

Balancing act

Instructor walks the line between art and life
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Music to your ears

Eder Campuzano selects his favorite albums of 2009
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THE

Torch

Thursday, November 19, 2009 Volume XLIV, Number 8

A public forum for the students of Lane Community College since 1964

Online at lctorch.com

FROM A DIFFERENT PLACE, DO YOU KNOW THEM?

Plans to expand the international education program

SARA HOHENBERGER | ASST. FEATURES EDITOR

Before 9/11, approximately 500 international students attended LCC. This term, there are 129 full-time international students. "We'd like to get back to where we used to be," Division Dean of the International Student Program Cathy Lindsley said.

International students pay more than residential students for tuition. According to Chief Financial Office Greg Morgan, it significantly helps in this harsh economy.

International students pay \$213 per credit, whereas in-state tuition is \$81 per credit. International students take at least 12 credits, but international ESL students may take up to 18. The average international student pays between \$6,840 and \$8,518 a year for tuition depending on the program they participate in.

The International Student Program does not receive any state support, so the school has built a

See **INTERNATIONAL** on Page 7



“What is shocking to me is that the United States has among the highest unintended birth and abortion rate in the industrialized world.” — Mary Gossart, Vice President of Education and Training for Planned Parenthood



JAVIER MAGALLANES / THE TORCH

Political science instructor Steve Candy organized four speaker panel discussions this term. Four panel members talked about reproductive rights in the final discussion.

The never-ending debate

Steve Candee's final panel discussion focuses on reproductive rights

CHRIS COOPER
REPORTER

A very controversial topic was the subject for conversation at the fourth and final panel discussion entitled "Free to Choose? Reproductive Rights, Responsibilities and Restriction." The discussions were put together by social science instructor Steve Candee for his "U.S. politics Through Film" class.

Panel participants included Gayle Atteberry, the Executive Director of Oregon's

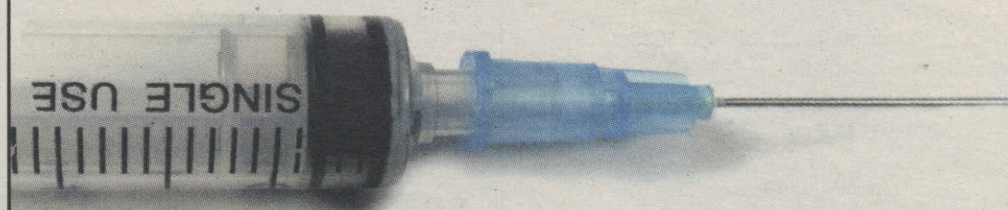
Right to Life, Charles Bolz, a Eugene physician, Mary Gossart, Vice President of Education and Training for Planned Parenthood and Bayla Ostrach, a medical anthropology graduate student from Oregon State University.

While the main focus was the usual topics of abortion, such as when a fetus is considered a person, a few current topics were discussed as well, like whether abortions should be covered by health plans.

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Attendance, class participation down as H1N1 cases rise

Enrollment Services may be more lenient with students



BRENT JONES | REPORTER

H1N1 is going strong and showing no signs of slowing down.

The Health Clinic is getting 20 to 30 people a day calling with concerns about the disease as Fall term progresses into week nine.

Health Clinic manager Mona Arbuckle said it's estimated that anywhere from 25 to 40 percent of the general population will contract H1N1 this year.

"The thought is that it will go through winter break, then we'll have kind of a lull, and we'll have another wave of it in the spring," Arbuckle said. "It's totally unpredictable."

In response to such a high number of flu cases, Enrollment Services has opted to be more forgiving to students who've failed their classes because of the flu. Those that have documented proof they're trying to stay caught up, and have talked to their instructors, may be granted more leniency when appealing their financial aid.

"There's no guarantee that [the appeal] is going to be accepted," Fiora Starchild-Wolfe said.

Starchild-Wolfe is the enrollment and

student financial services advisor, and claims that at least one e-mail to a teacher could be a way to verify that a student is sick and working with their instructors to try and figure things out.

"If something happens ... or you get a bad grade, and your financial aid is going toward some kind of suspension, [Enrollment Services] will use the fact that you contacted your teacher in your defense," Arbuckle said.

If classes are based highly on attendance, and a student can prove their absence was caused by the flu by providing a doctor's note, they'll be cut some slack.

Rosanna Walker, who teaches Writing 115, said that she's had some troubles with influenza.

"The first thing I noticed this term was the atmosphere of fear," Walker said. "People were afraid to sit close to each other."

Along with the fearful atmosphere, Walker has been concerned about attendance and class participation.

"I had one class where there were only five people, and the rest of the people had the flu," she said.

See **H1N1** on Page 11

THE Torch

The Torch will serve the LCC students, faculty, staff and community members by providing news relevant to academic life. In addition, The Torch will provide student journalists, photojournalists, graphic designers and web designers a positive environment and exposure to the highest standards of journalism.

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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.

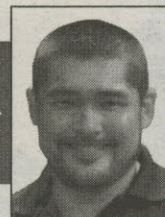
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EDITOR'S COMMENTARY

How mixed martial arts saved me

James Anderson

Editor in Chief



I lay dormant on the rough, sweaty canvas. I could feel hot blood stream down my upper lip to pool next to my slack jaw. My saliva coated mouth piece skewed half out of my mouth. I could hear my corner men miles above me, trying to coax me to stand up. My eyes are open, but I cannot see-- I cannot move.

It took me a few minutes to regain enough motor skills to stand on my wobbly legs and lumber to the doorway of the octagonal shaped chain link cage. The roar of cheers reverberated through my numb head. Leaning on my corner men, I made my way to the men's locker room where they put me in the shower to rinse off the excess blood. They were talking to me, but I don't remember what they said.

Experiencing the euphoria of adrenaline, I laughed about what just happened. I'd just been knocked unconscious and had my nose fractured in a mixed martial arts match.

But I survived it. I knew I could make myself do anything that I'd set my mind to. After having gone through this experience and giving my all, I'd earned my self-trust to overcome my demons.

Life was different before I became aware of my various shadows. I laughed and played; oblivious to their presence. My priority was to have a good time. Even though I'd hurt some people along the way, I didn't dwell on it. I didn't take the time for this kind of reflection. I didn't want that.

At some point, I came to realize the spiritual hole that I'd dug myself into. The artificial reality that alcohol had fabricated for me dissipated and left me with an abrupt truth. I became aware of all of the time, effort and passion that I'd squandered while the rest of the functional world was evolving and thriving.

However deceitful my addiction was, it was still my haven. It was where I had always returned to when I was threatened by reality. Without it, I was vulnerable.

Within six months of giving up alcohol, I quit smoking. I was grasping for something that wasn't there yet. I had a terrible void in

my life that had to be filled with something as intense and satisfying as my addiction was.

My ambitions of physical fitness were something that I'd often talked about as I sat on the bar stool, smoking a cigarette, drinking cheap beer and eating deep fried foods. So I immediately bought a weight set. Then I could desperately turn my nervous energy into exhaustion.

After reaching a level of physical adequacy, I sensed that I needed another challenge to keep my momentum in the right direction. I found structure in martial arts.

At first, the training was painful. While learning the basics of grappling, I'd end up contorted and manipulated by agile practitioners. Fairly often I'd have sprained toes or fingers sport taped together. I had bruises on the sides of my neck from choke holds. Boxing class left my ears pounding and hot.

Eventually, I came to appreciate the aliveness of the experience. This type of struggle was something tangible and understandable. At the end of an especially demanding training session, I would go home and pass out like I did when I drank, except with rigorous exercise, I would wake up enhanced instead of bleary eyed and oblivious.

I developed a camaraderie with peers who encouraged me to do healthy things to my body, instead of poisoning it every day. I focused on learning combinations of techniques instead of combinations of liquor. As my physical body developed to match the demands of my training regiment, my confidence and self esteem started to progress. I learned to place a value on my body. Where I experimented with ways to self medicate in the past, I now was experimenting with different health foods.

After finding routine with my current lifestyle, I felt myself becoming complacent. I was in danger of backsliding once again. I needed to further my progression lest I fall back into the temptation of my past. What were my options with the current foundation that I'd built for my new life?

I impulsively volunteered to take on a full contact Martial Arts Match. The exhilaration of the unthinkable kept me preoccupied for months. I worked, ate, slept and trained. After winning my first match in 42 seconds, I was hooked. I had found a way to turn the metaphoric struggle into a reality.

