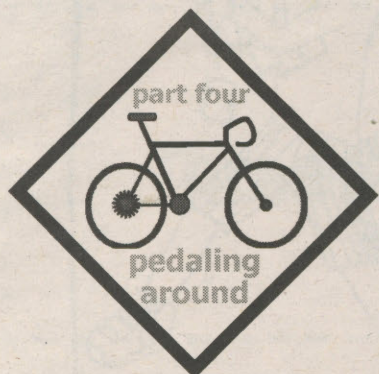


THE Torch

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BIKES AND THIEVES

*Eugene area experiences
high bicycle theft rate*

STEVE ROWLAND | Features editor

Ask any bicycle rider or employee of any bike shop and you will get a common agreement that Eugene is easy pickins' for bike thieves and that nothing is safe from a determined criminal. It is also rumored that Eugene bicycle thefts are higher per capita than New York.

The Eugene Police Department statistics show that nearly 2,300 bicycles have been stolen in the Eugene area from 2006-2009. Melinda McLaughlin, EPD's public information director, said forty bicycles were stolen in April of 2010.

"Our greatest theft months are coming up — June through November," McLaughlin said. "We do recover a lot of bicycles so it is important that people go to our website and learn how to register their bike before it is stolen, otherwise we take them to auction. We have registering stations on the U of O campus and on Monroe Street."

The term "bike theft" is used after the crime, when there is little to do but call the police to report the loss. Paul Nicholson of Paul's Bicycle Way of Life offers a proactive solution.

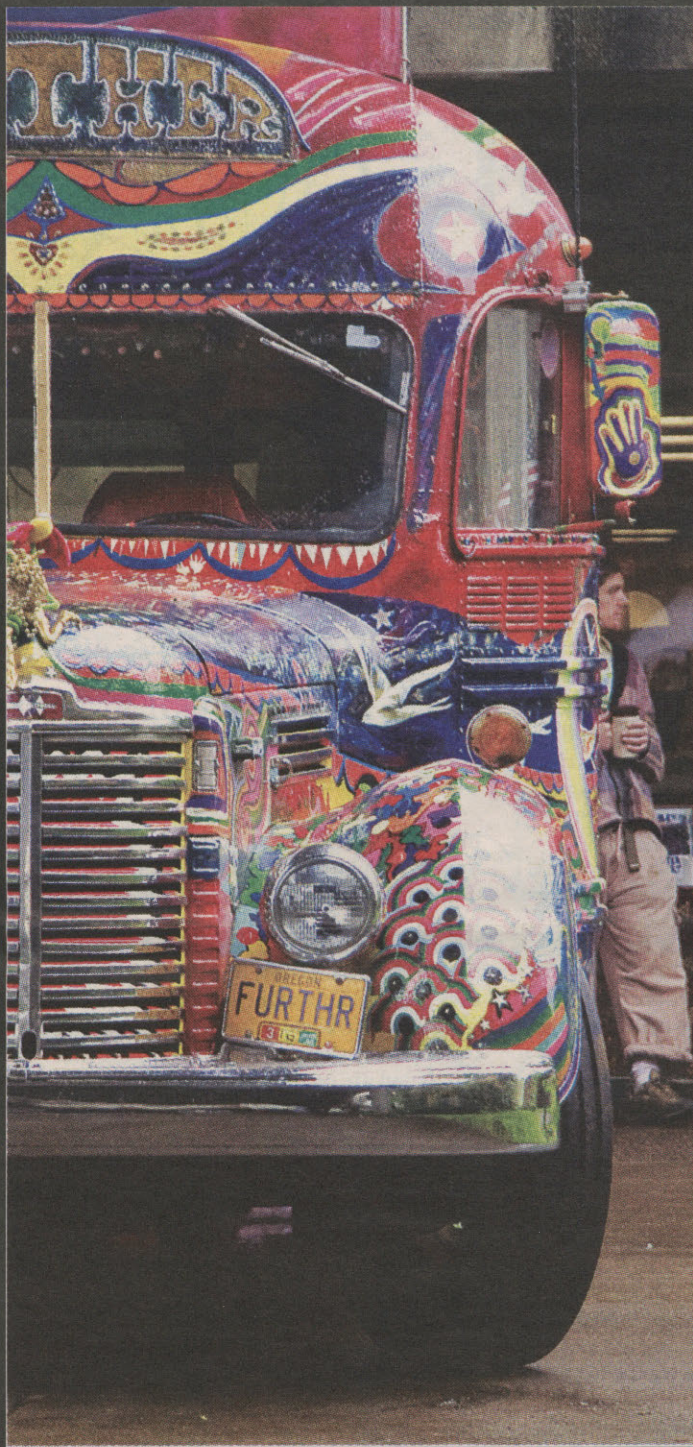
"What we need is for businesses, schools, organizations and shopping centers to create secure parking for bicycles," Nicholson said. "There are many places I would spend my money at if I felt that my bicycle was safe. In Taiwan, there are monitored parking garages just for bicycles."

After pointing out that a lot more bikes can go into a parking space than a car, Nicholson said that the university could do a lot more. Campus bicycle thefts are rampant.

"Wouldn't the university do something if car thefts were just as bad in numbers as bicycle thefts," Nicholson said. "The other hot spots are the YMCA and the various restaurants around town. Also, I would go to the Bijou Theatre more if I knew my bike was safe there, which it isn't."

Dave Kendall, an employee at Hutch's Bicycle Store in Springfield, said that it is difficult to secure a bike. He has seen parking meter and signposts cut off and trees cut down.

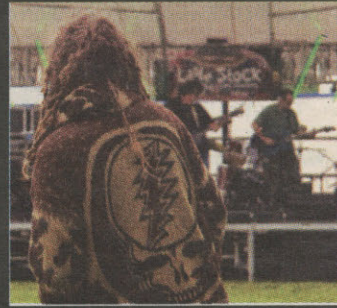
SEE BIKE ON PAGE 5



Lanestock, 2010



The first Lanestock took place Wednesday, June 2 on Lane's main campus despite unplanned rain.



JAVIER MAGALLANES / THE TORCH

Queen Mother

Lane student pursues her dreams while helping others

STEVE ROWLAND | Features Editor

Dreams are thoughts — actions make reality. Shakelah Morgan, 35, is Mrs. Eugene 2011. She and her husband Arnold are making their dreams a reality.

Shakelah is a mother of six, a pageant queen, an owner of four businesses — two of them co-owned with her husband — and a student at Lane.

She plans on graduating from Lane in the fall of 2010 and applying to the University of Oregon Law School. Her goal is to become a judge in juvenile court.

Companies

The Morgans opened Blessings Hair Design in Eugene in 1999. Shakelah knew how to care for ethnic children's hair and found the local demand was not being met. They opened Lil Blessings

Daycare four years later in the room adjacent to the hair business to accommodate the need for clients who have children. They opened Lil Blessings Too in Springfield this year.

"BS1Network came about from listening to the many frustrated parents who came into my salon wanting information on how to care for their adopted children's hair," Shakelah said.

Brian Sims, a stylist of 27 years, and Shakelah created a DVD that Holt International purchased to give to parents who adopted children

SEE SHAKELAH ON PAGE 9

Shakelah Morgan was encouraged by Joelle Goodwin, Mrs. Eugene of 2009, to compete in the pageant. Fitting the new activity between motherhood and business, Shakelah found unexpected rewards.



CONTRIBUTED PHOTO

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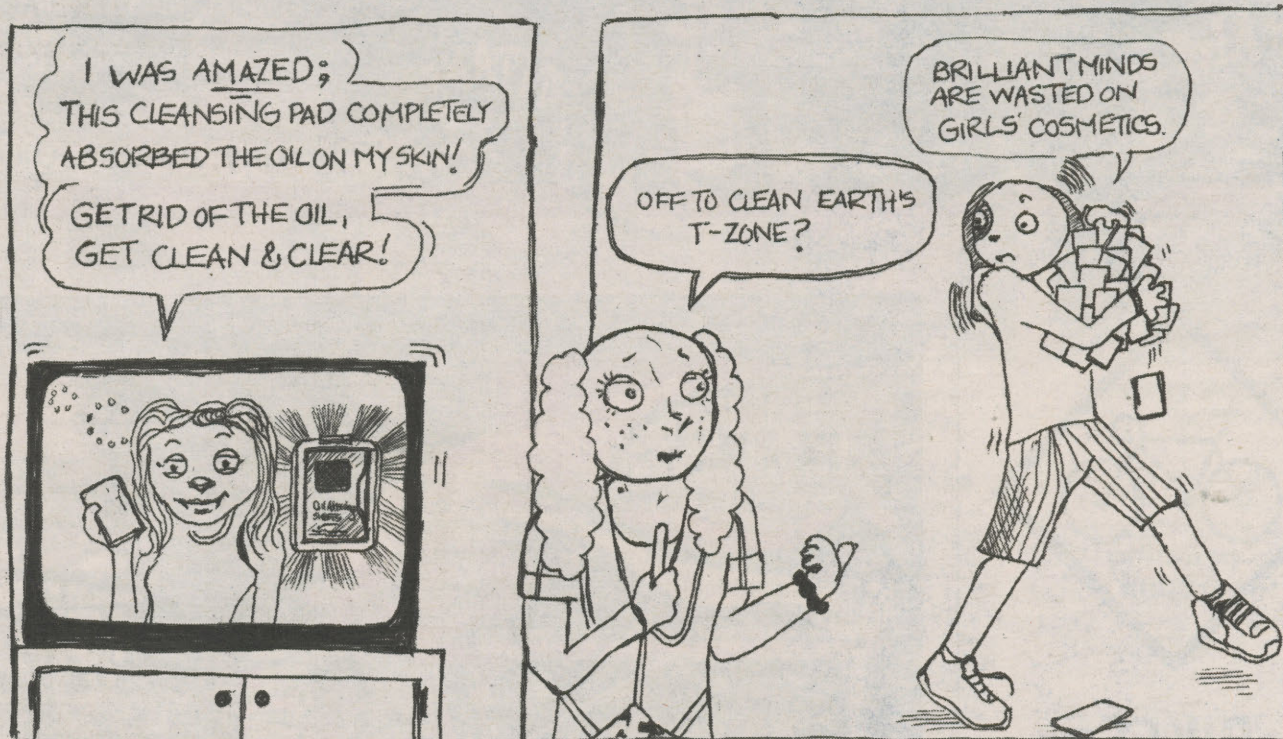
The official student-managed newspaper of Lane Community College is published every Thursday. Up to two copies per person per issue of The Torch are free; each additional copy is \$2.

