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LANE COMMUNITY COLLEGE

SINCE 1964

VOLUME XLIII, NUMBER 16

FEBRUARY 26, 2009

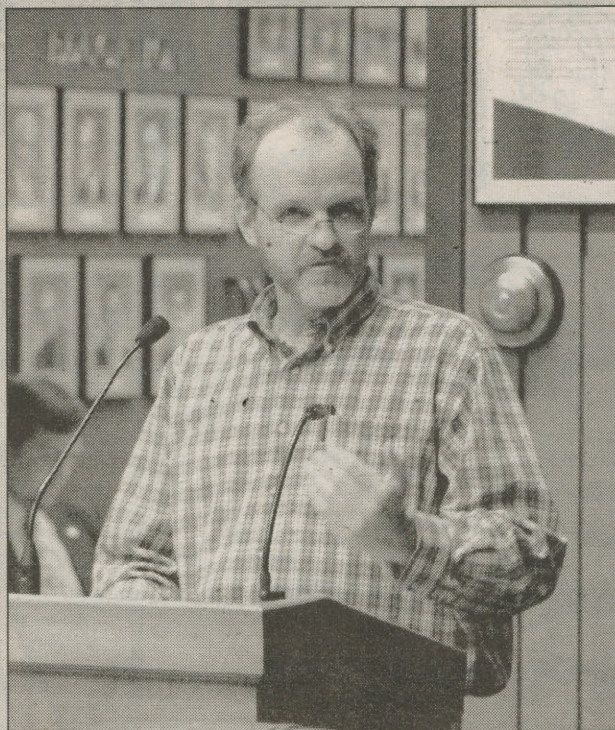
Faculty, administration at odds



The Feb. 18 Board of Education meeting kicked off with a strong but subtle play on the part of faculty to protest the way LCC has bargained with LCC Education Association over its contract. Approximately 30 faculty members met in the cafeteria and walked en masse to the boardroom on Wednesday evening to show support to instructor Steve McQuiddy (at right) who addressed the board.

After McQuiddy finished his short speech, which focused on working together but never giving up, the instructors from varied departments silently left the boardroom. Some board members looked rattled, but continued the meeting.

Instructors and the LCCEA have long contested that the college has not been fair in its bargaining procedure, and has not treated the faculty with the respect it feels it deserves. The organized protest occurred on the day the board approved a tentative agreement reached by both bargaining teams regarding faculty contracts.



Photos by BEN LUNDBERG/The Torch

State stimulus package helps college repairs

Governor awards LCC \$8 million for deferred maintenance

By WILLA BAUMAN
Managing Editor

In an effort to boost Oregon's economy and create much-needed jobs, Governor Ted Kulongoski signed a \$175 million economic stimulus bill, SB 338, into law on Feb. 5. The bill allocates \$52 million for all Oregon community colleges to be used for deferred maintenance projects. LCC will receive \$8 million.

While the bill received some criticism from House Republican Leader Bruce Hama that the funds are not sufficient to stave off a recession, LCC President Mary Spilde said in an e-mail to LCC staff and faculty, "It will surely help repair a number of areas that require it and create energy efficiencies that should save us operating dollars in the long run."

On Feb. 18, the LCC Board of Education, acting as the college's Local Contract Review Board, voted unanimously to approve Resolution 526, which would accept the state contract of \$8 million for deferred maintenance projects for LCC. As part of this contract, the college agrees to "seek out and use qualified and responsible emergent and minority-owned businesses," encourage local and regional employment, and comply with all wage and regulatory requirements, and any other requirements mandated in the Legislative statute authorizing the stimulus projects.

The projects LCC hopes to use the \$8 million to tackle include replacing all old campus security lighting, all mold-prone carpeting in over 175,000 square feet of classroom, office and general use space that has been in place since the 1970s, and removing asbestos insulation on piping.

The money also provides for installing "smart classroom" equipment and updated instructional technology.

Spilde said in the Feb. 18 board meeting that planning for the stimulus package forced Facilities Management and Planning to work together to develop the list of projects.

"I think the planning we did for the bond served us really well in turning around requests to the state in a matter of hours," she said.

Community colleges were the only non-state entities to receive funding. Spilde attributes this to "the fact that community colleges have statewide reach and that we can create jobs in small communities throughout the state was a factor in getting funding." Universities and state projects received the bulk of the \$175 million allocated.

Since the stimulus package's main goal is to create jobs, LCC has to act fast to initiate the projects by April, as mandated by the state. "We will be hiring people to do this work, as well as contracting out for some of the larger projects," Spilde said.

According to the U.S. Department of Labor, Oregon's unemployment rate is the highest it has been in decades, at nine percent.

Spilde cautioned that while the money will help with deferred maintenance projects such as outdated infrastructure, it would not relieve any of LCC's general fund budget difficulties.

Budget gets a little bit better

College takes a breather, waits for more cuts

By WILLA BAUMAN
Managing Editor

Contrary to rumors that a \$25 million reduction in state funding for community colleges, meaning about \$3-4 million for LCC, would leave the college scrambling to offer classes next term, Director of Governmental Relations Brett Rowlett reported the budget

has been rebalanced.

If the Oregon legislature passes the budget, LCC will have to cut no more than the 1.1 percent predicted in the November state revenue forecast.

"We're very, very grateful that we don't have to start cutting," LCC President Mary Spilde said. "This means we will be able to proceed with planned programs and services for spring term while we figure out our response for the next biennium."

However, LCC's budget for the next biennium is still very uncertain, she said, due to the as of yet unclear effects the federal and state economic stimulus packages will have on community colleges.

The 1.1 percent decrease predicted for next year means an approximately \$700,000 reduction for LCC's budget. Increased enrollment in Summer and Fall terms provided only about \$450,000 in additional net revenue, hardly enough to cover the budget reductions.

Oregon's 2009-11 budget is facing a shortfall of about \$3.1 billion, Rowlett reported, far too much of a deficit to be relieved by the state economic stimulus package. But this year, community colleges are tentatively enjoying no more reductions.

"If the rebalance plan moves forward as proposed, we should be good this year," Rowlett said. "We're hoping for the best, but planning for the worst."

Guest Commentary

Guns as magic wands

I would like to speak on behalf of people worried about the PSOs carrying guns. Not the ones who think guns are evil but the ones who are annoyed by the growing opinion that guns are magic wands that will wipe away crime. I would also like to clarify some misconceptions in Abraham Alfaro's letter to the editor in the Feb. 19 issue.

School shootings have been going on for some time in different eras under different economic circumstances. Granted, in the last 20 years one could argue there has been a slight increase in occurrence.

They've also been on college campuses since at least the 1960s with various incidents occurring in such places as the University of Texas, So. Carolina State, California State, University of Iowa, Bard College at Simon's Rock, Penn State and the Appalachian St. School of Law. So it is not like the kind of tragedy that took place at Virginia Tech has not graced college campuses before.

As for VT, seeing as people are using that

as an example, that shooting was tragic in the way that the VT and Blacksburg police and security failed in responding to the incident in time to save lives. That shooting is different in that both incidents, yes there were two, happened almost exactly a mile from the nearest police station.

The Northern Illinois shooting took place little over a mile from the nearest police department as well, a three-minute drive if traffic conditions were right. Not to mention that VT has an actual police force that has national accreditation with the Commission on Accreditation for Law Enforcement Agencies Incorporated. With all of this in mind, the VT police failed to respond to the first shooting incident that took place at the West Ambler Johnston Hall at 7:15 a.m. that tragic morning that took the lives of two students.

VT and Blacksburg VA police failed in notifying the University in time, believing it to be an isolated incident from the latter shooting, and thus the campus was not locked down. So when the assailant came back to the school and entered Norris Hall two hours later many of the

students were totally unaware of the previous shooting earlier that morning. So in a lecture hall less than a mile from where the first shooting took place, with the police having no one in custody, 31 other students and staff were gunned down.

So, myself and a lot of other people are confused by this notion that a close proximity to guns will be a guarantee that an incident will not take place at LCC. I am not simply speaking from theory and some quick research on Google. I have personally witnessed the horror and tragedy a school shooting can bring when I witnessed the Thurston High school shooting in May of 1998.

Even with that in mind, I strongly urge people to rethink the "guns as magic wands" theory. Yes, they would help, should, God forbid, an incident take place at LCC. But if someone is that far gone that they rationalize the best response to their plight in life is to take the life of another human being, then not even the notion of another person with a gun will stop them. When someone like that has checked out of reality, they don't behave to

the standards that you and I do. So they won't adhere to the rationale that they themselves will stop their rampage if they see an LCC PSO with a gun.

As for them alleviating other incidents on campus: do people really think that a gun is an appropriate response to stalking or being accosted by vagrants? The simple truth is that most rational people know that a PSO is not going to pull a gun on a suspect let alone fire the weapon over something like that. The problem with middle school, high school and university students solving their problems in a psychotic and sadistic manner such as a school shooting is not a gun issue. It is a sociological, mental health problem.

Instead of thinking that guns will solve this problem why don't we look into the circumstances that led to these people deciding taking the power of God into their hands was the best solution. Why did no one notice them going in this direction? Where were the parents?

James Ready
Springfield, Ore.

