

Othello
SPA brings classic play to life
A & E • PAGE 4

Sophomore standout
Stephens a team leader
SPORTS • PAGE 7

The TORCH

Lane Community College

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Rock climbing sparks gym craze

Instructors teach basic techniques

Review by
Deidre Moxley
STAFF REPORTER

There's nothing like climbing a rock wall to feel, well ... taller. Assuming people don't have a problem with heights, they might actually feel exhilarated, too. And, if you need some fun and challenge added to your workout regime, indoor sport climbing may well be something to look into.

Gone are the days of tree climbing in the wilderness, spraying bug repellent and taking your antihistamine. Today, it's all about indoor sports. A local business just for climbers is Crux Rock Gym located at 401 West 3rd Avenue in Eugene.

Founded in 1994, Crux offers a unique method of exercise. Opening daily at noon, they cater to amateurs as well as professionals. They boast over 9,000 square feet of climbing surface and 30 rope stations. Their professionally trained setters routinely change the routes so you'll never be bored with the same old

up-and-down.

With an assortment of rate plans, everyone is sure to find a match. Regular memberships start at \$55 for the monthly plan, \$135 for the three-month plan or \$385 for the annual. They also offer rates for groups, families and college students.

Not sure if rock climbing is the sport for you? No problem, they also offer day passes for \$12. If you're a college student interested in the discount rate, you'll need to have a valid student ID and be 24 or under.

If you're new to the sport or need a refresher, Crux has belay, introduction to climbing, sport climbing and personal training lessons. You can also rent gear as an added cost to your membership rate. They also suggest REI (located across the street) if you're looking to purchase some clothing essentials.

Women's night happens to be their busiest night.

Held every Monday from 6:30 to 8:30 p.m. experienced and amateur female climbers gather to learn the tricks of the trade and share in camaraderie. Seasoned belay trainers are there to assist all

climbers. And don't worry, men are welcome, too.

Crux also participates in northwest competitions for its Junior Team. Kids ages 11 to 19, have the opportunity to advance their climbing skills with the guidance of experienced coaches and local climbing experts.

The junior team has had six members chosen to compete in the world championships in Moscow and had one team member win the title.

Like any sport, rock-climbing helps strengthen self-confidence and responsibility.

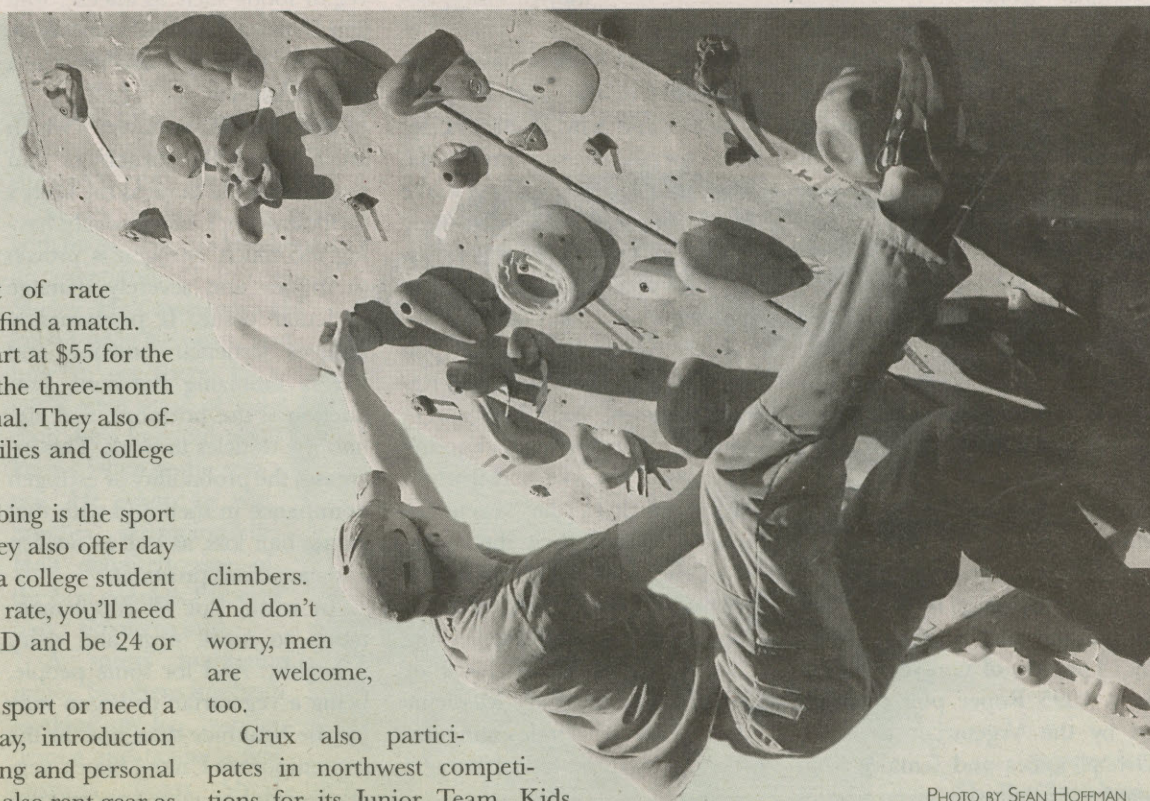


PHOTO BY SEAN HOFFMAN

Eric Givens gets inverted on a line in "The Cave" at Crux Rock Gym last Saturday.

Crux employee Brian Christensen speculated the sports' popularity came about from kids watching the X-Games. Sports like skateboarding and snowboarding, previously reserved for 'outcasts' have been given the green light and are sweep-

SEE CLIMBING • PAGE 4

Cardboard furniture, entrepreneur's dream

LCC Centers for Hi-tech Innovation helps bring student's ideas to fruition

Larry Coonrod
EDITOR IN CHIEF

Geoff Koerner is used to strange looks when he tells people he makes cardboard furniture.

Having two grown men stand on one of his chairs or end tables quickly erases all doubt as to the sturdiness of Koerner's creations.

Inspired by the sight of discarded cardboard and the writings of Buckminster Fuller, Koerner set out to make "inexpen-



PHOTO BY MICHAEL BRINKERHOFF

Geoff Koerner demonstrates how his cardboard chair assembles. Koerner markets his furniture as an inexpensive alternative to "expensive, poorly designed furniture."

sive furniture that is easily stored and environmentally friendly."

Using knowledge gained from engineering classes, Koerner

found that by orienting cardboard in the right direction, he can make structurally sound furniture with a high load-bearing capacity.