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

Correction

In last week's A&E article titled "Discovering science at Lane," Dennis Gilbert's e-mail address was stated incorrectly. His e-mail address is gilbertd@lanecc.edu.

SPOTTY & STELLA



CARTOON BY LILY FREY

COMMENTARY

How intelligent are you?

Maybe the more accurate question should be, "how are you intelligent?"

Albert Einstein won the 1921 Nobel Prize in Physics, was a philosopher and had hundreds of his works published.

Thomas Edison invented the modern electric light bulb, photograph and the motion picture camera.

Peter Jennings was the sole anchor of ABC's World News Tonight for many years.

The Wright brothers were credited for inventing the world's first successful airplane.

What did all of these people have in common? All of them were college or high school dropouts before they found their place in world history for their achievements.

I'm not advocating dropping out of school by any means. My point is that how we traditionally measure and define intelligence has serious limitations.

Intelligence quotient was devised by German psychologist William Stern in 1912, and is still commonly used to measure the intelligence of individuals. IQ scores are derived from one of several different standardized tests meant to assess intelligence.

Developmental psychologist Howard Gardner took another look at how intelligence is measured in his book, "Multiple Intelligences."

Gardner's theory is that there are nine types of intelligence with different requirements for measuring compared to the traditional IQ tests. Each type of intelligence can reveal volumes of information for a person's potential and limitations.

His first proposed intelligence type is "Naturalist Intelligence." This aptitude for nature lends a person the ability to discriminate between living things and is thought to be key for botanists and chefs.

Musical Intelligence determines a person's capacity to discern the various audio aspects of music. Gardner believes that composers, musicians and vocalists are prone to this kind of smarts.

Logical-Mathematical Intelligence is the proposed combination of abilities to calculate mathematical operations. Symbolic thought, sequential reasoning and inductive and deductive thought are believed to be parts of this orientation.

Existential Intelligence allows a thinker to ponder the deeper questions of life and the universe.

Interpersonal Intelligence is a type of people smarts that people use to read other people and develop relationships with them. Teachers, social workers and politicians are thought to excel in this type of thought process.

Bodily-Kinesthetic Intelligence is a fancy word for athletic smarts. Traditionally, many have separated athletic ability from intelligence by differentiating academic success from abilities in sports for students.

Linguistic Intelligence is the ability to

think in terms of vocabulary and speech skills. This ability is obvious with poets, journalists and public speakers. Have you ever known a peer who was horrible at math, but could pick up another language with seemingly little effort?

Intra-personal Intelligence concerns individuals' abilities to know their own thoughts and feelings. This is the information we all use to plan out our lives and make decisions that are important to us. Psychologists, spiritual leaders and philosophers may start off shy, but tend to excel in their field with this type of smarts.

Spatial Intelligence is used for perceiving depth. Spatial reasoning and image manipulation are used by pilots, architects and sculptors to fulfill their professional roles.

Knowing several intelligence types isn't only interesting for trivial purposes, but can be an extremely effective tool in self-development. If you can learn what your predisposed strengths and limitations are, you can learn how to focus and where to compensate for a balance of the two.

Learning your tendencies can also help you strategize on your best learning tendencies. Visual learners can watch something performed and can mimic the motions or repeat the steps in a process.

Others are extremely responsive to audio instructions and can understand and retain information received verbally. Auditory learners have an advantage with learning music or a foreign language.

Kinesthetic learners benefit from assigning some form of physical action to their learning process. Note takers often retain more information than they would if they were only listening or watching. Sometimes these learners have to adapt a hands on method of learning.

Not only can learning to combine your intelligence type with your learning tendencies provide a powerful leverage in your learning curve, but it can also help to validate one's personal limitations and weaknesses.

How many of us have experienced self-doubt after failing a skills or intelligence test of some kind? How many people have you known who were painfully limited with some forms of ability, yet were noticeably advanced in another area?

We all have our tendencies—both the good and the bad. Once we have an educated inventory, we can strategically plan how to focus on our strengths and compensate for our weaknesses.

What if by asking yourself a simple question from time to time, you could empower yourself to make more rewarding decisions in life?

How are you smart?



James Anderson
Editor in Chief

LETTER TO THE EDITOR

Obama should switch up campaign strategy

If I were a white house political advisor I would recommend that President Obama (who hopes to get reelected) throw off his opponents by attending and addressing a Tea Party event or other events that he would not normally attend. If he did this (with of course the appropriate security measures) it would do the following four things.

First: It would be a valuable fact-finding mission with the result that he would most likely find that the majority of people are concerned citizens from a multiparty background and not so much a group of right wing fanatics. Second: Like a good chess player, he would completely throw off his political opponents. That's the last thing they would expect. To win at chess you need to be witty and plan at least 5 moves in advance, sending your opponent thinking in an entirely different direction. By doing this he could gain respect and more potential voters from a segment of the population that he might not otherwise have had. Third: The media and the world would be watching. From his position he can't lose and if they (The Tea partiers) are the fanatics some claim them to be, then this occasion would prove it with a worldwide global audience. Fourth: It would show that he has courage and is willing to listen to people, even those that have differing views. By doing this, it would show concern for ALL the people of the nation, not just his wealthy supporters or the more left wing radicals in his own party. Here in Oregon we have an outstanding US congressman named Peter Defazio. I interned with U.S. Senator Wyden's local field office in 2002 where I had the privilege of meeting Congressman Defazio and I was very impressed. What is unique about Defazio is his amazing ability to be a populist. He drives around town in an ordinary car, gets out and walks around and talks to average people (even those that politically disagree with him). As a result, people from both political parties vote him back every time, including myself. I traditionally have voted mostly Republican. If I were President, I would take advice from Mr. Defazio.

Now back to my original point. I have little faith in some of President Obama's advisors and I'm not suggesting that he would take this advice. If he did though (and I think he should) he could shoot for a Reaganesque landslide victory in 2012! After all, he already has most of the people that voted for him in the bag, so his goal should be to win over the people that didn't vote for him. New Tactics!

Tom Bush
Eugene resident

COMMENTARY

Mental disorders — diagnoses or discriminating?

Some people labeled with mental problems may need a loving community instead of a diagnosis

What is a mental disorder?

After I wrote “FML — I really need a car,” an article that offended some of members from the disabled community, I set out to find the answer to this question. After many interviews and guidance from people who specialize in studies of the mind, I found an answer.

From this perspective, there is no such thing as a mental disorder.

I’m sure I just offended another group of people by saying that, but I stand firm by my statement. I’m not saying that people don’t have mental or physical differences that can disable them in certain ways. I’m just saying there’s nothing wrong with that. I’m also saying that disorder and disability mean two different things.

A disorder refers to an abnormal mental or physical condition. There is no such thing as a normal mental condition because we all think differently. There is also no such thing as a normal physical condition since we are shaped differently.

A disability is another word for disadvantage. This word is more accurate in reference to people who can’t accomplish certain tasks based on their mental or physical conditions.

I’ve found that people try to fit themselves into a lot of social boxes or categories. The boxes collectively encompass how people should think and act. Anyone who doesn’t fit inside these boxes runs the risk of getting labeled with a mental disorder.

The labels and what comes with them can be active forms of open discrimination and oppression, just like racism, but it involves people’s minds and actions. It’s telling people they don’t function like the rest of society and they need to. These labels are saying, “You need to be like us.”

I realized the issue with my article ran deeper than its contents when I gave an apology on public television and people still wouldn’t let it go. The real centerpiece of the debate has to do with diagnosing the mind with disorders. It doesn’t just have to do with the way society reacts to people with these mental disorders. It also has to do with deciding what they are.

I’d like to walk you through the journey that led me to knowing what I know now. What you find may shock you, as it did me.

Who decides what a “disorder” is?

The mental health system is set up as a hierarchy. The general public, who knows nothing about mental disorders, is at the bottom. The people who have been diagnosed with them come next. Those who have the license to diagnose people with mental disorders are on top of them and the people who decide what the disorders are make the pinnacle.

The lower you are on the totem pole, the less of a right you have to even speak of a disorder, let alone accuse a person of having one. It’s the people at the top of the pole who decide what the disabilities are and the specialists right below them who have the right to diagnose these disabilities.

The American Psychiatric Association is the publisher of the “Diagnostic and Statistical Manual of Mental Disorders,” a book that defines what disorders are. The people who make up this group are the pinnacle of the mental health system — they decide what a disability even is. Everyone in the medical field uses this book, the DSM, to diagnose individuals with a mental or emotional disorder.

Sounds like the people who wrote the DSM better know their stuff, right? Well, the thing is — they don’t all the time. I’ve found doctors, counselors and professors who question their logic.

How can some of the ways people think, act and function be labeled as a disorder that needs to be fixed while others aren’t? It sounds like that decision could be largely based on

opinion. It sounds like the DSM is implying that people need to think, act and go about their lives in a certain way to be considered “normal” or else they will be at risk of showing up somewhere in the book. It sounds like everyone in the world needs to copycat each other or else they’ll risk being labeled as “crazy.”