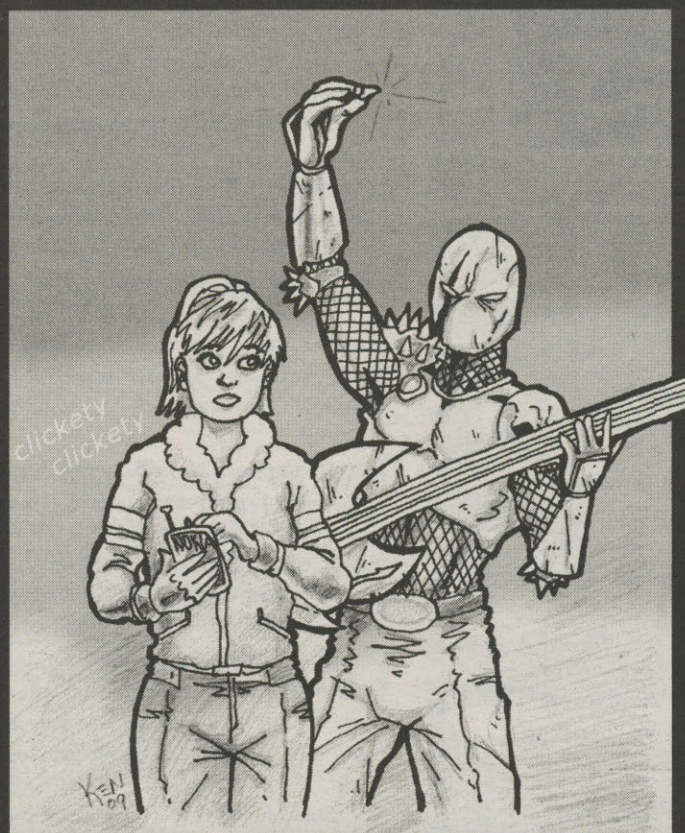
In a sport where many fighters showed contempt for their opponents, I developed a reputation for bowing to mine before our match, and thanking them afterwards- regardless of the outcome. For me, this challenge had become spiritual. I learned to regard my adversary as a key component to an equation that allowed me to test my abilities and fulfill my purpose that day. I experienced gratitude and admiration for the courage and opportunity that I found in my challenger.

Eight matches later, I look back at my mediocre career as an amateur cage fighter without regret. Since that phase, I've developed a lot more mentally and spiritually. My addictive tendencies are still there, but I have many more options with compensating for them now. I still tend to take on too much at times. I still take on challenges beyond my abilities, but I approach them differently now. Overall, I believe that I had to endure that phase before I could develop into the next one, and so forth until I became the person I am now.

My martial arts experience was a protective armor for me at a time in life when I was extremely vulnerable and weak.

When people see a mixed martial arts match for what it appears to be on a surface level, they usually exclaim how brutal and unforgiving it is. I usually just nod to appease them and think about how it helped save my life from becoming stagnant and insignificant.

BROOTAL GUY SAYS: created by Kenny A



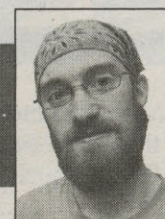
"There's no 'app' for knowing how to rock out!"

KENNY ASHCRAFT

Education system starting to show it's overburdened

Simon Kemp

Features Editor



Over the course of my post high school education, I have seen teachers get an increasingly large amount of weight put on their shoulders in the form of more students in their classes and a curriculum that gets broader and broader as years go by.

Some instructors I know, including my brother, have to work part time at multiple schools or as substitutes because no one wants to hire another full time teacher. Instead, schools want as much part time help as they can get.

When did education lose its merit and what can be done to bring it back?

We must value our teachers for what they do because they are the keys to our future. We must make sure they are supplied with not just the resources and tools they need to do their job, but also the time and energy to do it well.

From my own personal experiences in classes over the last four years and the stories I hear from instructors, I can easily conclude that teachers have had more and more asked of them by the education system. It is getting to the point that it is beginning to noticeably affect the teachers' focus as well

See COMMENTARY on Page 12

Happy Thanksgiving!

LCC campus will be closed Nov. 26 - 29

NEWS BRIEFS

Student organizations host film screenings

ASLCC will screen "Food, Inc." Thursday, Nov. 19 at 2 p.m. in Building 17, Room 309. Discussion will follow the film and snacks will be provided. The following day, Oregon Student Public Interest Research Group will screen "The Story of Stuff" in the same location at noon and hold a discussion following the feature. For more information, drop by the ASLCC offices in Building 1, Room 210.

Concert series comes to Performance Hall

The Department of Music, Dance and Theatre Arts is hosting two concerts over the course of the next two weeks. The Lane Symphonic Band and Lane Chamber Orchestra will perform together Sunday, Nov. 22 at 3 p.m. and Tuesday, Nov. 24 at 7:30 p.m. in the Performance Hall. The Lane Concert Choir will perform Thursday, Dec. 3 at 7:30 p.m. in the same venue. Prices are \$5 for general admission, \$3 for students and seniors. Tickets are available at the door or online at <http://lanec.edu/tickets>. For more information, contact John Watson at 541-463-5161.

Donation deadline looms for Whiteaker charity drive

Instructor Sue Thompson's sleeping bag drive is looking for hats, coats, gloves, blankets and sleeping bags for her annual

drive. Donations may be dropped off in Building 19, Room 213 or any Windermere real estate office in Lane County. Cash donations will also be accepted. To sponsor a sleeping bag for \$15, checks made out to "Whiteaker Community Dinners" may be submitted to Thompson's mailbox in Building 5, Room 205. For more information, contact Beverly Farfan at 541-463-5395.

Online scheduling down for maintenance

ExpressLane will be down for maintenance from 6 p.m. Wednesday, Nov. 25 through 7 a.m. Monday, Nov. 30 so Information Technology staff may implement version 8.0 of the system. For more information, contact Todd Lutz at 541-463-3355.

Local vendors showcase holiday wares

The LCC Holiday Market will take place Saturday, Dec. 5 from 8:30 a.m. to 3:30 p.m. in the cafeteria. Eagle Park Slim will provide music from 10 a.m. to noon and Paul Prince will perform from 12:30 p.m. to 2:30 p.m. For more information, contact Tina Lymath at 541-463-5336.

Sigma Zeta celebrates America's forefathers

LCC's chapter of Phi Theta Kappa will be providing free cake in the LCC cafeteria Nov. 19 from 10:30 a.m. to 2:30 p.m. to cap off their Founders' Week celebration.

Big plans ahead for the distance learning program

LCC hopes to extend reach of online courses

SERENA PIPER
ASST. NEWS EDITOR

Students can expect some changes in the Distance Learning program starting as early as January. LCC's Distance Learning program has been running forums designed to receive feedback from students who have previously or are currently taking an online class.

Chief Information Officer of Information Technology Todd Lutz conducted one of these forums and says some changes are in store.

"We've been asked [by the College Council] to evaluate distance learning and what the direction of

the college is," Lutz said. Questions like the need for more diversity in online courses were also addressed by the council.

Several different aspects of distance learning are being discussed, including enhancing online classes and tools. "Education in general seems to be moving online. We get more and more faculty who want to teach online," Lutz said.

By updating LCC's online system, forum directors can work on answering other questions, like what kind of classes should be offered or whether more courses should be offered nationally or worldwide, according to administrative coordinator Audrey Mills.

Student Erin Miller has a 3-year-old son and feels distance learning is

very important. "I think it's a good thing because I have a kid and it makes it easier to stay at home more. You don't have to drive back and forth a lot," she said.

Lutz recognizes the importance of students being able to take online classes. "Students like it because it saves them money on gas and other things. I know I liked it and it worked better for me," he said.

The Distance Learning program is also an alternative for students in prison or in the Army. "There was a guy who had asked about taking a basket weaving class because it was just something fun," Lutz said. "We see by expanding online, it lets people come to Lane who wouldn't

See PROGRAM on Page 11

PANEL from Page 1

The panelists seemed to disagree on a lot of subjects regarding abortion. "I've been at this for 29 years now," Gossart said. "And we're still having the same debate."

Atteberry, who has been involved in the pro-life movement for more than 20 years, said, "My passion isn't only for the baby, but also for the mothers that have to deal with the guilt."

Until they get some counseling, [these women] are unable to forgive themselves and everyone else involved in the abortion."

"What is shocking to me is that the United States has among the

highest unintended birth and abortion rate in the industrialized world," Gossart said. "If you look at countries like Germany, France and the Netherlands, they have unplanned pregnancy, birth and abortion rates that are mere fractions of what they are in the United States."

She chalks this up to the fact that families in these countries talk about the impact of unintended pregnancies and comprehensively educate their children on these issues.

This was the final panel discussion for Candee's Fall term class. He has been teaching "U.S. Politics Through Film" for five

years now.

"I want to expose my students to stuff that they might not ordinarily be exposed to in an environment that they can feel comfortable in," Candee said.

Candee has taught at LCC for 24 years and worked with a cooperative education internship program, which is how he met many of the politicians, legislators and grass root organizations that have come to speak at his panel discussions.

"This is supposed to be a venue where people are being exposed to different ideas, a place that transcends the political stuff," he said.

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David Ross



Ed Bergeron



Ruth Brister



Shelby Beauchamp



Michelle Bauman



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I'm getting the latest LTD info on **twitter**



Search: **Lane Transit District**

The silver lining to an economic downturn

As the economy went south, funding for displaced workers came through

EDER CAMPUZANO
News Editor

LCC saw a surge in scholarship offerings to accommodate the number of displaced workers affected by the economic downturn.

For the 2008-2009 academic year, LCC offered 325 scholarships for adult education. The number of scholarships offered for Fall term 2009 totaled 338.

An expansion in federal funding contributed to the increase in scholarship opportunities. Some key components of that expansion were stimulus funds provided by the American Recovery and Reinvestment Act, as well as additional subsidies provided for displaced workers of the Monaco RV plant and Hynix computer chip factory.

"Monaco and Hynix were a couple of the really big [losses] over the last two years," Workforce Partnership project coordinator Patsy Raney said.