The germ of his business idea became planted in Koerner's mind after he displayed a cardboard chair at an LCC student art show. "Art teachers said 'hey, there could be a market for this,'" Koerner said.

Knowing he had a marketable product but no marketing know-how, Koerner signed up at LCC's Centers for Hi-tech Innovation for its class on Innovation Business Management, taught by Jon Broome.

"His (Broome's) class has been my major motivator for getting this thing produced and into the marketplace," Koerner said. "It is basically taking an invention from brainstorm to marketplace."

In addition to meeting once a month, the Innovation Business Management class includes two hours of one-on-one consultation with Broome every month. A schedule Koerner said has been ideal in helping him get his business, Koerner Creations, established.

"For me, having one class meeting every month and the one-on-one with Jon is good. It really isn't hitting me with all the information at once," he said. "It's enough accountability; you have to show progress every month."

Broome is enthusiastic about Koerner's product and his chances for financial success.

"I think he takes advantage of the best of the internet. People can buy the plans as a download. I also like the fact he has found a

SEE CARDBOARD • PAGE 4

Index

EDITORIALS.....	PAGE 2
NEWS.....	PAGE 3
ARTS & ENTERTAINMENT.....	PAGE 4
SPORTS.....	PAGES 5-7
THINK ABOUT IT.....	PAGE 8

Campus climate
OSPIRG campaigns for clean energy
NEWS • PAGE 3

The Torch has been awarded first place in the Oregon Newspaper Publishers Association's General Excellence category for community college weeklies for 2004 and 2005. Second place 2006.

Dieting has many pros and cons

Vegetarianism, a movement that began in the mid-19th Century in Great Britain and the United States, is

a trend among adolescents and adults. Its purpose is to remove animal products from

the human diet and to, instead, immerse oneself in vegetables, fruits, beans, nuts, tofu and soy. Many vegetarians and vegans consider this diet a measure of their religious or ethical values. However, for many teenagers and young adults, this lifestyle is merely for their self-image – a means to lower body fat and fit into a slimmer pair of jeans.

While maintaining a healthy weight and body-fat index is suggested by any doctor, starving the body of the essential vitamins and nutrients harvested from certain animals can be very damaging.

Red meat consumption is regarded as fattening by 30 percent of full and semi-vegetarians and by 13 percent of non vegetarians. In a 1995 Roper poll conducted by the Vegetarian Resource Group, males and females from age 13 to adult were given a series of questions pertaining to their dietary intake of meats, eggs and dairy.

The poll concluded that 11 percent of girls, ages 13-17, did not eat any foods listed, compared to the seven percent of adult females, while the percentage of males was the same for teenagers and adults – five percent. The group determined that teenage females are more likely to be vegetarians because of greater interest in their weight and appearance.

Yet, despite the appeal of being a vegetarian to lose weight,

many teenagers are ignorant of the repercussions associated with poor supplementation and malnutrition.

They will remove meat, eggs and dairy from their diet, but won't think about what they're losing besides weight.

Numerous studies have been conducted in the past 10 years to determine why teenagers, females specifically, succumb to the belief that eating meat will make them overweight. One such study examined over 700 vegetarian and non-vegetarian teenagers in Southern Australia.

Like the aforementioned poll conducted by the Vegetarian Resource Group, the subjects were asked for their reason on choosing to be omnivorous or herbivorous. With regard to the vegetarian teens, most said their diets were for environment or animal welfare reasons, while ostensibly, they were also for health reasons.

A report in the Archives of Pediatric Adolescent Medicine advised how teens hide eating disorders behind the fad of being a vegetarian.

The study found that while vegetarian teens ate more fruits and vegetables than omnivorous teens, they were also twice as likely to diet frequently, four times as likely to diet intensively and eight times as likely to abuse laxatives – all behaviors associated with eating disorders. This report, combined with the aforementioned poll, represents the staggering influence of body image among teenagers, without regard to their health.

Females aren't the only gender to succumb to the bodily dangers

of being vegetarian or vegan; men also have their fair share of damage. The most known issue for men is the consumption of soy products used to replace dairy in their diets.

Soy comes from soybeans, a legume also known as Glycine Max. It is used to produce numerous vegan foods such as cheese, tofu (curd), margarine and shortening. Soybean protein is also used as a meat substitute.

Soy contains isoflavones which are estrogen-like substances that work much the same as the body's own estrogen. Unfortunately, having too much estrogen is proven to impair and severely damage testicular tissue. It permanently reduces testicular function and lowers luteinizing hormone production – the hormone that signals the testicles to work. This increases the probability of estrogen dominance in men and with that comes hair loss, as well as swollen and cancerous prostates.

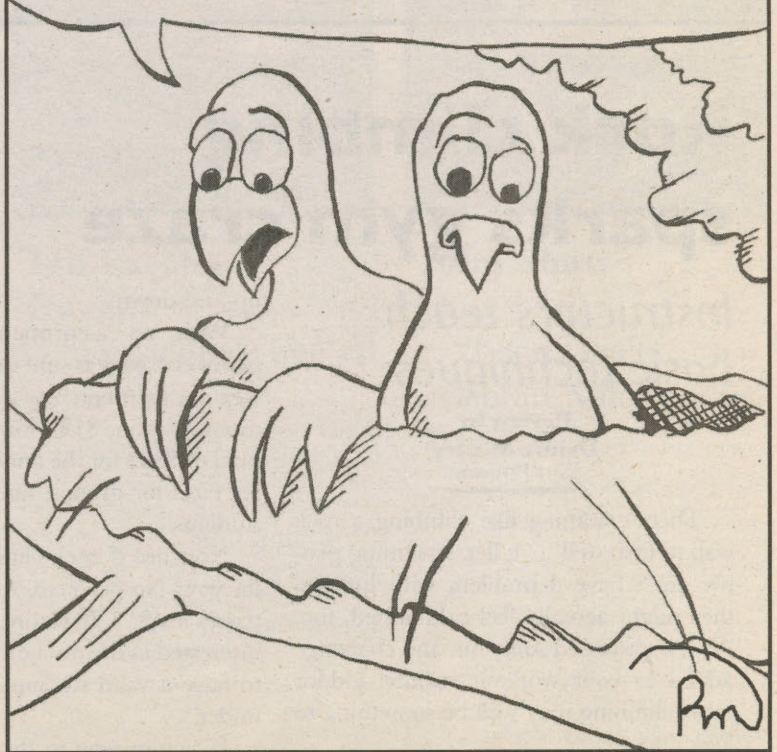
In truth, not all supplementation to meat, eggs and dairy is healthy. And for some people, being a vegetarian or vegan may just be healthier than not. In the contemporary United States, vegetarianism has gained acceptance as a practice that lowers one's risk for the 'diseases of affluence,' e.g., high blood pressure, heart disease, diabetes and certain cancers.