After reading parts of the DSM, I went to the Lane Counseling Center with some questions.

Controversy over the DSM

Here is a book that describes how people should and should not think, act and feel. Needless to say, the DSM has been edited countless times.

The first issue was released in 1952. The DSM is now on its fourth revised edition. A fifth one is set for release in May, 2013, according to the APA website.

Lisa Griffin is a part-time personal counselor at Lane. She was required to take a course on diagnosing using the DSM for her masters degree program in counseling at Oregon State University.

Lane counselors don’t diagnose mental disorders, but they know of them from the DSM. The book defines the disorder and lists possible reasons it could have occurred. Once a patient is diagnosed from the DSM, mental health professionals decide what course of action to take to cure the disorder.

The big debate over the DSM lies in one simple question, “What is a mental disorder?”

Homosexuality used to be marked in the DSM as a disorder. It wasn’t removed until the release of its third edition in 1986. It is now referred to as “persistent and marked distress about sexual orientation,” under the “Sexual Disorder Not Otherwise Specified” category.

Funny thing is, the DSM doesn’t include a diagnosis for homophobia. I thought that was pretty strange. The DSM has a diagnosis for people who feel bad about their sexual orientation, but no diagnosis for those who make them feel that way.

Something else that caught my attention is that there’s no reference to victims who suffer from the effects of racism. There also isn’t any diagnosis for racism. Its absence in the DSM means that it isn’t considered a mental disorder by the mental health system. This leads me to believe that it’s considered to be okay for people to think like that since the DSM doesn’t say otherwise.

“I’ve gotten death threats by skinheads,” Mark Harris, Lane drug counselor, said. “Are they mentally ill? According to western psychology [DSM] — they’re not.”

“And that’s the piece,” Griffin said. “You’ve got a group of people who are deciding what is and what isn’t a disorder.”

So, the APA decides what’s normal and what isn’t. Well, what happens if you don’t fit “normal?”

“I think that if it isn’t the norm, you could potentially be in the DSM as some horrible mental condition,” Griffin said. “We can find, actually, little pieces of ourselves in a lot of these labels.” She also noted that people might not be able to fit all the criteria and get the official diagnosis, but they can still find some parts of themselves that fit into certain labels.

I found her to be completely accurate in that statement. According to the DSM, young boys who avoid rough types of play and girls who don’t want to menstruate or don’t wear feminine clothing suffer from “Gender Identity Disorder.” The book refers to this disorder as a “disturbance” of some sort.

The DSM seems to have a lot of diagnoses for the victims of society, but nothing on the persecutors. Where are the gay bashers, the sexists, the Nazis, the skinheads? They don’t have a mental disability, but someone who hears voices in their

head can be diagnosed schizophrenic? People hear God when they pray, what about them?

“I don’t know that people pull out the DSM for racism,” Griffin said. “That’s more of a behavior that hasn’t been classified as a diagnosis. It’s classified as a behavior rather than a mental disorder.”

In short, the DSM gives diagnosable labels to schizophrenics and children who refuse to conform to gender norms, but racism and other forms of discrimination get close to nothing.



Haydenn Harper
Copy Chief

So, how can a professional be fully valid in diagnosing someone with a mental disorder? The answer is, they can’t.

“You can’t tell that somebody is mentally ill by a blood test,” Harris said. “All you can tell is by what they say or what they do in terms of behavior. They’re assumptions that are not backed up by physical evidence.”

He’s right. Think about it, people are diagnosed with mental disorders based on pure judgment. Perfect, that means anyone can look up the symptoms for ADHD online, visit their doctor and get a prescription for adrol if they play the role well enough.

I say this because I’ve known people who have taken advantage of prescribed drugs in this way and I’ve known students who buy adrol during dead weak from friends or through other connections.

I guess who ever they bought the drug from didn’t really need it all that bad.

I guess their diagnosed “mental disorder” was a load of baloney.

Diagnosing people with mental disorders from the DSM has the potential to give everyone access to a legalized drug dealer. Who needs speed when you can get the legal stuff from your doctor?

The dark side of the mental health system

I was very excited to interview David Oaks. He was capable of telling me a story many may not have heard before, especially me.

Oaks was born into a working class family in Chicago, Ill. He attended Harvard University on a number of scholarships, one from his father’s Teamster’s Union. He graduated from Harvard with honors and now lives in Oregon with his wife. He enjoys fishing and camping.

He sounds better than normal, right? He sounds like he’s achieved a lot. He has, but it didn’t come easy. Oaks has also been diagnosed schizophrenic and bipolar, force-fed medication and locked in solitary confinement in a medical institution, during his college years.

Oaks didn’t know what he was getting himself into. “I had extreme, overwhelming, mental and emotional problems as a college student,” he said. McClean Hospital, Harvard Medical School’s largest psychiatric facility, was voted one of the best hospitals, from Oaks’ understanding. He expected to get counseling, support and a chance to distress and recover.

That didn’t happen.

“Once you sign in, the door is locked,” Oaks said. “I found out that a lot of people there have been drugged, electroshocked. They immediately pushed drugs on me. I didn’t want drugs. They dragged me to solitary confinement, held me down and forcibly injected me.”

Oaks says the experience was traumatizing. “A lot of people with mental and emotional problems have experienced trauma. When they go into the mental health system, they can get retraumatized with this extremely aggressive care that is very chemically oriented.”

Why diagnosing mental disorders is controversial

Note: The DSM is a publication created by the American Psychiatric Association that is used to diagnose mental disorders. The following comments are backed up by professionals in the mental health system.

- The mind cannot be physically measured
- Mental disorders are diagnosed by judgment and not backed up by clear, physical evidence
- The DSM is too selective and opinionated in its selection of disorders
- The DSM diagnoses victims and rarely diagnoses persecutors
- The DSM constantly undergoes constant revisions based on the norms and opinions of society
- No one is “normal,” everyone’s mind works differently
- Everyone can find parts of themselves in the DSM

Emotional disorder — a stronger, more accurate focus

Since the mind can’t be measured, focusing on a person’s emotions would be more accurate. Although emotions can’t be measured either, they can have a clear, negative impact on a

person’s life. Mental disorders by themselves don’t always cause these emotions. Negative emotions can come from anywhere, such as the individual and people in that person’s life. Negative emotions can damage a person’s body, such as stress causing stomach ulcers. They can also lead people to hurt themselves or others. Mental disorders have more to do with how someone’s mind operates, or why they’re not “normal.” Here is a simplistic view of curing emotional disorders:

- Target the negative emotion or issue in the person’s life
- Determine where it comes from
- Find ways to fix it

Therapy is a process that works great when it comes to dealing with emotional disorders. Not all problems can be solved with these three steps alone. In those cases, the individual should reach beyond the help of family, friends and peers by seeking out a psychiatrist.

Lane offers free personal counseling. To sign up, visit the Counseling Center on the first floor of Building 1. For more information, call 541-463-3200.

What is “normal” anyway?

The true definition of diversity is “us.” Every single individual in this world. No matter how similar two people can look or act, they’re still different. No one thinks the exact same way, acts the exact same way, looks the exact same way and so on. No matter where you go, you are in a diverse setting.

The dangers of normality

“Normal” is possibly one of the most dangerous things on this planet. It entitles people to do anything as long as most of the community is doing it with them. It’s been used to justify horrible things in the past and it still is. Here are a few.

- Slavery
- Sexism
- Racism
- Stereotyping
- War
- Terrorism
- Pollution
- Harassment

Alternate approaches

When dealing with issues involving others in the disabled community, remember these alternatives.

1. Think as if there is no such thing as a mental or physical disorder. Choose not to label someone as having that.
2. No one is normal. Not even you.
3. It’s only a disability, meaning there’s certain things this person can’t do. The individual may also function differently. There’s nothing wrong with that.
4. Step out of your everyday frame of mind. Look at the person or situation and force yourself to think. Do not let your mind automatically pass judgment or create stereotypes.
5. People who have a disability need a loving, understanding and accepting community more than anything. That community comes from you.

That wasn’t any exaggeration — Oaks was put into solitary confinement for refusing to take drugs. He was even locked into solitary confinement for complaining, refusing to eat a cookie that was offered by staff and crumbling it over a garbage can.

“It can all work for the general public until one of your love ones has a mental and emotional crisis,” Oaks said. “Now you’re looking for real help and you go down for real help and all they have is a bag of pills.”

Locked in solitary confinement in a Harvard University hospital, Oaks decided he would work to improve the mental health system once freed. He is now the director of Mind-Freedom International, a nonprofit organization that works toward equal rights and alternatives for the community that has been labeled with disorders.

In Oaks’ experience, the mental health system had a stronger focus on drugging individuals labeled with mental disorders and a weaker focus on therapy. “I’ve been in a psychiatric facility and it tends to be drug, drug, drug... with a little bit of talk therapy,” he said. “I was held down and injected. A lot of people are forcibly drugged.” He credited family and peer support, exercise, nutrition, counseling, wilderness trips and

employment as his source of mental and emotional healing.

The interesting thing about the drugs that are prescribed to reduce symptoms of the disorder is that the symptoms will get worse if the medication is stopped. The individual will become dependant on the drug. It sounds like one solid, secure profit for drug companies and they already know it.

Dr. Joseph Biederman, a Harvard psychologist who is considered one of the most influential researchers of child psychology, was reported to have received approximately \$1.6 million in consulting fees from drug companies from 2000-2007, according to the New York Times. That same article stated that approximately \$200,000 of this money was not reported to university officials.

He assured Johnson & Johnson drug company that his research would benefit the company. Biederman’s work led to a large increase in diagnoses of bipolar disorder.

“He was getting lots of drug company money without recording it, while at the same time drastically increasing the number of young people with this label,” Oaks said. “The drug companies practically run the mental health system.”

