

## The Torch



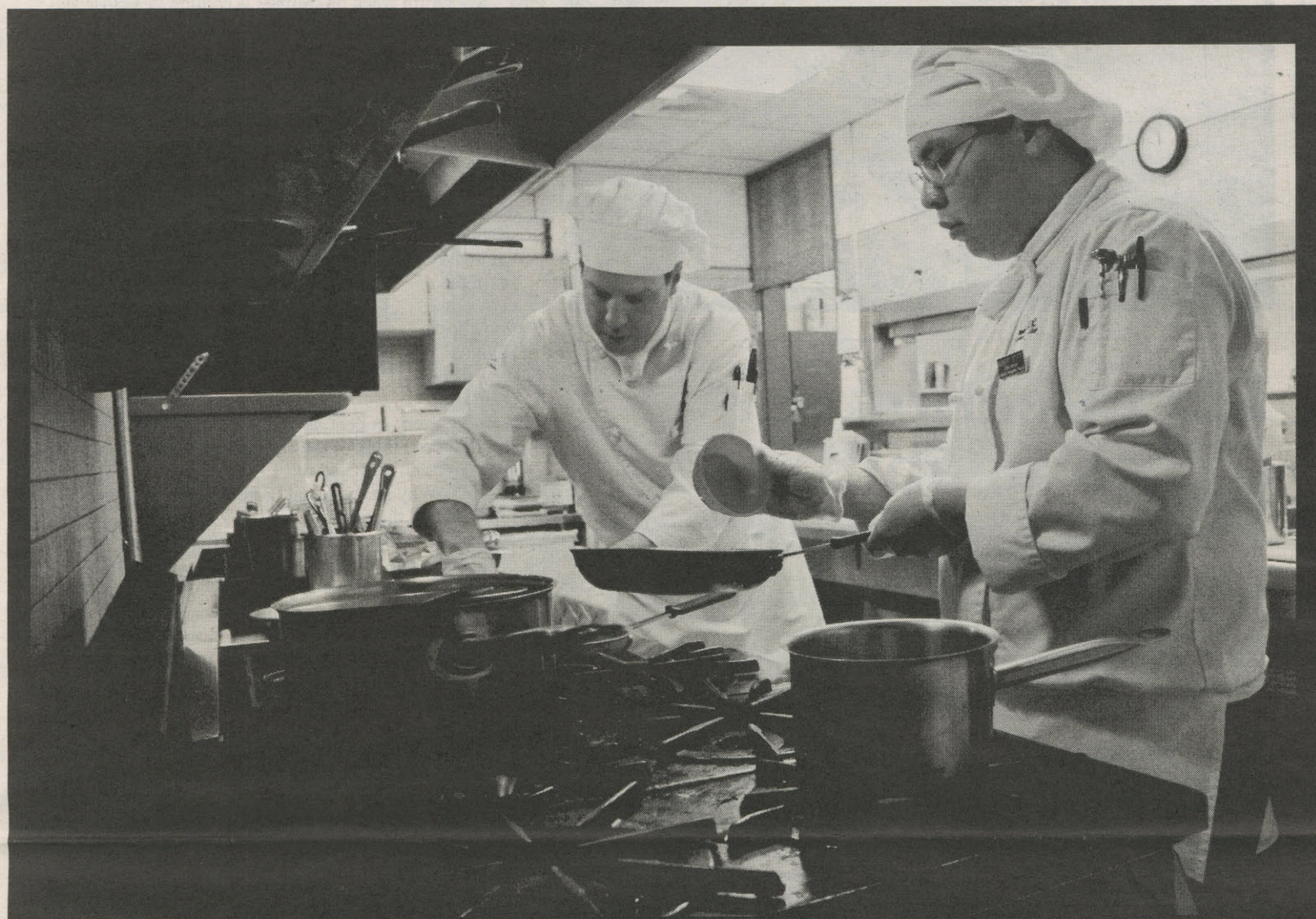
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LANE COMMUNITY COLLEGE

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Robert Stitt and Michael Rogers prepare food for LCC's Renaissance Room.

JAVIER MAGALLANES/The Torch

## TOO LEGIT TO QUIT

LCC's Culinary and Hospitality Management  
program receives national recognitionBy SERENA PIPER  
Reporter

The Culinary Arts and Hospitality Management program at LCC received special recognition from two national accrediting commissions, making the college stand out as the only dual-accredited program in the Pacific Northwest.

The American Culinary Federation Education Foundation Accrediting Commission, an organization founded in 1929, is the governing body for two and four-year

culinary arts programs for the entire country and focuses on promoting the professional image of American chefs.

It recently awarded both LCC programs a seven-year maximum accreditation, the longest accreditation time possible.

The ACF expects the culinary and hospitality programs to "follow particular standards," said Special Projects Coordinator and part-time instructor Julie Fether. "[The ACF] makes sure all our [program] teachers are well-qualified to teach and makes sure all of our facilities are up to code."

There are 21 different areas within the Culinary Arts curriculum that students must successfully complete before they graduate. Some have to do with food prep, safety and sanitation, working with cold salads or even the purchasing aspect of the program.

Each student takes a competency passport to each of their culinary or hospitality related classes and has one or more

See CULINARY, Page 4

Funding for  
Downtown  
Center  
project  
unresolvedPlans for pit  
adjacent to  
Eugene Public  
Library still under  
discussionBy ROBERT PATTERSON  
Reporter

Plans for LCC's proposed Downtown Center project are moving forward with school officials hopeful that the new facility will be open in 2012, even as questions linger about how to fund what will be one of the most ambitious projects in LCC's history.

The project, which would replace the existing Downtown Center at 1059 Willamette St. with an 80,000 square foot state-of-the-art facility across from the Eugene Public Library at the northeast corner of Tenth Avenue and Charnelton Street was estimated in 2008 to carry a price tag of \$27 million. So far, the college has identified only \$17 million in construction funds.

The remaining funds could come from a number of different sources, according to LCC Chief Financial Officer Greg Morgan, including federal funding and Eugene Urban Renewal District allocations, but he acknowledged that "there are no sure deals."

The \$27 million estimate would make the new Downtown Center one of the most expensive projects in the history of the college. The Health and Wellness Center is under construction and expected cost \$15 million, but most of that funding has been raised from private donations through the LCC Foundation.

The administration believes that the Downtown Center project can be funded completely with public money. The LCC Foundation has not been asked to work on the Downtown Center project, according to Foundation Director Janet Anderson.

LCC President Mary Spilde met last week with Senior Vice President of Seattle Northwest Securities David Taylor to assess LCC's ability to take advantage of the New Market Tax Credit Program. The program promotes revitalization of low-income communities by providing tax credit incentives to investors who invest in impoverished areas.

LCC is also considering using the proposed building to generate new revenue streams. "We're exploring the possibility of leasing some space to other governmental or non-profit organizations," Spilde said.