People that alter their diet to become healthier are often under the guidance of a physician or dietician and, therefore, are informed of the necessary supplements to be taken.

However, ignorance and neglect will never create a healthy body for anyone. People who fail to learn what they are putting in and leaving out of their body will only damage themselves.

At Random By Ryan Mason

Well he didn't get very far at all... maybe we should wait a few weeks.



Reports from a Vulcanist

Reports of UFO's, flying objects and life from outer space at Vulcan LCC are very serious. I'll be gone

Mackworld
John Mackwood
Columnist



Wednesday, the 14 (Valentines Day) and my sister too, to the new world. The new planets on the Vulcan world have a good

mood. Hopefully my sore neck will be gone.

Seriously, people on earth should go home very soon, I will be back. Vulcan people are scared of flying objects. No joke. They're very good people and it's a big, scary main campus.

Editor's note: John Mackwood is a G.E.D. student at Goodwill Industries in Springfield. John writes his column with the help of a Torch editor.

Getting the Human Papiloma Virus shot could save your life

Within the last week, Texas became the first state in the country to require all entering sixth grade girls to receive Gardasil, the vaccine that was recently approved by the Food and Drug Administration to protect against the sexually transmitted disease human papillomavirus. The virus, also known as HPV, is known to cause cervical cancer if left untreated. I say it's about time.

Rick Perry, the governor of Texas is a staunchly conservative Republican who opposes both

abortion and embryonic stem-cell research. He signed the order to go into effect by September 2008.

He finds the majority of his political support in the religious right, and has received criticism for his decision. By signing an executive order, Perry was able to circumvent his state's legislature altogether. This has outraged many supporters because they believe that receiving the vaccination condones premarital sex and interferes with a parent's right to raise their children as they see fit.

ing an executive order, Perry was able to circumvent his state's legislature altogether. This has outraged many supporters because they believe that receiving the vaccination condones premarital sex and interferes with a parent's right to raise their children as they see fit.

"The HPV vaccine provides us with an incredible opportunity to effectively target and prevent cervical cancer," the governor said, when asked about his reasoning behind the order. He also directed state health authorities to make the vaccine available for free to women ages nine to 18 who are either not insured, or have insurance that does not cover vaccinations.

Gardasil was approved by the FDA in June 2006, and a government panel recommended that all girls get the series of three shots at 11 or 12, before they become sexually active. It is estimated that

approximately 85 percent of the sexually active population has been exposed to the virus, and there is no way to test for it in the male population.

It is only detected in women when an outbreak is occurring, and more often than not it does clear up on its own. To not make this vaccine mandatory would be irresponsible. Regardless of when a girl plans to become sexually active it will eventually happen. Getting the vaccine early is one less problem she would have to deal with.

Since there is no cure for cervical cancer, this vaccine would help

lower the chances of a woman developing it from a sexual disease. Just like the polio and hepatitis vaccines, this is just a necessary precaution. It has nothing to do with condoning sexual activity; it has to do with protecting our country's future generations from a horrible disease that will take their lives. As with the other vaccines required by law, parents can choose to opt out of having their daughter receive it by providing a religious or philosophical reason.

So, I ask you, if you have not already received this vaccine, please do so. You're saving your life.

Commentary
Whitney Johnson
A&E Editor

The TORCH

The official student-managed newspaper of Lane Community College is published every Thursday.

Submission Guidelines

Letters to the editor should be limited to 250 words. Commentaries should be limited to 750 words. Please include the author's name, phone number and address (address and phone number are for verification purposes only and are not for publication.) 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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OSPIRG educates on clean energy alternatives

Campus Climate Challenge educates students on global warming

Willa Bauman
STAFF REPORTER

Across the nation, college and high school campuses are participating in the Campus Climate Challenge, a project designed to raise awareness and obtain 100 percent clean energy policies at their schools.

"Our campaign is to educate the LCC student body," Sam Bennington, an event intern for the Campus Climate Challenge said. "This means consistent events throughout the year."

The Challenge is part of an ongoing effort by OSPIRG and other community organizations to reduce the LCC ecological footprint, or lasting environmental effects.

Besides building awareness among the student body, OSPIRG's goals include the establishment of a community garden on campus, a green roof pilot project and an automobile division to convert vehicles to diesel so they can operate on bio-fuels.

The Campus Climate Challenge is a chance for LCC students and faculty to help reduce negative impacts on the environment by educating them, as well as others about alternative energy and making adjustments to their lifestyles.

"We know there is a problem," Jesiah Hallford, event intern for the Climate Challenge said. "The public knows, it's all in the news."

"The 25 warmest years occurred in the last 28 years and Oregon's sea level has risen four inches since 1930," he said. "Unless we cut our energy consumption, we aren't really in a place to get anything done. It's like we're starting with one foot in the grave."

The national challenge at-

tempts to remedy some of these issues by educating students and community members on the seriousness and immediacy of global warming.

Over 30 leading organizations across the United States are responding to the call by organizing educational events and public screenings of the Al Gore film "An Inconvenient Truth" on college and high school campuses. Bennington reported that Central Oregon Community College is already using 100 percent renewable energy. Other colleges are raising student fees by a small amount to pay for alternative power.

The Campus Climate Challenge is trying to bring the same type of success to LCC and encourages the local community to be more environmentally proactive and to make use of the technology already available to them.

"We have electric and hybrid cars that can get 100 miles per gallon," Hallford said. "We can make skyscrapers, office buildings and homes so efficient that they use almost no energy. We have the technology and potential solutions. The problem is they are not being implemented on a wide scale."

LCC is already taking measures to be more environmentally responsible.

Energy management student Brendan Lynch said that LCC is using a percentage of clean energy. "Right now 10 percent of our energy comes from EWEB wind power. There's a 1.3-kilowatt array (a combination of solar panels) on the roof of building 16 installed by energy management students.