"We're trying to get as many people served as possible," Workforce Investment Manager Christina Payne said. Payne is in charge of allocating state and federal funds to organizations that can put them to use. One of the network's largest collaborators is LCC.

When the Monaco production facility in Coburg closed down, Lane County received approximately \$1 million in reinvestment act funds to ease the plight of those affected, and \$889,000 of that went to LCC's Workforce Partnership.

"And now the question is: how can we best utilize the stimulus?" Payne said. "Our goal is to provide individuals with scholarships and make sure the programs are there."

The funds were used to create programs designed to prepare displaced workers for work in modern fields.

"You'd be surprised by how many people

Second in a series on education reform

come to us with little or no experience with basic office software," Raney said.

These crash courses were created to get displaced workers back into the field as soon as possible. Dawn

DeWolf is the division dean of the LCC Workforce Partnership and is tasked with helping create and manage these programs.

"These are specialty short-term workshops to meet specific needs," she said.

In addition to providing training with standard business software like Microsoft Word and Excel, the partnership offers training in practices that are projected to require more personnel in the near future. The four primary areas recently being funded are computer information technology,

health occupations, weatherization and sustainable energy practices.

"These are areas where we know there's going to be a high demand," DeWolf said.

"We don't want to get [displaced workers] all dressed up to go to the dance and now there's no dance."

-Workforce Investment Manager
Christina Payne

Busting that trash

LCC organization recognized for environmentally friendly practices

BRANDY DOMINGUEZ
Reporter

The LCC Center for Meeting and Learning received the Trashbuster award for demonstrating their involvement in reducing waste.

Center Meeting and Learning Department Coordinator Amanda Eriksen, better known to her co-workers as the "master recycler," submitted an application for LCC to be nominated. Eriksen described how LCC practices reducing, reusing and recycling. She attended a meeting on Nov. 10 at the Lane County Service Building where the board of commissioners decided she illustrated outstanding waste reduction expertise on behalf of LCC.

As an applicant, LCC had an advantage over other colleges for its waste reduction tactics. "Some of the things that separate us from the competition are we do post-consuming," Catering Coordinator Paula Westgate said. "Everything we use is reusable materials or compostable. [We have a] big presence on the web on how to plan green meetings."

The Trashbuster award is given out to nine different groups. LCC's Center for Meeting and Learning was awarded under the Restaurant and Food Service category.

Every year many applicants are considered for an award, which would give them public recognition for their efforts in reducing, reusing, recycling, and achieving an ecologi-

AWARD CATEGORIES

- Individual
- Business
- Product Manufacturing
- School Program
- Special Event
- Non-profit Organization
- Government Agency
- Construction
- Restaurant and Food Service

cally friendly environment, economy, and future.

A goal for Eriksen is for LCC to be recognized as one of the top waste reducing colleges in the country. "It really comes down to Lane's core values," she said.

TAKING A RIDE DOWNTOWN

LTD Bus Pass now available for students at the Downtown Center

SERENA PIPER
Asst. News Editor

Students taking credit classes at the Downtown Center are now eligible for a Lane Transit District bus pass. An e-mail was sent to the 66 students the change affects. The correspondence informed them of their eligibility and the addition of the \$26 transportation fee to their Express-Lane accounts.

Until August of this year, LCC did not offer credit classes at the Downtown Center. A 15 percent increase in enrollment changed that. Initially, bus passes weren't offered to those individuals.

"We hadn't had a reason to analyze our practice of only giving the free pass to credit students taking classes on the main campus," Associate Dean of Student Affairs Helen Garrett said.

Fee negotiations with LTD caused a delay in getting bus passes to downtown students at the beginning of the term.

"We didn't have this situation in the past and since everything happened so quickly. To offer classes at the DTC, we needed time to negotiate [the bus pass fee]," said Garrett.

The bus pass fee is included in the transportation fee, which provides bus passes at no additional charge for students taking credit classes on Main Campus. It also helps fund parking lot improvements on Main Campus.

LCC student Courtney Bruguier said she doesn't understand why downtown students weren't issued bus passes at the same time as everyone else. "They should have gotten their bus passes sooner, especially if they're paying for it in their tuition," she said.

The transportation fee is currently \$26 per term. One-month passes issued directly from LTD cost \$45.

Susan Tatar, Project Specialist and coordinator for the LTD bus program, negotiated to include students exclusively taking credit classes at the DTC. She believes the \$26 transportation fee is a good value.

"Students are getting a good deal when they pay only \$26 per term compared to what LTD charges regularly," she said.



The Story of

Stuff

By: Annie Leonard

Nov 20th

This Friday 12-2pm

Bldg 17 Rm 309

Be There!

Bring your own cup, bowl, questions, friends, ideas

Film Showing & Discussion

with Guest Speakers.

Snacks

&

Raffle

Sweet!



PHOTOS BY JAVIER MAGALLANES / THE TORCH

CHEAP EATS

A guide to affordable food in Eugene

CHAS CASSIDY
REPORTER

Food in Eugene covers a wide variety of tastes, ranging from hippie grub to Chinese cuisine. It seems that every week a new restaurant or café is popping up to serve the diverse population of the city. However, as Eugeneans — students especially — feel the economic pinch, it becomes increasingly difficult to eat out on a regular basis.

Fear not, LCC students — there is no reason to sacrifice delicious food as money becomes scarce. In Eugene, there are many restaurants that offer meals at reasonable prices.

Tasty Thai Kitchen

When looking for Thai cuisine, the prudent consumer will undoubtedly stop at Tasty Thai Kitchen. Tasty Thai is known for its affordable and exotic cuisine, which includes items such as creamy Thom Kha soup and spiced Pho. Most of the items on the lunch and dinner menus exceed \$5. A small order of pot stickers or a cup of hot and sour soup are some of the few things that can be purchased on a limited budget.

The real deal at Tasty Thai is the Saturday and Sunday morning breakfasts. On weekends, between 9:30 a.m. and 1 p.m., they serve an American breakfast. Though most of the entrées are more expensive, there are many side orders available, such as toast with peanut sauce or eggs.

Tasty Thai Kitchen combines American-style atmosphere and service with an international menu. The food is luscious and the service is superb, making a perfect choice for a budget breakfast or affordable lunch date.

Bene Food & Friends

Bene Food & Friends is one of the many incarnations of Bene! Gourmet Pizza. It offers a friendly and invigorating dining experience for people of all ages.

Much of the food is already cheap, and with its location near the bike path, Bene Food & Friends is an appealing choice to the bargain-hunting consumer. The restaurant offers bright décor, spacious tables, and good service.

The real boon to the budgeting diner is the daily happy hour. Happy hour lasts from 3 p.m. to 5 p.m. and 8 p.m. until closing. The prices on appetizers are greatly reduced, and there is also a daily drink special that differs depending on the day of the week.

During happy hour, a small cheese or pepperoni pizza costs \$3 with the purchase of any drink.

Ultimately, Bene Food & Friends offers some of the cheapest food for casual evening dining, making it a suitable choice for all Eugeneans feeling the stress of the economy on their wallets.

Cozmic Pizza

Most Eugene natives are familiar with Cozmic Pizza. It is a hub of activity that features many local bands, hosts numerous events and provides a low-stress place to socialize. Its atmosphere is laid-back, allowing for the fluid transition between the Internet hot spot, frenetic convention and relaxed café.

Slices of the hearty pizza start at \$2.50. Cozmic carries a massive array of different drinks, including a front case of soda and a range of different beers. Day-old cupcakes, which prove to be just as tasty as their fresher counterparts, clock in at \$1 each.

If nothing else, Cozmic is an easily accessible eatery with good food and often free entertainment. Cozmic Pizza makes up for what it lacks in variety with economic appeal and delicious, laid-back dining, providing a groovy dining experience to Eugene's fiscally minded.

Three Forks Wok and Grill

Three Forks Wok and Grill blends authentic Pacific Northwestern food with mouth-watering Asian cooking and offers inexpensive options for eaters who want good food without taxing their wallets. The food is good, sturdy and delicious, with a wide range of tastes and flavors to suit the palates of a variety of patrons. They serve vegetarian and non-vegetarian food. Their meals range from the leafy "hippie bowls" to hearty chicken teriyaki.

Three Forks has a laid-back, streamlined atmosphere with clean lines and sharp angles. It blends the easy soda machines and convenient soy sauce bottles of a diner with the spacious seating and minimalist décor of a metropolitan café.

Though most of their menu items are above \$5, they do offer smaller portions and a la carte dishes that fit into that budget.

Café Yumm

With locations sprinkled around Eugene, Café Yumm is a popular alternative to mainstream eatery. Most people are familiar, at least in passing, with its signature "Yumm Sauce" and "Yumm Bowl." With its propensity to cater to vegan and vegetarian diets as well as avid carnivores, Café Yumm proves its popularity across the Eugene culinary empire. Food at Café Yumm runs higher than \$5, but there is plenty to choose from within that price range.

The downside of Café Yumm is that there is a high price on its chic atmosphere. The prices for many of their meals are higher simply for the pleasure of eating in a vogueish, modern establishment. If that is what seems appealing to the customer, Café Yumm is the perfect place to grab lunch or dinner.