See

DOWNTOWN CENTER,  
Page 4

## Free workshop offers options for electronic waste

By JAMES ANDERSON  
Editor in Chief

NextStep Recycling founder and director Lorraine Kerwood will host a free workshop in the south cafeteria on Monday, Oct 26 from 1 — 3:30 p.m. The workshop is open to everyone and will be specifically designed for "anyone who is interested in the social justice aspect of technology, who is interested in purchasing a computer for themselves and anyone interested in the environment," Kerwood said.

The Waste Reduction Educator's Workshop is coordinated by LCC's Recycling Assistant Geo Bitgood.

Bitgood recently bought a previously used and fully functional computer from NextStep for \$150. "I didn't think I'd ever be able to buy a computer," Bitgood said. "[It] can connect to the internet, play DVDs, burn CDs..."

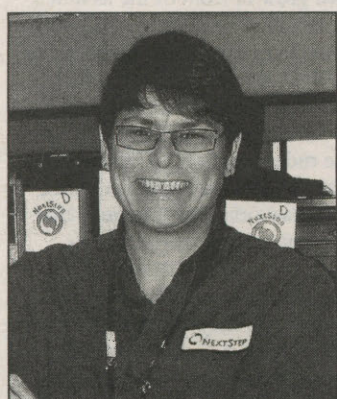
NextStep recycling is a nonprofit group that has recycled hundreds of tons of e-waste and will take almost anything that plugs in or runs on batteries. The company sends its recyclable materials to local northwest vendors instead of shipping it overseas for processing.

Kerwood was diagnosed with Asperger syndrome after 25 years working in blue collar jobs and a car ac-

cident forced her to retrain for work. She started with adult education classes at LCC and eventually earned her B.A. in Family and Community Services at the UO.

"I think that Lane Community College is the reason why this nonprofit exists," Kerwood said. "Last year I was nominated the alumni of the year. The nonprofit was nominated for the co-op business of the year by LCC."

NextStep is currently a successful community service organization

See RECYCLING,  
Page 4Lorraine Kerwood  
NextStep Recycling  
founder/director



## The Torch

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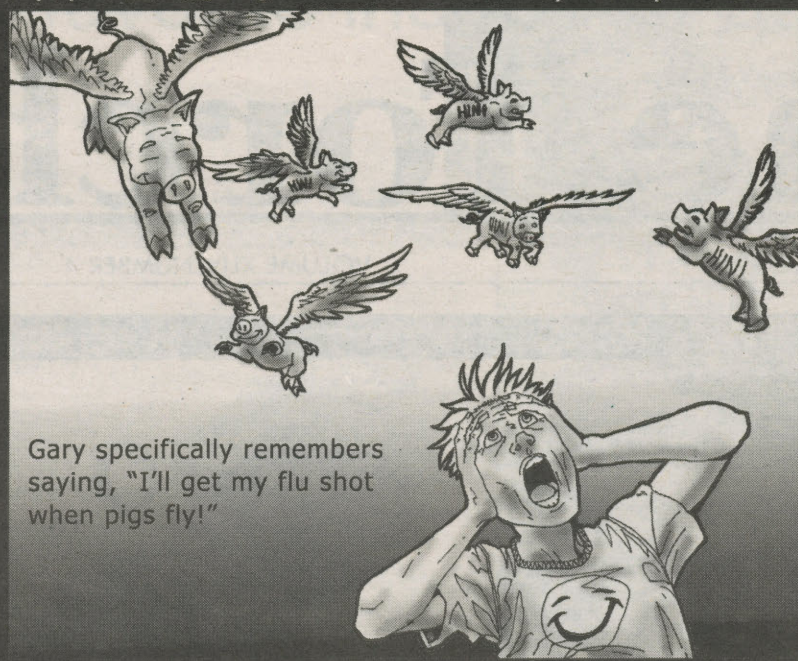
The Torch is the official student-managed newspaper of Lane Community College. It is published every Thursday during the term. Up to two copies per person per issue of The Torch are free; each additional copy is \$2.

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.

## WTF?

by Kenny Ashcraft



Gary specifically remembers saying, "I'll get my flu shot when pigs fly!"

## Flu infection is a responsibility

Sick again. I've managed to get the virus on my hands or inhale it from someone, somewhere.

According to the Centers for Disease Control and Prevention, 36,000 deaths and 220,000 hospitalizations occur yearly due to the seasonal influenza in the United States. Even though I'm not in the high risk category for a fatality, I do have my academics, general productivity and health to think about.

I have to wonder how many people I've infected since I've contracted the offending microorganism, and before I even experienced symptoms.

How many hours will others lose because I'm a flu virus carrier? How many people will they go on to infect?

I won't be able to answer that question. What I can offer is incentive for someone to care about their role as a member of a community about how their actions affect others around them.

Before I got sick, someone around me had to shake my hand with the pathogen on it. Maybe they sneezed or coughed into their own hand instead of their arm before shaking my hand in a gesture of friendliness and goodwill.

Maybe someone coughed or sneezed in my general location and I inhaled the virus-laden particles.

Perhaps I used a door handle or a pen that someone had touched after they'd wiped their nose.

It's useless to speculate on how this virus ended up wreaking havoc with my immune system. What I can focus on though, is doing my best to keep from spreading the virus on to others.

This brings me to the next thought. What exactly can I do to keep others from missing school, work or parental responsibilities while recovering from the flu?

The "Golden Rule" of getting the flu is to stay at home so you can recover without needlessly infecting others.

But what if that's not feasible? What if the consequences of falling behind

in your class outweigh the comfort and safety of recuperating in your home?

You still have options in minimizing risk for others who might get your

illness.

The influenza virus is primarily spread through only a few methods.

Shaking hands is a big one. Maybe I can use an alternative to shaking hands. I definitely can use hand sanitizer or the surest method of disinfecting my hands — washing them correctly.

We've all seen people walk out of the bathroom stall to grab the handle of the bathroom door without stopping to wash their hands. Just imagine that this could be the next person that you shake hands with.

Even among people who do wash their hands regularly, very few wash for the full 15-20 seconds recommended by the CDC to kill all of the bacteria present there. Don't forget to use your paper towel on the door handle on the way out. This surface is infested with bacteria just waiting to invade your mucous membranes.

Microbes living on your hands are another reason to cough into your arm instead of your hands. You will certainly touch something soon and leave germs on an item, quite possibly before you remember to wash your hands again.

Flu.gov advises people to avoid touching their eyes, noses and mouths. Sounds simpler than it really is. How often do we wipe, scratch or otherwise touch these areas on our own bodies without thinking about it?

Although face masks are being used by people who are trying to keep from getting an infection, studies have yet to produce results that this keeps people from contracting the flu.

It has been proven, however, that

See **COMMENTARY**,  
Page 8

## CORRECTIONS

The "Whiteaker Thanksgiving Dinner" and the "I can 1 can" is coordinated by staff member Beverly Farfan and OSPIRG is providing support

## Remove your ear buds and get with the program

### Searching for our missing college culture

My fourth week on campus is coming to a close and I've had effectively no social contact with other students. I came from Coos Bay as a budding socialite. A phone that rarely rings or a bus ride without casual conversation are signs of drastic change for me. I've met people at The Torch, but they feel more like colleagues than "friends."

