. After that is melted, turn the stove as low as possible. To the butter add:

3 tablespoons of chopped onions  
1 teaspoon of salt  
1/4 teaspoon of pepper  
1/4 teaspoon of poultry seasoning, (see, I told you that you only needed a small amount.)

Mix all of this together and then pour into the bowl with the bread crumbs and toss gently to mix. Put the cubes of bullion in two cups of water and allow time to dissolve. Then add the water mixture to the bread crumb bowl, and mush together. You want a consistency of very thick mud when mushed.

All in all, you want to plan for about one cup of stuffing for each pound of bird. When you are ready, stuff the bird. I use either toothpicks or a large needle and thread to close the opening.

I stated before that I have modified this recipe depending on the situation. For example, you could add tarragon and thyme instead of the poultry seasoning. However, I DO NOT suggest substituting tofu for turkey. It just doesn't stuff the same, if you catch my drift.

Well, I hope that you all enjoy this recipe, and put it to good use. And remember, cooking, like breathing, is not for stupid people.

## Letters To The Editor

### High cost of lots

Regarding The Torch's Nov. 15 cover story "LCC will give you a charge," it's very kind of LCC Campus Services to be offering to help out car-driving students. However, it should be noted that at the national average cost of \$1,000 per year to maintain a single parking space, LCC is already helping out car-driving students to the tune of \$3.3 million per year

(3,302 spaces \$1,000 per space). It could even be argued that LCC's cost might be closer to Washington, D.C.'s, which is \$2,000 per year. That would amount to a subsidy of \$6.6 million per year for LCC drivers.

Either figure more than covers the amount of money LCC stands to lose because of Measure 47 (\$2 to \$3 million, as reported in the article The Torch which ran adjacent to the above-mentioned

article). It comes down to how much money you are willing to spend to warp natural market tendencies. Reporter Mercia Petewon boasted that "... the new hand-held starter is available to start up to 20 cars before needing to be recharged." Worldwatch Institute researcher Marcia D. Lowe ironically said almost the exact same thing regarding the number of bicycles that can be parked in one car space.

Chris Allen  
Chris Allen, Dietetics



# Native American society hosts powwow

**Merlla McLaughlin**  
For The Torch

What happens when a college, whose Native American program is an example to other communities state-wide, hosts a powwow?

Roughly 2,000 people will show up, according to Frank Merrill, LCC's Native American Student Association coordinator.

"We go out and support other programs all around Oregon, and this is how they come and show their support for us in return," Merrill says of the all-day, Dec. 7 family event to be held in LCC's gymnasium.

Merrill says powwows create a relationship between the Native American community and the surrounding community at large. As an example of how they can produce cross-cultural exchange, powwows usually include a circle dance in which everyone is welcomed, symbolizing the unity of everyone and all of creation, says Merrill.

He estimates that 20 Native American drummers will come to play at the annual gathering, weather permitting. "Elders," or respected tribal members, will be on hand to educate about customs and the spiritual significance of symbols, like eagle feathers, he says.

Merrill added that students will experience the customs and responsibilities particular to hosting others.

Merrill calls for all interested students to meet at his office at Room 222 in the Center Building at noon on Wednesday, Nov. 27. He will also post information on the bulletin boards outside his office.

# Students learning to fly: Indoors

**Michael Bergland**  
For The Torch

You are flying along at 3,500 feet, and suddenly, the engines fail.

Your plane falls in a downward spiral, and the ground is racing up at you. What can you do?

You could reach over and press "pause" if you were in a cartoon, or the Frasca 142 flight simulator.

The Flight Technology Department purchased the simulator last year with a portion of the money county taxpayers approved in 1994 for new College equipment, says Robert Farrand, department chair. He says the Frasca 142 is the best school-owned simulator in the state.

"I can make the simula-

tor much more realistic than the real world," says King Povenmire, senior assistant chief instructor. "There are things that you can't test in an airplane."

The main purpose of the

simulator is to teach navigation and FAA Instrument Flight Rules, says Povenmire, but he points out that simulators are perfect for practicing reactions to emergencies and me-

chanical failures that cannot be practiced in the air.

The instruments in the simulator are identical to the Arrow IV, the department's most advanced trainer, but instructors can change the flight characteristics to a wide variety of different aircraft, including all of the department's planes, Povenmire says.