See full story at lectorch.com

His dance with life

Former KEZI reporter Rick Dancer diagnosed with cancer

JEANINE MENZIES | Reporter

When former KEZI reporter Rick Dancer found out he had cancer, he realized he could respond in one of two ways. He could either be quiet about it or share his story to help others.

Dancer grew up in Hillsboro, Ore. He attended Hillsboro High School and graduated in 1977. After high school, Dancer attended Pacific University and graduated with a major in broadcast journalism in 1983. Afterward, Dancer got an internship at KGW TV in Portland.

Dancer worked on his first big story with Ann Curry, who is now an anchor on Good Morning America. He said she was a reporter for KEZI when Mount Saint Helens blew.

"They sent a crew in a helicopter up around it and I signed my life away and went up with her," Dancer said. "I said 'Oh my gosh, I am going to do this for the rest of my life.' And that's how I got hooked."

Dancer stayed with broadcasting for 25 years but eventually became tired of it.

"I think the traditional media is dying and I wanted to get out to find a new thing that would truly help people," Dancer said. "TV news is no longer journalism. It's people reading press releases and scripts."

He said he loves politics. He decided to run for Oregon Secretary of State in 2008. "It was the best thing I ever did because it got me ready for cancer," he said.

Campaigning for public office allowed him to see how harsh people and life can be.

"I understand the ropes from both sides of a campaign," Dancer said. "I've lived on the reporter side and the side of being reported on. It's experience you can't learn in college or purchase over the Internet."

Dancer's mother died three weeks after he found out he had cancer.

"I was in Portland and I wanted my mom to be here for me," Dancer said. "I kind of knew it, but what kid would ever admit that? Parents are supposed to live forever, aren't they?"

Dancer said his chances of survival are good because his cancer is in a really early stage. He has chosen to do radiation treatment.

"Radiation actually destroys the cancer cells," Dancer explained. "It is supposed to leave the good cells alone. It doesn't leave all of them alone; it can do some damage."

Dancer acknowledges it's possible radiation won't destroy all the cancer cells. "It could come back," he said.

"This is what I was meant to be. It's what I am supposed to go through," Dancer said. "I'm fighting Rick Dancer, the same enemy I've fought my whole life. The guy who always wants me to worry. It's a complete mind game."

Dancer believes that death is not bad, but he doesn't want to die either. He still wakes up in the middle of the night, thinks about his life and prays to God that his cancer doesn't turn into something worse.

Dancer now jams to an old CD called "Heart" he used to listen to as a kid. He plays it at top volume. He doesn't care how people look at him.

"I don't care what people say," Dancer said. "I am going to live my life."

He believes cancer is one of the best things that ever happened to him. "It is making me see my wife and kids differently," he said. Dancer has two sons,

Jess and Jake.

In their spare time, Rick and his wife Kathy cycle together, doing long rides of up to 100 miles.

Kurt Richter used to shoot video for Dancer's stories. "We had the typical reporter-photographer relationship," Richter said. "We would go out, shoot stories and he would write it and I would edit it and that would be the end of the day." They took a trip once to Guatemala to cover a big story on Oregon doctors who went to Guatemala to do a medical outreach.

Dancer also officiates weddings, including Richter's. "I think he had done about two prior to my wedding," Richter said. "He became a friend outside of work and I thought it was appropriate."

Now Richter and Dancer get together about once a month to catch up over coffee. "Rick is a pretty cool guy and a great friend," Richter said. "He was always looking for the next big adventure and if that's cancer, he is going to tackle it head on."

Even though Dancer is not a reporter anymore, he still tries to help people through his life experiences, Richter said.

The average age of men diagnosed with prostate cancer is 72. Risk factors for getting prostate cancer are increasing. Three out of four prostate cancer cases are found in the men over 65. Men that are 50 years old should get tested for cancer. Men who have a history of prostate cancer in immediate family members are also at high risk, according to the American Cancer Society.

Dancer is in the middle of his six weeks of treatment at Oregon Health Science University.

"I think I've come to know myself better than ever," he said. "Cancer has taught me to keep my head up and keep praying."



Rick Dancer

Lane receives license to perform Broadway musical

'Rent' comes to Lane this fall

CHRIS COOPER & BRANDY DOMINGUEZ
A&E Editor and Asst. A&E Editor

Music fans rejoice at Lane as they get ready to put on one of the most renowned Broadway musicals of the 20th century — "Rent."

"Rent" follows the lives of seven friends living in the city of New York in the late '80s, struggling to make ends meet, pay the rent and the harsh reality of dealing with AIDS.

"This is one of my favorite musicals ever," Jordon Nowotny, vice president of Lane's Student Production Association, said.

After Nowotny discovered South Eugene High School was performing the edited high school edition of the musical, he thought, "Why not get the amateur rights to it?"

With the advising of Theater Arts instructor Patrick Torelle, Nowotny got the license for the Tony winning musical from Music Theater International.

MTI is one of the world's leading licensing agencies for musicals and plays, "protecting the rights and legacies of composers, lyricists and book writers," the MTI website states.

S.P.A. has a lot of rules to follow because "Rent" is a fresh new show. Two seats must be reserved for members of MTI to see that S.P.A. performs an appropriate showing of "Rent." Video recording is not allowed along with other rules of appropriate behavior that must be followed.

"It's not that difficult to get the rights," Torelle said. "That is the easy part. The hard part is putting on the play."

The musical is the eighth longest running play on Broadway. It is especially known for the song "Seasons of Love." All the original songs from the musical will be performed in this rock-opera version of the play.

Music Director Nathan Ales is looking forward to working with other people because "It's always fun as a musician to expand your understanding and see how other people work."

This will be Ales' third show of music directing. He was also a part of helping choose the cast for the show, the vocal director, assistant director and the stage manager.

"Everyone is really satisfied," Nowotny said about the casting. "I have no doubt in my mind that the show is going to sellout every night."

The show will run September 23 and runs every Thursday, Friday and Saturday through October 9. All shows start at 8 p.m. Tickets are \$15 for general admission and \$10 for students, staff and seniors.w

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The Eugene Water & Electric
Board is seeking short videos
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businesses. Videos
should be creative, fun,
and informational.
Deadline: July 30

1ST PRIZE: \$5,000
2ND PRIZE: \$3,000
3RD PRIZE: \$1,000

For a list of video topics, contest rules,
and other info, visit www.eweb.org.
Must be an EWEB customer to win.

Rely on us.



News Briefs

Gospel choir to perform

Lane's Gospel Choir will perform on Thursday, June 3 at noon in the Cafeteria.

Graphic designers display portfolios

Lane's Art Gallery in Building 11 is showcasing the work of students graduating from the graphic design program. The show runs through June 10 and a reception will be held on Wednesday, June 9 from 4-6 p.m. The gallery and the reception are free and open to the public.

Titan Store hosts carnival days

Lane's Titan Store will host an event called "Carnival Days," which will feature cotton candy, popcorn, contests and a raffle featuring prizes such as a GPS system, 9" HDTV, gift cards and more. The event will take place at the store in the Center Building on June 7-9.

Lane staff and students battle cancer at Thurston HS in Relay for Life

Lane students and staff are invited to participate in this year's American Cancer Society Relay for Life at Thurston High School, Aug. 6-7. To join, visit <http://esrfl.org> and register for the "Lane Community College" team.

Lane offering three weekend concerts

Lane will present three weekend concerts June 3, 4 and 6. The concerts will take place in the Performance Hall in Building 6. The Lane Symphonic Band will perform in concert with the Lane Concert Choir on Thursday, June 3 at 7:30 p.m. Tickets are \$5 adults, \$3 students and seniors. The Lane Jazz Ensemble will join with Mike Williams, lead trumpeter for the Count Basie Orchestra on Friday, June 4 at 7:30 p.m. Tickets are \$12 adults, \$5 for students and seniors. The weekend concludes Sunday, June 6 at 3 p.m. with the Symphonic Band joining the Lane Chamber Orchestra on a double bill. Tickets will be \$5 adults, \$3 students and seniors. Advance tickets can be purchased at <http://lanec.edu/tickets>.

New BSU officials elected

Lane's Black Student Union has elected Chic Gabrielson and Ras-I Kennedy as the new president and vice-president. BSU member Eric Richardson encourages students to participate in BSU to enhance educational experiences at Lane. The club is in need of active members to carry on positive programs that were initiated by the alumni.

BSU is located in the Multi-cultural Center of Building 1.

BIKE

From Page 1

"I have even heard of locked bikes stolen off second floor balconies and out of garages," he said.

"Don't try to simply hide your bike in the bushes," Nicholson said. "That's makes it far too easy to steal."

All Eugene area bike shops have stated that bicycling is a valuable resource for maintaining the environment and providing a healthier lifestyle. They also reduce dependence on oil and energy costs.

"There are three technologies that we can partake of to save energy costs and to make this world a better place to live," Nicholson said. "First is insulating our homes, second is driving fuel efficient cars and riding bicycles to offset the use of cars, and third is drying our clothes on a clothesline."

Regarding bicycling, Nicholson says to consider the math. "If a person commutes 10 miles to work or school every day, that would add up to 4,000 miles per year," he said. "At 20 miles per gallon, from most cars in city driving, that means we would reduce gas consumption by 200 gallons." He believes people need bikes for these reasons.

Nicholson says people need to complain to the university, restaurants and business owners in the future about proactive, secure bicycle parking instead of calling the police when it's too late. "For the present, we can only lock and watch in an effort to slow the thief down," he said.

There are three major manufacturers of bike locks. Each has a wide variety of designs. Kryptonite and On Guard are big names in the US and ABUS is a respected European company that is attracting sales in local bike shops.

Prices for locks range from \$30 to \$130 for both U-bolt types and cable or chain models. At the high end is the heavy New Yorker. The mid-range cost and lighter U-bolt Evolution is said to offer very acceptable toughness against cutting. Bike shop mechanics can provide more information.