As I reflect on these past weeks, I think of the students

I observed trying to escape by wedging ear buds far in their ears. I also think of the negative expression seemingly

worn by every student, as if it were stamped on during registration. I think of the routine awkwardness of nearly silent rides on a packed full LTD 81.

I ask: Why so antisocial? And why is everyone so pissed off all the time?

I answer: This college has no culture. We're bored.

The students at this school share no common DNA. The students can create that culture. They can create it by interacting with one another and involvement in the school.

Right now, students are so disconnected that they neglect to even speak to each other. In fact, our closest common trait is our signature, carbon copy "unhappy to be in community college," expression issued at registration.

We need to be taking more risks as students. Nuke your routine. Say "hi" more often. Shed the ear buds and trade your sweet escape for reality. We're here — let's enjoy it.

Most importantly, the administration cannot ignore the problem. There is a barrier keeping the lack of community alive and the administration certainly should not pretend that it just does not exist.

The administration should be encouraged to take this issue seriously and aggressively try to find ways to solve it. After all, "community" is in the name.

If we make changes and the administration makes changes, we will all have a better experience here.

## Letter to the Editor

### Bus protocols

Yay LTD! And yay Lane students for riding the bus! I've been riding the bus for years, and for a while it seemed like a special secret known only to the select few. But last year I noticed a real spike in ridership, and this year it has really boomed.

This is wonderful, of course, for many reasons, and I'm glad to see it happen. But I've noticed some problems that perhaps we should address, to help establish some common-sense protocols. Riders might find opportunities to apply whatever they've learned about ethics and courtesy.

I began to formulate this letter last year when I saw this particular problem develop, and an incident yesterday finally triggered it. I just missed one bus, so I settled in to wait for the next one — and was thus one of the first "in line" for that next one. Of course, within the next 10 minutes the waiting crowd grew, and when the bus arrived more people were waiting than would be able to sit in the bus — or perhaps even to fit in the bus. I had stood on the morning bus, and, being one of the first waiting for this one, was relieved to think I could sit on the way home.

Well, somehow the crowd grew in front of me as much as behind, and by the time I reached the door I wasn't sure if I'd find a seat. Then a young lady came right up between the line and the bus and got right in front of me. I pointed out to her that many folks had been waiting a while for this bus, and it wasn't fair of her to zoom right up to the front; to my amazement, she rudely replied, "There isn't a line!" — and proceeded to take one of the last seats. I did, fortunately, also get one of the last seats, but I noticed that several people who had also been waiting early for this bus ended up standing.

Wouldn't it be common sense to treat the approach to the bus as "a line," and common courtesy to not cut in? Among the many lessons I learned as a child was "Don't cut in line." That's a tough one sometimes, I know. But it would be nice if we could work at making it a principle of courtesy again, especially with our crowded buses.

Jeff Harrison  
English instructor



## Whiteaker garage sale benefits homeless

Proceeds go towards Thanksgiving dinner

By BRENT JONES  
Reporter

The garage sale to help support the free Whiteaker Thanksgiving dinner went down without a hitch. The sale ran Oct. 16 and 17 and served to fulfill the Whiteaker neighborhood's commitment to helping the less fortunate.

"The event raised money to buy sleeping bags, blankets, gloves, hats and tarps," event coordinator and LCC Cooperative Education coordinator Beverly Farfan said.

More than 2,500 people attend the Thanksgiving event. "Our slogan is neighbors helping neighbors — building community and coming together," Farfan said.

Profits from the garage sale are mainly going towards purchasing sleeping bags which will be given out at the dinner. There are many businesses around town that are helping support the dinner. "We get lots of different businesses and farms and stuff who give us the food," Farfan said.

The Thanksgiving dinner includes nearly 2,000 pounds of turkey, 900 pounds of potatoes, and 100 loaves of bread.

Health, P.E. and Athletics instructor Sue Thompson is the coordinator for new item distribution. She'll be handing out sleeping bags and other gifts to people standing in line.

"My personal project has been the



The Whiteaker garage sale raises money to buy sleeping bags, blankets, gloves, hats and tarps for the less fortunate.



JACOB DODDS/The Torch

sleeping bag drive," Thompson said. "I kind of made it my personal goal to grow in that area every year." She said that nearly 300 sleeping bags have been already been ordered, not including those that may be donated.

All of the food for the dinner will be cooked at LCC by culinary arts students. "Without the culinary arts program we couldn't do it," Farfan said. "What they have to do is prac-

tice de-boning our turkeys. By the time they're done, they got that skill down."

Culinary arts students will also have a team handing out coffee and soup to people standing in line.

"This whole dinner and event is done by volunteers and donations," Farfan said. "Just community coming together to put this on."

There are many opportunities for students to get involved. One of the

best opportunities is the weekend before the dinner, Nov. 21 and 22. That's when all of the food is being prepared. "People can volunteer and help peel our 900 pounds of potatoes or [cut] 100 loaves of bread," Farfan said.

"This is the 21st annual [dinner], and I've been coordinating it for the last 15 years," Farfan said.

At the dinner on Thanksgiving Day will be live entertainment with

translators at every station. Also, there will be a play area for children where activities such as face painting will be provided.

"We get a lot of students involved ... and they love it," Thompson said.

Donations of hats, sleeping bags and coats are still welcome. Those interested in volunteering can reach Farfan at (541) 463-5395 or by e-mail at farfanb@lanecc.edu.

## Reaping what they sow

### Learning Garden volunteers prepare for Harvest Dinner

By Mark Marney  
Reporter

The Harvest Festival is LCC's way of celebrating Sustainability Day. Devon Bonady, garden coordinator, said "It's college sustainability day on college campuses around the country, and we decided to combine it with the harvest festival so students would be aware of the garden club [on campus]."

The Harvest Festival consisted of a potato harvest, vegetable soup and pumpkin pie, garden tours and old fashion cider pressing for kids and adults. The event ended with the planting of garlic.

The celebration was located at the learning garden in the SW corner of main campus, behind the childcare center.

Jennifer Hayward, LCC sustainability coordinator, gave a brief talk about the college's efforts in sustainability. "LCC's core value of sustainability provides students with education opportunities, and our goal is to make LCC as sustainable as possible, where we are not using energy from coal or oil, and to recycle all material so we are not sending anything to the landfill," said Jennifer Hayward.

Credit students started paying an extra dollar per term in student activity fees, starting last spring. The fee goes to maintaining the garden.

The student-managed garden provides training and supplies food for the students.

The conference and culinary division teamed up to make vegetable soup during the celebration in hopes that more students will learn about the campus garden and what it has to offer.

Students can volunteer in the garden by contacting Devon Bonady at bonadyd@lanecc.edu, or call her office at (541) 463-5899 or they can go to the garden on Wednesdays and Fridays from 2-5p.m.