There are two seats in the simulator, but the instructor usually sits behind the student at a computer, says Povenmire, where he/she can control anything from weather patterns, to complete instrument failure.

Povenmire says the computer can record every occurrence in the entire flight for later review by the student.

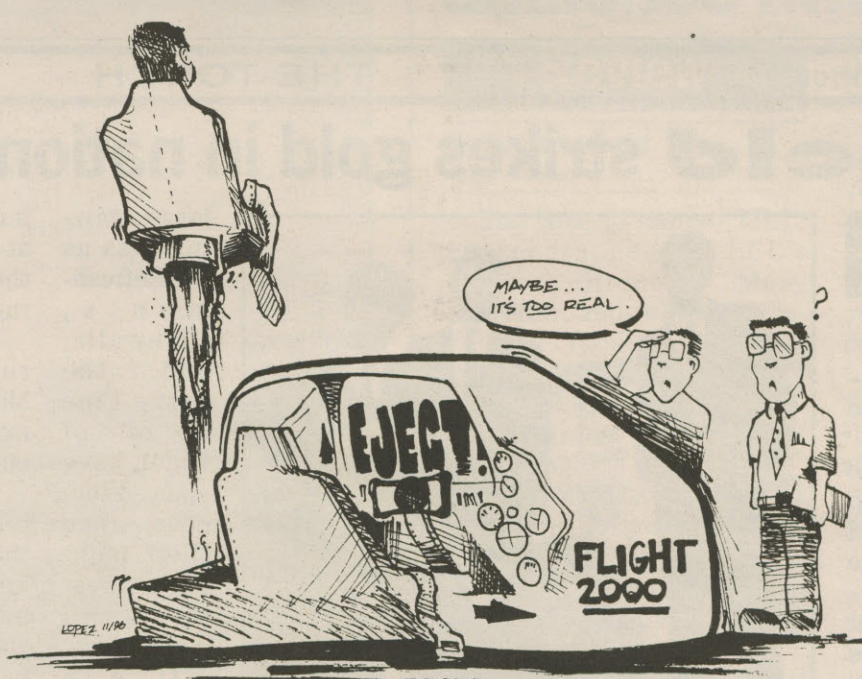


Illustration by Steve Lopez

# \$1,200 rental expenses too much for some

**Kammy Johnson**  
Staff Writer

Campus Ministry and some college staff members have proposed a program to help students unable to afford housing.

They propose a system to enlist community involvement in helping students find places of their own where they can study and sleep.

According to Marna Crawford, Campus Ministry's assistant director, the program is still in the formation phase due to a "lack of numbers."

She says the community has been very responsive. It is the lack of information halting the project.

Crawford believes student homelessness to be a direct result of ever

rising costs of rental property. In her estimation it costs at least \$1,200 for deposit, first and last month's rent. "and that is a modest figure," she says. Crawford reports that, after Financial Aid and student loans are calculated, books paid for, and tuition settled, many students find that \$1,200 insurmountable.

Crawford tells a grim story of a former student, a mother living in her car, who

had to bring her daughter to campus with her every morning so the girl could shower before going to elementary school.

Students who are faced with similar situations — living in tents or cars, in some cases — are either unaware that people are waiting to help, or they are afraid that the little space they now have will be taken away from them if they ask for help says Crawford.

Campus Ministry and other college volunteers wish to extend a confidential invitation to these students to contact a member of the Campus Ministry staff in the Center 242, or The Woman's Center in Center 213.




## Campus Ministry


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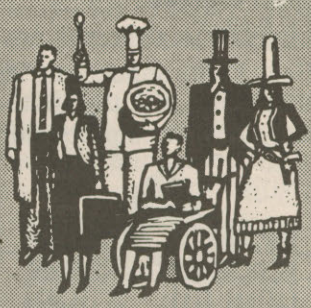


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# ARTS & ENTERTAINMENT

BRYAN PETERSEN, A & E EDITOR

THE TORCH

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## marigold strikes gold in national contest

### Review

**Ryan Bate**  
Editor-in-chief

Marigold is a dream come true.

Not just literally, but the band's music is also top notch quality, as evidenced by its Nov. 15 performance at Eugene's WOW Hall.

The Springfield quartet, which consists of Travis Ferguson (guitar/vocals), LCC student Jacob Arnold (guitar), Adam Anderson (bass), and Nathan Maricle (drums), recently won a national contest that declared the top five unsigned bands in America. Of 10,000 entries Marigold was a winner.