This is part of a long-range solar plan for LCC to increase the kilowatt array incrementally to

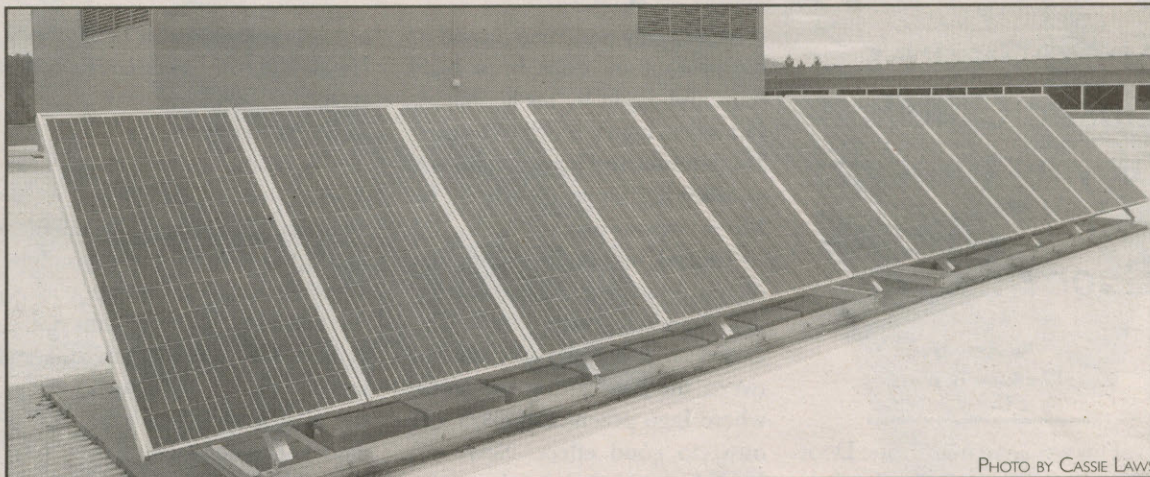


PHOTO BY CASSIE LAWS

OSPIRG hopes that through the efforts of the Campus Climate Challenge, LCC will eventually supply all its energy needs with alternative sources such as this solar array on top of Building 16.

two kilowatts a year."

Most of these efforts, such as a Green Chemistry project for science students to make bio-diesel for campus vehicles are student and faculty run.

"One of the things we're working on now is a direct proposal to the administration to adopt a computer management strategy," Lynch said. "The money saved in the energy saving plan can be used directly for alternative energy systems."

These types of proposals and efforts on the part of students and administration are what OSPIRG hopes to encourage with the Campus Climate Challenge.

OSPIRG has several events planned for the coming weeks. A public screening of "An Inconvenient Truth" was supposed to be held Feb. 5, and Oregon Secretary of State Bill Bradbury is coming to speak later in the month.

There is a Sustainability Fair scheduled for Feb. 28, which Bennington said is "another event for building awareness and, of course, keeping a sense that there is a coalition ... because people care, they really do."

Hallford said the Campus Climate Challenge is ultimately a student endeavor. "Part of the campaign has to be done through

policy. And part of it has to be done by students and faculty changing their habits."

One of the habits discussed is merely being unaware of energy consumption. "Most people don't know how much power their computer uses when it's not in use," Lynch said. "If you're the last person out of a classroom, turn the lights off. Driving less, using public transportation helps. We all pay for transportation fees, so you might as well use them."

"So once again people have just been cultured, and that's one of the reasons why education is such an important part of the campaign."

As for directly helping with the

campaign, Hallford said OSPIRG is always looking for volunteers. "We always have things going on, as far as tables and educational events. Students can bring their own ideas and we can use them."

There is also an internship program where students can sign up for 10 hours of volunteer work and receive three transferable class credits.

"If students are interested in helping, we can always find something, or help them find something to do," Bennington said. "The important thing is to talk to other students and faculty about alternative energy solutions and to build environmental awareness throughout the community."

News Flash

New Reading Together DVD's Available If you missed a Reading Together event you wanted to attend, or if you'd like to show a tape to a class, DVDs of Reading Together events are available at the Lane Library (ask at the desk for the Reading Together DVD Collection) and through Reading Together Coordinator, Ellen Cantor, cantore@lanecc.edu, or 463-3660

On Feb. 8, in recognition of Black History Month, the LCC Documentary Film Club will be screening "Eyes on the Prize." "It is the principal film account of the most important American social justice movement of the 20th century," Clayborne Carson, a Stanford University history professor and editor of Martin Luther King Jr.'s papers, said. Two one-hour episodes will be shown starting at 3 p.m. at the student lounge in the cafeteria.

Free tax help for students starting Feb. 2, 9 a.m. to 2:30 p.m. on Tuesdays, Wednesdays and Fridays in the south end of the cafeteria. Service sponsored by AARP with a first come first serve basis. Students and staff must bring their W2s, 1098s, financial aid and childcare information. For more information call Tina Lymath at 463-5336.

African-American Influences in Science is being presented by LCC and The Science Factory Feb. 9 and 10. Scheduled speakers are Dr. Jarita Holbrook, astrophysicist; and Raynece Thompson, inventor. Over 150 historical artifacts from Black inventors will be on display with a 20-minute documentary style, multimedia presentation. The speakers and display will be at the LCC Center for Meetings and Learning on Friday, Bldg 19, room 102, Feb. 9 from 11 a.m. until 3:30 p.m. The Science Factory will also host an interactive

display and with speaker presentation. For more information contact Larry Scott at 463-5458 or The Science Factory at 682-7888.

NEED SCHOLARSHIPS? The LCC Scholarship Opportunities book is now available at LCC's Career and Employment Services, in Building 1, Room 102. Students may be eligible for one of many scholarships offered through the LCC Foundation. Most scholarships have an application deadline of March 12 for awards received in the fall. Information about other organizations that offer scholarships and grants can be obtained from LCC Career and Employment Services at 463-5167.

The Black Student Union is sponsoring a trivia contest Feb. 1 to Feb. 26. Entries are available in the Multi-Cultural Center. Prizes will be awarded.

Valentine's Day

is Wednesday, February 14

SHOP at the BOOKSTORE

Valentine's Day balloons, cards, gifts and Euphoria chocolates

Enter the Bookstore drawing

You may win one of two backpacks and a Euphoria Chocolate Heart Dish filled with goodies.

The drawing is
Wednesday, Feb. 14 at 10 a.m.

Lane Community College BOOKSTORE

Lane Community College

Jealousy, suspicion and sexual rage on campus

Shakespeare's classic Othello playing through Feb. 17 at Blue Door Theatre

Review by
Lindsey Brown
THEATRE CORRESPONDENT

This weekend in the Blue Door Theatre, the Student Productions Association debuted its production of William Shakespeare's "Othello, the Moor of Venice." Directed by Sparky Roberts and starring Will Jeanniton as Othello, Benjamin Newman as Iago and Michelle Nordella as Desdemona, SPA's production is a powerful interpretation of Shakespeare's play of jealousy, suspicion and sexual rage.