Restaurant locations

All restaurants are located in Eugene

Tasty Thai Kitchen

80 E. 29th Ave.
541-302-6444

4025 Normandy Way
541-345-7080

1308 Hilyard St.
541-343-0165

Bene Food & Friends

1665 W. 18th Ave.
541-284-2700

Cozmic Pizza

199 W. 8th Ave.
541-338-9333

Three Forks Wok and Grill

2560 Willamette St.
541-485-8489

3003 N. Delta Highway #304
541-762-0540

Café Yumm

730 East Broadway
541-344-9866

130 Oakway Center
541-465-9866

1801 Willamette St.
541-686-9866

1005 Green Acres Road
541-684-9866

Balance in all aspects of life

*Art instructor
has multiple talents,
one of which is perilous*

DILLON BLANKS
MANAGING EDITOR

LCC art instructor Adam Grosowsky utilizes balance in multiple aspects of his life – from walking on a rope hundreds of feet in the air to putting his heart and effort into all of his passions. When it comes to balance, Grosowsky is a true professional.

Grosowsky grew up in a world full of art. His mother was an art instructor at John A. Logan Community College and his father was a design instructor at Southern Illinois University. Grosowsky aspired to pursue a career educating students in the same field. After completing graduate school, he moved to Eugene to start his teaching career. His sights were set on LCC. After working as a Café Zenon waiter for 11 years, Grosowsky finally landed a job as an art instructor at LCC. By this time, Grosowsky was already a well-established Oregon artist.

"I really didn't ever anticipate that I would be as successful as I ended up," Grosowsky said. His paintings are sold nationally. Eugene Weekly declared him the best Eugene artist of 2009.

"He's one of our most popular instructors," LCC Art Division Administrative Coordinator Mary Jo Kreindel said. "[He] always has a full class and always has people wanting to get into his classes."



"Susie #10"

"I think he was a good teacher," Trisha McClelland, Grosowsky's former student, said. "I learned quite a bit and my artwork was vastly improved by the time I finished his course."

Eva Harvey is another former student of Grosowsky. She met him more than a year ago when she took his painting and figure drawing class. "He is a very energetic and passionate teacher," she said. "He has been immensely helpful in my development as an artist."

Kreindel has known Grosowsky for nearly 10 years and said she's seen evolution in his work. When he started out, his pictures were usually of women. Now he uses more dramatic color in his work and creates larger portraits, broadening his art work into scenery.

Grosowsky tries to keep his work "straightforward," he said, staying within figures and landscapes.

"People usually refer to my work as being kind of melancholy or moody a lot of times," Grosowsky said. "I guess it just kind of reflects how I feel about life at times. It's kind of weird and mysterious and beautiful at the same time."

Exhibiting his work for more than 20 years has taught Grosowsky that even in America, people still respect and cherish visual art. He's had

people spend a lot of money on his paintings, and believes art is a cogent nonverbal form of human communication. The most he's ever had someone spend on his work was \$27,000 for a painting that took him only three to five hours to create.

"He just walked up and bought it, like he was buying a cheeseburger," Grosowsky said. His paintings generally sell between \$4,000 and 12,000.

Art isn't Grosowsky's only passion. He is also an avid rock climber, windsurfer and very experienced in slack lining. He has walked a fine line between life and death, balancing himself more than 300 feet in the air on a rope without a safety net. This is what earned Grosowsky a two-page photo spread in a 2001 issue of Maxim magazine.

"Human beings are pretty unknowable," Grosowsky said. "They're fascinating."

It's not often that he puts his life in jeopardy. Grosowsky doesn't believe there is as much risk as others might think. He's trained for years and is physically capable of pursuing his sport at life-threatening elevations. He views it as more of a mental challenge than a physical one. Managing stress and fear is crucial.

Although Grosowsky earns more from his artwork, he remains an LCC instructor because he believes in do-

ing something positive for the world. His act of kindness doesn't go unrewarded.

"The overall level of the work and effort by the kids here is really rewarding for me," Grosowsky said. "This work that my class did this week that's on the wall – they just tore it up. It's kind of stunning to see students with such little experience produce such strong work."

"He let you believe that if you put the effort into your work, the work will improve and that's what I saw happen," McClelland said.

"He is very inspirational as well," Harvey said. "He makes very insightful comments on those works and that's very helpful."

Grosowsky reflected on his first art opening. He brought his mother to see his work and she said, "Just remember son, at the end of the day you're just a wall decorator for the rich."

Even with his amount of success, Grosowsky won't give up teaching. He knows where his support comes from and doesn't hesitate to show his gratitude.

"I'm really thankful to all the people that have supported me and all the wonderful students that I've had," Grosowsky said. "It really means a lot to me for people to support me that well."



"Bonnie #1"



"Head of a Boy"

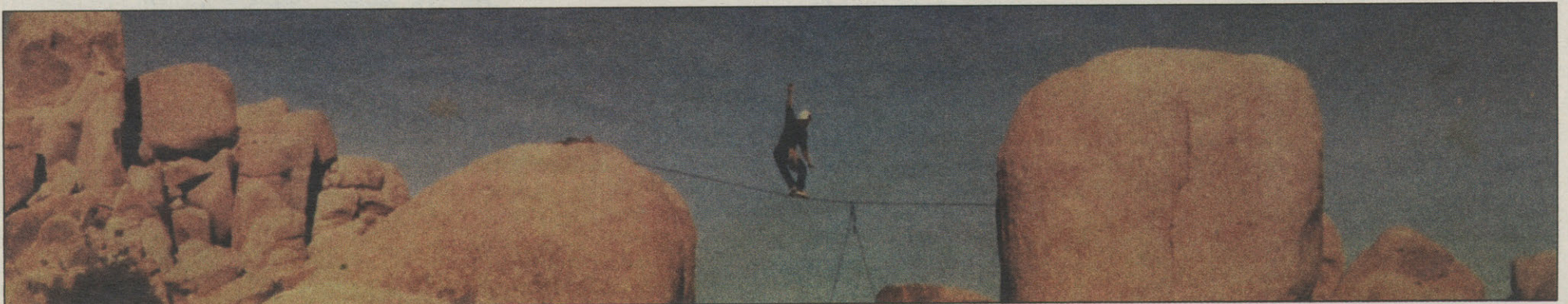


PHOTO CONTRIBUTED BY ADAM GROSOWSKY

Slack lining is one of Adam Grosowsky's many talents. At Joshua Tree National Park in California, he balances on a rope approximately 100 feet above ground without safety equipment. At these heights, focus is his main concern.

129 STUDENTS, 30 COUNTRIES



colombia



Enrique Gomez

"It's interesting going to a school with people from different countries. You get to learn a lot of culture and appreciate a lot of people."

venezuela



Isabel Mendez

"People [here] have more freedom and are really friendly. People here in the International [Program] really care about you and want to know about other cultures."

spain



Nef Moya Aranzubia

"I'm in the flight technology program, getting my pilot license. This is the place to be if you want to get your pilot's license. In my field of studies, I'm the only one who's international."

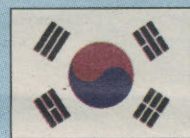
syria



Sami Tayeh

"My experience here going to school is interesting because of the freedom I've found. The freedom of speech and the freedom of religion."

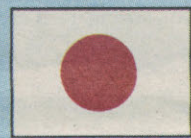
south korea



Jasmine King

"Things [in Korea were] way more stressful. It was really strict there. We had to study every day – even on Sundays. We never wore dresses [in Korea] because we wore uniforms."

japan



Yuki Hiranuma

"I didn't grow up in a big city. In Japan, if you talk to a stranger, they're like, 'why are you talking to me?'" The student and teacher relationship is really close [here]. I can get a lot of help."

map key

- | | | | | | |
|--------------------------|--------------------------------|--------------------------------|----------------------------|-------------------------------|-------------------------------|
| 1. Australia (1 student) | 6. Georgia (1 student) | 11. Russia (1 student) | 16. Colombia (2 students) | 21. Indonesia (3 students) | 26. Vietnam (6 students) |
| 2. Bulgaria (1 student) | 7. Ghana (1 student) | 12. Switzerland (1 student) | 17. Germany (2 students) | 22. Saudi Arabia (3 students) | 27. China (12 students) |
| 3. Canada (1 student) | 8. Italy (1 student) | 13. Syria (1 student) | 18. Hong Kong (2 students) | 23. Yemen (3 students) | 28. Taiwan (14 students) |
| 4. Dominica (1 student) | 9. Pakistan (1 student) | 14. United Kingdom (1 student) | 19. Spain (2 students) | 24. Kuwait (4 students) | 29. Japan (24 students) |
| 5. Egypt (1 student) | 10. Peru/Argentina (1 student) | 15. Venezuela (1 student) | 20. Thailand (2 students) | 25. U.A.E. (4 students) | 30. South Korea (31 students) |

INTERNATIONAL from Page 1

business model where the entire program runs off of tuition.

Morgan said that it is important to enrich the academic environment at LCC.

"We are in a global economy," he said. "The more people can get a realistic view of the outside world and work with people from other countries, the richer their educational experience."

There are currently 31 nations represented at LCC. Students come primarily from Korea, Japan, and Chinese-speaking countries.

The program helps international students acquire the visa required to be a full time student. It also helps students find housing. If needed, the staff will help a student set up a bank

account.