If one could measure the magnitude of this honor it would seem like a conservative observation to say that this band is on its way to becoming a premier band among the music scene across the country. This



courtesy of Michael Acord/A+

From left to right, Jacob Arnold, Travis Ferguson, Adam Anderson and Nathan Maricle

judgement can be safely made by looking at some of the recent winners of the contest.

Among these previously "unsigned bands" are such

Marigold band members. Yet, nothing could be farther from the truth.

It appears that Marigold simply appreciates all the attention — rather than eating

large drawing acts as the Refreshments, Dishwalla, and the Verve Pipe — all of which have enjoyed success since their naming as "best unsigned band."

One would think that at their young age (all are under the age of 21), all this success would rush to the heads of the

it up, and spitting it back out at the fans, like many bands that I've seen go from the garage to the grandstand.

And the band's success is running in overdrive. Marigold's first public performance was at the Eugene Celebration — last year.

Marigold's fast, upbeat tempo, mixed with vocals that flow forth clear and on-key bring to mind a happy medium of bands Weezer and Oasis. But don't think this band is just another clone of the thousands of pop bands out there.

I've been to a lot of concerts ranging from large acts like Michael Jackson and Men at Work to smaller ones like Floater, or solo acts at Cafe Paradiso, and Marigold is definitely a group that knows how to play and how to perform.

From its great melodies and guitar riffs, to its black suits and ties Marigold is a band that is making waves in the ocean of music in the '90s.

## Garden band lifts spirits

**Kelly Schulze**  
Staff Writer

As the third part of a four part Blue River Concert Series, Mike and Carleen McCormack and the Garden Variety Band came to LCC to entertain children on Sunday, Nov. 17 in the Forum Building.

This children's folk band kicked off its set with a catchy little tune — "Twinkle, Twinkle Little Star" — which involved audience participation from all of the 20 children seated on a rug directly in front of the stage.

From beginning to end, the band played tunes that would lift any person's spirits. Songs about gardens, pigs, reading books with a panda, holes in the ground, and a sweet lullaby about animals made it impossible even for the adults to keep from swaying to and fro.

As I listened to the vocal harmonies of Mike and Carleen, and the glowing melodies that this five-piece band produced, I was reminded of my preschool days that made me wish that I could be a kid again. However when the show concluded, reality set in, and I felt that even though the band performed very well, it was a cruel idea to let adults attend.

The band consists of members who are talented at many instruments. Mike and Carleen McCormack and the Garden Variety Band is Mike McCormack (acoustic guitar, banjo, and vocals); Carleen McCormack (acoustic guitar and vocals); Eileen McCormack (Celtic harp, hammer dulcimer, mandolin, and accordion); Kevin McCormack (bassoon and harmonica); and Dale Bradley (cello and stand-up bass).

## New Presidents CD: treading the same (fun) path

### Review

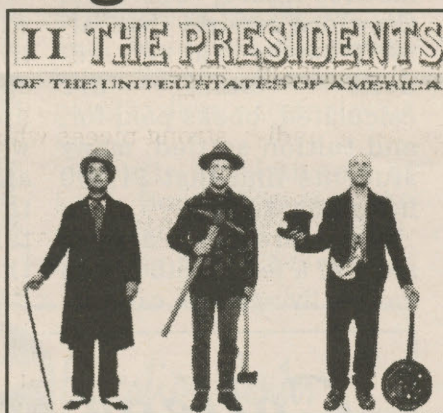
**Bryan Petersen**  
A & E Editor

Back in the summer of '95, The Presidents of the United States of America practically

dominated both the alternative and Top 40 radio waves, beginning a run of hits with the hilarious, jammin' summer mini-anthem "Lump," and following up with "Peaches" and "Kitty." The timing was right for the unpretentious, fun sound, and soon The Presidents became yet another Seattle band to sell over a million records.

Yet, once the initial fervor wore off, many fans (including your humble narrator) wondered if The Presidents could do it again? Mixing comedic elements with rock music can be a hit-and-miss business, as King Missile and Wierd Al can attest to.

Well, The Presidents answered that query when re-



The Presidents second release is now available on shelves.

leased its new CD, "Presidents of the United States of America II."

The sophomore release finds the band members treading basically the same path as before. They still play their customized instruments — Chris Ballew on his two-string "bassitar," Dave

Dederer still on his three-string "guitbass," and Jason Finn on his "no-string" drums.