The Torch

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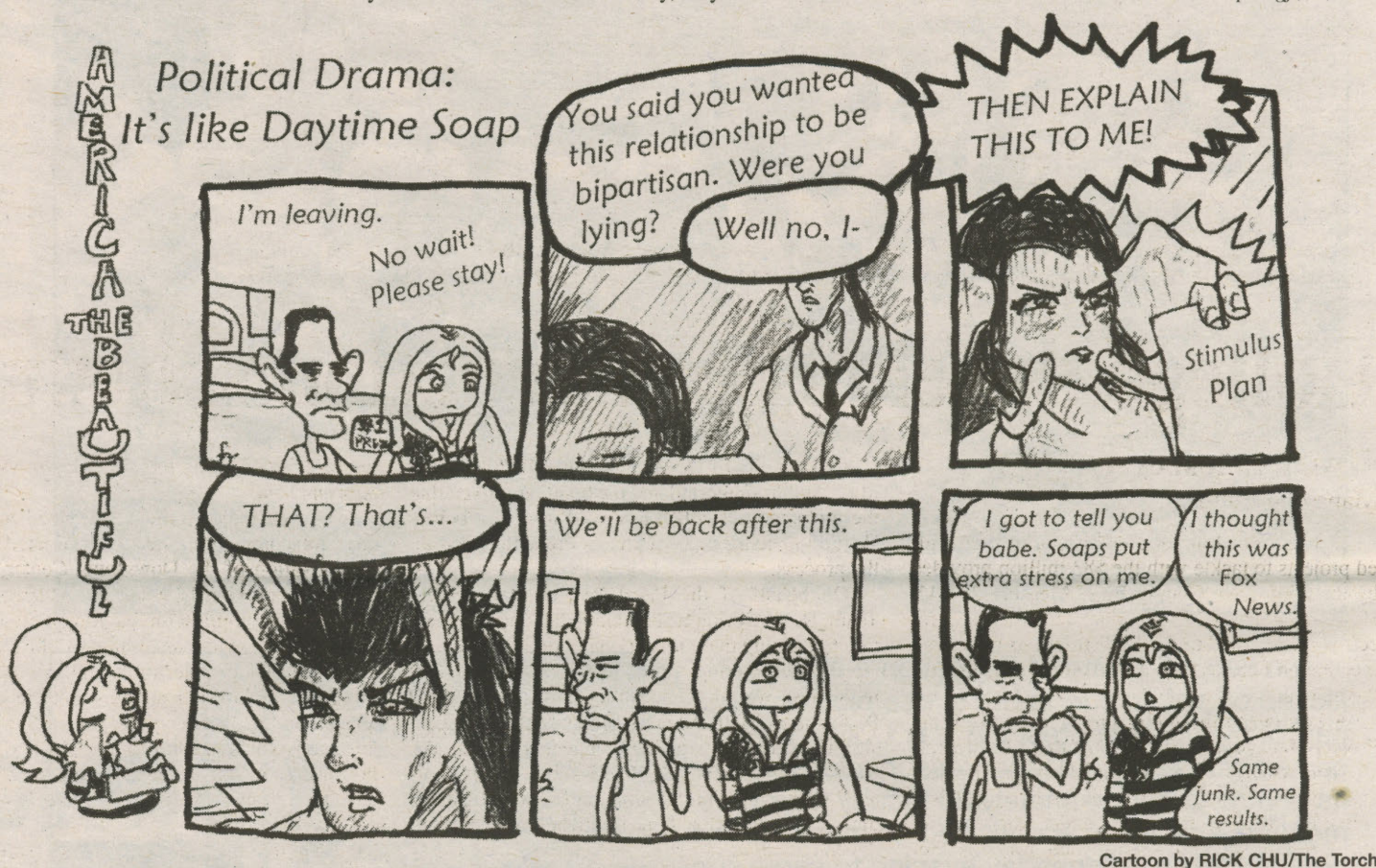
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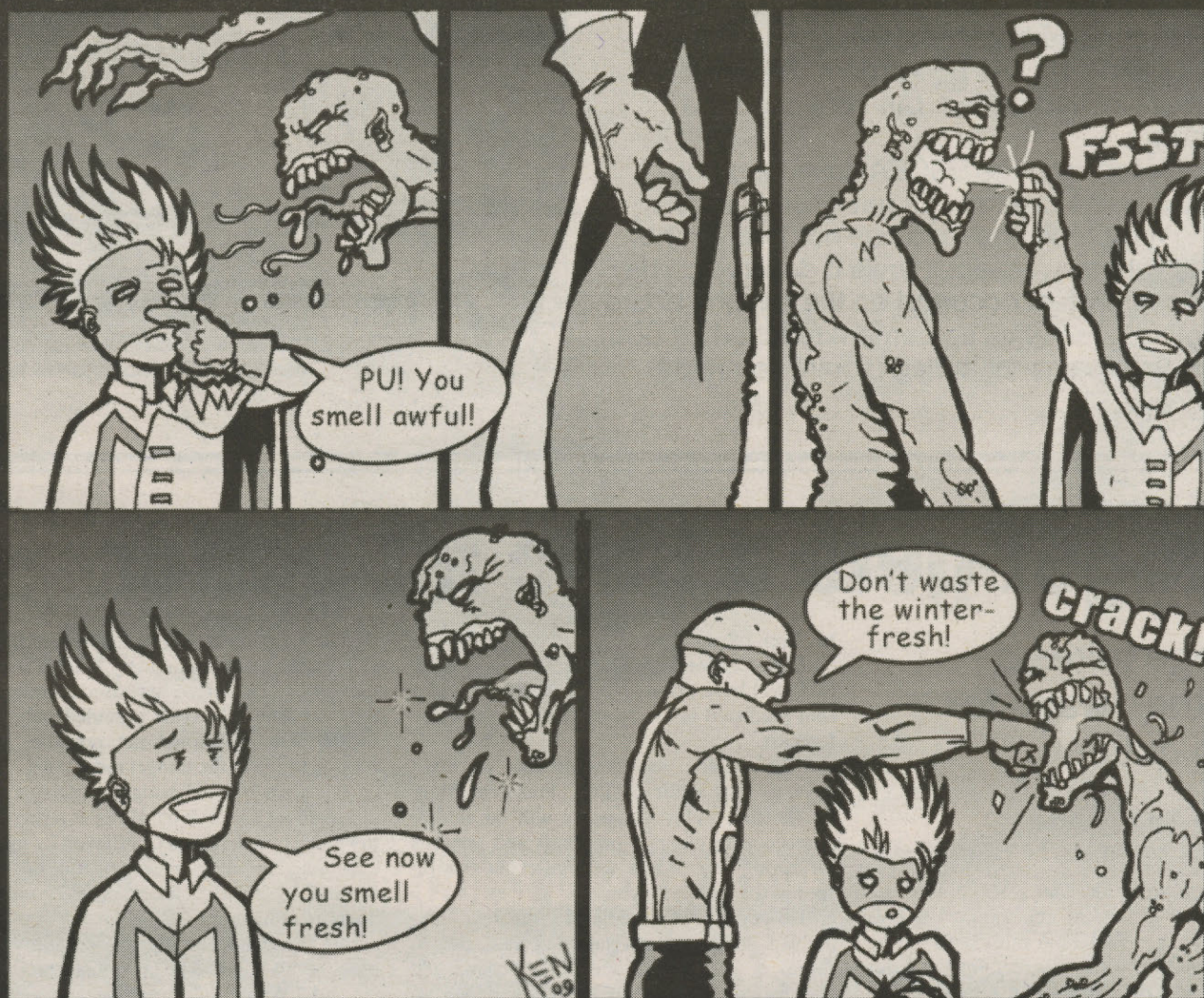
The official student-managed newspaper of Lane Community College is published every Thursday.

Up to two copies per person per issue of The Torch are free; each additional copy is \$2.

Letters to the editor should be limited to 300 words. Commentaries should be limited to 750 words. Please include the author's name, phone number and address (phone number and address are used for verification purposes only and are not made public). The Torch reserves the right to edit letters and commentaries for length, grammar, spelling, libel, invasion of privacy and appropriate language. The Torch reserves the right to publish or not to publish at its discretion.

Hit and Miss
superhero small talk

by Kenny Ashcraft



Florence Center, Performance Hall, Downtown Center get first attention



The first major project slated for construction with bond money is the renovation of the LCC Downtown Center set to begin this term. Lane County voters approved an \$83 million bond for much-needed renovations to be awarded to LCC. Photo by JB BOTWINICK/The Torch

LCC business instructor Bruce Voyce dies

LCC business instructor Bruce Voyce died on Feb. 16 from cancer. He was 59.

Services were held Feb. 23 at the Church of Christ, Latter-Day Saints, in Springfield.

Bruce earned his bachelor's degree from Brigham Young University in 1974 and his master's of business arts from the University of Utah in 1985. He

served a two-year church mission in southern Germany. He was president and CEO of Interactive Information Technologies in Salt Lake City for 12 years. Bruce was



Bruce Voyce
LCC business instructor

hired as a part-time business administration instructor in 1997. He worked as full-time faculty from September 1998 till December 2008. He retired last December due to his health.

Survivors include his wife; two daughters, Kelly Barney of Mesa, Ariz., and Erin Wehmann of Queen Creek, Ariz.; two sons, Channon and Eric, both of Chandler, Ariz.; a sister, Terrie Kenner of Sandy, Utah; and one grandchild.

Donations may be made in Bruce's name to Family Research Council or Hillsdale College Imprimis.

College develops construction schedule

By WILLA BAUMAN
Managing Editor

LCC is still sifting through lists of recommended projects to tackle with the \$83 million provided by the 2008 Lane County Bond Measure 20-142. However, a list of 17 individual construction projects was presented to the LCC Board of Education meeting on Feb. 18, to help develop a schedule for the renovations.

According to the report prepared by the Bond Project Management Team, 15 of these 17 projects are remodels to existing buildings, one is a replacement of the Downtown Center, and the last is a collection of projects lumped under Major Maintenance, Utility Infrastructure and Campus Upgrades. "The projects range from small to large in size, from simple to complex in function and from low to high cost," the report stated.

Because some of the projects, like the remodel of the upper floor of Building 18, have to be performed in a certain order to create minimal disruption to students and faculty, the scheduling is complicated. "Choreographing these diverse projects into a continuous movement that brings dancers onto and off the construction stage in an efficient, smooth succession is the task," the report stated metaphorically.

In the Feb. 18 Board meeting, LCC President Mary Spilde suggested and the board approved that the architectural work be moved up, even before all the financing was secure, in order to speed up the process.

On behalf of the Bond Project Management Team, Bob Mention responded to the board's questioning, stating that the first renovations would take place "after Spring term [2009] ends." The first renovation would be installing an elevator in the Performance Hall and increasing wheelchair accessibility to comply with ADA standards.

Also early in the schedule is work on the Florence center, updating science labs and infrastructure, which Mention hopes will be completed by the end of summer.

"Earlier, we talked about the deferred maintenance projects," Director of Facilities Management and Planning David Willis stated. "Those have to have our first priority."

Deferred maintenance projects are projects that for reasons of funding have been delayed. In some cases on LCC's campus, this has resulted in situations that are not in compliance with safety regulations.

The board also stipulated that the Bond Project Management Team keep close ties with the Public Information Office, "so the public can know what

we're doing with its money," Board Member Pat Albright said.

The first major project, estimated to take 850 days for completion and to be initiated this term, is renovation of the Downtown Center, of which Spilde has previously stated she is "least proud."

Spilde reported to the board that after the renovation, the Downtown Center would house Adult Basic Secondary Education, English as a Second Language and other programs that are non-credit, as well as LCC's energy programs. She said there are also issues related to whether LCC will provide housing, as well as if the college purchases the adjacent property. "We hope to have those [issues] worked out before we go out to bid for an architect," Spilde said.

The schedule of actually selling off the bonds also has to be reconciled with the construction schedule, since Measure 20-142 mandates that the college complete construction projects in three-year increments.

To solve the difficulty of completing all construction within three years, and spending the 15-year bond in a fraction of the time, Spilde has said that the bonds will be sold in increments, to remain in compliance with the law. Selling the bonds in increments will also allow LCC to get the best price in the bond market, Spilde said.

Women's program gets ready for Spring term

Learning community orientations scheduled for potential students

By LANA BOLES
Editor in Chief

Orientations for Spring term for the Women in Transition program at LCC will take place Feb. 26, from 5:30-8 p.m., and March 4, from 10 a.m. to noon.

These free sessions give a preview of the program and help students with the initial process of preparing for enrollment.

The program "helps women make plans for themselves as they enter the college. It's a first-year experience learning community," Women's Program Project Coordinator Jill Bradley said.

The sessions help new students or potential students understand the admissions process, getting started on ExpressLane, financial aid options and how to apply, and the time

expectations for full and part-time students.

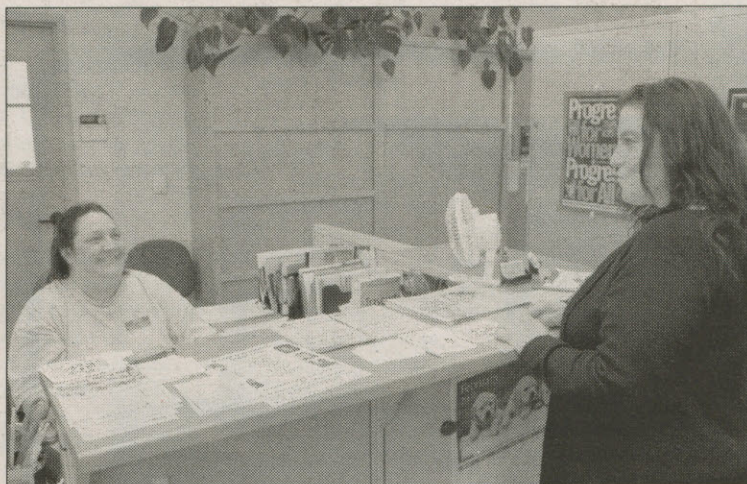
"We give them an overview of all the steps a person would have to take," to enroll at LCC, Bradley said.