The tools for the bike thief are simple, depending on their modus operandi. Automobile jacks are typically used to spread U-locks apart and heavy bolt cutters for chains and cables. A pickup or van is handy for larger operations.

"In most every situation the thief takes the bike lock with them," Kendall said. "And the insurance with the bike lock company requires



JAVIER MAGALLENES / THE TORCH

A stripped bicycle sits abandoned outside the Eugene bus station in downtown. The Eugene Police Department reports that 2,300 bikes have been reported stolen since 2006.

that the broken lock be presented as part of the claim. If the thieves were smart, they would leave the lock so the bike owner would buy a new bike for them to steal the next week."

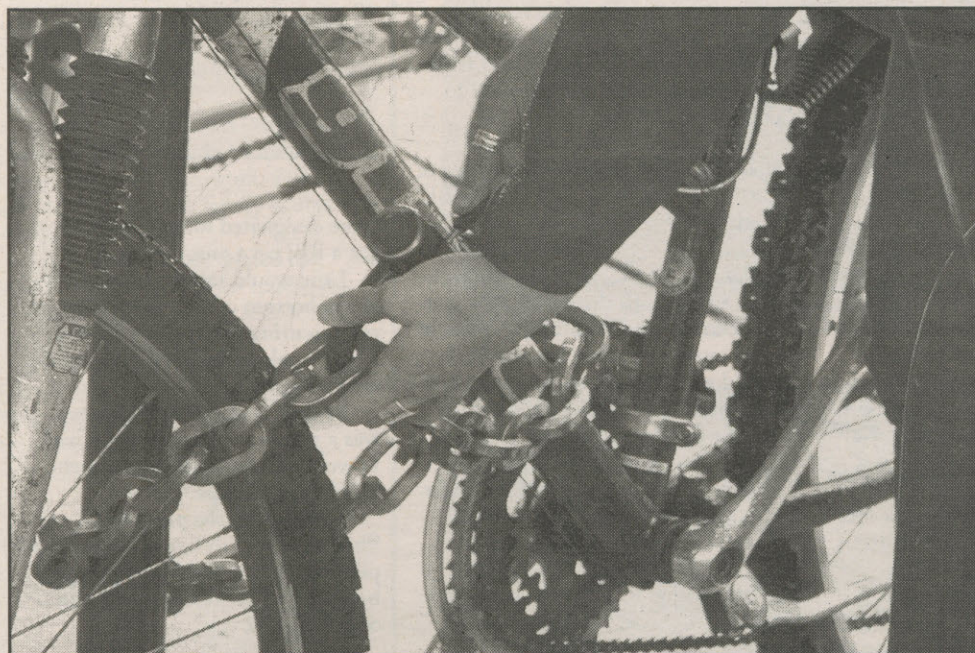
The bottom line on locking a bike is to put it in a highly visible, popular place and use a high-quality lock that minimally should run through the frame and rear wheel and pray.



THERESA HILL / THE TORCH


To register your bicycle with the Eugene Police Dept. visit: www.eugene-or.gov/portal/server.pt/gateway/

Creative thieves can find ways to get around bike locks. This bike tire and lock is all that remained after a recent bike theft on the Lane campus.



JES SMITH / THE TORCH

Some cyclists use heavy duty equipment to secure bikes and divert theft.



TitanStore

Titan Store Buyback

Sell Your Books During Finals Week at the Titan Store!

3rd Floor - Center Building

June 7 - 11, 2010

Monday - Thursday: 7:30 am - 5:30 pm
Friday: 9:00 am - 4:30 pm

Paying 50% for books needed next term, and wholesale for other books.

All book buy backs subject to condition and demand.

Titans lose to champions Lower Columbia 6-0



EUGENE W. JOHNSON / THE TORCH

Sophomore designated hitter Andrew Schumacher helped in the Titan's effort all the way to the NWAACC Championship game May 27-31.

Titans place second in NWAACC baseball playoffs

ALAN K. FOX | Sports Editor

Lane baseball (33-17, 20-10) entered the Northwest Athletic Association of Community Colleges' playoffs for the first time since 2006 on May 27 as the Southern Region's number two seed in Longview, Wash. The Titans finished the regular season strong, winning 18 of its last 20 games. They would go 4-2 in the playoffs, only losing to the championship team twice.

In the first game, the Titans were matched up with the tournament's number one seed and hosting team Lower Columbia College (40-5, 22-3) and their sophomore pitching ace, Alex Phillips on May 27.

The Titans fell behind 4-0 after two innings, but were able to score two runs in the third inning with RBI singles by freshman second baseman Kyle Hoover and freshman catcher Joe Offer, making the score 4-2 going into the bottom of the third inning. The Red Devils would score again in the bottom of the third off of a RBI single from sophomore left fielder Aaron Grenz.

The score would remain 5-2 up until the eighth inning when freshman right fielder Ben McQuown hit a two-RBI home run to put the Red Devils ahead for good 7-2. This would be the Titans' first loss in the double elimination tournament.

Red Devils' starting pitcher Phillips, who will be pitching at the University of Kentucky, pitched eight innings and threw for eight strikeouts in the winning effort.

All games on May 28 were postponed due to the heavy rainfall in the Longview area.

The Titans were matched up with the Eastern Region's number one seed, Columbia Basin (33-15, 22-6), in second game of the tournament on May 29. This would be the first of two games for Lane that day.

In the top of the second inning, Offer would reach second base on a throwing error from the Hawks sophomore third baseman Mario Sanelli. Offer would then be moved over to third on a sacrifice bunt from sophomore first baseman Tyler Conner and come around to score on a RBI single from sophomore designated hitter Andrew Schumacher.

The Hawks would then respond with a run themselves in the bottom of the second when sophomore left fielder Jason Jones drove in freshman



EUGENE W. JOHNSON / THE TORCH

Sophomore pitcher Scott Allred makes a play in a 6-1 victory against Treasure Valley May 29.

designated hitter and pitcher on a RBI single to left field.

Lane responded with another run in the top of the third inning on a RBI double from freshman third baseman Matt Myrmo. The double drove in freshman center fielder Jimmy Sanchez, who reached base on a walk.

The Titans would then explode in the top of the fourth inning with three runs. Lane filled the bases when a pitch hit freshman Randy Berger. Later, Sanchez would get a RBI on a single to left field. In the next at bat, freshman Shay Huskey would drive in two more runs for the Titans on a single, putting Lane ahead for good 5-1.

Titans freshman starting pitcher Chris Reed pitched nine strikeouts in his seven innings pitched, and the NWAACC-leader in saves, freshman relief pitcher Nick Phillips entered the game in the eighth inning, earning himself his first save of the tournament.

Lane was matched up against Treasure Valley (34-14, 19-9) in its second game of the day. The Chukars entered the playoffs ranked third in the Eastern Region.

The Titans would be the first to score in the bottom of the third inning when Berger scored off of a sacrifice bunt by from Huskey.

The Titans would score again off of a three-run home run in the fourth inning for Berger to left center field, putting Lane ahead 6-0. Berger

stared at the plate batting 2 for 3 with a double, homerun and three RBI.

The Chukars would get their only score of the game in the top of the sixth inning when sophomore right fielder Matt Comer scored on an error.

Treasure Valley loaded the bases in the eighth inning with no outs, but sophomore pitcher Reed Nicholson, who came in relief, was able to strikeout the next two Chukar batters and retired the third on a ground out to end the inning.

Lane would win the game 6-1.

The Titans' were up against the Southern Region's number one seed, Chemeketa (34-12, 21-9) in the fourth game of the playoffs. Lane was 1-5 against their division rival in the regular season.

The Storm would be the first team to score with a home run to right field from sophomore left fielder Chad Fahey in the bottom of the third inning, which would be the only score of the game for Chemeketa. Fahey would account for both of the Storm's only two hits of the game.

In the top of the seventh inning, the Titans began to show life. Myrmo started the inning with a single down the right-field line. Two batters later, Offer would single to right field, moving Myrmo to third base. Conner would put Lane on the scoreboard for the first time with a RBI single. Schumacher, next at bat,

would drive in Offer on a double down the third-base line giving the Titans the lead 2-1. Lane would then hit into a double play to end the inning.

The Storm would put a little pressure on the Titans with a leadoff double by Fahey, but Nick Phillips would enter the game in relief and retire the next three batters.

In the bottom of the ninth, the Chukars were able to but runners on first and second after sophomore Trent Oleszczuk was hit by a pitch and sophomore Travis Setere reached on an error, but Phillips was able to respond with a strikeout to seal the win for the Titans.

The Titans pitching continued to look strong. Starting pitcher sophomore Larson Kohler pitched seven strikeouts in seven innings and Phillips threw three strikeouts in his two innings of relief.

The fifth game of the tournament for the Titans was a back and forth battle with defending champions Bellevue (32-20, 14-10) on May 31, who beat the number one seed Lower Columbia earlier in the day.

The Bulldogs came out hot at the plate three runs on four hits in the top of the first inning.

Lane would respond right back in the bottom of the first. Offer would put the Titans on the scoreboard for the first time with a RBI single scoring Huskey how reached base on an error. Schumacher would later add to the scoring himself with a RBI single of his own scoring Offer from third-base making the score 3-2 in Bellevue's advantage.

The Titans would score again after two quick outs in the bottom of the fourth. Huskey would hit a RBI single, scoring sophomore Quinn Peck to tie the game 3-3.

Lane would turn it back on in the fifth inning with three runs. Conner drove in Myrmo with a RBI single to right center. Schumacher and Peck would also both drive in runs to put the Titans up 6-3 after five innings.

The Bulldogs were able to make the game a one-run game in the top of the sixth inning after a RBI single by sophomore center fielder Ryan Burnett. Freshman second baseman Cory Urquhart, who singled earlier in the inning, would later steal home making the score 6-5 still in advantage of Lane.