JACOB DODDS/The Torch

Learning Garden Club volunteers help prepare for the Sustainability Day Harvest. The garden provides food for by the culinary department and LCC's cafeteria.

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## LCC obtains funding for brighter futures

Wal-Mart Foundation contributes to education of displaced workers

By HARI KHALSA  
Reporter

The Wal-Mart Foundation's Brighter Futures program has endowed a grant to LCC's Workforce Partnership to help train dislocated workers affected by the current recession.

LCC President Mary Spilde was notified in August that the college was one of eight community colleges in the nation chosen to participate in the program. LCC will receive \$336,248 from the Brighter Futures program to be used in a two-year grant.

"The purpose of this grant is to allow LCC to be a demonstration site for innovation for other community colleges," Workforce Partnership Dean Dawn DeWolf said.

LCC's grants department, in a collaborative effort with LCC's Workforce Partnership department, submitted the college as a possible candidate after learning of the program through being a member of the League for Innovation. The league is an international organization that serves community colleges.

"LCC was chosen because we are already successfully providing services to dislocated job seekers," DeWolf

said. "The Wal-Mart Brighter Futures project allows us to enhance our current mission. This large monetary donation was very generous and greatly appreciated, and will help many people."

This project will have two focuses. The first is to help unemployed job seekers attain skills that may make them more eligible for employment. The second focus is to help dislocated workers gain additional training by learning 21st century job skills, which are generally in higher demand and pay a higher wage.

This second aspect will focus mainly on technical programs in the health, information technology and other fast growing, newly created employment positions.

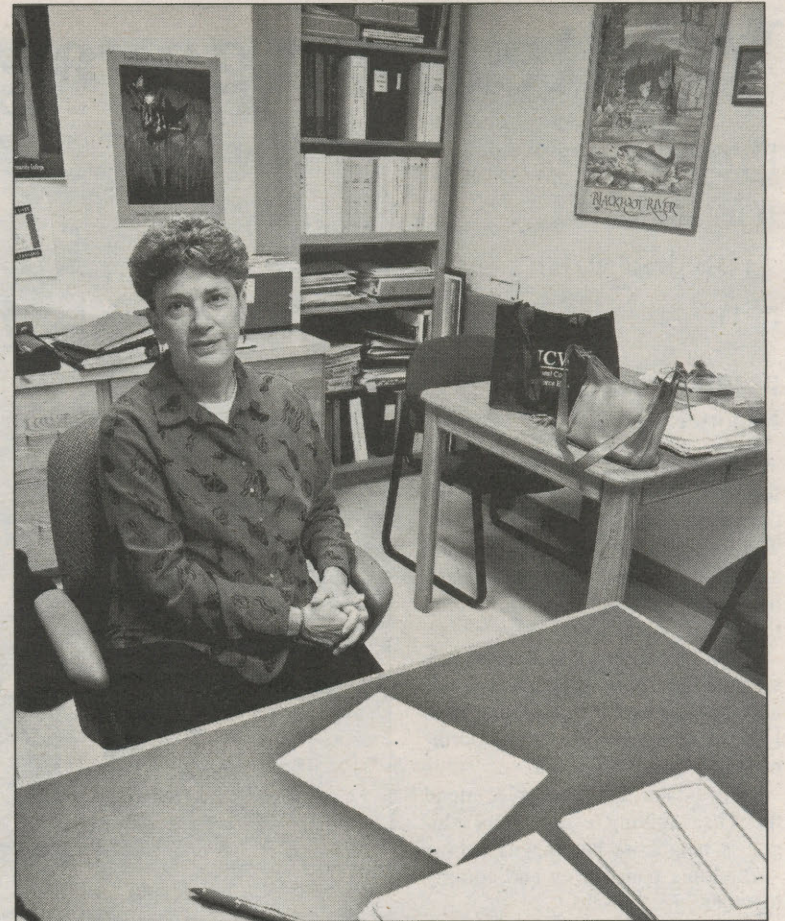
Wal-Mart's website states that the \$3.5 million grant to the League for Innovation will help increasing numbers of unemployed Americans return to school.

With closures such as the Hynix facility and massive layoffs at Country Coach earlier in the year, Lane County has been hit hard by the recession.

Students like Theresa Todd see the Brighter Futures program as essential assets. "Anything that helps with the way the economy is currently," she said.

The program is still in its infancy, hiring adequate staff for are as such as career counseling, job search training and career exploration in LCC's Workforce Partnership department.

The criteria for eligibility for funding and training that accompanies the program will not be established until Winter term. Stipends for miscellaneous expenses such as childcare and transportation may be offered, DeWolf said.



JACOB DODDS/The Torch

Dawn DeWolf heads LCC's Workforce Partnership. The partnership has recently obtained a \$336,248 grant from the Wal-Mart Foundation to fund the Brighter Futures program.

### DOWNTOWN CENTER, From Page 1

Construction costs could also be recouped through the dispensation of the current Downtown Center. According to Morgan, LCC is considering leasing out the former Montgomery Ward building or selling it to the city.

Borrowing money to finance the project would be considered as a last resort, but Spilde insisted that taking on debt was "not on the table." A 2008 independent audit listed the college's total liabilities at \$70.5 million.

Another potential source of funding is currently working its way through Congress. The

Student Aid and Fiscal Responsibility Act was passed by the House in September and would provide federal assistance for the modernization and construction of community colleges. The Senate Health, Education, Labor, and Pensions Committee is currently reviewing the act.

Requests for proposal of potential project managers will be issued this month, according to college officials. "We're trying to move the project along as quickly as possible," Morgan said.

### RECYCLING, From Page 1

composed of 34 employees, 14 volunteer staff members and hundreds of volunteers.

The company is dedicated to providing technology to children and adults living in foster care, persons with disabilities, seniors, families of migrant workers and underfunded schools and nonprofits.

For more than 4 years, NextStep Recycling

has offered work and social skills training for people in the community, regardless of their skills and abilities levels are upon hire.

"Our main objective is bridging the digital divide for people who don't have access [to technology]. Mostly what we do is place computers through social service referrals," Kerwood said.



JAMES ANDERSON/The Torch

LCC culinary instructor [name] inspects as program students Rob Coler and Rebecca Peterson learn ice sculpting. Some pieces will be displayed at the Harvest Dinner.

### CULINARY, From Page 1

of these skills checked off for completion. These skills include demonstrating basic garnishes, how to order food from different companies, or basic cooking methods.

Once students graduate, they receive a national certification, which, if seen on a resume by a potential employer, lets them know the student has passed the standards to go out into the field successfully.

Michael Rogers, 40, is a second-year Culinary student and president of the Student Culinary and Hospitality Club. He came to LCC to "learn everything about the field."

"My goal is to be the executive chef and the owner of my own business and to learn more of the administrative side of this field," Rogers said.

Fether and Rogers feel that the people in the program, students and faculty, are their support. "We're really a close-knit group of people," Rogers said. "It feels like a community. We couldn't do it without them, and they couldn't

do it without us."