Written in roughly 1604, after "Hamlet" but before "Macbeth" and "King Lear," "Othello" is unusual in respect to Shakespeare's other tragedies. Divorced from the familiar political commentary and multiple plot lines, the cast is small and the plot is straight forward. Yet, the racial and sexual overtones are graphically suggestive; Othello is introduced by Iago as a "black ram, tugging a white ewe," and Othello is repeatedly described as a sexual beast, stealing Desdemona's virginity as a thief does property. Othello's military prowess has established a place for him in Elizabethan Venice, but his honor is associated with the violence, brutality and horror that are ultimately his undoing. There are several disturbing aspects to viewing this production, all of which contribute to the play's potency. Iago's hatred for Othello and Michael Cassio can be understood socially; he has

served loyally and been passed up for promotion, once by a black man and again by his lieutenant. However, Iago's hostility towards Desdemona and his willingness to sacrifice her for revenge upon the Moor begs motive.

Indeed, one major component of hatred is passion. Roberts has deliberately played up the suggested homoerotic tension between the two during the scenes where Iago preens Othello's jealousy, to good effect. Newman's Iago is interested in destroying more than Othello's reputation. He is injured by Othello's loyalty to Desdemona and Cassio, but in his attempt to destroy Othello he takes enormous personal risks, relying on his own cleverness and Othello's credulity.

The seeds of Othello's undoing are small and simple, so trite in fact that they seem juvenile. Iago succeeds in entrapping a renowned soldier with the minutiae of friendly association, transforming tokens of affection into torrid displays of passion.

All in all, SPA's production is a remarkable achievement. Michelle Nordella's Desdemona is played with fragile and believable innocence. Though eclipsed by much of the action in the beginning, her last scene with Othello is played with such convincing fear and horror that we long to jump on stage to save her. Jeanniton's Othello started out a little shaky but fully recovered by the second act. Tara Wibrew as Iago's wife Emilia is also a pleasant surprise.

But Benjamin Newman's Iago completely steals the show, as this role should. A veteran local actor, Newman controls every aspect of his characterization. While the talent of the ensemble is impressive, Newman's command of his body language and range of emotion far exceeds anything this re-

porter has seen on an LCC stage. He has a true command of his craft.

The strength of the whole ensemble ultimately seals the success of this production. Dylan Kennedy as Lodovico is magnetic, assisted in part by some wonderful costuming. Other noteworthy performances include Scott Shirk as "A Gullied Gentlemen" whom Iago uses as a pawn in his strategy to destroy Othello. Shirk is so innocent and gullible that we pity him while softly despising his willingness to be used by the villain.

The only downfall of this production is the complete lack of subtlety and grace on the part of the stage hands. In such a severe drama, continuity is an important component in the willing suspension of disbelief; the awkward changing of scenes is an unwelcome arrest in the narrative flow. The audience makes a personal investment in what's happening on stage, and fully-lit, noisy scene changes detract from that. Stage hands should be ghosts; though

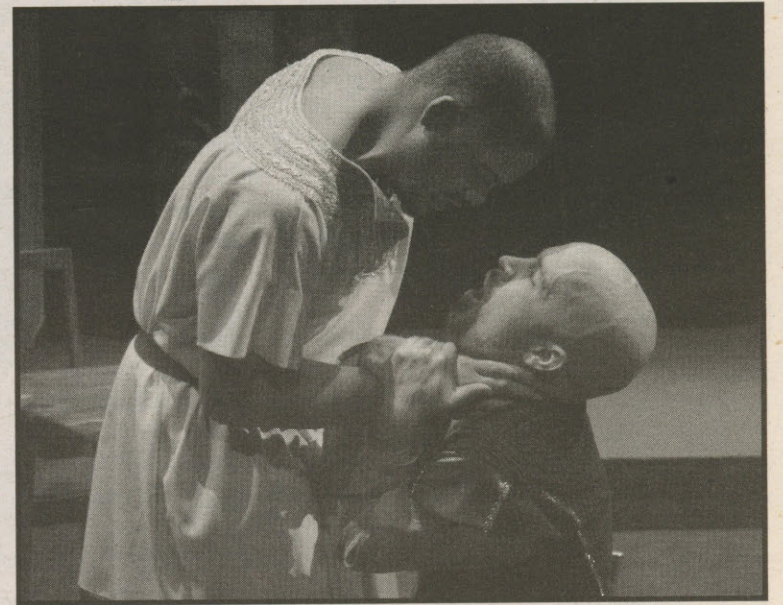


PHOTO BY MICHAEL BRINKERHOFF

Othello (Will Jeanniton) interrogates Iago (Benjamin Newman) in the student production of Othello.

we know they're there, we don't necessarily want to be reminded. Skilled stage hands have the power to transform the theatrical into the magical. Performing this weekend at the Blue Door theatre, "Othello," nevertheless,

is an excellent showcase of community talent. It's not the best show to see on a first date, but it's still a powerful examination of domestic violence, race relations, sexuality and the frailty of human emotion.

Cardboard From Page 1

way to take advantage of limited run manufacturing with a purchasing order, not tying himself down on the manufacturing end," Broome said. "What I like most is his enthusiasm. He's a guy who makes things happen."

Early prototypes were built from cardboard recovered from dumpsters, but Koerner has been working with local businesses and box manufacturers to procure production quantities of 4'x8' sheets of cardboard.

"People throw away cardboard from appliances without realizing the uses it can be put to," he said.

"Widescreen TV boxes are primo. If people knew how, they'd be able to have possibly one or two pieces of furniture."

To create cardboard furniture, slots and taps are cut into the sheets of cardboard, a time-consuming job if done by hand. Koerner has contracted with Mack Industries in Springfield to laser cut his material, ensuring a quicker manufacturing time and uniform furniture.

Koerner plans to begin an initial run in mid-February.

In the meantime he is busy exploring marketing opportunities, demonstrating his company's products, and getting a feel for what consumers are willing to pay for cardboard furniture.

In January, Koerner Creations' furniture was on display at the Good Earth, Home Garden and Living show at the Eugene fairgrounds.

"I'm finding out how much it doesn't cost," he said. "At \$45, people didn't want to pay that much for a piece of cardboard furniture."