Anyone can attend the orientations, but they are geared specifically for women looking to join the program.

The Women in Transition program is a learning community based around transition and career planning; introductory math, English and computer classes; individual advising and personal counseling; and sense of community through shared experiences.

To register for the orientations, call (541) 463-5353 or go to the Women's Center in Building 1, Room 202, on Main Campus.

Pre-registration is required. Other orientation dates are available.



Marci Parker, receptionist for the Women's Center, and LCC student Cheryl Hammerton discuss the Women in Transition orientation sign-up sheet. The orientation will take place Feb. 26, 5:30-8 p.m. and March 4 from 10 a.m. to noon. Photo by JB BOTWINICK/The Torch

Originally called Transitions to Success, the program was created in 1987 to help displaced homemakers and single parents by providing the

resources to help individuals work towards financial independence.

The program is open to all women.

Memorial held for LCC spouse

Scott Carpenter, husband of KLCC employee Paula Chan Carpenter died on Feb. 10 from cancer. He was 59.

A celebration of his life was held Feb. 22 at the Brindiamo Event Center at Emerald Valley Golf Course in Creswell.

Carpenter graduated from North Salem High School in 1967. He attended Willamette University and graduated in 1971 from Oregon State University. He worked for the State of Oregon until his retirement in 2004, and was a Cuddler for Neonatal Intensive Care Unit. Scott volunteered for KLCC, was involved in the LCC Advocate's 1987 Tax Base election and the Lane League.



Scott Carpenter

Survivors include his wife Paula; his mother, Helen Carpenter of Salem; two stepdaughters, Pamela Chan Gallagher of Honolulu and Marianne McDonald of New York City; a brother, Todd of Dallas; a sister, Becky Kiewel of Salem; and one grandchild.

Donations in Scott's name may be made to the Nursing Scholarship Fund at the LCC Foundation or to Strings of Compassion at Sacred Heart Medical Center at Riverbend.

Master photographer comes to Eugene



Photographer George Tice will be giving a lecture Feb. 28, at 2 p.m. at the Jordan Schnitzer Museum of Art followed by a walk through the gallery. "George Tice: Paterson" will show at the museum through April 4. "Paterson," which originally debuted Metropolitan Museum, is a photographic exploration of Paterson, New Jersey and includes his photo "Elevator Lobby, YMCA, Ward." Photo by JB BOTWINICK/The Torch

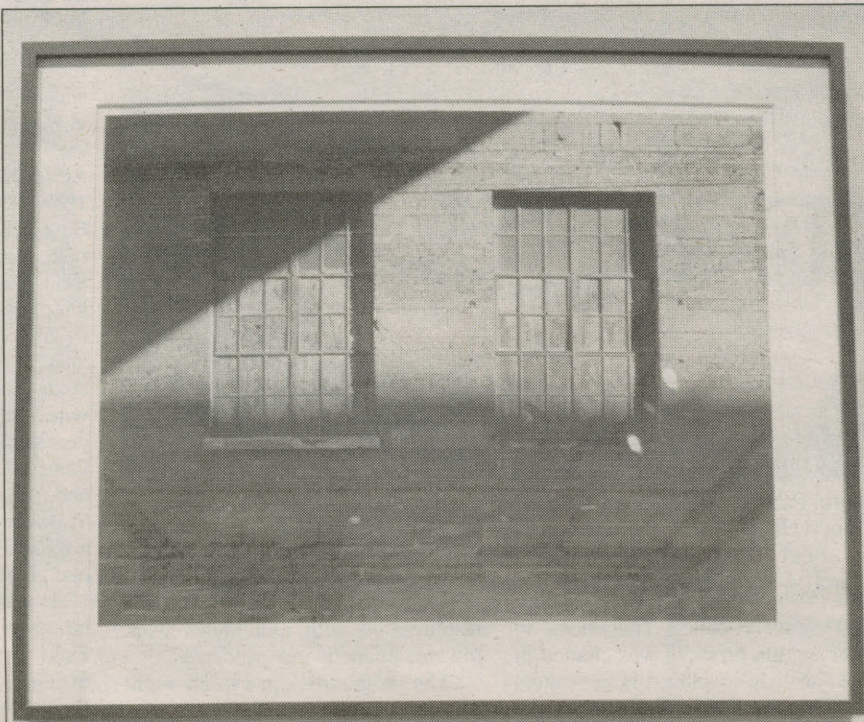
George Tice lectures at Jordan Schnitzer Museum of Art

Story by BENNETT MOHLER
Arts Editor



This 8x10 negative format camera is the same design of the camera used by Tice to capture the "Paterson" section of the gallery. Photo by JB BOTWINICK/The Torch

"Second Story Windows, Spruce Street" is an example of Tice's use of light and shadow in his compositions. Photo by JB BOTWINICK/The Torch



George Tice has been a professional photographer for over 50 years. His large-scale prints have been shown in museums such as the Museum of Modern Art, the Art Institute of Chicago and the Metropolitan Museum. Afterimage Gallery has handled his work for 30 years. Now, 50 years after his work was first shown at MoMA, this 70-year-old renowned photographer's work will be shown in the University of Oregon's Jordan Schnitzer Museum of Art. Tice will be coming to Eugene to speak about his work.

"It's such an honor to have a very established photographer talk about his career on the field," Chair of Photography at Oregon Susie Morrill said. Photography at Oregon is largely sponsoring the show entitled "George Tice: Paterson."

The show is dedicated to Tice's photographic exploration of Paterson, New Jersey, a popular motif among artists and writers. A native of New Jersey, Tice focuses a lot of his art and several of his books on the state, including "Paterson: New Jersey" and "Urban Landscapes: A New Jersey Portrait."

"I met him in Yosemite in '81 and I've kept in touch with him over the years," Morrill said. "I called him up and he agreed to do the show."

Tice's lecture, entitled "George Tice: Fifty Years of Photography," will be free to everyone. After the lecture, Tice will answer questions and sign books. He will also host a walk through the museum.

"It's a rare opportunity to hear from an artist of this caliber," Morrill said.

The exhibit is comprised of photographs from Tice's 1972 book "Paterson: New Jersey" and "Paterson II" from 2006. These photographs have all been previously exhibited in several galleries nationwide.

"It's interesting to see what was originally exhibited in '72 and what gets shown now," Gallery Curator Larry Fong said. "The focus varies, but [Tice] hasn't wavered in terms of what he sees and what inspires him."

"George Tice: Paterson" will be Photography at Oregon's last active collaboration with the Jordan Schnitzer Museum of Art.

"This is the last exhibition we'll have with the museum. It's sort of our swan song," Morrill said.

Photography at Oregon was founded in 1966 by Bernie Freemesser and has been involved with the Jordan Schnitzer Museum of Art ever since. Its funding exclusively comes from an annual auction of photographs donated by professionals. The organization decided to leave the museum to be able to put on more photography exhibitions.

"We want to retain our freedom to have dynamic programming and put on independent photography shows. We are committed to bringing photography to the greater Eugene area," Morrill said.

While Photography at Oregon is planning to hold shows at Downtown Initiative for the Visual Arts, Emerald Art Center and even LCC's art gallery, it hopes to return to Jordan Schnitzer in the future.

"Photography has always been a core aspect that we collect and exhibit," Fong said.

Tice will be giving his lecture on Saturday, Feb. 28, at 2 p.m., followed by questions and a gallery walk. "George Tice: Paterson" is at the Jordan Schnitzer Museum of Art until April 4.

The king and queen of culinary

A look into the lives of two LCC culinary students

By **DILLON BLANKS**
Features Editor

LCC Culinary Arts' two-year program is designed to give students kitchen experience, preparing meals for restaurants and a wide variety of food events. The students cook for several events for LCC and the Renaissance Room. This is the surface level of the Culinary Arts program at LCC, but what is it really like to be a culinary arts student?

"It's risky," second-year culinary student Chris Wilson said. "Maybe that's what draws us. It's a challenge; it's something that you can put your all into every single day ... It's satisfying. You get rewards out of it, whereas a lot of jobs don't offer that."

As a student, Wilson has had a variety of experience in the kitchen. Working in the Renaissance Room he's gaining professional cooking experience.

"There's the Renaissance Room in the Center building that we run as a little restaurant," Wilson said. "We get the restaurant experience there and we also do work in the [Center for Meeting and Learning] kitchen."

Along with restaurant experience, culinary students also get experience in the catering field.

"Catering is one aspect of the food service industry," Wilson said. "It's kind of split up in between restaurant work and catering work. Catering is a whole different game."

The culinary students host three big dinners each year. The Harvest Dinner is the largest.

"We traditionally have, every Fall, the Harvest Dinner," Culinary Arts and Hospitality Management Student Club President Heidi Peterson said. "We host a guest chef, which always changes depending on who the faculty feels is going to best suit the educational aspects as well as just the learning ... that is a big part of our scholarship raising."

Peterson said the culinary students raised approximately \$30,000 from this year's Harvest Dinner.

"It's a very big event for us," Peterson said. "It's a really great learning moment for us to take on the management aspect of what it takes to run a big dinner."

"With everything, you're kind of flying by the seat of your pants a lot," Wilson said. "There's a lot of stuff that can't be done until the last minute and that sort of thing, so it just makes it very chaotic and a lot of pressure."

A lot of time and effort goes into planning these big dinners. The culinary students have a class that meets once a week to plan out their next



Heidi Peterson and Chris Wilson are top students in LCC's Culinary Arts program. The two-year program is designed to provide students with a multitude of in-the-kitchen experience. Photo by JB BOTWINICK/The Torch

big dinner for March 5. "The Taste of Tango" is the title of the next dinner, and it will showcase Argentinean cuisine.

"It's going to be seven courses of Argentinean food plated for 304 people so it's a pretty big ordeal," Wilson said. "We had to go through the whole process of doing research [on] Argentina, see what the cuisine is like, what the lifestyle is like, [and] pick out recipes that we think will work well."

Once the students find recipes, they are tested in class to determine the final menu items. The students prepare the food the day before the event, taking eight to nine hours.

The culinary program takes commitment and requires a lot of time from Wilson and Peterson. Wilson said some days he would get to school at eight in the morning and not leave until nine at night.

"We're a family," Peterson said. "I think that's the best way to say it. I literally spend more time with these people, and they probably know me better than my family does ... We literally are each other's backbones when we need to be."

With orders to fill and people to feed, tensions can heat up in the kitchen. The students get direct criti-

cism of the food they serve from their instructors and if they mess up on a dish they have to tell the instructor why and how it happened.

"It's about details," Peterson said. "It's about making sure there's not the tiniest drop on that plate. I think very strictly about what I'm doing ... any personal problems that I have, they're the farthest things in my head. They don't exist. It's about the food. It's about every little detail that you're doing."

With that much responsibility and pressure on their shoulders, the cooks find it helpful to keep things in the kitchen lighthearted and fun, but also serious.

"It's good to keep it that way. If you don't keep it lighthearted and you don't keep the joking atmosphere going around, then it can really get very intense," Wilson said.