LCC is also one of four schools in the country incorporating greener methods. "We have the freshest fruits and vegetables and we really try to get food locally," Rogers said. "It's about sustainable foods and farming."

Division Dean of Conference and Culinary Services, Brian Kelly, feels the months of hard work to get this accreditation have paid off. "I think we have definitely set ourselves apart from other institutions," Kelly said. "This is a strong program that's attracted very talented staff."

According to the 2008 ACF Salary Survey, ACF members earn on average \$14,100 more a year than the average chef. Chefs who hold a certified executive chef or executive pastry chef ACF certification earn \$10,900 more a year than non-certified chefs.

"Having this certification not only makes you stand out, but it also increases compensation and opportunities out there," Kelly said.



Siri Vik

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# Eugene Lindy Hop scene swings into spotlight

Lane Performance Hall production features dance stylings inspired by a dance legend

By CHAS CASSIDY  
Reporter

In recent years, Eugene's Lindy Hop dance community has been at a standstill. That is set to change Oct. 24, when the one-night-only "Swing Out Loud" dance production, organized by Eugene local Nick Davis, hits the Lane Performance Hall.

SOL encompasses many styles of dance — Lindy Hop, East Coast Swing, Charleston, tap, jazz, salsa, Argentine Tango and Foxtrot.

Lindy Hop originated in Harlem in the 1920s and was named after Charles Lindbergh. Sometimes called the "Jitterbug," the dance is a blend of jazz, tap and Charleston. "It's a part of African American culture that's kind of fading away," Davis said.

Davis, 29, took his first dance class at LCC in 1998. "I walked into this class called MTV Dancing," Davis said. "I was fresh out of high school. I had glasses. Very nerdy. Really, I walked into that class basically trying to kill some time."

Davis became interested in dancing "In the '90s, when they started transferring from more

gangster rap to more fun 'we're bouncing around and we've got like, shiny suits' type hip-hop."

His first instructor, Cheryl Lemmer, has been a teacher at LCC for over 20 years.

"[Nick] has done an incredible job," Lemmer said. "It's very easy to get sidetracked."

Davis was initially inspired to put on SOL by the death of Lindy Hop legend Frankie Manning. Davis and his swing partner Meagan Campbell both took workshops from Manning, who passed away in April, 2008.

"Frankie Manning's passing was like the big catalyst. But really, I've been a big fan of swing dancing for a very long time," Davis said.

The finale of the show was originally performed at Manning's funeral.

"He was the living legend of Lindy Hop," Campbell said.

Campbell, who has been performing since 2005, has taken workshops from top instructors all over the world. "I'm Nick's 'in' on the Lindy Hop community," Campbell said. "Swing Out Loud" will take place at the Lane Performance Hall Oct. 24 at 7:30 p.m. Advance tickets are \$10, and \$13 at the door.



Courtesy photo by RANDELL MCGLASSON

"Swing Out Loud" hits the Lane Performance Hall Oct. 24.

## SWING OUT LOUD

Lane Performance Hall  
Oct. 24 at 7:30 p.m.  
Advance tickets are \$10, and \$13 at the door.




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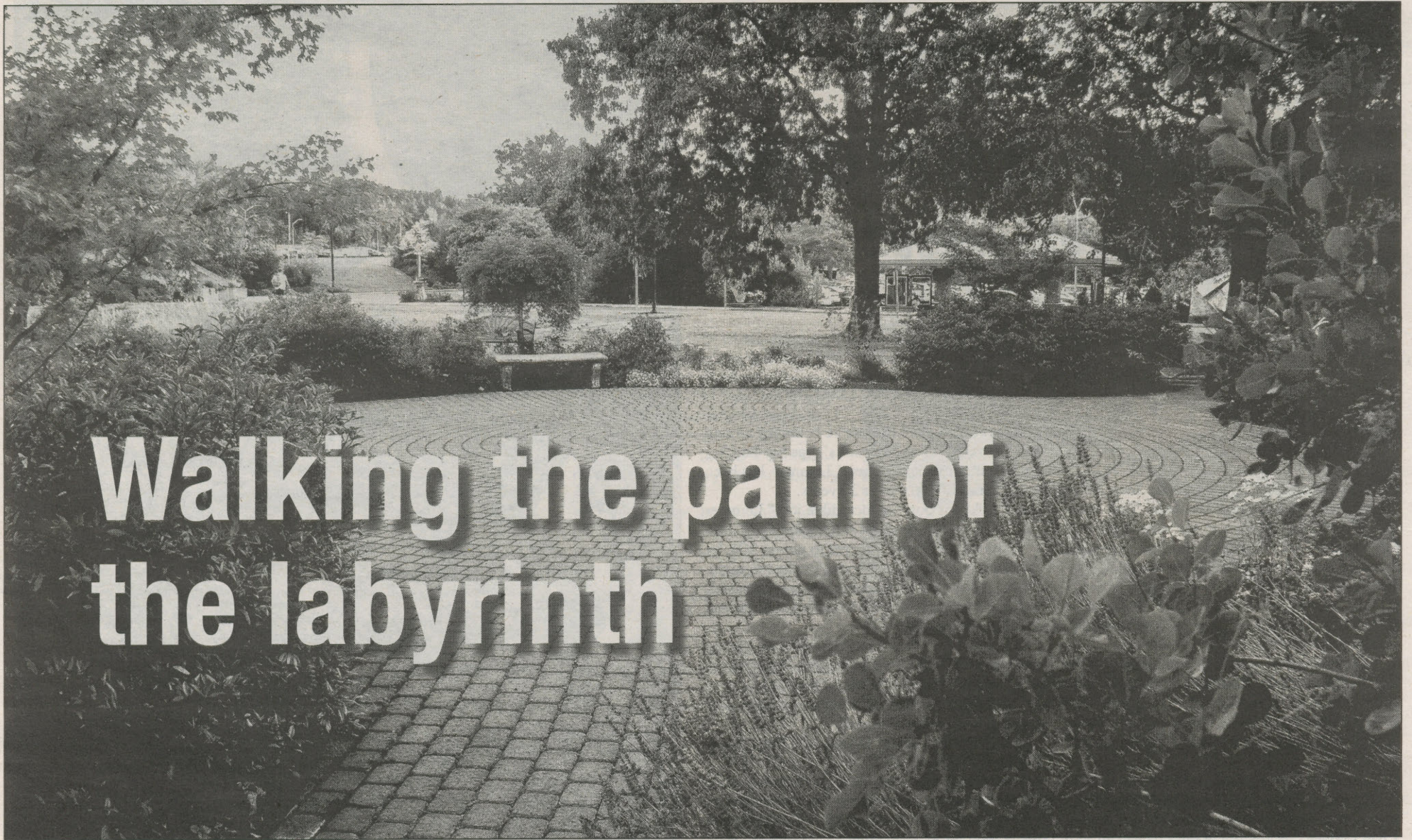
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JAVIER MAGALLANES/The Torch

LCC's Labyrinth sits in front of the campus' main entrance on the west side.