"The ladies that work with us, they are great," international student Neftali "Nef" Moya-Aranzubia said. "I think that is a part of why everyone likes the program. They do their job very well and they are always there for us."

Moya-Aranzubia is an international student from Oviedo, Spain. He is currently enrolled in the flight technology program at LCC.

The students take trips around Eugene and the surrounding areas to familiarize themselves with their community. This past Veteran's Day, approximately 20 students went to Portland to tour the city.

Sami Tayeh has enjoyed his time at LCC and in Eugene. "I like the

people of Eugene. [They're] peaceful and loving. I really like the people from Oregon. I walk down [the street] and people say hi, people smile," he said.

The program takes students on recreational trips around town such as bowling, mini golf, and ice-skating. Students will take a ski trip to Willamette Pass Feb. 6.

"We have a lot of people that organize events for us, they make us feel special," Tayeh said.

WA class called Service Learning offers students the opportunity to go out into the community and volunteer. The school tries to match the student up with a volunteer activity that interests them and allows for them to practice their English-

speaking skills.

Students work with the Boys and Girls Club or the YMCA, as well as senior facilities and teaching music lessons. "We have a lot of different opportunities," Lindsley said.

There are also opportunities for students to volunteer in the community. Some Japanese-speaking students have volunteered at Yujin Gakwon Elementary, the local immersion school.

International students are not allowed to work off campus because of federal immigration law, but a few students work in Main Campus ESL lab. "It's an opportunity to earn a little bit of money, but also have an opportunity to meet people and speak English," Lindsley said.

Moya-Aranzubia works for the international students office. "That allows me to have even more interaction with other students," he said.

Academic advisors are available to place students in the right classes.

Personal counselors are available to international students if they are having a hard time integrating or get homesick, "we have someone available to talk to them," Lindsley said.

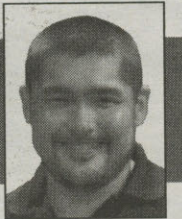
Yuki Hiranuma is majoring in journalism. She is from Miyage, Japan and has been here since Summer 2008.

She thinks that the international program is "smaller than the UO. We know everyone. It is like a family," she said.

The right fit

Strength Training
review

James Anderson
Editor in Chief



Robert Radcliff is tough. He's an alpha who won't pretty up the details for you. In fact, when he isn't pushing you to tap into your reserves during a workout, he's probably devising a new exercise that will torture you and make you stronger.

Strength training involves the use of resistance in the form of weights, exercise bands and gravity. Some routines require work with pushing or pulling on free weights (dumbbells or barbells), machine weights (multi-station workout machines and cables) and body weight (pull ups and dips).

You don't have to be a bodybuilder to desire a solid, more toned physique. In fact, a common misconception is that a weightlifter can accidentally end up looking like Arnold Schwarzenegger from an intense workout regimen. The truth is, without freakish genetics, a fanatical work ethic, a daily diet of half a cow and tons of controversial pharmaceuticals — this is not something you'll need to even worry about.

Men and women alike can benefit from strength training in several ways. Stronger muscles and connective tissue and denser bone structure will help prevent injuries and make you stronger for everyday tasks that re-

Instructor:
Robert Radcliff aka Sir!
Location:
Weight room, Building 5

quire strength, such as picking up your kids or lifting a large sack of dog food.

Most people don't realize how many more calories their bodies will burn with a few more pounds of lean muscle mass. Fat burning doesn't only happen from cardio, folks.

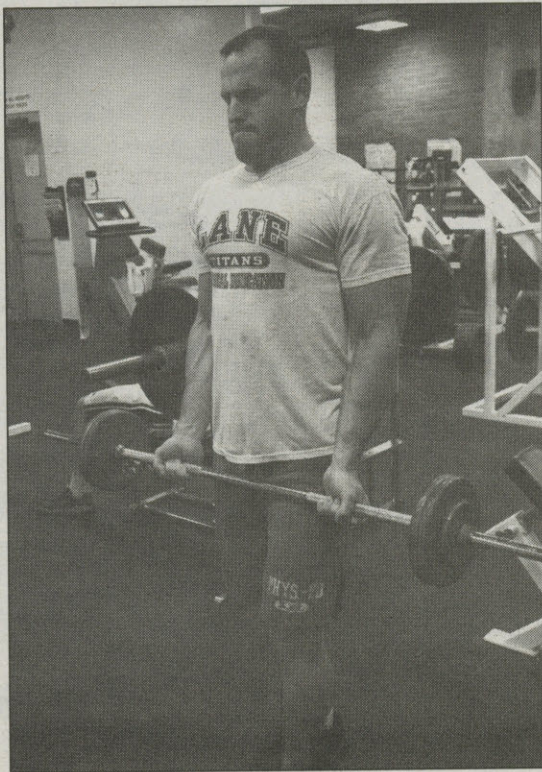
For men who want to bulk up, a high calorie diet of quality protein and carbs, frequently throughout the day, can get you there. Women, having much lower levels of testosterone, often tend to get more firm and toned. In the end, genetics play a huge role.

You'll want to get some input from on-line, fitness magazines or a fitness instructor once you get started. Not only is injury very possible in this kind of training, but you're also likely to hit a plateau by not changing up your routine. And always balance a good diet and rest with weight training so your muscles get a chance to recover and rebuild themselves.

Physical attribute

My rating

Strength: ██████████
Muscular endurance: ████████
Cardio vascular: ██████
Flexibility: █████
Agility/Coordination: ██████
Weight loss: ████████



JORDAN BOTWINICK / THE TORCH

Student Ryan Hass works his biceps with straight bar curl exercise.

PEREZ TAKES HOME THE GOLD

Titans are third in northwest

MIKE PARTEE
SPORTS EDITOR

Two Titan runners finished in the top five at the NWAACC championship cross country meet in Battleground, Wash. on Nov. 14. Cesar Perez placed first in the men's individuals 8000-meter with a time of 25:25 and Travis Stevens finished third in the same race. MaCayla Claver placed in the top ten of the women's individuals 5000. LCC finished in third overall trailing Everett and Spokane. Everett won the NWAACC championship.

Next week in sports:
Women's basketball team prepares for a winning season. The Titans have not lost a home basketball game since 2001.

Break into print... LCC Denali Editor



The Denali editor selects and manages the 2009-10 student staff, organizes the production schedule, and has the final word on all matters concerning the magazine.

He/she must have a concrete understanding of, or the commitment to learn, the technical skills of the production process of a magazine. She/he can expect to work an average of

20 hours per week. A background in literature and art is recommended. Knowledge of Indesign and Photo-shop is extremely helpful.

The editor must be an officially registered LCC student and must maintain a 2.00 GPA or higher. The Denali editor will be paid a stipend of \$550 per term and will serve through spring term of 2010.

Applications are due on Nov. 24.
Packets are available in the Torch office, Building 18, Room 214, Lane Community College, 4000 E. 30th Ave. Eugene, Ore.
Return applications to Building 18, Room 214.

Follow us on Twitter: LCCtorch

Fall Term Final Examination Schedule For the week of December 7 - 12

To find exam time, find the day, then the time the class is held

Class Days: MWF or M, W, F, MW, WF, MTh, MTu, MTuW, MTuTh, WF, MTuWThF, MTuWTh, MWThF, MTuThF, MtuWF, WTh

<u>Class starts at:</u>	<u>Exam Day:</u>	<u>Exam time:</u>
7:00 a.m. or 7:30 a.m.	F	7:00-8:50 a.m.
8:00 a.m. or 8:30 a.m.	M	8:00-9:50 a.m.
9:00 a.m. or 9:30 a.m.	W	8:00-9:50 a.m.
10:00 a.m. or 10:30 a.m.	M	10:00-11:50 a.m.
11:00 a.m. or 11:30 a.m.	W	10:00-11:50 a.m.
12:00 p.m. or 12:30 p.m.	M	12:00-1:50 p.m.
1:00 p.m. or 1:30 p.m.	W	12:00-1:50 p.m.
2:00 p.m. or 2:30 p.m.	M	2:00-3:50 p.m.
3:00 p.m. or 3:30 p.m.	W	2:00-3:50 p.m.
4:00 p.m. or 4:30 p.m.	M	4:00-5:50 p.m.
5:00 p.m.	W	4:00-5:50 p.m.

Class Days: TuTh or Tu, Th, TuWThF

<u>Class starts at:</u>	<u>Exam Day:</u>	<u>Exam time:</u>
7:00 a.m. or 7:30 a.m.	F	9:00-10:50 a.m.
8:00 a.m. or 8:30 a.m.	Tu	8:00-9:50 a.m.
9:00 a.m. or 9:30 a.m.	Th	8:00-9:50 a.m.
10:00 a.m. or 10:30 a.m.	Tu	10:00-11:50 a.m.
11:00 a.m. or 11:30 a.m.	Th	10:00-11:50 a.m.
12:00 p.m. or 12:30 p.m.	Tu	12:00-1:50 p.m.
1:00 p.m. or 1:30 p.m.	Th	12:00-1:50 p.m.
2:00 p.m. or 2:30 p.m.	Tu	2:00-3:50 p.m.
3:00 p.m. or 3:30 p.m.	Th	2:00-3:50 p.m.
4:00 p.m. or 4:30 p.m.	Tu	4:00-5:50 p.m.
5:00 p.m.	Th	4:00-5:50 p.m.