This time around, The Presidents tackle subjects like volcanoes ("happy campers...poop in their pampers/when the mountain...becomes a fountain/white hot lava...molten magma/supersonic...plate tectonics) and bugs, ("Well, I happened to find me a buggy, comin' out from under a rock in the grass/He got his bug luggage, no time to talk, he's walking fast") from "Bug City," and Tiki gods, and lots more.

One thing I like a lot about this band is that it's fun. It isn't political, it's not going to single-handedly save the rain forest, or end racism, or take on Ticketmaster.

This CD merits three stars.

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## More than meets the eye?



More than ten paintings by San Francisco Artist Jessica Dunn are on display in the Lane Community College's Art Department Gallery from Nov. 12 through Dec. 6. Dunn uses oils to create images that she sees on a daily basis. Many of which would be considered as realism. The gallery hours are Monday - Thursday, 8 a.m. - 10 p.m., and Friday, 8 a.m. - 5 p.m.

## Dance forum increases audience awareness

### Review

**Oblio Stroyman**  
Staff Writer

The Nov. 13 dance "TILT" choreographed by LCC's dance director Mary Seereiter, and following discussion, facilitated by Bill Wollum of LCC's English Department, proved to be both entertaining and thought provoking.

The theme of Seereiter's piece and following discussion was based around the idea of "youth culture," an idea that Seereiter spent last summer researching.

The performance itself was hard-hitting, packed with a lot of information, and took its viewers on what many audience members remarked as an "emotional roller coaster." Audience

members' silence following the performance seemed to validate this statement. People were uncomfortable, or at least shy, to speak after assimilating the material they had just taken in.

Once people were allowed some time, and their conversation came rolling, it proved to be highly successful and informative. Both Seereiter and Wollum agree that this was greatly due to the diversity of people who contributed — they differed in age and beliefs.

Seereiter said she hoped to portray issues of spirituality, responsibility, fear, anger, and concern as they pertain to the children of today.

More than anything, Seereiter wanted this endeavor to be a catalyst for change. The way people were talking afterwards, it very well could be.

## 'Collaboration' a combined effort of faculty and students

### Review

**Oblio Stroyman**  
Staff Writer

LCC's annual Faculty Dance Concert, this year titled "Collaboration," on Nov. 15 and 16 was a combined effort of faculty choreography and student performances.

The evening opened with a piece choreographed by the Monkey Feet Dance Company's Sheila San Nicholas, titled "Continuendo." This wonderfully flowing, enthusiastic piece was set to classical music by J.S. Bach, and performed by San Francisco Saxophone Quartet.

The dancers — Lyn Berg, Catherine Jenkins, Paula Levinrad, Krista Robinson, Sheila San Nicholas and Darrell Shaft — the bright and beautiful costumes by Sheila San Nicholas to move elegantly across the performance hall stage.

A second, highly energetic piece choreographed by LCC faculty member Margo Van Ummersen, was per-

formed by LCC students Meghan Deacon, Rebekah Freedman and Marsha Tardy. Called "Ella, Ella, Ella," it was created in tribute to "the everlasting life force" of the music of the late Ella Fitzgerald.

Set to music performed by Fitzgerald and composed by Duke Ellington and Cole Porter, coupled with the very cute, very smart costume design by LCC Costume Designer and Supervisor, Sue Surdam Bean, "Ella" created a positive energy that surged through the audience. The performers appeared to be having so much fun, the audience could not help but have fun too.

"Listen," designed by Robin Bryant and performed by Ian Dodds, Mary Hayne, Wind Edward Kim, Geni Morrow, Lindsay Pierce, Lisl Sanders and Jennifer Stephenson, struck a different chord in the mood of the audience.

The precise movements of the dancers, in conjunction with the naturalistic music of John Mazzei and poetry of Martin Exeter, created an effect that was extremely visual.

"Soul Upon the Windowpane," choreographed by LCC dance faculty

member Kymberlee Fleming, was performed by LCC students Malie Grasmere, Gwyneth Bragdon and Rebekah Freedman. This ballet-like piece seemed to be the darkest of the evening, both in its lighting, and music by Fanny Mendelssohn with its frequent spaces of silence. The poetry by Emily Dickenson — narrated by LCC theater instructor Sparky J Roberts — also aided in this ambience.

The evening closed with two very strong pieces whose messages were both hard-hitting and poignant.