"It's about understanding that pressure and understanding that it has nothing to do with personal [matters], it's business. It is about that plate," Peterson said. "Some people struggle with that. That's human nature. We all struggle and we all grow, and that's part of being here: learning to interact with a large range of personalities."

Wilson says good communication skills are a must in the kitchen.

If someone doesn't have them, they will learn them through the course of their two years in the program. This was the case for Peterson.

"I didn't raise my hand. I did not speak up. That was last year. Last year, I bet you most of my fellow students didn't know anything about me. I was very reclusive."

Peterson had to present in front of large groups of people she's never met before, and interact with people in the kitchen she probably wouldn't have spoken to otherwise.

"I stepped out of my bubble, I stepped out of my safe zone and just threw myself at it and said, 'I'm giving it my all,'" Peterson said. "I think [by] doing that, I'm going to take the absolute most out of this program, and the experiences. Every day for me is just infinite change, learning and growth."

Wilson joined the culinary program in hopes of one day running his own restaurant. Peterson joined to become a private chef, and run her own culinary events center. They've both spent nearly two years working to make these dreams a reality and it hasn't gotten any easier; they have each signed up for over 20 credits for next term.

"It's all about having that passion

The Taste of Tango Thursday, March 5

- Featuring Argentinean tango dancers.
- Hospitality students will present Argentinean culture.
- The menu features lobster empanadas, mixed seafood ceviche and a goose roulade with walnut, fig, pan sauce, gnocchi and seasonal vegetables. Vegan and vegetarian options are available.
- Doors open at 5 p.m. for a silent auction, and 6 p.m. for dinner.
- Tickets are available online at <http://lanec.edu/culinary/cuisine.htm>.

and that desire to take the extra time and make the effort that you're going to go somewhere with," Peterson said.

—Review—

Los Faroles Taqueria

By **JAMES ANDERSON**
Reporter

Los Faroles is a Mexican restaurant next to the Springfield bus station on South A Street. Large windows let in sunlight and views of the bus station activity and the bustle of downtown Springfield. Giant plants and ferns sit in the corners of the lobby. A flat panel television is mounted on the wall, showing Latino music television. The back half of the store is an ice cream shop.

The restaurant opened almost

four years ago as Burrito Boy. The current owner, Cristobel Davalos, had worked for the company for 15 years before buying the shop last year and naming it after his hometown in Mexico.

The style of food is still very similar to the original Burrito Boy menu, but offers more options and lower prices on many items.

The restaurant brings a lot of customers from surrounding businesses. Bus commuters who are restricted to a schedule can call their orders in ahead of time and pick them up upon their arrival. For

\$3, Los Faroles will deliver.

Students from nearby Springfield High School walk to the kitchen for the food quality, low prices and ice cream. A mere \$4.50 will buy a fat burrito loaded with meat, refried beans, guacamole and the fixings. Get a good grip on this plump burrito before biting, or the filling will be lost.

Other items on the menu include hard or soft tacos, several vegetarian burritos, large taco salads and a variety of side items. On weekends, the menu includes a mouth-watering, richly flavored menudo soup.



Los Faroles' menu includes large burritos for \$4.50. Photo by LANA BOLES/The Torch

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— Review —

Comparing three meal-replacement powders

By JAMES ANDERSON
Reporter

There are three main categories of macronutrients: proteins, carbohydrates and fats. Counted in the form of calories, macronutrients provide energy for the body.

Proteins are composed of strings of smaller units known as amino acids. The role of protein is to hold cells together, provide structure for the body and repair lean muscle mass. Since proteins are complex molecules, it takes time to break them down. This is why they are a slower and more long-term fuel source than carbohydrates.

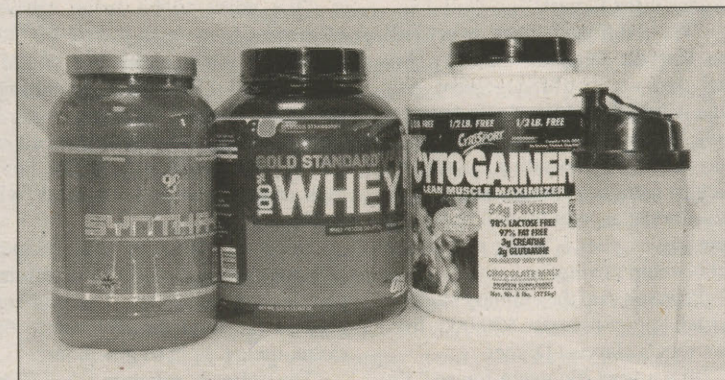
Carbohydrates fall into two major categories. Simple carbohydrates — fructose, glucose and lactose — can't be broken down into simpler sugars. Complex carbohydrate molecules are composed of long strings of simple sugars. The body can convert both simple and complex carbohydrates into glycogen, which is used as "quick" energy fuel. The liver and muscle tissues store glycogen, which is used during intense physical activity.

Fats are not only another form of energy; they also protect internal organs. Essential fats are necessary for the formation of hormones. These macronutrients are the slowest source of energy. Each gram of fat supplies the body with about nine calories, more than twice that supplied by protein and carbohydrates. Good fats, such as mono and polyunsaturated, lower bad cholesterol and raise the good cholesterol. Trans and saturated fats are the kinds that should be avoided.

The product

Protein powder comes in two common forms from milk: whey and casein. Whey is often used because of its fast absorption by the digestive system, which is beneficial when athletes and fitness enthusiasts need calories immediately. Casein is the preferred protein source when the next meal may not be right away. The slower absorption and delayed usage of this protein source acts as a time-released product. Bodybuilders and athletes often use casein-based protein before bed, when the body goes into a fasting state for several hours. This is a crucial time when the body heals the most and repairs the muscle tissues that were broken down from the daytime exercise.

The following products are common supplements used in the fitness world and specialize in different roles.



Protein Powders

Gold Standard 100% Whey:
Protein: 24 grams
Carbohydrates: 2 grams
Fat: 1 gram
Overall Calories: 110

Syntha-6:
Protein: 22 grams

Carbohydrates: 14 grams
Fat: 6 grams
Overall Calories: 200

CytoGainer:
Protein: 54 grams
Carbohydrates: 75 grams
Fat: 6 grams
Overall Calories: 570

Gold Standard 100% Whey by Optimum Nutrition

Optimum Nutrition is very popular with the bodybuilding community. Since its contents are whey only, the protein uptake is very quick, and then out of the consumer's system. This supplement is ideal just after a workout or as a meal replacement for people wanting to lose weight. Since the product has almost no fat or carbohydrates, it is a very low calorie source of protein. Since a lot of flavor comes in the form of fat, some of the flavors from this product are bland.

Syntha-6 by BSN

Steve Karner, owner of Balanced Nutrition on West 11th Avenue said this is his best selling protein powder. "The vanilla flavor is almost like crack," Karner said. "At 22 grams of protein per serving, it almost matches the Gold Standard in the muscle building, and includes the longer lasting casein protein in its ingredients. The higher carbohydrate and fat content affords this product a richer and sweeter flavor."

CytoGainer by Cytosport

If your goal is to put on size, this product is the best of the three reviewed for your post workout shake. One serving of this meal replacement shake consists of 54 grams of protein and enough carbohydrates and good fats to deliver 570 calories to the consumer. Cytosport, the makers of the popular Musclemilk protein drink, is well known for its flavor.



The Snack Shack, an ASLCC run snack bar opened in 1994, provides a cheaper alternative to food from the LCC cafeteria or vending machines. Low overhead costs give students like Josh Waldron the chance to get something to eat without breaking their budgets. Photo by JAMES ANDERSON/The Torch

Ransack the Shack for a snack attack

Convenient, low-priced snacks fund student government

By JAMES ANDERSON
Reporter

LCC's Snack Shack offers convenient, low-priced and varied snack items on the second floor of Building 1 in front of the Students First lounge and the Associated Students of LCC office.

The snack bar is able to keep prices down due to low overhead costs. ASLCC Legal Secretary Bette Dorris hires work-study students to run the shop.

"The proceeds aren't a lot. The prices are going up from our suppliers. We try to keep our prices down for the students," Dorris said. The shop also provides special deals on "Winner Wednesday," such as free coffee and three items for \$2.

"We have the cheapest prices on campus," LCC student Kristy Johnson said. "Instead of paying \$.80 for a can of soda out of the vending machine, we only charge \$.60. The water bottles downstairs are \$1.50 and up. Here, they're \$1."

"The prices at the Snack Shack are very reasonable," student lounge regular Andrew Musso agreed. "It's

much cheaper than the cafeteria."

"I feel that the prices in the cafeteria are high," student Li Hoang said. "For certain items, they're overpriced. I understand how they have to pay employees for their services, but there should be a [limit]."

The cafeteria has restrictions on pricing that are not required by the Snack Shack. Classified staff in the cafeteria has to be compensated and operation is on a much larger scale than at the snack counter. Since the students who operate the shop are in work study, the federal government covers some of their wages.

"The cafeteria prices and our prices can't really be compared fairly," Dorris said. "We don't have the stock and the inventory they have. We don't have ovens and stoves and cooks. Our inventory is what you see. That room is it."

Another limitation of the snack outlet is that it only accepts cash, unlike the cafeteria and bookstore, where debit and credit cards may be used. An ATM downstairs will take the LCC debit cards.

Students who choose not to eat in the cafeteria also have the option of bringing a lunch and storing it in the refrigerator in the student lounge.

The shack inventory comes almost exclusively from Costco on Monday morning. It takes three or four people to unload \$1,000 worth of supplies and bring it into the small shop. There is barely enough room to store the products. By Thursday, the supply is

almost gone. The weekly cycle helps to ensure a fresh inventory.

The Snack Shack has been around since 1994. It started as a student government project that was located in the Center Building where the book exchange is now. In the beginning, the shop would sell about \$30 worth of products a day and offer mostly breakfast food, candy and gum. About seven years ago, the Snack Shack moved to its current location and started offering a larger variety of snacks.

"We didn't intend for the Snack Shack to be located next to the student lounge, it just happened that it was a perfect little place," Dorris said.

The lounge has microwaves, student computers, a toaster, sink and a TV. It's there for students to relax, study and hold club and government meetings. Students often purchase burritos, Hot Pockets or muffins and heat them up in the lounge microwaves.

The proceeds from the Snack Shack go into an account to cover student government expenses. It costs \$1,200 per person to send students to Washington D.C. annually to lobby and talk to the senators. Every year, LCC sends six students. The proceeds are also used to fund student government attendance at conferences within the state.

"The money paid by students for the Snack Shack items goes right back to the students through the student government," Dorris said.



The Snack Shack carries a variety of snack foods, mostly purchased from Costco, including mint patties, cow tails, licorice and jerky. Photo by JAMES ANDERSON/The Torch

Snack Shack

Benefits:

- Low prices
- Near the student lounge
- Finances student government

Limitations:

- Accepts cash only
- Limited to mostly snack items
- Not located in center of campus

— Review —

Hop off at the Station for sushi

By LANA BOLES
Editor in Chief

Sushi Station is just what the name implies, a stop near the main vein offering sushi and more.

The menu ranges from the cooked items of the teppanyaki grill to sashimi and sushi. The sushi bar seats about 20 and offers various raw and cooked foods that circulate on a conveyor belt on small color-coded plates for customers pick from, priced from \$2.50 and up.