## Walking the path of the labyrinth

By **CHRIS COOPER**  
Reporter

**T**he origin of labyrinths comes from Greek mythology, when the architect Daedalus designed one to imprison the Minotaur, a half-man half-bull, for King Minos of Crete.

Since its original creation in ancient Greece, the labyrinth has served many purposes over the years. It has been used as a trap for evil spirits and is said to symbolize a path to God, with the entrance representing birth and the center rep-

resenting God. Today, many labyrinths exist as a type of spiritual journey for people, an easy way to lose track of one's day to day life while focusing on the twists and turns of the labyrinth.

"What intrigued me when I started studying about them is that virtually every culture has some form of labyrinth," Linda Finley, the Senior Minister at the Center for Spiritual Living said.

"There are different versions but the same concepts, if you follow a path to the center then you follow it back," Finley said. "This seems to be an inherent thing in us to create a path and then use it as a spiritual tool."

Only recently has there been a labyrinth renaissance in this country, a rebirth of a once common practice and well-used symbol. Due to the hard work of such people as Dr. Jean Hous-

ton and Dr. Rev. Lauren Artress, labyrinths are making a big spiritual comeback.

Labyrinths are being brought to and being built in more and more churches, prisons and hospitals, Labyrinth Facilitator Ann Gordon commented. Gordon trained under Dr. Artress and has been a certified Labyrinth Facilitator since 2002.

As a Labyrinth Facilitator, Gordon is in charge of transporting and setting up a 75 pound canvas labyrinth to and from events, and insuring the right atmosphere for participants.

Traveling labyrinths are just one of the types of labyrinths out there and are usually made of canvas. Other kinds are more permanent and can be made from stones, tree branches, mounds of dirt, brick, flowers, rope, and even paint on cement - really anything that contains the basic

principal of one fluid path to the center.

Labyrinth designs also vary, from medieval, which is a more complicated, longer and twisted path, to the classical, which is usually a shorter, less complicated path.

When picturing a labyrinth, one might picture a multi-path puzzle filled with wrong turns and dead ends to eventually reach an exit, but this is actually a maze. The big difference between a maze and a labyrinth is that, in a maze, you have choices in which path to take, while in a labyrinth, there is only one path to follow, a path that leads you to the center of the labyrinth.

Commonly overlooked is the labyrinth at LCC campus, located next to Building 1 right

See **LABYRINTH**, Page 7

# Using emotional intelligence

## Course on changing your approach to life offered at LCC and in Nepal

By **SIMON KEMP**  
Features Editor

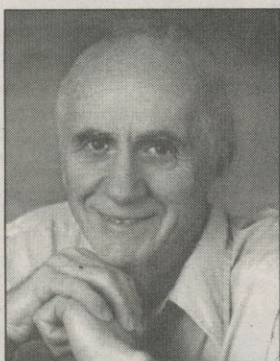
"Emotional Intelligence—Taking Control of Your Life," a class offered at LCC, focuses on how to live a life without anger by learning to control unwanted emotions so students can create the life experience they desire.

It's a revolutionary approach to changing the world through the realization of one's own actions, reactions and the effects they have on future experiences.

"There is only one reason that we get angry, and that's because we think we should," instructor Dean Van Leuven said. "We never get angry unless we think we should get angry. We have a belief that says 'I should be angry now,' and that's why we

go there. Other people don't have that belief and in the same situation they don't have the problem we do, so what can we do to change that?"

In addition to teaching the emotional intelligence course, Van Leuven lectures in Nepal and is commonly called the "Dean of Peace."



**Dean Van Leuven**  
LCC's Teacher of the class  
"Emotional Intelligence—  
Taking Control of Your Life"

Van Leuven is co-teaching the class with Sheldon Cohen, who helps Van Leuven with his work in Nepal as well. Cohen has also worked for the last two years as an on-call counselor in the Johnson unit, a Eugene-based facility for mental health services.

"Most of the time we're locked on to cruise control, and we trigger old patterns so that when something comes up that excites us in some way, our first response is, although we tend not to acknowledge it, is to [have] a heightened awareness of something, a vigilance, and then we flip into automatic," Cohen said.

"I've used some of [Van Leuven's] forgiveness principles at the Johnson unit working with patients," Cohen said.

Love has been shown to be a much stronger

emotion than fear or anger. People choose anger over fear because it is a slightly stronger emotion, but love is many times stronger than both.

Also, people who live in a happy and loving environment have lives up to 20 years longer than people who are exposed to angry or fearful situations over their whole life.

"Life Without Anger," a book written by Van Leuven, teaches individuals how to change their lifestyle to be more loving and less angry. The basic concept is that interpretations of any given event are up to the individual, and the observer can learn to control the unwanted reactions that follow the perception of the event.

"I've had people use this book in the program, the 'Life Without Anger' one. They come up and they say 'you know, I've used this to kick alcohol.' 'I've used this to quit smoking,'" Van Leuven said.

The concept is not just for people who may consider themselves as being angry or for people who need to change their lifestyle, but

is also geared toward people who already live happy lives and need very little personal guidance.

Van Leuven developed separate textbooks for use in the United States and Nepal. The text has been translated into Sanskrit so it can be more widely offered in the country.

After the May 2008 revolution, the people of Nepal needed some kind of an anger and stress relief program to help the country out of a post-revolution state.

Nepalese government and business officials alike see the Life Without Anger course as a vital step in moving forward because of its lifestyle principles. They have found that it helps people to move forward in their lives as rational human beings, in business careers and in government and public service positions.

The class that Van Leuven and Cohen teach about emotional intelligence is open to anyone who is interested. It meets every Wednesday from 6 to 8 p.m. at the LCC Downtown Center in room 235.



**Sheldon Cohen**  
LCC's Teacher of the class  
"Emotional Intelligence—  
Taking Control of Your Life"



## Classmate to candidate

Board of Education member and former student runs for position as a county commissioner

By DILLON BLANKS  
Managing Editor

Former LCC student Tony McCown is running for Lane County District 1 Commissioner. McCown, 26, graduated LCC in 2005 with an Associate of Arts Oregon Transfer degree. He also served as president of the Associated Students of LCC during the 2004-2005 school year. McCown ran against Jeremy Riel, the 2005-2006 ASLCC president, in that election. Riel is now working as McCown's campaign manager.

McCown is LCC's youngest Board of Education member. The youngest member after him is 61.

"In a lot of ways I was kind of framed or identified as 'the student candidate,'" McCown said. "I was okay with that; there was no escaping it. But I think that expectation was brought once I was elected, that I was going to be the student board member. The simple fact of the matter is that I've had to vote for tuition increases. I've had to do things that if I were simply the student representative, I would not do."

While McCown believes that the youth voice is important to take into account at budget meetings, he doesn't want to be seen as their spokesperson. He says he has the knowledge and ability to speak on a number of topics.

"I think, having been a student, he has a different perspective than a lot of the other board members who haven't been a student here before," LCC Board of Education Secretary Donna Zmolek said. "Tony listens to the whole situation, processes it during the meeting and then speaks intelligently about the situation no matter what it might be."