Eventually he would like to get the price of a chair down to \$10. Other feedback he received at the Good Earth show included people wanting cardboard beds and making the furniture more water resistance for camping and other outdoor uses.

Realizing that cardboard brown isn't to everyone's taste in colors, Koerner said he plans to work into painting, silk screening and slipcovers.

"One suggestion I had was to gesso (primer)

the surface so it could be a painting surface and people could do their own design."

After a group of parents saw his furniture on display, they asked Koerner to demonstrate his furniture creation techniques to their home schooling group.

Part of Koerner's business plan is to cater to the do-it-yourself crowd.

"My plan is to sell the plans for what I do for people who want to do their own dumpster diving and make things for themselves," he said.

"College students would be an ideal market for disposable furniture." To that end Koerner hopes to market to college bookstores.

"At college bookstores people could go in and get their textbooks and grab a chair and table all folded up," he said.

In its broken down form, one of Koerner's chairs easily fits into a large artist's portfolio bag and can be assembled in about five minutes.

Acknowledging that not everyone wants to furnish their living quarters with cardboard furniture, Koerner thinks it is very convenient for large gatherings.

"One market for my chair is people who need extra chairs for when a lot of people come over but don't want to have their house filled up with extra furniture," he said.

Besides selling his furniture Koerner said he hopes that it might encourage people to think more about reusing material in productive ways and not just "downcycling" things.

Downcycling refers to the practice of taking a material and making something of lesser value from it, a criticism many environmentalists have made of current recycling practices.

To that end Koerner recommends the book, "Cradle to Cradle: Remaking The Way We Make Things" by William McDonough and Michael Braungart for anyone seeking inspiration on how to be more environmentally consciousness.

Those interested in Koerner Creations products or more information on his techniques can contact Koerner at 541-914-5456.

Climbing From Page 1

ing the nation by storm. Although this indoor sport isn't quite on par in notoriety with football or basketball, it's gaining ground rapidly. Most of Crux's climbers are young kids and teenagers. However, you also won't be hard pressed to see a twenty or thirty-something up a wall, too.

Although indoor climbing isn't for everyone, seasoned climbers find that the practicality and convenience of indoor areas gives them the ability to continue their practice without battling the outdoor elements.

"Though indoor climbing wouldn't be my first choice, it's nice to have the choice if I don't have time to drive all the way out to some mountain. Indoor places give me the chance to climb when

I want," Corinne Wilson of the Hussian School of Art said.

Since we all get hungry after a good workout, having a great restaurant inside the gym can be important.

Ron's Island Grill, featuring an assortment of Hawaiian plates starting at \$6.45, is a place to unwind after you've finished climbing.

Crux caters to all ages and skill levels.

They offer low prices, several convenient payment plans, introductory lessons and gear. The staff is knowledgeable; offering professionally trained coaches. The atmosphere is energetic and food is close by.

At Crux you can get your workout and have fun doing it.



PHOTO BY MICHAEL BRINKERHOFF

Head Coach Greg Sheley draws up some magic for his Titans. Lane extended its home winning streak to 52 games against Portland CC.

Titan women remain undefeated in league

*Post victories
over Umpqua,
Portland CC*

Josh Hutchins
SPORTS EDITOR

Lane kept a narrow halftime lead alive, going on to beat the Portland Community College Panthers Saturday, Feb. 3, 83-72. Though the Panthers are in the lower half of the standings, they've given Lane two tough games this year.

"They did play well," Lane Head Coach Greg Sheley said. "I don't think we played particularly bad; I mean we still scored 83 points. We could have defended a little better in the first half; we jumped out on a quick lead, and then our pressure kind of broke down."

Shelby Stephens and Kammy Martindale led Lane with 19 points: Martindale made four 3-pointers, and Stephens was nine of 14 from the field with 17 rebounds.

Freshman Mercedes Alexander added 15 points and nine rebounds.

"Kammy and Shelby are really starting to pick it up as sophomores. I think they're sensing it's time to come along. It's nice to see those two playing well, and then Mercedes is staying there (playing well). Again, I think Tisa (Natisia Reynolds) came off the bench (and had) seven boards, (and) gave us some defensive spark. Valerie (Meyer) is starting to hit a couple shots. Nicole Morgan is playing her steady, solid (game). I love

her line; eight points, six boards, three assists, and she usually has a defensive assignment that's pretty tough too," Sheley said.

"We could have done better. We came out strong in the first five minutes; we were only up by a few at halftime. So we stepped it up in the second half ... We finally pulled it together and got a good league (record). They (PCC) stepped their game up definitely when they played us," Stephens said.

"They had their two leading scorers, the (Krystal) Saling kid, she had 16 points, but she had to take 21 shots to get 16 points. So I thought we did a good job on her. Then their other kind of post kid had 18 points, but she had to take 18 shots to get that. I thought we did okay with them.

"The one that surprised us was the gal named Stayza Albrecht. She had 25 points and seven threes. But she only had six or seven points against us last time. So, when she hit seven threes we should have been able to adjust to that a little better," Sheley said.

The Titans faced the Umpqua Riverhawks for the first time this year. The game was played in Roseburg on Wednesday, Jan. 31. Everything was clicking for the Titans and they rolled to a 96-58 victory.

"It was nice last night, we put it together much better than we have lately (offense and defense). We played as a team, which we haven't done in a while," Sheley said.

Stephens led the Titans in scoring with 19 points and rebounding with 10. Martindale

had 18 points, Reynolds scored 15, Alexander had 13 and Meyer got 12 to round out scorers in double digits.

"We had a really good group defensive effort. I think Sheri Gates came off the bench and gave us some good defensive energy. It's been a while since we've

played and given that kind of effort as a team, and so hopefully we will continue to build on that," Sheley said.

Lane shot 45.3 percent for the game from the field. They shot 61.3 percent from the free throw line, and 36 percent from behind the three-point arc. They were

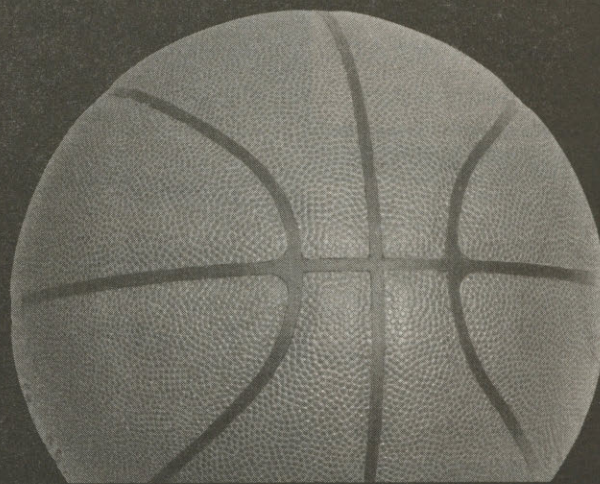
out-rebounded 47-41. But the big story was points off turnovers, which Lane dominated 34-2.