Windows cover the street-facing wall of the restaurant, filling the room with natural light on a sunny day that mingles with the bright yellow overhead lights. The appearance is crisp and tidy, with black chairs and tables, and black-clad wait staff, which wear thick black eyeliner.

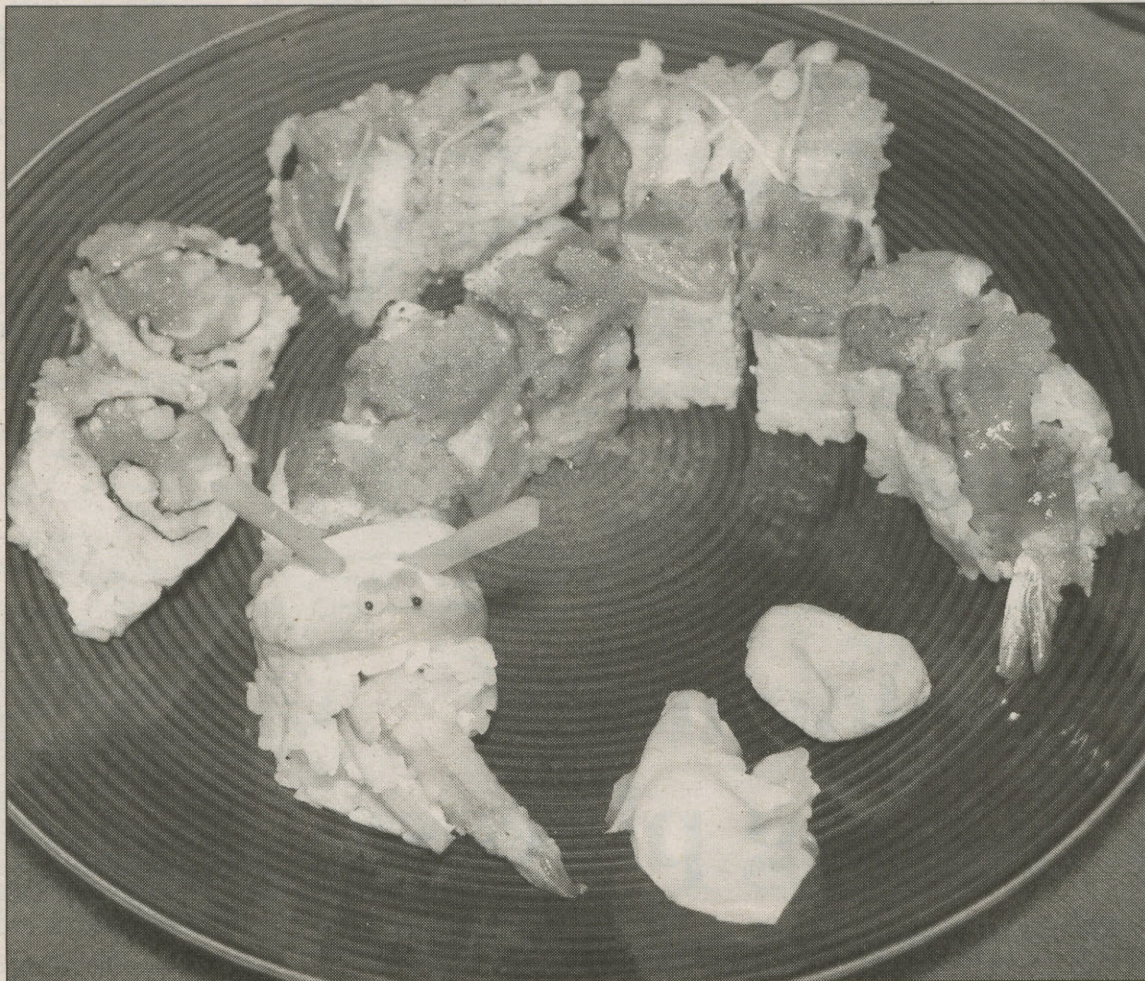
A more recent addition to the menu, The Flaming Dragon roll is \$13.95. It is one of the more expensive sushi rolls. The eel and shrimp are both cooked, rolled with avocado and topped a eel sauce, spicy red sauce and tobiko, which are small fish eggs.

This roll is full of flavor. The spiciness is not overwhelming. The items in the roll are well balanced, so the components compliment each other, instead of competing. The texture is truly amazing.

The Crazy Monkey roll is another spicy, delicious roll that packs a lot of flavor and zest into a small, tightly rolled package. This roll has a bit more of a bite.

Overall, the Sushi Station menu is varied and satisfying.

The seaweed salad is not to be passed up; \$3.95 might seem like a



The Sushi Station, located at 199 East 5th Ave., Suite 7, offers a long list of sushi rolls, including The Flaming Dragon and the Crazy Monkey. Sushi Station's menu includes a variety of Japanese eats, from seaweed salad to teppanyaki-style chicken. Photo by LANA BOLES/The Torch

lot to spend on a tiny bowl of fish food, but it's well worth it. The tangy sweetness combined with the appetizer's wet crunchiness is superb.

Something about it tastes clean and fresh.

Located at 199 East 5th Ave., Suite 7, Sushi Station is located

on the bus line and within walking distance of downtown Eugene and just around the corner from the Fifth Street Public Market.

— Review —

The LCC omelet bar

By DILLON BLANKS
Features Editor

I ordered an omelet filled with cheese, spinach, tomato and bell pepper with a side of home fried potatoes and bacon, all prepared in canola oil. The meal was \$3 total and quite the bang for my buck.

The potatoes were scrumptious: soft, warm and slightly spicy. The bacon was prepared perfectly, chewy and not too crispy. Eating the omelet was a pleasurable experience as well, the fillings were neatly tucked inside the omelet, and the cheese and egg melted in my mouth with every bite.

The omelet bar is operated by culinary arts students and is located in the cafeteria.

It's open Tuesdays through Thursdays 10:30 a.m. to 12:30 p.m. All items on the menu are less than \$4 and cooked right on the spot.

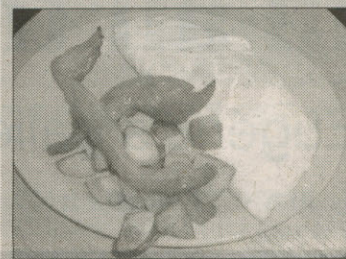


Photo by DILLON BLANKS/The Torch

— Review —

Poppi's Anatolia opens its doors for Greek night

Lyres, cheese, ouzo, lamb:
one night a week, downtown

By WILLA BAUMAN
Managing Editor

On Sunday night, Poppi's Anatolia returns to its roots as an excellent Greek restaurant. Normally serving Indian and Middle Eastern cuisine, on Sundays Greek music and the smell of saganaki, kefalotyri cheese fried with ouzo, a Greek wine, fill the downtown streets. Poppi's Anatolia Greek Night is an affordable dinner for a special occasion, or a higher end way to relax before the school week starts all over again.

Conveniently located close to the corner of 10th and Willamette, right across from the Eugene Station, Anatolia offers a calmer reprieve from Eugene's troubled downtown. The restaurant has served Eugene for over a decade, shifting its menu towards Indian and Middle Eastern food, and away from Greek. However, no restaurant in Eugene (and maybe even Portland) can do Greek better.

Anatolia provides a comfortable, pleasant ambience, of wood and tapestry. The carpeted floors and wooden walls soften the high ceilings, and create an urban feel even in the middle of Eugene's deserted

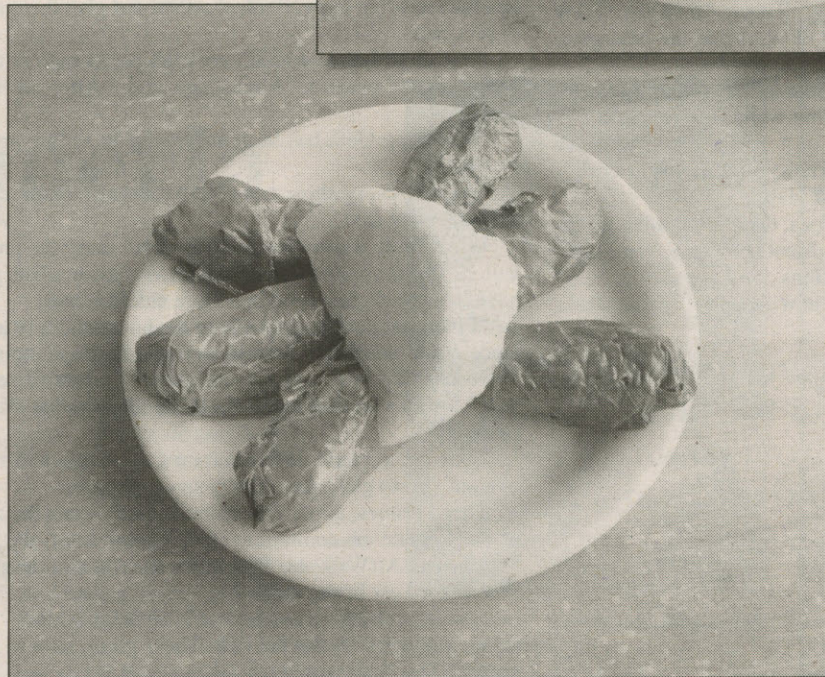
core. Anatolia's ambience is conducive to conversation, and each table, while close, is isolated and personal. The service is courteous, attentive and prompt.

For students on a budget, saganaki, even shared between two people is the perfect dinner. Anatolia supplies copious, thick, traditional Greek bread, which is the perfect appetizer. Saganaki is a slab of kefalotyri cheese fried in olive oil and ouzo, served dramatically steaming with a cry of "opa," a Greek blessing of good health. Although traditionally meant as an appetizer, saganaki is enough for two light eaters.

For a heartier appetite, try the tirropita: feta, cream cheese, egg and herbs layered with thin Greek pastry sheets called phyllo. Tirropita comes with yahni potatoes, baked with herbs and steamed vegetables.

Anatolia has plenty of vegetarian options, but its arni souvlaki, a Greek staple, comes highly recommended. Most dinners range from \$11 to \$20, while appetizers run at about \$6 to \$10. For dessert, choose from an assortment of Greek cookies, rice pudding or almond cake, all made fresh.

Right: On Greek Night, Poppi's Anatolia serves saganaki, which is kefalotyri cheese fried in olive oil and ouzo, a Greek wine. The cheese melts perfectly in the thin pan, and is brought steaming to the table. Photo by WILLA BAUMAN/The Torch



Left: Whether for lunch or for a dinner appetizer, Anatolia's dolmadakia, seasoned rice and raisins wrapped in prepared grape leaves, is the perfect light snack. Anatolia's Greek Night appetizers run from about \$1.75 to \$8. Photo by WILLA BAUMAN/The Torch



Students gather at Espresso Roma under the artwork of local artists. Espresso Roma, like other cafes in Eugene, doubles as an unlikely gallery for art that is usually not seen in traditional galleries. Photo by DARON KNIGHT/The Torch

Looking for local art in all the wrong places

Eugene's galleries that are not galleries

By BENNETT MOHLER
Arts Editor

It's difficult for up-and-coming artists to find an outlet in any city. Even in Eugene, with its more alternative galleries such as New Zone and Downtown Initiative for the Visual Arts, young artists may find it troublesome getting their work noticed. Fortunately, these artists have some different options for putting their art out there.