McCown said he has seen the board increase tuition automatically with little discussion. He believes it is a disservice to the students, since tuition only makes up around 30 percent of LCC's total budget.

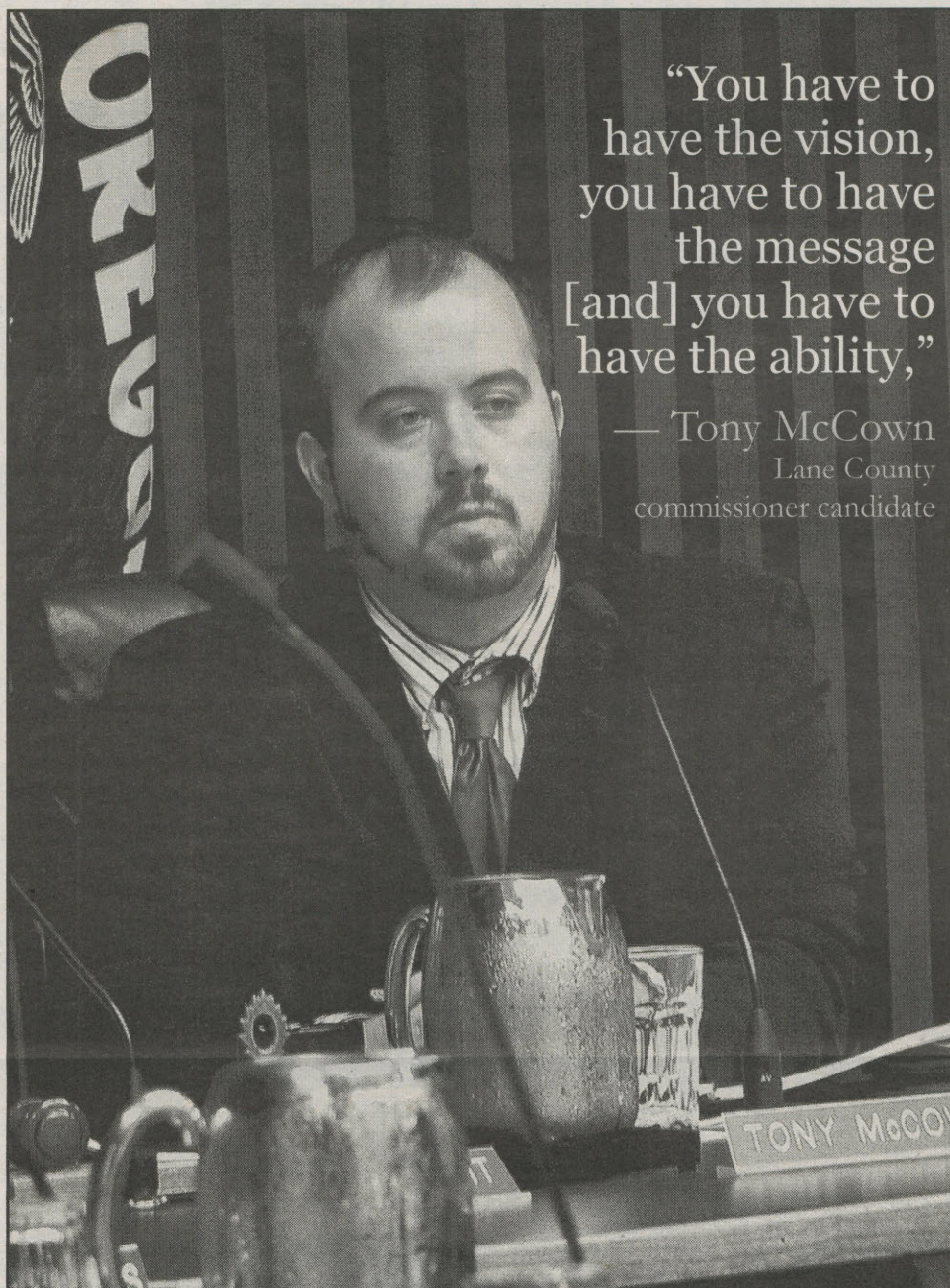
"It makes me feel comfortable that we have people on the board who are looking out for student interests," ASLCC President James Manning said. "I'm just glad that there's someone like Tony McCown who is on the board."

McCown believes the voice of the youth is important because they will be there to see the long-term repercussions of some of the decisions the board makes today.

Lane County District 1 includes the Santa Clara and Churchill areas, Junction City, Florence and Veneta, which averages to about 40,000 voters, McCown said. He was born and raised in Lane County, lived in the District 1 area on and off for the past five years, and currently lives in Santa Clara.

The election for District 1 Commissioner will take place May 17. McCown is one of three candidates, the other two are Jay Bozievich and Anselmo Villanueva. If he wins the position, one thing McCown hopes to focus on is uniting Lane County across party lines.

"We've kind of put ideas on back burners,"



"You have to have the vision, you have to have the message [and] you have to have the ability,"

— Tony McCown  
Lane County commissioner candidate

Tony McCown served as President of ASLCC in his graduating year of 2004-2005. He is now a member of the Board of Education and a candidate for Lane County District 1 Commissioner.

McCown said. "It seems like the commission's really manipulated the system to kind of benefit party politics." He feels that he has done a good job of crossing political divides and building compromise where it hasn't been built before.

McCown also hopes to increase public safety. "We have one of the highest crime rates in the state but one of the lowest number of jail beds per capita," McCown said. He wants to examine how criminals get punished for their actions and look for alternative forms of punishment. He believes incarceration is one of many ways to hold criminals accountable for

the crimes they commit. Rehabilitation and reintegration programs are also important and should also be examined to crack down on repeat offenders and make sure those who leave jail don't make the same mistakes.

"The vast majority of crimes are committed by a very small percentage of people," McCown said. "What are we doing once those folks get out to prevent them from committing other crimes?"

If elected, McCown will see if the released inmates are provided with job opportunities or education so "they're not placed back in the

On the web:

<http://tonymccown.com>

hopelessness that got them to current crime in the first place."

He believes now is a time to look at other forms of punishment or rebuild the Lane County Jail, which he sees as a highly inefficient 1970s jail. He believes losing some of the county's arresting efficiency and increasing its ability to try, convict, incarcerate and rehabilitate individuals who break laws can make progress.

"The county has done a relatively good job at creating economic opportunity for small business," McCown said. "Our unemployment rate dropped to 11.5 percent last month, and that's the lowest it's been in a year. That's extremely low so it's about time that the county, the region takes a look comprehensively at our economic plan." McCown wants to examine what the county is doing to encourage business, promote jobs and bring in more sustainable jobs that support families and provide benefits.

There are different organizations in Lane County that are working toward building a better economy, McCown said, but they don't seem to have a common vision in mind. He doesn't think their intent and values are all that different. They want more jobs and want to put people back to work, but they haven't taken the time to sit down and discuss what they want to see in the next few years for the county.