"The Men's Group" — choreographed by Dance Theatre of Oregon's Marc Siegel and performed by Mark Hayes, Wind Edward Kim, Darrell Shaft, Eric Smith and Matthew Ward — seemed to illicit the most audience participation and response.

The masterful movements of this all-male cast, combined with a striking poem written by Richard Reed, and narrated by Reed and Scott Mulhern, was set to music composed by Mulhern, Jon Neher, Reed, and Siegel. The elements meshed together perfectly to illustrate a mes-

sage about men's feelings, social nuances, and their relationships with one another.

The final performance, an evocative, stirring piece created by Mary Seereiter, the director of the LCC dance program, and was performed by LCC students Marsha Tardy, Meghan Deacon, Kymry Moran and Shannon Stephenson. Titled "TILT," it was created as a result of research by Seereiter on the idea of a "youth culture", and addressed issues that concern the youth of today, as opposed to the concerns of the youth of the '60s.

In the words of the Performing Arts Department, Seereiter combined devastating and endearing images to a music collage utilizing songs and sounds from the '60s to the punk rock sounds of today.

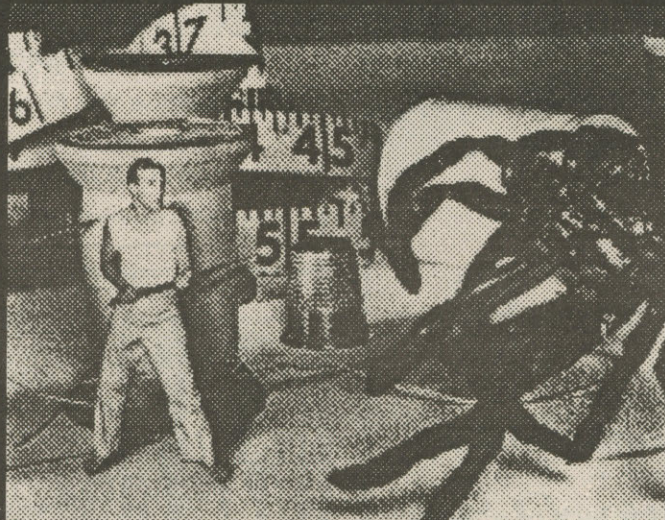
Punk costumes were created by student designer Gwyneth Bragdon; the "found-objects" set was by technical director Skip Hubbard; the angular lighting design created by Jim McCarty; and the historical-time-oriented music collage was engineered by Chris Owen.

This course will look at the dark side of the fifties in America through such influential films as:

- Rebel without a Cause; • Invasion of the Body Snatchers; • American Graffiti; and • On the Waterfront. Providing an antidote to the prevailing "Happy Days" notion of the fifties, the course focuses on the underlying social, political, and psychological tensions of the decade, which are reflected in the films.

In addition to the regular class meetings on Tues./Thurs day, 1 - 2:20 p.m. (Cen 9), students will attend one film showing from 3 - 5 p.m. in Forum 307. Class discussion in Cen 9 will frequently focus on clips from the films replayed on video in the classroom.

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## LCC women's squad wants a trip to the Tacoma Dome

**Jack Clifford**  
Sports Editor

The LCC women's basketball team is young — 10 of the 11 players on the roster are freshman — but they certainly don't lack confidence.

"We're going to the Tacoma Dome, we're going all the way," says guard Rachel Koroush, in reference to the season-ending Northwest Athletic Association of Community Colleges championship tournament.

Titan fans certainly wouldn't mind a trek to Washington, but head coach Dave Loos prefers for his team to take it one step at a time.

"We have better quickness, more depth, a stronger inside game and better athletes than last year," he says, before adding his cautionary comments. "We're extremely young and the girls need to gain an idea of the intensity needed to play at this level."

Loos, in his 12th year as Lane head coach, thinks this year's team should post a better record than last year's squad, which finished with a 13-14 mark. He points out cohesiveness as a

plus, one echoed by the players.

"I think we came together real quick," says center Robin Droegge. "Everyone has something they can contribute and we know each other's strengths."

The Titans' season begins Nov. 25 in Monmouth, Ore, with the Western Oregon State College junior varsity providing the competition. Loos plans to have his team hit the floor running.

"We have the speed and the depth to press," he says. "We should have a good transition game. We have the potential to be a very good team."