Several establishments in Eugene serve as art galleries for the underground art scene. Cafés such as Wandering Goat Coffee Company, The Beanery and Espresso Roma use their wall space to dedicate to local art submissions. Other places such as WOW Hall and the Museum of Unfine Art double as alternative art galleries.

"It's a pretty good resource for artists to show their art when they normally wouldn't be able to," Shawn Mediacast of the Museum of Unfine Art said. Mediacast has been showing underground artists in his shop, a record and clothes store, since 2002.

"It's good for us. It makes [Wandering Goat] an interesting place to go," art curator Beverly Edge said. Wandering Goat has been displaying artwork for two and a half years.

"The walls needed art," Edge said. "At first we did a collective show, but it became too much of a hassle. Now we just bring in artists."

The café also serves vegan pastries, organic, fair-trade, locally roasted coffee and Ninkasi beer.

WOW Hall uses its lobby to display artwork on a rotating monthly basis. January's show was comprised of artwork by LCC student Tommy Harbour, whose comic strip "Bacon & Egg" has been featured in The Torch. Harbour, along with other LCC art students, will be featured again at WOW Hall's "gallery" in April for a comic panel-themed show.

"I like setting up shows because it gives me a chance to meet new artists in the community," Robert Adams of WOW Hall said. Adams inherited the task of managing the art display two years ago.

"I assume they've been using [the lobby] to put up art for years and years. It's a space with four walls," Adams said.

"Frankly, there should be more of it. WOW works well as a community art center," artist Biz Henry said. Henry's work is currently being shown at the WOW Hall.

Normally, like most other galleries, these alternative galleries rotate the artwork every month. Most shows are from single artists, but there are always exceptions.

The Museum of Unfine Art has new art up every two weeks

"I like that people can sit here for hours and talk about the piece rather than walk through and just have one opinion and move on, like in a professional gallery."

— Elise Cowan
Artist



"Happy-ccino" is an oil on canvas painting by Brooke Borcharding that hangs in Espresso Roma. The painting is currently for sale at \$35.

with four to eight artists per show.

"I use every inch of space," Mediacast said.

Mediacast is particularly proud of his gallery as he makes an effort to bring in overlooked artists and give them a fair cut of proceeds.

"The artist leaves with a very high percentage of the price of the art, 85 percent," Mediacast said. "After all, it's their artwork."

Wandering Goat has been successful in selling artwork at its shows.

"Almost every show has sold between one and all of the pieces," Edge said.

While these alternative galleries don't carry the prestige of galleries such as Maude Kerns or DIVA, some artists prefer to have their work displayed in a more casual setting.

"I like that people can sit here for hours and talk about the piece rather than walk through and just have one opinion and move on, like in a professional gallery," artist Elise Cowan said. Cowan's work is currently being displayed at Wandering Goat.

"You get a whole different crowd of people that normally wouldn't go to galleries," Henry said.

These venues, although unofficial, still attract the attention of the Eugene art community. WOW Hall is on the map for First Friday ArtWalk and Wandering Goat is a highlight of the Whiteaker Last Friday ArtWalk.

"Art is cultural nourishment," Mediacast said. "Galleries are playgrounds for the rich. These places aim to be playgrounds for all classes."

SPORTS LINE Sports, food and Chinese philosophy

There was a time, not all that long ago, when the ultimate sports experience could only be had through watching games live, in person. Nothing could beat the smell of the fresh cut grass, the sound of a bone-crushing tackle or the pandemonium of a student section.

Today, even the best trips to the stadium are tethered to the realities of sky-high ticket and parking prices and even higher food and beverage costs.

Further complicating matters is the influx of high quality high definition televisions. Every sports fan alive has at least one friend with a beautiful wall-mounted big screen. And if you don't have a friend, certainly you know someone who you can put up with for three hours so you can watch sports the way God intended. Did I mention the quality of stadium "food" is unfathomably even lower than Alex Rodriguez's credibility in baseball?

Those two facts make staying home and creating your own top-notch game-watching experience all the more enticing.



Tyler Pell
Sports Editor

Preparation for game-time feasts requires proper planning and in the words of the immortal John Wooden, "Failing to prepare is preparing to fail." One way to achieve the ultimate sports spread is through the guidance of Chinese philosophy. The Taoist concept of yin-yang is the perfect model for game time nutrition.

On the yang side, foods are a little more focused, strengthening and usually slightly salty. Yang foods include all incarnations of the sausage/brat/hot dog family, pizzas, burgers, as well as all varieties of jerkies and Slim Jims. Really anything that will sufficiently clog your arteries and make you feel you like you could withstand a hit from Ray Lewis. An important consumer warning is that consuming too much unbalanced yang food could give you a chiseled granite chin on par with Bill Cowher's and the demeanor of a roided-out weight-lifter. If you're looking for a meal with less artery-clogging potential, chicken franks and turkey burgers will suffice.

On the yin side you have foods that balance or harmonize with the yang: All varieties of beers and sodas for starters. Add to that anything that a farmer could cultivate as opposed to butcher: chips, popcorn, salsa and guacamole come to mind. Basically, any foods that can be munched on throughout course of the game. If you're a chicken frank kinda guy, don't overlook the balancing powers of healthier choices such as baby carrots, grapes, olives and other bite-sized treats.

The proper balance of the yin and yang food groups is absolutely essential for a sports fan to maintain a healthy gastrointestinal equilibrium. You can't stuff your gut with burgers, dogs and jerkies by half time and expect to enjoy any amount of popcorn or chips by the fourth quarter. (If you haven't already discovered, having a familiar late game popcorn eating routine is like an edible stress ball.)

On the topic of beverages, I suppose that is more about personal choice. But for those who can't watch a game without a beer in tow, consider passing up that 30-rack of Natty Light and opting for a slightly more expensive, but certainly worth it, Heineken mini keg. I know, 30 beers for \$15 sounds enticing, but you're saving money by staying home to watch the game, remember?

Now for my editor-recommended game time spread:

• Pizza

Everyone has their favorite pizza place, but at the Pizza Research Institute you can get two excellent slices for \$7.

• Popcorn

I season with salt, pepper and tamari.

• Olives

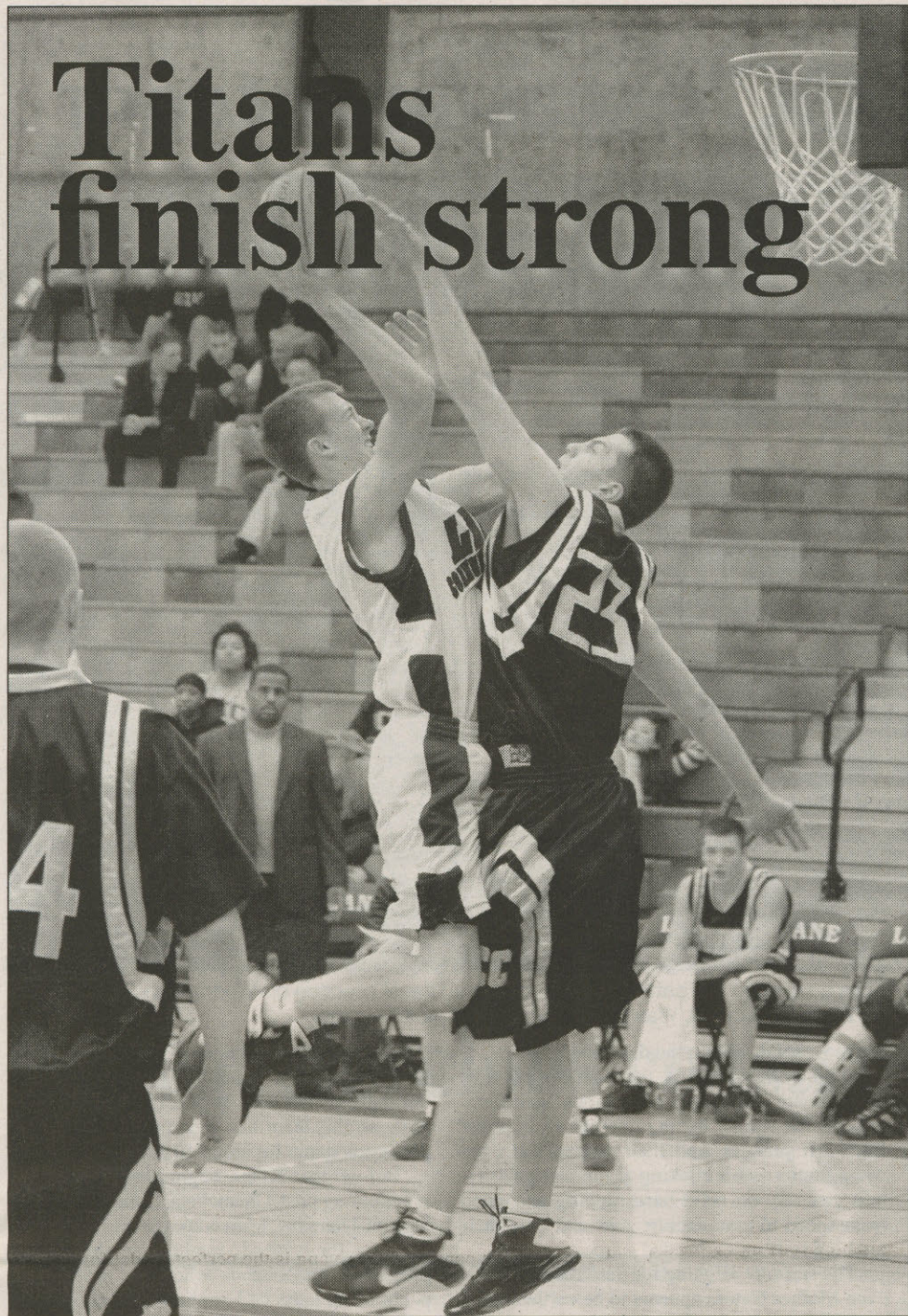
Pitted and canned, easy and delicious.

• Chips and guacamole

My guacamole recipe: Blend eight avocados with half of a cucumber until creamy. Add one juiced lemon. Stir in 3/4 of a jar of salsa. Salt and pepper to taste.

• Six pack of Great White Ale

Great White is made by Lost Coast Brewery. Great tasting and light, means it won't stop you from finishing the rest of your feast.



Titans freshman Ben Whitrock puts up a heavily contested layup during the first half of the Titans 94-73 blowout on Saturday, Feb. 21, against Portland Community College. Photo by JB BOTWINICK/The Torch

LCC trounces PCC on home court; avenges early loss

By TREY CALDWELL
Reporter

On Saturday, Feb. 21, the LCC Titans defeated the Portland Community College Panthers 94-73.

This was the third conference win this year for the Titans, avenging a 74-68 loss LCC had to PCC on Jan. 28.

The Titans turned in perhaps their best shooting performance this season, hitting 61 percent of their shots including 44 percent beyond the arc. The 94 points the Titans scored was a season high, and only the second time LCC broke the 90-point mark.

"We shared the ball a lot," Quentin Guidry said. "Our defense opened our offense up."

The Titans defense was tough throughout, holding the Panthers to only 35 percent shooting. LCC had eight blocks compared to none for PCC.

The Panthers had many opportunities to try and generate offense. PCC pulled down 22 offensive rebounds, and out-rebounded LCC 44-29 for the game. This stat, however, is more indicative

of the fact that the Titans were making their shots and PCC was not.

"Just defense," Guidry said. "That was our mindset coming into this game. The first time we played PCC, their two main shooters shot us out of the gym. We just concentrated on making defense our mentality."