Evening (5:30 p.m. or later) and Weekend Classes:
Examinations scheduled during regular class times.

This schedule does not apply to Downtown
Business Education Center Classes

M-Monday T-Tuesday W-Wednesday Th-Thursday F-Friday

TOP 9 ALBUMS OF '09

EDER CAMPUZANO
News Editor

With releases from newcomers like Kid Cudi to side projects from veterans like Jack White, 2009 was an amazing year for music. Socks were rocked during the writing of this article.

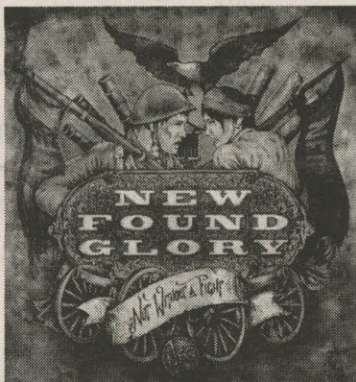


9. Cobra Starship – “Hot Mess”

No “best of” list would be complete without a guilty pleasure entry, and Gabe Saporta is a master of producing tunes you’re ashamed to admit you dance to. Catchy beats and ludicrous lyrics go hand-in-hand in Cobra Starship’s third full-length album. Who would have thought the guys responsible for “Bring It (Snakes on a Plane)” had it in ‘em?

Key Tracks: “Nice Guys Finish Last,” “Good Girls Gone Bad,” “Wet Hot American Summer”

8.

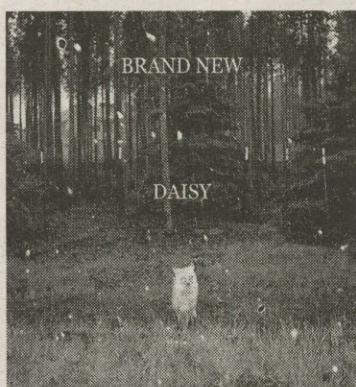


New Found Glory – “Not Without a Fight”

Standing in stark contrast to 2006’s “Coming Home,” New Found Glory’s latest effort is full of straight-forward, hard-hitting pop-punk. The somber melodies and nuanced, love-lorn lyrics of the past have been replaced with hard riffs and bros-before-hos anthems. What do you expect when your primary songwriter and composer both go through divorce right before recording starts on a new album?

Key Tracks: “Right Where We Left Off,” “Listen to Your Friends,” “Reasons”

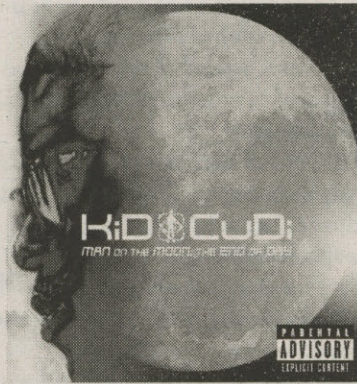
7.



Brand New – “Daisy”

Once again, these New Jersey rockers keep even their most loyal fans on their toes with a release that moves drastically beyond anything they’ve heard before. “Daisy” takes “The Devil and God Are Raging Inside Me,” speeds it up and tosses a few psychedelic bridges in there for good measure. Trying to predict these guys’ musical path is like trying to follow a tornado.

Key Tracks: “At the Bottom,” “Gasoline,” “Sink”

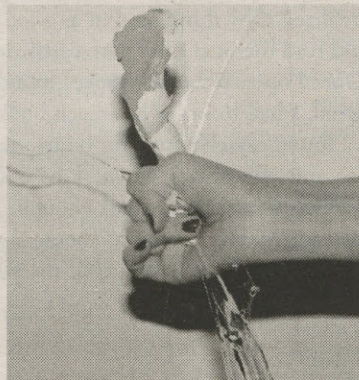


6. Kid Cudi – “Man on the Moon: The End of Day”

The kid’s on his own and he’s already made quite a name for himself in the world of hip-hop. After producing and being featured on mixes by such accomplished artists as Kanye West and Jay-Z, Kid Cudi makes a memorable debut. With songs so rich that tie together extremely well, the album is best listened to from start to finish with a decent pair of headphones.

Key Tracks: “Simple As . . .,” “Enter Galactic (Love Connection Part I),” “Alive (Nightmare)”

5.

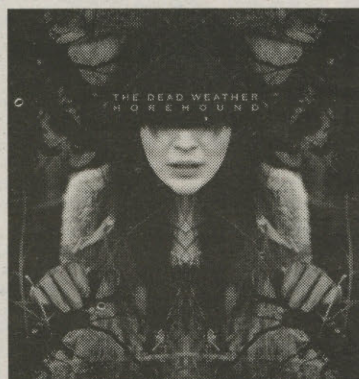


Yeah Yeah Yeahs – “It’s Blitz”

You just can’t keep Karen O down. In addition to providing the soundtrack to Spike Jonze’s big-screen adaptation of “Where the Wild Things Are,” she’s composed a collection of hits with the Yeah Yeah Yeahs. As with their previous efforts, the songs on this disc are so varied, at times it’s difficult to believe the same four people are behind the instruments.

Key Tracks: “Zero,” “Dull Life,” “Shame and Fortune”

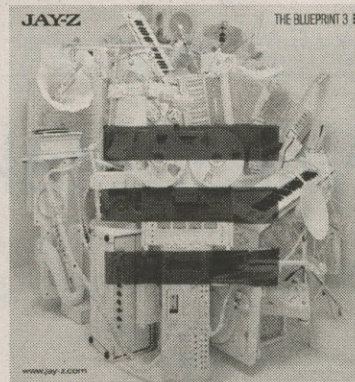
4.



The Dead Weather – “Horehound”

Yet another supergroup fronted by none other than Jack White himself, The Dead Weather also consists of members of The Kills, Greenhornes and Queens of the Stone Age. “Horehound” was recorded during an impromptu two-week session at White’s Third Man Studio in Tennessee. The team’s improvisations are impressive to say the least and the songs evoke memories of work by such distinguished classic rock acts as Led Zeppelin and Cream.

Key Tracks: “Hang You from the Heavens,” “Treat Me Like Your Mother,” “New Pony”



3. Jay-Z – “The Black Album”

After all these years, Hova is still cranking out the hits, and he’s doing it sans-Auto Tune. With such guest stars as Kanye West, Rihanna and Alicia Keys, this album is about as star-studded as Jay’s 9/11 benefit concert. In fact, that’s where the album shines. The back and forth nature of “Run This Town” not only makes for a sure-fire radio hit, but showcases Jay-Z’s ability to bring artists of radically different styles together on one track.

Key Tracks: “Run This Town,” “Empire State of Mind,” “Real As It Gets”

2.



fun. – “Aim & Ignite”

Their name just about sums these guys up.

As Nate Ruess sings in “At Least I’m Not as Sad (As I Used to Be):” “I just want to have a good time.” The simplicity of the arrangements and lyrics in this album are its greatest asset. “We were laughing and drinking and smoking and singing.” Mix lines like this with Ruess’ outstanding vocals and the instrumental genius of Steel Train’s Jack Antonoff and you’ve got a folk-pop album you’d be hard pressed not to keep on repeat.

Key Tracks: “Be Calm,” “All the Pretty Girls,” “At Least I’m Not As Sad (As I Used to Be)”

1.



Tegan and Sara – “Sainthood”

If 2007’s “The Con” was a storm, “Sainthood” is the years of rebuilding that ensue. The Canadian duo perks up in their sixth studio album with help from producer Chris Walla of Death Cab for Cutie. The fast pace and bright lyrics of “Don’t Rush” and “On Directing” introduce us to a collection of songs that are no longer lost in the dregs of past love and yearnings of what could have been. Instead, “Sainthood” paints a far more optimistic picture, focusing on self-preservation and what lies ahead. The music is pretty straightforward. You’re not going to run across any surprise cameos here.

Key Tracks: “Don’t Rush,” “Northshore,” “The Cure,” “Someday”

Lane
Community College

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 lanec.edu/cfe

CALLING ALL ARTISTS

Local art center seeks submissions

CHAS CASSIDY
REPORTER

The Maude Kerns Art Center is holding a call to artists for the 2011-2012 exhibit schedule. They are looking for 2-D or 3-D art encompassing installation art or traditional mediums.

"It's pretty open-ended," publicity coordinator Marsha Wells-Shankman said.

Pieces will be chosen by a jury. According to the art center's official website, artwork will be examined on the basis of content and quality, as well as the number of submissions Maude Kerns receives.

The art center describes itself as a "non-profit community center for the visual arts." It has provided studio space, outreach programs, and art education in Eugene since its inception in 1950.

Shows are often thematic or combine multiple compatible artists. The 2011-2012 exhibit will include a wide variety of media, including installation art that incorporates video elements and more orthodox art forms such as sculptures and paintings.

"It's open to anything," Associate Director Sabrina Hershey said.

Submissions must include an application form, résumé, artist's statement, and a labeled CD with images of their work. Up to 10 submissions are accepted from a single artist or group of artists. There is a \$15 submission fee.