In the eighth inning, the Bulldogs would tie the game up after sopho-

All-Tournament Team

MVP: Lower Columbia — Alex Phillips, pitcher

Catcher: Lane — Tyler Cox. Bellevue Joe Offer.

Infield: Chemeketa — Trent Oleszczuk. Lane — Kyle Hoover, Brent Graham. Lower Columbia — Derek Webb.

Outfield: Edmonds — Andy Lyon. Lower Columbia — Chris Pierce. Lane — Jimmy Sanchez. Lower Columbia — Ben McQuown.

Pitcher: Bellevue — Seth Howe. Lower Columbia — Tim Culligan. Lane — Scott Allred. Bellevue — Jake Collier.

Relief Pitcher: Lane — Nick Phillips.

DH: Lower Columbia — Ben Grubb.

Utility: Bellevue — Ian Parmley.

more designated hitter Ian Parmley got a RBI on a groundout.

Lane would respond right back in the bottom of the eighth with two runs securing the lead for good on a RBI single by Hoover. He would later score on an error.

In the Championship game, it was a rematch from game one with Lower Columbia and tournament MVP Alex Phillips.

Once again, the pitching of Phillips proved to be too much. He pitched eight innings of shutout baseball and picked up seven strikeouts along the way.

The Red Devils shut out the Titans securing the school's 10th NWAACC Championship.

Overcoming the odds

Three Lane students endure challenges to pursue their education

JAMES ANDERSON | Editor in Chief

People come here with multiple challenges

Lane students have enrolled and left by the thousands over the years. Some have been here right out of high school with the goals of obtaining their four year degree or more. Others have spent years in the work force before returning to learn a better way.

Some students are grappling with addiction, disease, mental illness or are recently released from prison.

Lane counselor and ethnic studies instructor Mark Harris has seen a lot over the years. "People come here with multiple challenges."

The counselor gets involved with students transitioning to Lane as a condition of their probation from drug court.

He's worked with college students who were homeless and on the methadone program. "So, you're dealing with where to sleep tonight, using Whitebird [clinic] as an address, getting your daily dose of medicine so you don't go into withdrawal and staying awake enough to be able to attend classes," Harris said.

Even the seemingly "ordinary" people, including first generation college students, face challenges. "If you're the first person in your family to actually go to college, then you don't have the expectations to adapt to college culture," Harris said.

They all have baggage and a past.

Coming back bigger, stronger, better

Ryan Haas had let himself go. At 30, not only did he feel grossly overweight on the outside, but he'd let himself become depressed and had terribly low self esteem. When Haas looked at himself in the mirror, he saw "someone who was overweight and mean."

Haas would work for 10 or more hours, come home, eat and go to bed, only to repeat the routine day after day. If he experienced frustration, he'd take it out on his family.

One day, after seven years of marriage and three children, his wife left him.

The split was a wakeup call for Haas. He believed that she'd never come back. "I asked myself what was so wrong with me that I would push my own family away like this."

Haas decided that his life needed change before he could find happiness, and joined a gym. He started a rigorous fitness regime, hired a trainer and studied nutrition.

Soon, Haas started to feel better about himself and started to change inside and out. "The self-esteem had a lot to do with it," Haas admits. "It's had a lot to do with how I react with people in general."

Within two months, he'd lost 40 pounds and felt great.

Within three months, he was working on patching things up with his wife. She'd noticed both physical and psychological changes in her husband.

A month later, she moved back in with the kids.

Haas had reevaluated his priorities and decided that his family was more important than work, and his relationship with his family is now stronger than ever.

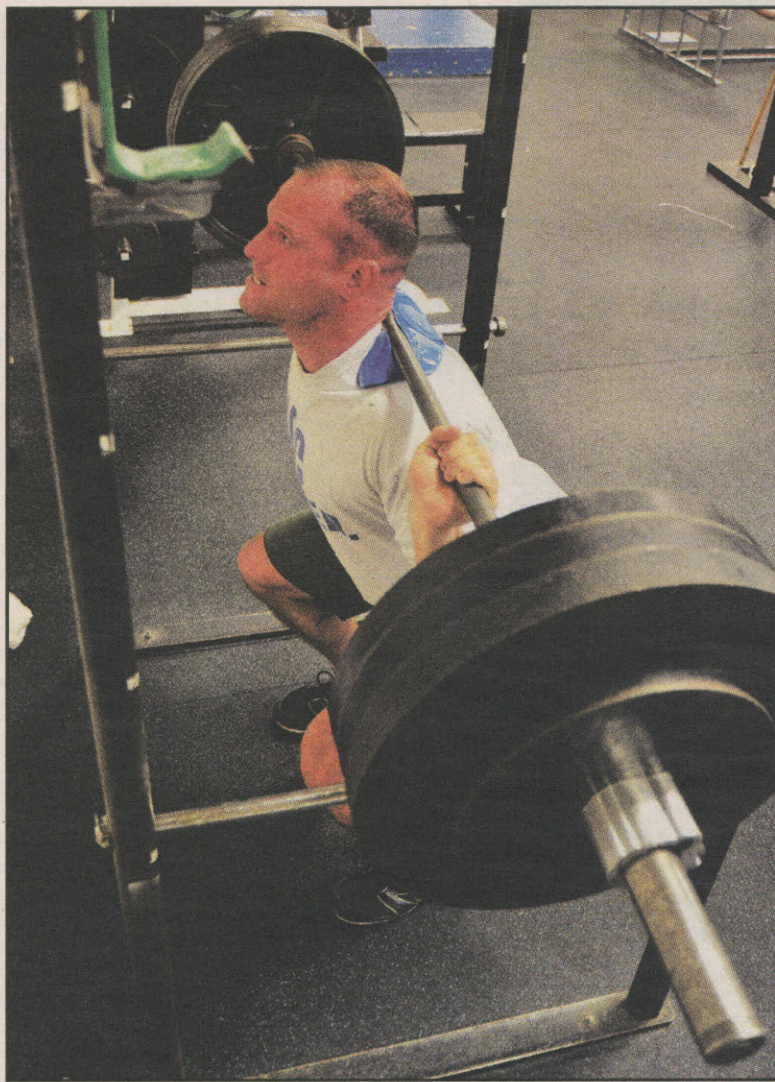
"Fitness has totally turned me around," Haas said. With self acceptance, he'd learned to accept other people.

Haas currently volunteers for his kids' sports teams, is a member of their school Parent Teachers Association and is attending Lane to be a personal fitness trainer.

Continuing school after losing home, family

Dena Rollings was evicted in 1996. At 19, she was homeless with three children, her mother and boyfriend.

The three kids stayed with



EUGENE JOHNSON / THE TORCH

Ryan Haas squats 420 pounds for a new one-rep max.

Rollings' boyfriend's parents, who was also the grandparents of the youngest child. Soon the two older children ended up in foster care and the youngest stayed with her father.

Rollings was allowed to visit them at first, but eventually lost visitation rights. After two years, the Department of Human Services put the girls up for adoption.

Rollings found employment beyond her grasp with no daily access to a shower, no access to a phone and no home address. She had lost her welfare when she lost her kids.

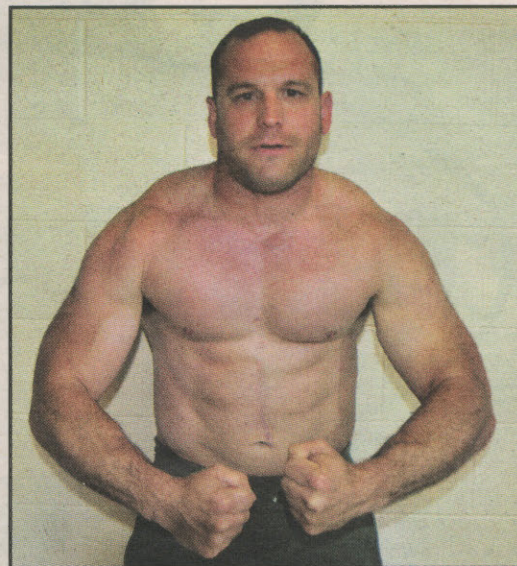
At first, Rollings spent time between friends houses and living in a tent — even during winter season.

Eventually she ended up at the Eugene Mission, where she describes experiencing discrimination for being bisexual and a teen parent.

"They thought I was living in sin," Rollings said.

Rollings struggled with the mission rules when they banned her fantasy books and enforced a curfew.

In 2005, Rollings found someone to rent to her. Her next step was to get back into school. Lane Women in Transition program helped her reintegrate back into an academic environment. She finished her first term back with a 4.1 gpa.



EUGENE JOHNSON / THE TORCH

Haas transformed his entire life starting with his health.

Three years ago, Rollings reunited with her oldest daughter. At this point, she was applying for social security for her depression, and so was her daughter at 19.

"... this is not the road I want her on," Rollings said. "I needed to show her the way."

Currently, Rollings' major is health records technology and her daughter is working on enrolling at Lane also.

Rollings' daughter moved in with her mother for eight months before getting her own place.

Back after beating

Aran Tidaback and his wife were at a hip hop concert, having a great time making new friends, dancing and chatting with the performers.

After he bought a round of drinks for a group of four men at the bar, an argument ensued. One of men punched Tidaback in the mouth.

When he punched the man back, all four jumped him.

Tidaback said he was unconscious immediately. The men continued to kick him in the forehead, neck chest and legs.

"The paramedics arrived and revived me at which point I was choking on my own blood," Tidaback said.

“

The paramedics arrived and revived me at which point I was choking on my own blood.

”

**- Aran Tidaback
Lane Student**

He received three liters of blood transfusion in I.C.U. and went into a coma for three days.

The next three and a half weeks were spent in the neurology unit in Sacred Heart. He'd sustained permanent damage to his left temporal lobe and left frontal lobe, a fractured nose and required stitches on his forehead.