The Titans had a 21 point halftime advantage, helping to get LCC's bench involved in the second half. The Titans had a 34-15 edge in bench production, led by DeMario Harris, who had eight points and maintained the Titans defensive intensity with two blocks and two steals.

LCC was led in scoring by Jake Wiles, who had 22 points, including going four-for-six beyond the arc. Brent Jones added 18 points, four rebounds, and three assists. Guidry added 15 points, two rebounds, and two assists. The Panthers were led by Carl Appleton's 19 points and 15 rebounds. Appleton had nine of those boards on the offensive end. Russell Millage added 17 points, seven assists and four rebounds.

"No matter what the case, do not give up," Guidry said, when asked what he would take from this season. "Just keep playing. Whether we are up 35 [points] or down 35, stay aggressive. Just keep playing."

The Titans wrapped up the 2008-09 season Wednesday, Feb. 25, against Umpqua Community College. However, at press time the game had not concluded. For complete scores and stats go to <http://www.nwaacc.org>.



Titans Head Coach Bruce Chavka reacts to a play in the Titans Feb. 21 win over Portland Community College. The Titans were unable to turn things around after a disappointing pre-season and finished sixth place in the Southern region. Photo by JB BOTWINICK/The Torch



With a swarm of Portland Community College defenders around her, Titans freshman forward, Theresa Brown looks for an opening. The Titans defeated Portland 104-42 on Saturday, Feb. 21. Photo by JB BOTWINICK/The Torch

LCC loses showdown with Umpqua; finishes second in Southern region

Next up for Titans: the NWAACC tournament

By TREY CALDWELL
Reporter

On Wednesday, Feb. 25, the LCC Titans were defeated by the Umpqua Community College Riverhawks 86-80. The loss brought an end to the Titans streak of four consecutive Northwest Athletic Association of Community Colleges Southern region titles.

"We had control of the game for the first 35 minutes," Head Coach Greg Sheley said. "We just did not execute down the stretch. They are a good team. I do not know if it was nerves, or them just being good, but we had a couple of turnovers down the stretch in spots we normally would not have."

With this loss, the Titans get the Southern region's number two seed for the NWAACC tournament. LCC will play the three seed from the Northern region on Thursday, March 6.

The Titans finish the regular season with a NWAACC conference record of 12-2, and an overall record of 23-5.

Sheena Cole led the Titans with a season-high 23 points. Theresa Brown added 16 points.

On Saturday, Feb. 21, the LCC Titans defeated the Portland Community College Panthers 104-42 for their 71 straight home win.

The Titans dominated in every facet of the game. LCC's stingy defense held the Panthers to just 26 percent shooting and out-rebounded PCC 58-33. LCC shot 53 percent for the game including 12 threes. The Titans also had 24 steals and eight blocks on defense.

LCC used a balanced scoring attack fueled by good ball movement to race out to a 39 point halftime lead.

For the game, the Titans had six players score in double figures, led by Sarah Whitfield's 18. While the Titans defense was smothering PCC's offense, the Titans at times were unstoppable. PCC was held to only five assists as a team, while LCC had three players with five or more assists individually. The Titans finished with a season high 27 assists as a team.

The Titans got good bench production in this game. LCC's bench players scored 39 points on Saturday, while the Panthers could only muster 42 points as a team.

The Titans were led by Whitfield, who had 18 points, five rebounds, and three assists. Sheena Cole had 17 points, six assists, four steals, and three rebounds. Theresa Brown had 15 points to go with her 12 rebounds. PCC was led by Sharda Ducksworth, who had 12 points and eight rebounds. Ducksworth was the only Panther to score in double figures.

The Titans will travel to Kennewick, Wash. for the 2009 NWAACC Women's Championships. The opening round game will be on Thursday, March 5, at 10 a.m. at the Toyota Center.

400 for Sheley Titans coach reaches career milestone

By TYLER PELL
Sports Editor

The Titans beat the Portland Community College Panthers on Saturday, Feb. 21, giving the team an impressive 23-4 record. In doing so, Head Coach Greg Sheley came away with his own impressive record: 400 career wins.

The 42-year-old Sheley, who was born and raised in Chico, Calif. came to LCC in 1999 and has brought unprecedented success to the program in his 10 seasons at LCC. Sheley's accomplishments include consecutive 30-win seasons in 2005 and 2006, five Southern region titles, eight consecutive NWAACC tournament appearances, two NWAACC championships and a record breaking 71 and counting straight home win streak.

Before coming to LCC, Sheley coached at Butte College in Oroville, Calif. in 1992. Sheley won three conference titles at Butte and when he left in 1998 had recorded 161 wins and just 67 losses, for .706 winning percentage.

In his nine plus seasons at LCC, Sheley has a 239-73 record. In the past five seasons,



Greg Sheley
Titans head coach

Sheley's Titans have had a 145-16 record. In his 17-year coaching career, Sheley now holds an overall record of 400-140, a .740 percentage.

Gene Bess, coach of Three Rivers Community College in Poplar Bluff, Mo., has 1,045 career wins and is the all time winningest college coach. Karen Welliver, who has been coaching Cerritos College in California for 27 years, is the winningest coach in California Community College history with 564 wins.

Pat Summit and Bobby Knight are the all-time winningest Division I basketball coaches with 1,002 and 902 wins respectively.

Titans baseball preview

The diamond awaits LCC's seasoned team

By TYLER PELL
Sports Editor

Last year, LCC's baseball squad had 19 freshman and relatively low expectations. This season, with 17 sophomores, the Titans have their eyes set on an NWAACC Southern region championship.

But success in the always-competitive Southern region won't come easy. Last season's Southern region champion Mt. Hood Community College and runner-up Linn-Benton Community College will pose a huge challenge for LCC's postseason aspirations.

Head Coach Rob Strickland is aware of the expectations that come with having an experienced team. "We're expected to produce this year. There's no question about it. Not a rebuilding year by any means."

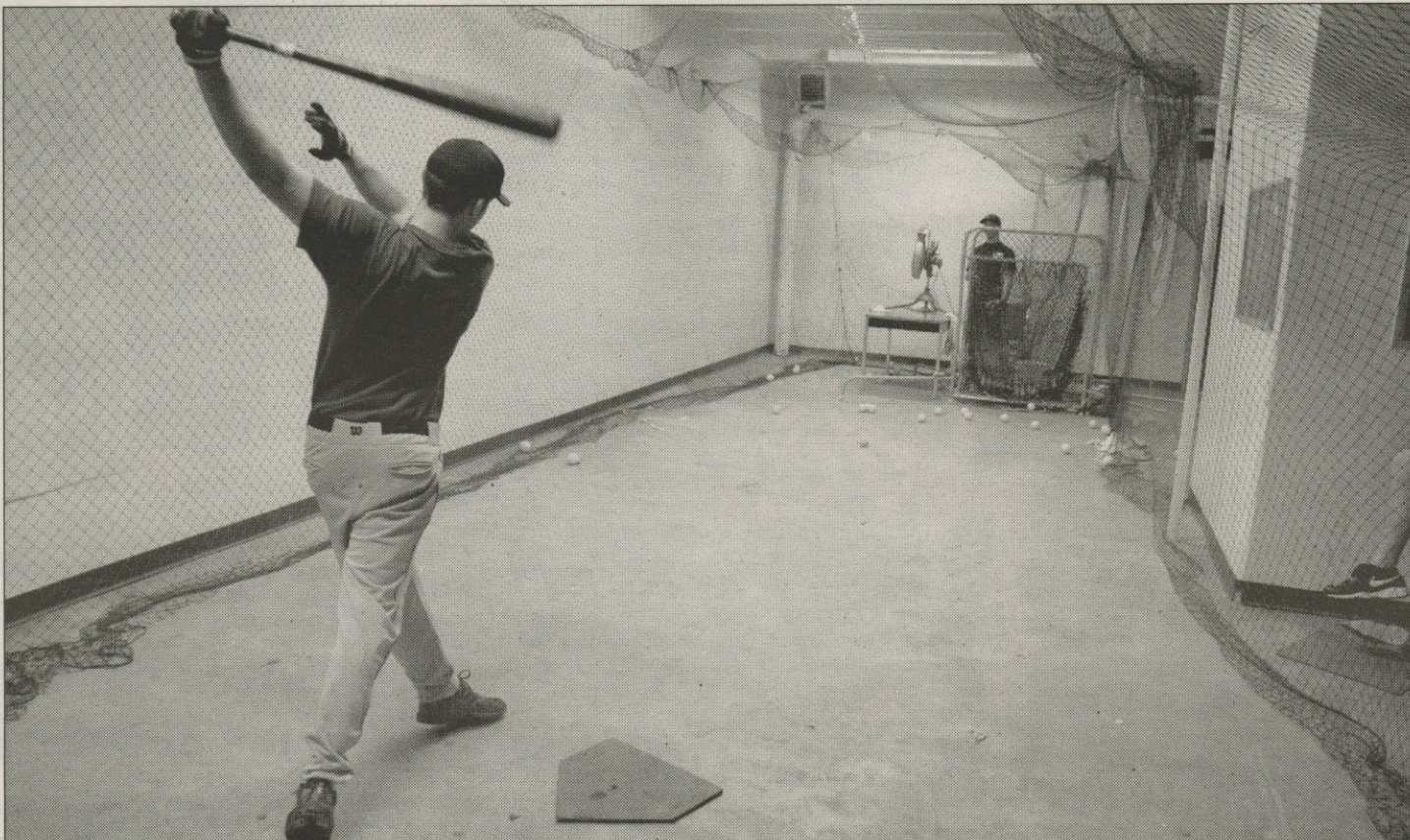
That said, Strickland suggested the rest of the NWAACC may be surprised when LCC finally takes the field on Friday, Feb. 27, against Concordia College's JV. "I think we're flying under the radar a little bit. Most people around the Northwest don't know how good of a talent base we have here."

The Titans deep and proven pitching staff will provide the foundation for the team. With five legitimate starting pitchers, that foundation appears to be solid. Leading the Titans' pitching staff is Sheldon High School alumus and Mt. Hood Community College transfer student, Chris Vitus.

The Los Angeles Angels of Anaheim drafted Vitus in 2007 and in 2008, but he's putting his professional career on hold for now. "We're very fortunate to get him to come back home," Strickland said.

But, like with any baseball team — professional or peewee — LCC's middle relief is still something of a question mark. However, the Titans will have no shortage of available arms. Strickland believes that in addition to his pitching staff the team has as many as seven position players who can step and throw strikes when needed.

Behind the plate, Strickland will likely rely on two catchers, Jake Van Cleave and Kyle Hanson, to guide his pitching staff. "Defensive-



Freshman Matt Douthitt, from Boulder, Colo. takes a swing in the batting cage during the Titans' practice on Wednesday, Feb. 25. LCC's 2009 baseball season begins Friday, Feb. 27, in Vancouver, Wash. Photo by JB BOTWINICK/The Torch

ly, we have two sophomore catchers who both are proven, both played last year, and they're going to be the key to our defense."

He also added that with the emphasis on bunting that pervades the wooden bat NWAACC, the team's third baseman, Kevin Sheppard, will be absolutely critical to the team's defense. "He's done a fine job so far," Strickland said.

As good as the rest of the Titan defense appears to be, LCC's outfield stands out.

"By far the strong point of this team is the outfield. I've got six outfielders, five of them are sophomores, with speed, arm strength and the ability to read balls coming off the bat — by far

my most solid spot on the diamond."