"We pressured them more last night; we picked them up a little harder. They did a decent job of breaking our pressure, like the first 15 minutes, they still had a lot

SEE BASKETBALL • PAGE 8

Women's Basketball NWAACC South Standings

Team	League	Overall
LANE	9-0	21-3
CLACKAMAS CC	7-2	16-7
CHEMERETA CC	6-3	17-7
LBCC	6-3	17-7
MHCC	3-6	11-12
PCC	3-6	11-13
UCC	2-7	10-13
SOCC	0-9	1-19



Women's League Schedule

Date	Opponent	Time
•FEB. 10	MHCC	4:00 P.M.
FEB. 14	LBCC	5:30 P.M.
FEB. 17	CLACKAMAS CC	4:00 P.M.
•FEB. 21	UCC	5:30 P.M.

Home games are bulleted.

FEBRUARY 8, 2007

Titans continue to battle, come up short

First half deficits prove too tough for men hoopsters to overcome

Alex Braga
ASSISTANT SPORTS EDITOR

If you're looking to find the story of the 2006-2007 Lane men's basketball team, you need look no further than the two times the squad has played Umpqua Community College.

The Titans (6-18, 0-9) earned their first victory of the season against the Riverhawks on a buzzer-beater layup at the Southwest Tip-Off Tournament Nov. 18.

"Since that game we've been all over the place with injuries and academic issues," Head Coach Bruce Chavka said. "We're like an entirely different team."

Will McCoy was the player who made the winning shot against UCC, but since then has been removed from the team due to academic issues.

Lane lost its Jan. 31 rematch with the Riverhawks 98-55, despite strong performances from sophomore Dylan Hettrich, who scored 14 points and freshman Damien Evans, who finished with 12.

The Riverhawks (12-12, 6-3) finished the game .661 from the field, .571 on 3-pointers, and used pressure on defense to build a 45-23 lead going into halftime.

"We came out flat to start the game," Chavka said. "We didn't really do much well against them (UCC)."

Chavka said that this has been a tough season because his players are working hard but just aren't able to get wins. "I told 'em 'I wanna see you smile after a game again, I wanna get back to bein' silly after a W.' It's tough, I feel for 'em."

Lane was out-rebounded 43-21 in the game and has struggled in that regard since losing Brandon Hausmann to a broken ankle in December.

Chavka said the reason his team is having first half and rebounding issues can be found by looking at other teams' athleticism, along with his players being forced to play positions and do things they aren't accustomed.

"We're asking them to do a lot out there," he said. "We have a lot of guys playing out of position and it's been hard to try and get a lead and increase it."

Players like Hettrich and freshman Kyle Winkler have had to play increased roles on the boards to be able to compete inside against much taller competition.

The Riverhawks got 50 points from its bench to 17 for the Ti-



PHOTO BY CASSIE LAWS

Kenny Arthanios presses a Panther player. Arthanios' quickness and tenacity on defense have led Head Coach Bruce Chavka to put him into a one-man full-court press on numerous occasions.

tans, which Chavka attributes to "(UCC) being ahead for most of the game."

The Titans will host UCC in the season finale Feb. 21.

The UCC loss was the 13th in a row for the Titans, which they followed with an 86-73 loss

at home in their second matchup with Portland Community College Feb. 4.

Lane came out firing on all cylinders against the Panthers, running and gunning its way to a 16-9 lead following a steal and emphatic dunk by Evans five minutes into the game.

PCC (5-17, 2-7) answered by switching to a match-up zone defense and got three 3-pointers by Lonnie Lemar, who finished with 26 points. It was a five-minute span that saw PCC go on a 20-4 run and grab a commanding lead.

Titan David Webb, who scored 18 points in the first half on four of five 3-pointers, said the defense caught his team off guard. "They started pressing us and we weren't as ready as we should have been," he said. "We made some adjustments at the half and were able to crack it."

Webb finished with 26 points on nine of 16 shooting for the Titans.

"I tried to be aggressive. Guys found me in spots and I was able to hit some shots," he said.

Evans and Winkler also had solid performances against PCC, getting four rebounds apiece and scoring 15 and 14 points respectively.

Winkler also had five assists, three steals and only one turnover from his point guard position.

Lane protected the ball well against the Panthers, only turn-

ing it over 14 times to 16 for PCC.

Thirteen of the Panther turnovers came on ball-hawking Titan steals.

Lane opened the second half with solid defense, but was unable to regain its shooting stroke from the first 20 minutes until Greg Eggers caught fire seven minutes into the frame.

Lane got a strong eight points on two of three 3-pointers in the second half from its reserve guard. "He's come around," Chavka said of Eggers progression. "He's figured out what college basketball is all about and has shown a lot of improvement."

Webb hit a tough fade away jumper to bring Lane back to within nine points with eight minutes remaining in the game before PCC went back into its stifling zone.

Evans later took a pass from Tyler Hollingsworth and hit a 15-foot jumper with five minutes left to bring the score to 68-60. It was the closest margin the Titans were able to achieve in the half.

Without big-man Jon Curry, unable to play due to tendonitis in his foot, Lane was out-rebounded in the contest 50-27. "That's the game right there," Chavka said.

The Panthers used its superior size and strength inside to own the key and get 22 second chance points on 20 offensive rebounds.

Men's Basketball NWAAC South Standings

Team	League	Overall
CLACKAMAS CC	9-0	20-4
MHCC	7-2	15-7
UCC	6-3	12-12
SOCC	5-4	18-6
CHEMEKETA CC	4-5	12-10
LBCC	3-6	12-12
PCC	2-7	5-17
LANE	0-9	6-18



Men's League Schedule

Date	Opponent	Time
•FEB. 10	MHCC	6:00 P.M.
FEB. 14	LBCC	7:30 P.M.
FEB. 17	CLACKAMAS CC	6:00 P.M.
•FEB. 21	UCC	7:30 P.M.

Home games are bulleted.

Lane athlete scores on life, experiences

Shelby Stephens focuses on sports, school

Josh Hutchins
SPORTS EDITOR

In a recent game against Umpqua Community College, Titan sophomore Shelby Stephens led the team in scoring and rebounds. She said it was a rough game physically.