Loos is also aware that his Southern Region rivals are top-notch.

"Chemeketa and Clackamas are the teams to beat," he says, expanding his concern to other region squads as well. "I think everyone in the NWAACC knows the Southern Region is real strong."

Whether or not the Titans reach that goal of cutting down the nets in Tacoma remains to be seen. But the players are ready to set aside their practice jerseys and slip into the real thing.

"We have a couple of tournaments coming up," says guard Amy Werner, referring to one in Wenatchee, Wash. over the Thanksgiving holiday and another in Coos Bay on Dec. 20-22. "I'm excited because those will tell us how good we really are."

## Men's basketball team ready to open, but which five will start the game?

**Jack Clifford**  
Sports Editor

If you scan the LCC men's basketball roster sheet that head coach Jim Boutin has put together you see nothing but positive comments.

*"Dave Arbow — great shot creator...loves pressure; Shannon Magee — extremely hard worker ... team co-captain ... super program player; Jackson Shafer — smart, heady competitor that can shoot the three...team co-captain; Ty Whitt — versatile athlete ... good ball handler with incredible speed."*

And it goes on.

One obvious omission from each mini-bio, however, is which five will be on the floor when the Titans tip off their season in the Lane Gym on Nov. 22 at 8 p.m. against the Linfield junior varsity.

"I can't pick out my starters," said Boutin during an interview last week. "It's difficult to sort the players out and categorize them into roles. Their performance is going to dictate their playing time."

Now in his sixth year at Lane, Boutin has seen the ups and downs of his squads. Sporting a 93-42 record as

Titan coach, which includes one Northwest Athletic Association of Community Colleges title in 1991-92, he has watched an "inconsistent freshmen team" struggle to an 11-15 mark last season.

**"We have a lot of depth and more height than last year. We're also more focused."**

Eight sophomores dot the current LCC roster and three of them — Shafer, Arbow and Whitt — played in each of last year's 26 games. Other returnees with previous court action for the Titans are Jason Colarchik, Amos Baker and Magee. That's not to say the newcomers won't contribute.

"We have some pretty good freshmen this year," says Boutin. "Kevin McMann may be our best guard."

Despite the coach's ambiguity about a starting five, Shafer and Magee would seem like locks, considering their co-captain designations.

Shafer secured the starting point guard position last season and responded with a 9.3 points per game average, to go along with 119 assists and 31 steals. He also launched 143 three-pointers, making 51 of them for a 36 percent success rate. Shafer likes the outlook for the Ti-

tans in 1996-97.

"We have a lot of depth and more height than last year," he says. "We're also more focused. We were all freshmen last year and this year we know each other."

Arbow, who also started for LCC last year, is the likely choice at the second guard position. In his 26 games, the Sheldon High School grad averaged 9.5 points, tops for all Titan returning cagers.

The team's defensive style for the upcoming slate of games, according to Boutin, will be strong man-to-man pressure, while the offense will have a conservative approach at the outset.

"We learn the slow-down game and accelerate as the season progresses," says Boutin, adding that once the Southern Conference part of the schedule begins in early January, Chemeketa and Clackamas are the Titans' two toughest foes.

This is Boutin's 29th year coaching at the college level — he took an Idaho State squad to the NAAs in 1987, losing to then No. 1-ranked UNLV in the first round — and a career record of 490-296 means he has left the court a loser enough times to keep it all in perspective.

"My goal is to be successful, of course, but my focus is on the players," he says. "I want to make them play to their potential and get them ready for the next level."

LCC fans are hoping that level includes a trip to the Tacoma Dome in mid-March for the NWAACC Championships.

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Nov. 26

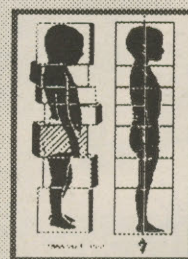
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only to find out it was completely misconstrued and invalid. There won't be any need. We'll just play and not worry about any of that. Yep, that's what I want. However, maybe that's not exactly realistic.

There has to be some happy medium between that and college friends. In preschool you just don't deal with things, in college you deal with them too much.

However, if you're actually lucky enough to work through all the complexities of getting to know someone, trusting him/her and believing that he/she really trusts you, then don't screw it up. Having a true friendship with someone is one of the most precious things in the world — especially if you have the patience to work through all of that communication/feeling stuff. If you really do that, that's the best kind of friend to have.