McCown doesn't think his age makes him any less of a candidate than those he is running up against. "I understand the youth and older folks alike," McCown said. "I was married at a young age [and] I have two children. I've kind of lived a kind of mature life in most of my adult life so it's not like I want to be limited to the voice of the youth because that happens a lot in my service."

He believes his resume qualifies him as a candidate, but it takes more than a resume to get the job. "You have to have the vision, you have to have the message [and] you have to have the ability," McCown said. "The proof of my ability comes in the fact that time after time I'm getting elected, I'm getting appointed, I'm getting the opportunity to do some of these things that I've done."

"I really do think he looks at the facts, looks at what's best for the college," Zmolek said. "His comments always add quite a bit to the discussion. I'm always impressed that he can listen to what's going on and kind of read between the lines a little bit and then ask the right questions."

### LABYRINTH, From Page 6

behind the main bus stop. Students walk past it everyday to get to the gymnasium, or sometimes even walk right over top of the faded red brick of the labyrinth on their way to relax next to the fountain in the garden, but it has graced LCC with its presence since 2005.

"There's a sense of oneness," Counseling Department Receptionist at LCC Scott vanFossen said, on walking the labyrinth.

Anyone looking for a labyrinth to help with the stress of their daily routine can look online at the world-wide labyrinth locator to find the nearest one, the type of labyrinth, and who made it.

There will be a labyrinth walk Oct. 27 from 7-9 p.m. in the chapel at the new River Bend hospital. Anyone wanting to participate can contact Ann Gordon of Greeneden Labyrinth Walks.



JAVIER MAGALLANES/The Torch

In ancient Greece labyrinths were used to trap evil spirits and symbolize a path to God.



Do you love basketball?  
Do you want experience  
as a reporter?



Then become a sports reporter for the Torch!

Interested?

Contact James at 463-5655 or  
[torcheditor@lanec.edu](mailto:torcheditor@lanec.edu)



# Think about it

## 'Who is your favorite instructor at Lane and why?'



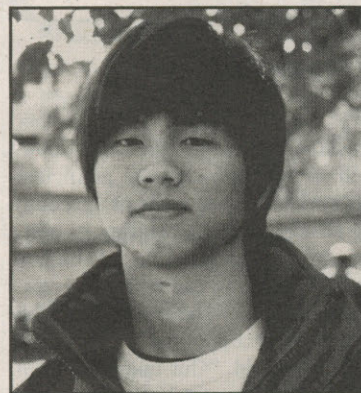
"Steve Hertzberg. Because he's a fun math teacher and makes things easy to understand."

**Jennifer Shumway**  
Psychology



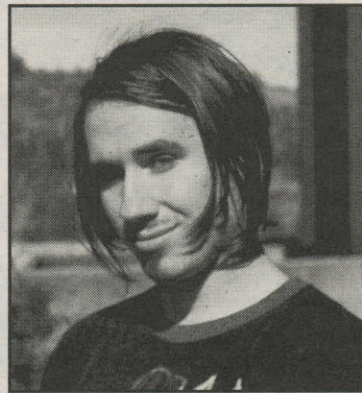
"Fay D'Ambrosia — the French teacher. She's just really classy and funny. She gives a lot of help to her students."

**Bridgett Johnson**  
Children's Literature



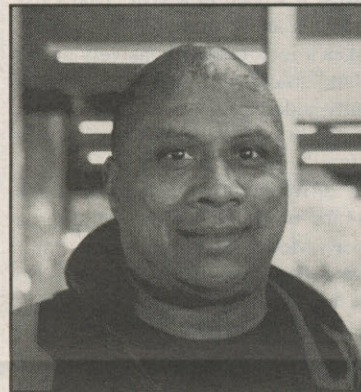
"Jamie Shall. She's really kind."

**Johnny Lee**  
ESL



"I don't remember his name. He teaches a micro computer class and no one else really does. He really doesn't put himself on a higher level. He really just gets down with you and if you don't understand it he breaks things down really well."

**Daniel Marciniak**  
Computer engineering



"Rose Mitchell. She explains everything in a multicultural way to where everyone in the classroom can understand it."

**Leroy Doe**  
Human Services



"Liz Dickey. She's really nice and knows a lot about the subject that she teaches."

**Holly Jones**  
undecided

Interviews by **CHAS CASSIDY**  
Photos by **JAVIER MAGALLANES**

### COMMENTARY, From Page 2

if the ill person wears a mask, they can help prevent others from getting infected.

These inexpensive masks keep small droplets from becoming airborne when the sick person coughs or sneezes. Coughing into a mask prevents the urge to cough into one's own hand before touching something that can harbor the virus until another person picks it up.

Are you grossed out yet? How many people have coughed into the space that you've just walked through within the last few minutes? You're possibly inhaling their germs now.

Some of your peers might think you look strange if you wear a mask on campus, or think that you're paranoid about contracting something. The educated ones will understand

that you're being socially responsible by not exposing others unnecessarily to the flu virus, and they will appreciate your precaution.

In some cultures, it's extremely common to see people wearing masks during flu season — especially in crowded areas. The mask wearers don't worry about how they'll appear to other people, since it's a commonly accepted practice.

I think Americans will eventually learn to adapt to this notion of social awareness and responsibility. In the meantime, as is always the case when beginning a new cultural norm, it's up to the few independent and responsible minded individuals to start setting the example.

## CLASSIFIED ADS

**Opportunities:** Lane Employees! Play instruments? Want to play in an ensemble?

**The LCC Chamber Orchestra** is looking for instrumentalists, particularly string players. Contact Hisao Watanabe @ 541-463-5019.

**Do you know Drupal?** Are you looking for a job? Contact Lorraine at [lorraine@nextsteprecycling.org](mailto:lorraine@nextsteprecycling.org).

**For rent:** Looking for a roommate in my 2 bedroom/1 bath house. Preferably a female. Must be smoke and drug free, and like cats. \$400/mo. Call 743-6366"

**For Sale:** TI-83 calculator with guidebook \$50.00. Call (541) 729-6044

**Japanese American Association** is looking for new members for hikes, potlucks, movies and cultural events. For an application, call James at (541) 521-9078.

**For sale:** 2-bedroom, 2-bath house in North Gilham neighborhood. Perfect for first-time homeowner or downsizing from larger home. Very low maintenance. \$265,000. Call 912-8277.

**To place a classified ad**  
e-mail [torchads@lanecc.edu](mailto:torchads@lanecc.edu).



## Looking for Child Care?

**Lane Child and Family Center** on LCC's main campus offers full and part time care that includes:

- five large classrooms and outdoors areas
- breakfast, lunch and snack provided
- parent observation rooms to view classroom activities
- individual attention for each child
- teacher assistance from Early Childhood Education students

The Child and Family Center is open from 7:00 am to 5:30 pm, Monday thru Friday, and serves children 30 months to 5 years old.

Lane Community College - Child and Family Education Department  
4000 E. 30th Avenue, Bldg #24 Eugene, Oregon 97405  
541.463.5519 or visit [lanecc.edu/cfe](http://lanecc.edu/cfe)