Stephens wears a big knee brace every time she plays. "My senior year in high school I tore my ACL and meniscus, last year the meniscus again. So I have to

team all Midwestern League her junior and senior year. "My junior year we didn't do so good, we were kind of rebels. Senior year, we won league. We might have been co-champions with Sheldon. We almost went to state. I hurt my knee in the biggest game against Sheldon," Stephens said.

Stephens has a twin sister, Stephanie, who has been sidelined this season with a knee injury. She said it's weird not playing with her sister. "I hate it. I'm so used to it, we play so well together and it's our last year together. It's hard, but she's been on me. She's at practice and still helps everybody and helps the team," Stephens said.

After talking with Head Coach Greg Sheley, she was convinced.

Initially it was just Shelby that was going to come to Lane. But after some convincing, her sister Stephanie said she'd come, too.

Being a sophomore gives her a chance to be a leader to this year's freshmen. "I love (being a leader). Mercedes (Alexander) has a tendency to want to get down on herself, I see a lot of me in her. And she's also inspirational to me, she helps me with things I do which she used to do," Stephens said.

Sheley seems to be popular with his players and Stephens isn't an exception. "I love coach Sheley. He's awesome. He knows what he wants and how to get there. He's got a great sense of humor; he's fun and also knows when to be serious. He wants to win another championship. He's definitely one of the best coaches I've ever had," Stephens said.

A sports marketing major, Stephens has been working on her transfer degree and taking a few business classes. She'd like to continue with basketball at a four-year school, get a degree, and come back to Oregon for a master's degree. Right now she's taking 14 credit hours, last term 17 and next term 16.

School coupled with basketball makes for a demanding schedule. "We have basketball every day, classes, weights, study halls that we have to go to. Games on Wednesdays and Saturdays, I don't mind it at all, basketball is

what I love, especially this team," Stephens said.

In the off-season she works at staying in the best shape possible by eating right, working out and lifting weights. She's also a counselor for the United States Basketball Academy. "The USBA is a camp for high school kids, actually ages 8-18. There are team camps, where teams come to work and play games against each other and individual camps where we do po-

sition work and shooting. Each cabin has 37 players to one counselor. It's basketball nine in the morning until nine at night. My high school coach Paul Brothers runs it," Stephens said.

In high school she played volleyball, tennis, did track for a year and powderpuff football. She still plays tennis and tries to play as much as she can.

One of her main loves in life is dancing. She does hip hop, salsa and some ballroom dancing. For hip-hop, she'll go to

SEE SHELBY • PAGE 8



wear a brace for life, or as long as I play basketball," she said.

A returning sophomore who played for Lane on its NWAACC championship team last year, Stephens appeared in all 33 games as a freshman, averaging 6.6 points per game. "It's hard to compare because it's a completely different team. Preseason was a little rough because we lost some games. But once we got it together, our games are falling into place," she said.

Stephens is from the Eugene area and attended Willamette High School. She was named first

Stephens has gotten used to college basketball in her two years at Lane. "I love it. I watch old high school games, it's so different. I think if I could go back I would just dominate. Especially with last year's team. They had so much more experience. They were able to help me transition," she said.

The decision to come to Lane wasn't clear at first. But she decided she wanted to stay closer to home. She knew a couple of people on the team, and got to see how they did the previous season.

Shelby Stephens at a glance

- **Came to Lane from Willamette High School**
- **1st in league in 3 point field goal percentage (.600)**
- **7th in league in rebounding with 8.3 per game**
- **10th in league in scoring with 15.6 points per game**
- **4th in league in free throw percentages (.809)**
- **9th in league in steals, 2-4 per game**

Classifieds.

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(opposite)
Shelby Stephens
boxes out for a rebound.

PHOTOS BY MICHAEL BRINKERHOFF

“What’s the worst Valentine’s Day you’ve ever had?”



Ashley Youngblood

RADIOLOGY

“I’ve never had a good Valentine’s Day. I’m not a romantic, and I’ve never had a sweetheart on Valentine’s Day.”



Alyssa Murray
AAOT

“This one; my boyfriend will be bugging me because we just broke up and he’s schizophrenic.”



Cindy Doe
JEWELRY

“I don’t put any importance on Valentine’s Day.”



Ian Larson
ENGLISH

“Every single one of them.”



Rory Shaw
UNDECIDED

“I don’t really celebrate Valentine’s Day.”

Compiled by Ariel Burkhart

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Basketball From Page 5

of turnovers. They threw a lot away, but they didn't throw them to us to the point where we could then get the basket going the other direction, attacking the other way," Sheley said.

"That was a brutal game, physically just a tough game. We had to be physical right back with them. They were physical the whole time. We had to fight through that and keep our focus. Everybody stepped up and did something in that game," Stephens said. Nine of 10 players for Lane scored against the Riverhawks.

"They were able to then break our pressure a couple of times and get some easy baskets and two-on-ones, so we weren't doing a great job of it. Last five minutes they got a little tired, they threw some right to us, which led to some easy baskets. We were able to separate and get up by 16 at halftime," Sheley said.

"(We) made some adjustments to our pressure in the second half and then we were kind of able to pull away. Which was nice, a lot of kids contributed last night. We kind of got back into dictating tempo rather than reacting to what the other team's doing, which is nice to be able to do. That's kind of what we're known for, so it was good," Sheley said.

Shelby Stephens From Page 7

clubs with her sister, or just dance at home. Her "pre-game warm-up" is salsa dancing on Friday nights at the Vets Center. Stephens also likes to write poetry and sing. Just hanging out and watching football is probably one of her favorite things to do.

Going to Lane allowed the Stephens sisters to stay at home; Shelby said it's good to stay with her mom for a while. Her parents are Don McIntyre and Shirley Wahto.

She has two brothers, Nate and Philip and another sister Kim Wahto.

"It's a dream I have, I really want to go into the Peace Corps," Stephens said. She feels she could be a lot of help. "I really want to

go to West Africa and Ecuador. My high school Spanish teacher, he really inspired me. He went all through Africa and different parts of the world, and he got to learn nine different languages. We would have meetings and talk, and that was what made me want to join the Peace Corps."

Scottie Pippen is her all-time favorite athlete; she said he's the reason she started in basketball. "I wear number 33, and carry a card with a picture and quote to every game in my bag. I also like Serena Williams and Andre Agassi," Stephens said.

Her favorite food is sushi; she's even gotten her sister to like it. Her favorite place to go for it is the Sushi Station on Fifth Street.