I'm holding out for that low-maintenance friend who's going to bring me a Hostess Cupcake along with instant, yet true friendship. (And if by chance I do get roped into another stress-filled, complex, dramatic, high intensity friendship, I'm petitioning for credit — along with nap time)

# Rolfing restores our proper body alignment

## COMMENTARY

**Oblio Stroyman**  
Staff Writer

"It's gonna hurt!"  
That's what I heard from



everyone who I even mentioned the term Rolfing to. Everyone that had heard of it, that is. They were wrong, it didn't hurt that much.

Before I ever experienced the technique itself, I attended a 2 1/2 hour presentation by advanced Rolfer Jeffery Burch. Rolfing was created by a Ida P. Rolf, who earned a Ph.D. in biochemistry in 1916, no little feat for a woman of that time. She had a severe curvature of her spine, a son with a similar condition, as well as diabetes.

In her scientific research, Rolf made a fundamental discovery about the body: "The same network of

connective tissue which contains and links the muscle system when it's healthy can be used to reshape it when it's been pulled out of proper order."

Each muscle, and each muscle fiber is enveloped in a connective tissue called fascia. The fascia can aid a normal, balanced posture, or, when muscles are overloaded by the constant strain of off-balance movement, these connective tissues may take over some of the load by shortening and giving up some of their elasticity.

Rolf found that the fascia can be restored to health by returning muscles and bones to their proper alignments. She discovered that by using a certain amount of pressure on this connective tissue, that it could be reshaped to produce proper body alignment.

Rolfing consists of some simple ideas about human structure: Most human beings are significantly out of alignment with gravity; bodies function better when they are lined up with the Earth's gravitational field; the human body is so

plastic that its alignment can be brought into harmony with gravity at practically any time of life.

"As in all matter organized into biological units, there is a pattern, an order in human bodies. Rolfers make a life study of relating bodies and their fields to the earth and it's gravity field, and we so organize the body that the gravity field can reinforce the body's energy field." Ida P. Rolf is quoted as saying.

By working on her son, and a friend who had been in an accident and lost the use of her arms, she discovered a pressure point that worked well in this rehabilitation. Her original methods were effective, but the process was often harsh. It was during this experimentation that Rolfing got its reputation as being painful but recent developments have made Rolfing much more comfortable and effective.

Following a detailed consultation which included questions concerning my health, past injuries, and the overall feel of my body, I disrobed to my undergarments. Burch had me stand, walk, stretch, bend, and observe my body in the

full-wall mirror, so that we could observe the alignment of my body. I did this at various times during the hour-long session, noting the changes.

I asked him what he noticed, and he told me everything. He encouraged questions, and kept me informed about what he was doing and why, as well as asking me to keep him informed about noticeable changes and feelings in my body.

The technique is similar to massage in that it's pressure which relaxed me, but that pressure is not focused on the muscles. It was not unpleasant, and became uncomfortable only when he was working on my neck. He covered a good portion of my body, including between my ribs, to assist in breathing.

I did feel a difference. There seems to be no real way to explain it, other than to say I felt lighter, more comfortable in my body. All after one session. Usually, it is recommended that a person go through about 10 sessions, with a span of anywhere from three days to three weeks in between, depending on personal need.

### Fall Term Final Examination Schedule

For the week of December 9 – 14 1996. To find exam time, find the day, then the time the class is held

Class Days: MWF or M, W, F, MW, WF, MTuWThF, MTuWTh, MWThF, MTuThF, MTuWF	Class Days: TuTh or Tu, Th, TuWThF
Class starts: Examination time:	Class starts: Examination time:
7:00a or 7:30a F 7:00-8:50a	7:00a or 7:30a F 9:00-10:50a
8:00a or 8:30a M 8:00-9:50a	8:00a or 8:30a Tu 8:00-9:50a
9:00a or 9:30a W 8:00-9:50a	9:00a or 9:30a Th 8:00-9:50a
10:00a or 10:30a M 10:00-11:50a	10:00a or 10:30a Tu 10:00-11:50a
11:00a or 11:30a W 10:00-11:50a	11:00a or 11:30a Th 10:00-11:50a
12:00a or 12:30p M 12:00-1:50p	12:00a or 12:30p Tu 12:00-1:50p
1:00p or 1:30p W 12:00-1:50p	1:00p or 1:30p Th 12:00-1:50p
2:00p or 2:30p M 2:00 3:50p	2:00p or 2:30p Tu 2:00 3:50p
3:00p or 3:30p W 2:00-3:50p	3:00p or 3:30p Th 2:00-3:50p
4:00p or 4:30 p M 4:00-5:50p	4:00p or 4:30 p Tu 4:00-5:50p
5:00p W 4:00-5:50p	5:00p Th 4:00-5:50p

Evening (5:30 p.m. or later) and Weekend Classes: Examinations scheduled during regular class times.  
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The Bookstore will be selling raffle tickets beginning Nov. 25. Drawing will be Dec. 12 at 12:30 p.m. and refreshments will be served at 2 p.m.