On the offensive side, the team can put runs on the board in a variety of fashions. Strickland expects the team's batting average to improve from last year, as well their power. But even when things aren't clicking at the plate, the Titans can rely on solid base running and good team speed to manufacture runs and give their pitching staff much-needed support.

The stars are aligning for the Titans in 2009; even Mother Nature appears to be on their side.

"[The weather has been] highly unusual. Not only has the weather been great, after 10 years we finally got a tarp for the field. Those two

things have allowed us to get on the field about 25 times already. Which is highly unusual. We normally get between 10 and 15 good [practice] days, so this team has been prepared to play a preseason game for about 10 days."

Before the Titans begin their conference schedule against Chemeketa Community College on Thursday, March 26, the team will have 20 preseason games to establish an identity. But Strickland understands what this team is capable of already: "17 sophomores, all of them with experience from playing last year — what it boils down to is if we do our job as coaches they'll produce."

F O C U S

optics-the clear and sharply defined condition of an image.



physics-a point at which rays of light, heat, or other radiation, meet after refracted or reflected.

geometry-a point having the property that the distances from any point on a curve to it and to a fixed line have a constant ratio for all points on the curve.

geology-the point of origin of an earthquake.

pathology-the primary center from which a disease develops.

**rainbow
optics**

See what you've been missing.



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Track preview

Titan runners are rearing to go

By TYLER PELL
Sports Editor

In the 10 years Head Coach Grady O'Conner has been at LCC, his track and field program has proven to be one of the true powerhouses in the Northwest Athletic Association of Community Colleges.

Both the men's and women's teams are the reigning Southern region champions and besides the women's second-place finish in 2007, the Titans have won the Southern region title each of the past six years. This year, however, the Titans have their sights on not just a Southern region championship, but an NWAACC title as well.

To do that, the Titans will have to beat defending champion Spokane Community College. "Spokane Community College is our main challenge. They're the defending champs and they've been dominant. They are the juggernaut, but we are on their heels and I think we've got a good shot to take them down," O'Conner said. Spokane has won the past four NWAACC championships and swept the Cross Country Championships earlier this year.

Although track and field is known as an individual sport, at this level the team concept is stressed.

"Track and field is unique because it's an individual sport and a team sport, but we try to push the team aspect of the sport. The athletes know we are preparing them to do whatever the team needs them to do for the championship meet," O'Conner said.

In collegiate track meets, athletes earn points for their schools depending on how well they

place; 10 points are awarded for first place nine points for second place and so on.

With that in mind, LCC looks to be in good shape on the men's side with sophomore Bruce Burbank returning. Burbank earned 28 points for the Titans in last year's NWAACC meet, 12 more points than standout Cyrus Hostetler earned for the team. Hostetler is now with the University of Oregon track team. Seth Lindquist, who earned 23 points in last year's championship meet, is also returning for the Titans.

Despite a lack of depth on the women's side, with 20 less athletes than the men have, the women will benefit from the services of distance runner Leah Twombly. Twombly earned 14 points at last year's NWAACC championship and earned All-America honors in cross country earlier this year. O'Conner said that incoming freshman Amy Nelson and red-shirt freshman Annie Hayward are also athletes to look out for.

For the coaches as well as the athletes the goal is clear. "We've got a very competitive schedule ahead of us. What we are trying to do is get the athletes in their peak performance shape for the NWAACC meet," which is May 21-22, O'Conner said.

Because of that, the team will use the meets leading up the Regional and NWAACC meets to train and sharpen their skills, but most importantly trying to qualify for NWAACC.

There are some notable races besides the championship meets. O'Conner described the Oregon vs. Washington meet on April 11 as, "Kind of a clash of some of the better programs in the northwest."

See Track preview, Page 11

Campus hosts Preview Night next Wednesday

Programs, services on display for incoming students, parents

By WILLA BAUMAN
Managing Editor

On Wednesday, March 4, LCC will open its doors to prospective students in its annual Preview Night. Held in the campus gym, Building 5, at 6 p.m., LCC Preview Night gives high school students and individuals seeking to return to school a chance to learn about LCC's varied academic and vocational options.

LCC President Mary Spilde will offer welcoming remarks at 7 p.m., after an information fair starting at 6 p.m. Break-out sessions on a variety of topics including the financial aid application process, and student's credit and non-credit options will take up the remainder of the Preview Night until 8:30 p.m. Representatives will be on hand to answer questions about the college's

career, technical and college transfer programs, and staff will provide information about LCC's services such as Financial Aid and Disability Resources.

The Preview Night will also host a prize drawing for iPods, tuition certificates, "and other great prizes," LCC Public Information Officer Joan Aschim, stated in a press release.

Students are encouraged to bring parents, Student Recruitment and Outreach Coordinator David Van Der Haeghen said in a press release. "Especially in our current economic climate, it's important for parents to take an active role in helping students choose their path."

Students can apply for LCC admission at Preview Night, and are encouraged to pre-register online at <http://www.lanec.edu/es/previewnight.html>. Disability accommodations can be arranged by calling (541) 463-5150.

Forum discusses race, gender, higher education

Three student groups host event on issues generally left in the dark

By WILLA BAUMAN
Managing Editor

Many students face challenges in pursuing higher education, but these challenges can be compounded because of stigmas attached to students' race, gender or sexuality.

On Feb. 28, Associated Students of LCC, the Black Student Union, and the Queer Straight Alliance are hosting Intersectionality and Education, a three-part presentation focusing on how these issues intersect in education and students' lives.

With an emphasis on transgendered identity, Intersectionality attempts "to examine the ways ... various socially and culturally constructed categories interact on multiple levels to manifest themselves as inequality in society," a press release stated.

"It's first of all to build awareness," co-facilitator of the Queer Straight Alliance Sam Bennington said. "We speak about the black community, or the queer community, but all of these identities intersect."

LCC instructor Mark Harris is scheduled to pres-

ent on higher education and race, while Gregory Cendena, vice president of United States Student Association, will discuss the Dream Act, a recently proposed bill that would grant certain immigrant students who graduate from an American high school the opportunity to obtain permanent residence in the United States.

"He'll speak about laws that are put in place to prevent people of color from moving forward," BSU President Azariah said.

Azariah continued, "It's very important for people of color to be aware of what's happening today, especially for the youth of this country. We need to be skilled as parents, and teachers and role models to help them."

Intersectionality will take place Feb. 28, from 12-4 p.m. in Building 17, Room 308/309 on LCC's Main campus.

Refreshments will be provided. Students who need English as a Second Language or disability accommodations are encouraged to contact Disability Services.

TRACK PREVIEW, From Page 10



Distance runners: Alex Jones, Travis Stevens and Lukas Fenley train during the Titans practice on Wednesday, Feb. 25, at the LCC track. Photo by J.B. BOTWINICK/The Torch

By that time, an already talented Titan team could be even better.

"After spring break is when we will really see who we have. Because [UO] has such a high standard in track and field, many quality athletes are unable to latch on to that team, either because of their performance or because of their grades. And oftentimes we may pick up a transfer or two from the university."

Eugene's reputation as Track Town USA also works in LCC's favor.

"The buzz that surrounds this

town brings a lot of kids to our program who want to be a part of it ... whether they are from the state of Oregon or the east coast," O'Conner said.

Those factors have helped O'Conner establish LCC as one of powers of the NWAACC conference. They have also made expectations consistently high.

"The NWAACC title is our ultimate goal and I think both squads have a chance," O'Conner said. "I don't think we have quite the depth on the women's side, but they are

certainly talented. The guy's side, it's one of the deepest teams I've had. Every event we have a solid contender."

In addition to Hostetler, LCC alumni: Travis Thompson, Jordan McNamara, Tamara Starodubtseva, A.J. Casteel and Alex Schley are all currently members of the UO track team. In total, LCC has 16 former athletes currently on four-year university rosters.

The Titans kick off the 2009 season at Willamette University on Saturday, Feb. 28.



Javelin throwers Tauni Powell and Trevor Preston work on their form during the Titans practice on Wednesday, Feb. 25. LCC begins its 2009 season Saturday, Feb. 28, in Salem. The team is working to defend its Southern region crown, and ultimately knock off Spokane Community College as NWAACC champions. Photo by JB BOTWINICK/The Torch

Transfer Students

Northwest Christian University announces a new competitive scholarship for transfer students with a 3.5 transferable GPA or higher. \$2000 per year, guaranteed renewable. Find out more and apply by visiting www.northwestchristian.edu/admissions/Transfers.

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Associated Students of Lane Community College

ASLCC Events

- February 28th
Inner(sex)tional & Education; Bldg. 17, Rm. 309
- March 4th 10am-4pm
Open mic in the Northeast end of the cafeteria
- March 4th 6-8:30pm
Lane preview night
- 7 students will be attending the annual Legislative Conference in Washington D.C. over Spring break!

ATTEND LCC LOBBY DAY IN SALEM ON APRIL 9TH!

If interested in these events and/or Student Gov't:
CONTACT: Meghan Krueger 463-3171
<http://www.lanec.edu/aslcc>

Council of Clubs

Green Chemistry Club

BioDiesel Project
Every Thursday, 1 pm
Bldg. 10; Room 107
Everyone Welcome!

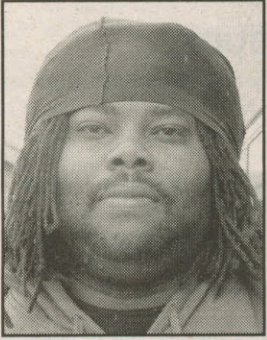
Green Gardening Club

Propagation Fair
Friday, March 14
10 am - 4 pm
LCC Cafeteria
Come Learn to Grow!

For more info, contact: Liza Rosa-Diaz
at (541) 463-5332 or lrosadiaz@gmail.com
or Bette Dorris at (541) 463-5365

Think About It

'Where is your favorite place to eat, and why?'



"Shari's, because it's convenient and usually cheap. I can get the kids in and get them fed within an hour."

Ernest Joshua
Diesel Technology



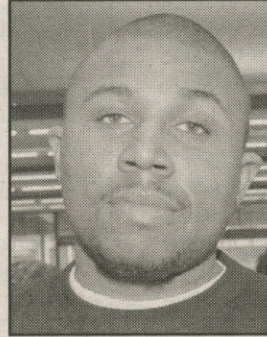
"Kowloons. It's probably because the service and the food are really good, and the atmosphere is really good. It's by the river."

Brandy Juarez
Pre-medicine



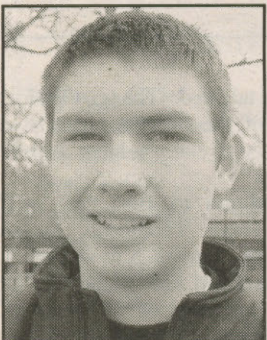
"I'd have to say Red Robin, because it tastes good. There is a variety of all sorts of foods and it's a very attractive place."

Bonnie Dominguez
Psychology



"Hole in the Wall Barbecue in Eugene. I just like barbecue. Where I'm from we eat a lot of barbecue. You don't catch a lot of that around here."

Anthony Nauden
Psychology



"Lok Yaun, because their food's good and it's real cheap."

Brandon Knutson
AAOT



"I like Burrito Amigos a lot, because they make really good breakfast burritos and I eat them regularly."

Sarah Powers
Spanish

Interviews and photos by **JB BOTWINICK/The Torch**

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