"I was delusional for over a week," Tidaback said. "I was very confused."

Within a week of getting released from the hospital, Tidaback had returned to Lane full time, although he had to drop a couple of classes due to his memory problems.

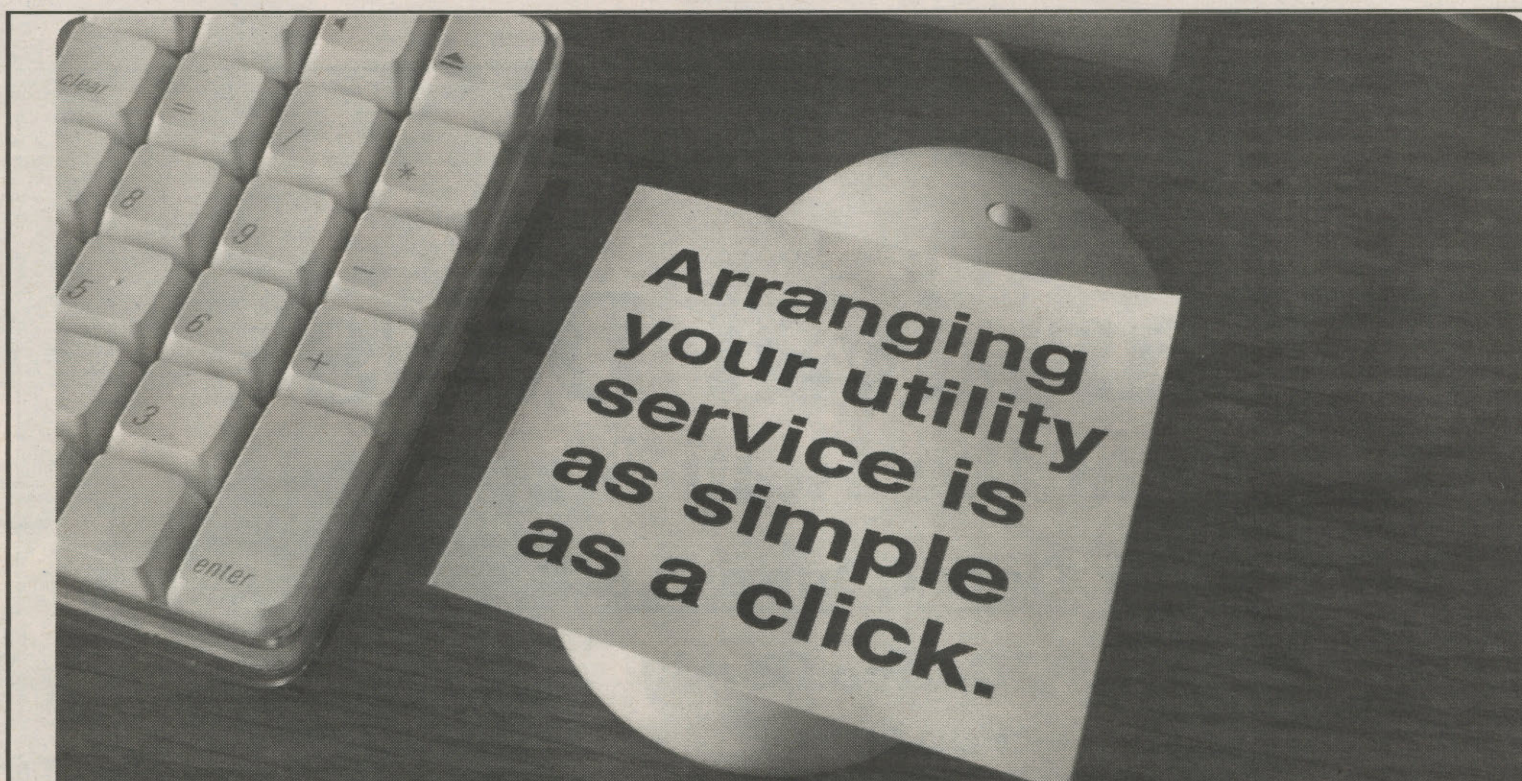
Before the assault, Tidaback had quit his job to pursue an education. He believed that he could be a better provider for his wife and three step children.

"My memory is the place where I suffer the most," Tidaback said. "Once a week I do cognitive thought therapy."

Once a week, Tidaback practices word association to help his memory function.

"I can still hold an intelligent conversation, but I can forget within five minutes of what we've talked about,"

SEE ODDS ON PAGE 12



If you're moving, we want to make changing your utility service quick and easy. That's why the Eugene Water & Electric Board provides our "Start/Stop Service" link that's available online. It's a fast and free way to begin or end your EWEB electric and water service. Just click and go. Plus, you can get energy-saving tips for renters. It's all at eweb.org.

EWEB

Rely on us



Titan athletes awarded honors

NWAACC recognizes Lane baseball and track and field

ALAN K. FOX | Sports Editor

The Northwest Athletic Association of Community Colleges honored many Titan athletes for their performance in the respective sports.

In baseball, freshman relief pitcher Nick Phillips, who led the NWAACC in saves for the regular season, was named to the 2010 All-NWAACC second team, 2010 NWAACC Southern Region All-Stars first team and was also named relief pitcher for the 2010 NWAACC All-Tournament team.

Titan baseball players to be honored as NWAACC Southern Region All-Stars included, freshman infielder Shea Huskey and sophomore pitcher Chris Reed. Both players were named to the 2010 NWAACC Southern Region All-Stars first team. Freshman infielder Kyle Hoover was named to the NWAACC Southern Region All-Stars second team and 2010 NWAACC All-Tournament team. Freshman infielder Matt Myrmo, sophomore outfielder Quinn Peck and sophomore designated hitter Andrew Schumacher were also named to the NWAACC Southern Region All-Stars second team.

Also named to the 2010 NWAACC All-Tournament team were freshman outfielder Jimmy Sanchez, sopho-

more pitcher Scott Allred and freshman catcher Joe Offer.

Titans' track and field was honored with 2010 NWAACC All-American honors.

On the women's side NWAACC champions freshman Sam Berryman and Elizabeth Martin and sophomores Christine Grizzel-Hardie, Amber Williams and Kim Wilson, were all named to the women's 2010 NWAACC All-American team.

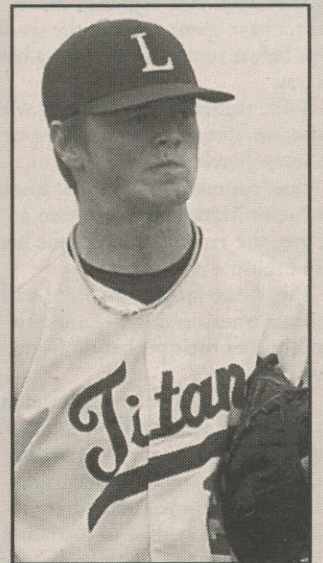
Other women who made the All-American team were, sophomores Diana Batson and Angelyn Salyer, who also were named to the All-Academic team (3.70 GPA), and freshmen Tara Carlton, Shey Haack, Rita Krantz and Sarah Martin.

On the men's side NWAACC champions' sophomores Kevin Godfrey and Robby Fegles were named 2010 NWAACC All-Americans.

Freshman Terry Norris, Dusty Jarvis, Miles Walk and sophomore J.J. Rosenberg were also named 2010 NWAACC All-Americans.

Lane also had five others named to the All-Academic team including, sophomores Travis Stevens (3.98 GPA), Andrea Gruber (3.85 GPA), Anne Hagy (3.41 GPA), Kallie Nowak (3.47 GPA) and Alayna Oleksa (3.32 GPA).

TITAN ATHLETE OF THE WEEK



Nick Phillips

Freshman relief pitcher Nick Phillips, from Salem, Ore., was selected as Lane Titans Athlete of the Week based on his performance for the regular season and his performance in the Northwest Athletic Association of Community Colleges' playoffs. Phillips pitched his way to a NWAACC-leading 12 saves. He was also named to the NWAACC All-Stars first team, All-South Region first team, and also was named NWAACC playoffs All-Tournament team.

— Alan K. Fox,
Sports Editor

Carnival Days at the Titan Store

Dates: June 7, 8 & 9

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SHAKELA

From Page 1

“I have dreams too and I strive to encourage them and show them that you might not always get there, because life happens, or maybe you will get there at a different time, but trying and pushing yourself is the only way you will find out if it was meant to happen.”

- Shakelah Morgan, Mrs. Eugene 2010

from Ethiopia. They have since begun to create other DVD's and hold free classes every month at Blessings salon.

Inspiration

Two years ago Carla Gary, the assistant vice-president for institutional equity and diversity and director of the Oregon Young Scholars program at University of Oregon, convinced Shakelah not to wait. With a supportive husband and children entering school, Shakelah decided she could schedule her day around family and be able to lay the foundation for her dreams.

"Shakela is an incredible unit of energy who has a wonderful family whom she supports through sports and whatever else they pursue," Gary said. "She successfully operates a hair salon and daycare center, is enrolled full time at LCC all the while running for Mrs. America? Really?"

He said Shakelah inspires him. "She does this style that shares grace and joy for her many blessings [to others]."

"My grandmother ... had wanted to attend law school but was denied because she was black," Shakelah said. "It has always been my dream to finish that step for her, but I had said I was going to wait until my children finished school. And, once my husband and I became foster parents to our foster son, I knew that family law was what I wanted to do."

Family

"Shakelah is very caring and loving, a great mother figure," Deshone Brooks, her foster son, said. "I wouldn't be here if it wasn't for her."

Shakelah has five boys and one girl. Deshone is her sixth son through the foster care program. Her oldest is 17 and will be entering the Marines in June and my youngest is six and attends Willamette Christian School.