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DESSERT SOCIAL sponsored by ACCESS. For women enrolled or interested in non-traditional careers. Tues., Nov. 26, 4-5:30 p.m., P.E. 205. Contact LaRosa, ext. 2722.

S.O.M.E. CLUB dance party at 'Wild Duck' on 6th St. Sunday, Nov. 24, 1996 from 7 p.m. onwards. 18 and over, tickets cost only \$5, available @ Student Activities or at the door.

OSPIRG will be voting Tues. Nov.26th, on next term's project work. OSPIRG is interested in input from students and will be meeting @6:30. See OSPIRG for details.

Cause even a blind man knows when the sun is shining, cause he can feel it—shaggy

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## A & E EDITOR'S WEEKLY ENTERTAINMENT PICKS FOR NOV. 22 - 28, 1996

### FRIDAY, NOV. 22

•John Henry's at 136 E. 11th, Eugene: Ska night featuring the Readymen, the Scandals and the Vericoasters. 9 p.m. \$4 at the door.

•Good Times at 375 E. 7th, Eugene: Jibliminis with the Jive Talkin' Robots. This night of experimental jam-orientated rock starts at 9 p.m. \$4 cover.

•WOW Hall at 8th and Lincoln: Heavy metal music featuring Tortura, Lid, Nefaria and Malhavoc. Doors open at 9 p.m. \$5 cover.

### SATURDAY, NOV. 23

•Wild Duck Music Hall at 169 W. 6th Eugene: the hip-hop sounds of Portland's Five Fingers of Funk. Kicks off at 9:30 p.m. with a \$6 cover charge.

•Hult Center: The Pat Graney Dance Co. presents Faith, a series of dances that explores the ways women have been perceived throughout

Western history. This will be in the Soreng Concert Hall at 7:30 p.m.

•Good Times: Curtis Salgado will bring his famous blues sounds to the Good Times stage at 9 p.m. \$8.

•WOW Hall: the Northwest Lyrical Fest, a sampling of NW hip-hop, featuring Valley Funk Mob, Organics, L-Mental and others, will kick off at 9 p.m.

### SUNDAY, NOV 24

•Sam Bond's Garage at 407 Blair, Eugene: The punk sounds of Birdie Jo will fill the Garage at 9 p.m. No cover.

•Hult Center: The Community Children's Theatre will perform "My Father's Dragon" at 2 p.m. in the Soreng Hall. Tickets are \$6.50

### MONDAY, NOV 25

•Good Times: Rooster's Blues Jam: The usual

Monday night invitational blues jam which keeps jammin' harder and harder. \$1 cover. 9 p.m.

### TUESDAY, NOV 26

•Good Times: a birthday tribute to Jimi Hendrix, hosted by Jimi Jeff. \$2 cover, 9 p.m.

### WEDNESDAY, NOV 27

•Good Times: The original surf/rock sounds of The Brain Washers and the Pearl Divers. 9 p.m. with a \$3 cover.

•Wild Duck: another night of dancing frenzy as DJs Ricky Revolving and Sunshine Dark present their usual Disco Delirium. 9:30 p.m. with a \$2 cover.

### THURSDAY, NOV 28

•Good Times: The blues sounds of the Vipers will be the Thanksgiving treat at Good Times. \$3 cover, 9 p.m.

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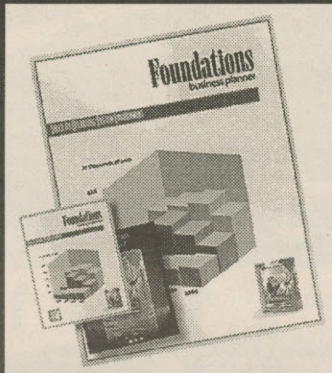
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