REVIEW

Twilight takes a bite out of pop culture

Series leaves something to be desired

SARA HOHENBERGER
ASST. FEATURES EDITOR

"Twilight" author Stephenie Meyer has created a monster, and it isn't a vampire. With "New Moon" premiering in theaters Friday, Nov. 20, the Twilight series has taken over pop culture and the world.

The series consists of four novels titled "Twilight," "New Moon," "Eclipse" and "Breaking Dawn." The books chronicle the life of Bella Swan, a teenager who moved from Phoenix, Ariz. to reside in the small town of Forks, Wash.

In the novels, Forks is not a normal town, it is harboring mythical creatures in disguise.

From the Cullen clan of vampires, to the werewolf pack located nearby on the Quileute Indian Reservation in La Push, Forks is full of mischief and mayhem.

The real Forks is a small town located in the hub of the Olympic Peninsula. The town's webpage is listed as the "Home of Twilight."

My friends drove through Forks on a camping trip and were amazed at how much Twilight has taken over the town.

The residents of Forks should be proud of the recent fame their town has received, but has the Twilight craze gone too far?

These days, Twilight is everywhere. From books to movies to memorabilia, you can't go into many stores without coming across something Twilight.

The craze has even gone as far as people taking sides of the love triangle that plagues Bella Swan. Edward Cullen and Jacob Black, a vam-

pire and a werewolf, respectively, fight throughout the novels for her affection.

Fans have started "Team Edward" and "Team Jacob" in order to show which male protagonist they favor.

I resisted the urge to pick up the Twilight novels for some time. They seemed ridiculous and cheesy. I couldn't understand what all of the hoopla was about.

All of the mayhem and madness about the series just made it all seem like another teenage fad to me.

The books were marketed primarily to teenagers. The series was also picked up by the college-age and adult markets. People of all ages are reading the Twilight series.

Yet I couldn't help but feel curious and secretly wanted to read the series. I wanted to see why these books captivated people in the same way that the Harry Potter series does. I was not alone in the "secret Twilight reader club."

I think the novels enveloped pop culture and society because of the marketing strategy. Also, a lot of people could relate to the characters and their problems. Many liked the fantasy aspect of the story.

One day this summer, I was at Costco, and "Twilight" grabbed my attention on the book table. My willpower gave in and I bought it. I rationalized it by thinking that as a journalist I should read them, at least to research the topic.

Once I opened the first page, I found myself addicted. I had to know how each book would end. I found myself sitting for hours, not wanting to put the novels down. I had to know more. One chapter just wasn't enough.

I read the first "Twilight" book in a week, and before I knew it, I had read the whole series.

While the novels are captivating, they are also strange. At times scenes were a bit awkward. The relationships that Bella has with Edward and Jacob are a bit off kilter.

After reading all four books, I have to say that I am impressed with them becoming as popular as they are. Yet I find myself unimpressed with Meyer's writing style and her approach to the characters.

While the stories are captivating, the characters sometimes come off in negative ways.

Bella can come off as shallow and obsessive, Edward can come off pretentious and controlling, and Jacob can come off as desperate and angry.

The books are marketed to teenagers, but at times I found the writing had a tendency to be a bit too racy and vivid.

There were times that the violence seemed overkill: characters dying, wars between humans, vampires and werewolves, even sexual violence.

The books seem to be a teenage romance novel, similar to those you can find in a supermarket checkout line.

I watched the "Twilight" movie before reading the book. I have to say the movie was terrible. The acting was mediocre at best. The director took the movie in a completely different direction than the books.

As an avid reader, I am often excited when a book gets turned into a movie, but when the story is changed either to be more exciting or appealing on screen, the true message can often be lost.

The long and short of it is the series is worth reading, at least once. Everyone should see what all the hoopla is about. There is nothing wrong with some good solid research.

Fall Music at Lane!

The Lane Chamber Orchestra
& Symphonic Band
11/22 @ 3:00pm

The Lane Symphonic Band with the
the Eugene Community Orchestra!
11/24 @ 7:30pm

Upcoming Shows:

Choirs 12/3 @ 7:30pm

Gospel Choir 12/4 @ 3:43

Lane Jazz Combo & Jazz Ensemble

advance tickets and information at

Lanecc.edu/tickets

\$5 General Admission

\$3 Students and Seniors

Lane
Community College

If you need disability accommodations to attend this event, please call Disability Services 541-463-5150 (voice) or 541-461-3079 (TTY) one week prior to the event!

ACHIEVING DREAMS

this week @ 3:43



JAVIER MAGALLANES / THE TORCH

The Alto Sisters, Krisashwa Wade, (left) Sara Scofield, (center) and Courtney Wade (right), are set to perform Friday, Nov. 20 at 3:43 p.m. in Building 6, Room 121.

The Alto Sisters

The group consists of Sara Scofield and sisters Courtney and Krisashwa Wade. The a capella trio plans to perform "I'll Fly Away," by Gillian Welch and Allison Krauss for the "O' Brother Where Art Thou" soundtrack.

The three are all regular attendees and performers at 3:43, according to Scofield. The trio is also a part of Spectrum Vocal Jazz Ensemble's alto section. Spectrum has a concert that will take place in the Lane Performance Hall on Dec. 3 at 7:30 p.m.

Scofield is also in The Whopner County Country Allstars and will be playing Saturday, Nov. 21 at Sam Bond's Garage. The show starts at 8:30 p.m., but the Allstars will not play until midnight.

The cover for the 21-and-over show is \$6. The show is a benefit for Sexual Assault Support Services.

Scofield is the lead singer and also plays lap steel and bass.

See The Alto Sisters perform Friday, Nov. 20 at 3:43 p.m. in Building 6, Room 121.

—Andy Rossback, A&E Editor

How can you get involved?

Students can sign up to perform at 3:43 with music lab coordinator Alberto Redondo by calling 541-463-5649.

H1N1 from Page 1

Walker has been concerned about attendance and class participation.

"I had one class where there were only five people, and the rest of the people had the flu," she said.

Walker contracted the common flu earlier in the term. It got so bad she couldn't report to work. "I ended up really stressed," Walker said. "I can't imagine what the students go through."

Before she got sick, Walker had a strict absence policy for her students: five days absent earned a student a no pass. But since her week long absence, and her desolate classroom, she may be considering revising that policy.

The Health Clinic has been working to distribute various vaccines since early September.

Arbuckle said that it's been one of the most frustrating things that she's been through.

"We're pretty much at the mercy of the federal government," Arbuckle said. "[The H1N1 vaccine] goes through the federal government to get out to the states ... the states decide how much the counties get, and the county then decides how much we get."

She said the Health Clinic received 100 inter-nasal and 100 injections in mid-October, but a large number of people who signed up for inoculation didn't show up. "Now we are taking appointments," Arbuckle said. "We do not expect to receive any more vaccines. It should soon be available at many local pharmacies and health care providers."

"Our first set of vaccines ... we

"Anytime you get a live vaccine you should still be doing your hand washing, that kind of stuff."

- Mona Arbuckle
Health Clinic manager

got 100 nasal doses," Arbuckle said. "The problem with inter-nasal is if you're pregnant, if your immune suppressed, if you have asthma or you're over 49, you can't get it."

The nasal vaccine is a live antigen. Antigens live on the surface of the virus, and that's how an antibody recognizes the virus. "A live vaccine has weakened (attenuated) virus. The body mounts an even better response to this, because it looks more like the 'real thing,'" Arbuckle said.

When the body is vaccinated by a dead virus, traces of antigens still exist, but the immune system forms fewer antibodies to protect against the virus due to the perceived lower threat.

"Anytime you get a live vaccine you should still be doing your hand washing, that kind of stuff," Arbuckle said.

She hopes that people who have common flu symptoms will stay home rather than expose others to the disease. If they are really sick, or are having troubles breathing, then they should see a doctor.

Both the nasal and the shot vaccines are reserved for high risk patients.

PROGRAM from Page 3

otherwise."

Not all LCC students reside in Oregon.

"We currently have students all over the country — even out of the country — who take classes here," Mills said. "There are changes in technology all the time that make it easier for students to take classes."

With these changes, accessing classes online would be easier.

LCC student Megan Vorce feels

that having the distance learning program updated would be positive for any student. "I have not taken any classes online, mainly because I don't know how," she said.

Next year is the earliest students would see major changes.

Fall term focused on holding these forums and receiving feedback. In December forum directors will present their ideas to the College Council.

Essay Submissions Wanted

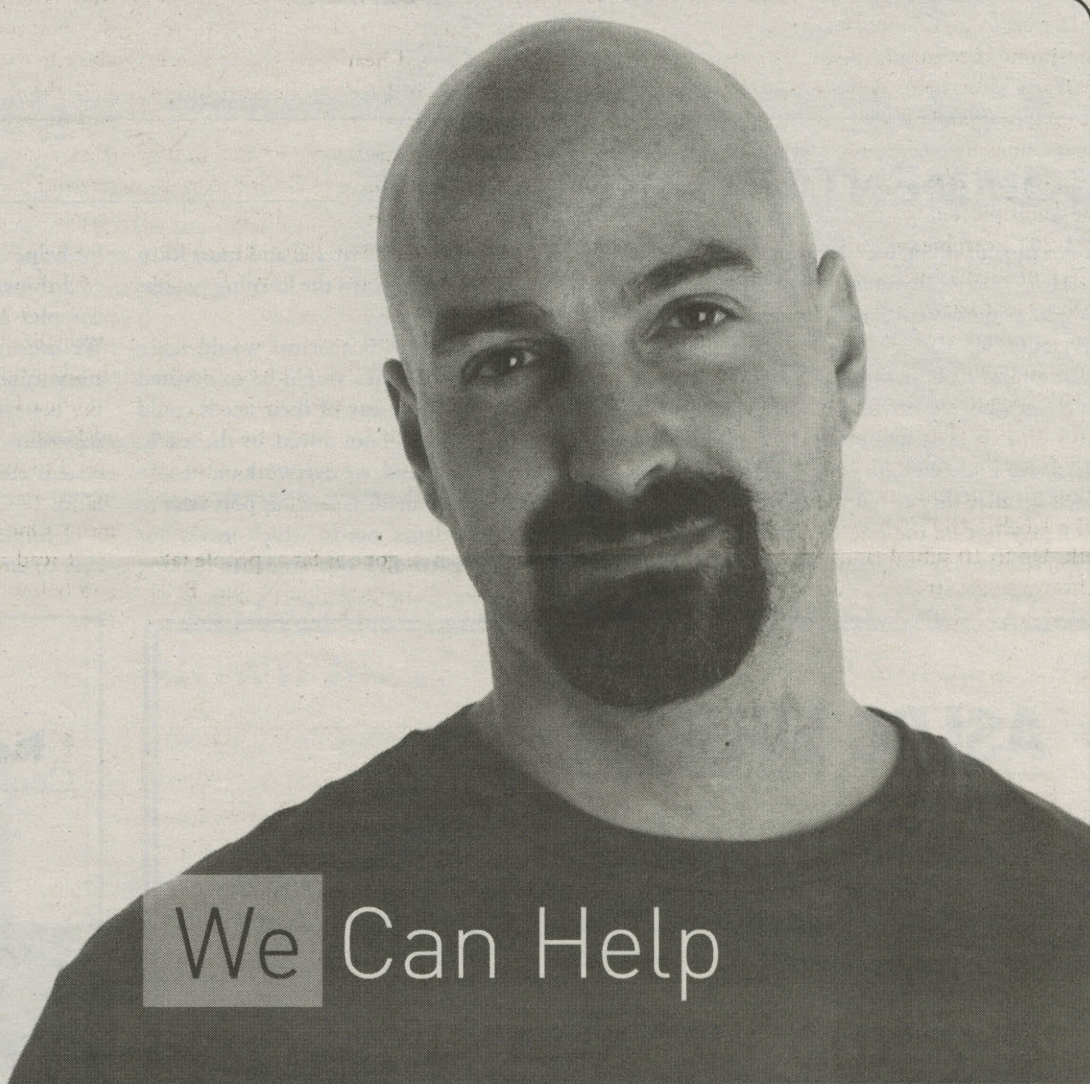
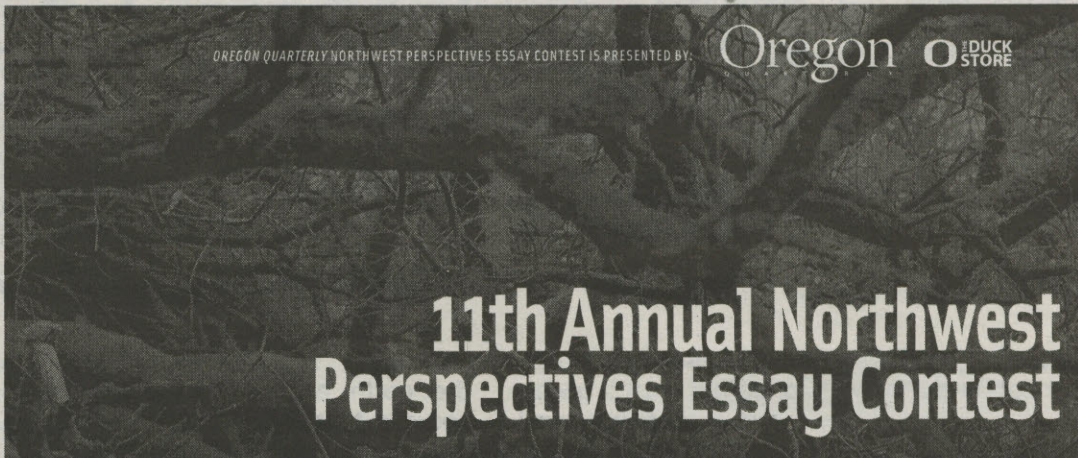
Oregon Quarterly is currently accepting essay contest submissions. Entries should address ideas that affect the Northwest. Contest judge: Thomas Hager, author of *The Alchemy of Air* and other award-winning books of narrative science history.

Open Category:
FIRST PRIZE: **\$750**
SECOND PRIZE: **\$300**
THIRD PRIZE: **\$100**

Student Category:
FIRST PRIZE: **\$500**
SECOND PRIZE: **\$200**
THIRD PRIZE: **\$75**

No fee to enter! Winning Open Category essay will appear in the magazine. ENTRY DEADLINE: **January 31, 2010**
FIND COMPLETE GUIDELINES AT **OregonQuarterly.com**

"These essays sing with the rich diversity of our Northwest perspectives."
Guy Maynard, Editor
Oregon Quarterly magazine



Out of work?

The Eugene Water & Electric Board is now offering qualified customers who have become unemployed up to \$300 toward their EWEB bill.

As a citizen-owned utility, EWEB is lending a hand to help our customers. We created Community Care, a \$4.4 million economic assistance fund for 2009 that also helps senior citizens and other people with limited incomes. Due to a continuing need, EWEB's elected commissioners voted to allocate an additional \$1.7 million to extend the program through September 2010.

You're eligible for the jobless benefit if you are currently receiving Unemployment Insurance payments and have not received EWEB low-income assistance or the EWEB jobless benefit since October 1, 2009. For more information or help, call us or visit www.eweb.org/communitycare.

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“WHAT ARE YOU MOST THANKFUL FOR?”



HYE WON

“[My] parents [help] with my school and everything.”



TOM HURD

“I guess this opportunity, to learn. I wasn't always aware that it was available.”



KATIE TAYLOR

“I'm most thankful for the earth and the resources that it provides for us, but it's kind of weird because I think we could give the earth so much more.”



MELLONY CUSHMAN

“I am most thankful for compassion ... that compassion exists.”



REBECCA BAKER

“Mostly I'm thankful for family, for having people that I can love and that love me back and I'm thankful for the support from my fellow students.”



JAMES “BIG POP” PERRY

“I'm thankful for my mother. When I was little and stressing out she was right there to pick me up.”

INTERVIEWS BY SIMON KEMP • PHOTOS BY JAVIER MAGALLANES

COMMENTARY from Page 2

as our pursuit of higher education.

How is it in anyone's best interest to have an education system based on output instead of quality?

It surely isn't in my best interest to have teachers who are discombobulated and don't have time to even figure out their own lesson plans, let alone enough time to help students catch up after they've fallen behind.

I may not be the one that needs the extra help, but having someone in my class who

doesn't understand the material and must learn it on their own slows down the learning process for everyone in the class.

In an ideal world, instructors would teach only a class or two. They would be so devoted to their students that any of their needs could be at least addressed, if not solved, by the teacher directly. But instead, we overwork our teachers and rely on counselors and support staff to manage the students' needs, which leaves our teachers exhausted and our students looking

for help.

I think that the answer to the problem is as complex as the problem itself: lack of money. We must not value education based on monetary value. We must instead view education as the betterment of the society as a whole, and recognize the fact that the current education system resembles a production line or factory farm.

I think that teachers are ready, willing and able to embrace change. And it seems that the

system is also ready for a revision but is waiting far a solution to be found.

My best advice is to weigh the things you experience not on their monetary value but on their benefit to society, and we will take one serious step towards not just a better world but also a better form of education. I don't know what the best path is to accomplish the ideal end goal, but I do know that the one we are walking down currently is very far from the ideal.

ASLCC EVENTS:

• Thursday November 16, 2009 from 11:30 am to 12:30 p.m. Representatives Barnhart, Beyer, Hoyle, and Nathanson, will be attending. Also in attendance Senators Morrisette and Prozanski.

- Also **TODAY** ASLCC will be giving a FREE root beer float to people who that register to vote or fill out a survey with us, in the cafeteria from 12:00-2:00. (A vegan option will be a available)

• ASLCC Announcements

-The Student Senate meets from 3:30 to 5:30 every Monday in building 3, in the Board Room. We welcome and encourage students to come to our meetings and listen in on the proceedings or comment about a concern on campus or to let us know about something that you may be participating in. **We work for you!** Come and see us. We want to hear from you.

-The Associated Students of Lane Community College

• Applications for Senate (6 of the 10 are filled) positions are available. **You must have at least a 2.5 GPA and taking at least 6 credits to apply.** If you want to apply for the open Senate positions contact Bette Dorris in building 1 room 210B or on the phone (541) 436-5365. For information about the Senate openings for student government contact The Associated Students of Lane Community College (ASLCC) in building 1 room 210 and/or see the ASLCC By-Laws at <http://www.lanecc.edu/aslcc/bylaws.html>

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