"I work when they are in school and make sure that I'm home by 5:30 every night and that we have supper together as a family," Shakelah said. "Afterwards, I help them with homework."

All the children have a 3.5 GPA or higher. The boys enjoy basketball and Shakelah's daughter Maliya, 8, participates in cheerleading, dance and the Little Miss Lane County Mentoring Program. All enjoy family vacations once or twice a year.

They are going to Maui this year, where Shakelah's brother is getting married.

Expenses for a family of eight are

provided for by two busy parents. The food bill alone can reach \$700 per week.

Arnold is a co-owner of Blessings Hair Design and Beauty Supply and the head basketball coach at Churchill High School. Besides being a co-owner, Shakelah is busy with both daycares and BS1 Network Inc. In total, the businesses hire approximately 11 employees and four independent contractors.

Business

"Shakelah is truly an inspiration," Mildred Mick, Blessings hair design manager, said. "She strives to do her best at everything she does every day ... and she really encourages everyone around her to be successful and strong." She said she has learned a lot from Shakelah and will continue to strive to be a better person, thanks to her encouragement.

"I feel so blessed to know her and work by her side," Mick said.

The typical day in the life of this businesswoman, student, mother and wife is one of structure. During her day she also finds time to educate adoptive and foster parents on the basic hair and skin care of different ethnic backgrounds.

She gets up at 5:30 a.m., fixes the children's breakfast and lunches, makes sure faces are washed, schedules of everyone's daily activities are acknowledged, begins her daily tasks — school, work etc. — while Arnold takes the children to school, has a family dinner on the table at 5:30 p.m. and is asleep by 11 p.m. "no exceptions," she said.

"Shakelah is my wife, my queen, my everything," Arnold said. She and Arnold have been married 15 years.

"My husband and I just make it work," Shakelah said. "I believe God gives me the strength to do all that I do and my family gives me the support and encouragement I need to be successful."

Shakelah said that she is preparing for the Mrs. Oregon Pageant. It will fulfill a childhood dream and she wants to show her children that whatever their dreams are, they can have them too.

Overcoming and going forward

"Many times social and economic standards, racial issues and prejudice can stand in your way, but I want my children to know that their mom worked hard and not just to put food on the table," Shakelah said. "I have dreams too, and I strive to encourage



CONTRIBUTED PHOTO

Foster son Deshone Brooks (upper left) is the most recent addition to the Morgan family. Next to him is Myguel with Shakelah and husband Arnold. Below (from left to right) is Malik, Maliya and Emanuel with Samoje in the front.

them and show them that you might not always get there — because life happens — or maybe you will get there at a different time, but trying and pushing yourself is the only way you will find out if it was meant to happen."

"I am very proud of Shakelah," Jeffrey Hicks, Shakelah's father, said. "She has done a good job with her family and herself." He lives in Massachusetts. He believes Shakelah does her best and he misses her.

"Shakelah has been success-minded from an early age," Debra Abbot, Shakelah's mother, said. "I always knew she would be successful and she would marry someone likeminded. She has fulfilled that goal. Her goal to be a judge is family oriented. It was a dream of my moth-

er's." Barbara Abbott and Shakelah are carrying that dream to become a judge. Debra said she couldn't be more proud.

Shakelah hoped to bring attention to Adoption Connections of Oregon, a non-profit organization she volunteers for. Adoption Connections hosts fun and educational events for all adoptive families.

"Shakelah is an amazing woman who is so caring and sharing," Elise Crum, president of the Eugene Adoption Connections office, said. "She donates a lot of time with me, educating people on how to care for ethnic hair."

"I feel that you only live once so you should do all that you want and are capable of doing in your lifetime," Shakelah said. "I wanted to be a wife

and mother, but I also always wanted to own my own business."

Shakelah said she was intrigued by her husband when she met him because he owned businesses in Portland. After Arnold taught Shakelah what he knew, she found places like the SBA and Score to guide her from there. She never took out loans to open any of her businesses.

Having a large family didn't hold the Shakelah and Arnold back. They are teaching that lesson to their children.

"I want my children to know that they can be or do anything they want," Shakelah said.

To contact Shakeelah or one of her many businesses, call Mildred Mick at 541-344-2994.

GUEST COMMENTARY

Non-smokers can't stop breathing

An ex-smoker takes sides with the non-smoking

My opinions on this matter are formed by my thoughts, feelings and experiences from the past couple of months and from the last eight years of my non-smoking life. I'm in absolute agreement with the future smoking ban, and this is why:

Eight years ago in January, I finally quit smoking as a birthday present to myself. I must have "practiced quit" at least a dozen times before my final quit. That took at least a year and a half. What finally helped me quit was not Nicorette, prescription medication, smoking alternatives, or anything like that. What really helped me quit was my own will, desire and strong determination to not be controlled by a chemical-induced substance that

was sold to me on false pretenses. The fact that I had recently become a single mother to a 1 1/2 year old (whom shouldn't be exposed to the secondhand smoke), the fact that the cigarette tax had just gone up again, and the fact that each winter the job I held cut back the hours so much that it was difficult to survive. All of this combined together gave me the perfect environment and reasons to quit right at that time. It was January of 2002, just shortly after 9/11.

It was one of the hardest things I ever had to do. Previously, I smoked for ten years. I was sick all the time, and spitting up phlegm everywhere I went, everyday. I had to stop hanging out with my friends on break at my job because they all smoked. I learned that the temptation would be too great, and I had to find new things to do with my time. I started taking little walks around the block, which served as both exercise and a

way to get away from it. At first, I did gain weight, just like they always say. But about three to four months later, I began to lose it. My senses of smell and taste became much more acute, I could breathe better and I could even run more than a block. It took some time, but I felt my lungs actually heal up.

It took over a year before I could hang out with my smoking friends, again. Being an ex-smoker, I discovered that I hated the smell of smoke so much worse than ever before, maybe even worse than before I ever started. I would even hate it when people would come in from smoking on a break and sit next to me at work. The smell of it is nauseating.

A 2007 Stanford study on outdoor secondhand smoke concluded that a non-smoker sitting a few feet downwind from a smoldering cigarette is likely to be exposed to substantial levels of contaminated

air for brief periods of time. Their findings show that a person sitting or standing next to a smoker outdoors can breathe in wisps of smoke that are many times more concentrated than normal background air pollution levels. They also discovered that being just a few feet away from a smoker outdoors is comparable with previously measured indoor levels.

Neil Klepeis, assistant professor of civil and environmental engineering comments:

"A typical cigarette lasts about 10 minutes," Klepeis said. "We found that if you're within two feet downwind of a smoker, you may be exposed to pollutant concentrations that exceed 500 micrograms of PM2.5 over that 10-minute period."

"Therefore, a person near an outdoor smoker might inhale a breath with 50 times more toxic material than in the surrounding unpolluted air."

A 2006 comprehensive report issued by U.S. Surgeon General Richard H. Carmona, says:

"...In the government's most detailed statement ever on secondhand smoke, exposure to smoke at home or work increases the nonsmokers' risk of developing heart disease by 25 to 30 percent and lung cancer by 20 to 30 percent."

"Restrictions on smoking can control exposures effectively, but technical approaches involving air cleaning or a greater exchange of indoor with outdoor air cannot," the report said.

The report suggests that the tobacco industry has carried out biased and inaccurate research, attempted to undermine findings in key studies and attempted to sustain controversy even as the scientific community reached consensus.

Theresa Hill
Assistant web editor

Rocking out with Demimonde Slumber Party

Lane graphic design graduate to dedicate next album to former instructor

CHRIS COOPER | A&E Editor

With a unique sound that is guaranteed to transport any listener back to the days of Jefferson Airplane, musical veterans Demimonde Slumber Party are set to release their second album “Heart in Outer Space” June 6.

Lead vocalists and guitarist Melissa Lubofsky, drummer and back up vocalist Kim Lindquist and bassist and back up vocalist Tim Romain make up the band.

Lubofsky and Lindquist started the group in San Francisco in the early ‘90s, but it wasn’t until they played with Romain that the trio really became complete.

“Tim is a great musician,” Lubofsky said. “His goofy sense of humor makes playing with him fun.”

Since then, Romain has moved to Seattle, Wash., while Lubofsky and Lindquist have settled into Eugene.

“We needed to take a break from the high-priced, high-stress city of San Francisco and found Eugene to be a beautiful, creative town,” Lubofsky said.

The band is set up to play at CD World in Eugene on June 6 for the release of their newest album “Heart in Outer Space.”

“My favorite song on this album is ‘Endangered Species Chocolate Bar,’” Lubofsky said. “In it, I was able to poke fun at the part of me that can get completely overwhelmed about many things in life — in this case endangered species.”

Lindquist is a graduate of Lane’s Graphic Design Department and designs the CD covers for their albums. DSP has dedicated their next album to former Lane design instructor Thomas Rubik who passed away in 2009.

REVIEW

Rising comic visits Lane

Comedy show introduces Ace Guilllen to Lane students

CHRIS COOPER AND BRANDY DOMINGUEZ

A&E Editor and Asst. A&E Editor

Executive producer Alex Elkin brought a crowd together in the Performance Hall on Saturday, May 29 — headlining was comedian Ace Guillen.

What can be said about Ace Guillen? About politically incorrect, open-minded, doesn’t give a rats who hears what, Ace Guillen? Elkin tore the stage up in the opening act. He talked about children, fat people, sex, having sex with fat people, smoking marijuana all the time and other topics.

Elkin welcomed his good friend and comedian Chas King on stage who spoke of hard times with women, how it can be hard to live with them, how they are always nagging about things and how it’s hard for him to get any “action” from women. That’s why living with his mom is such a pain. He also spoke of his childhood and seeing his mom and dad having secret affairs with other people.

After King had his 3-4 minutes on stage Elkin welcomed his other good friend and comedian Adam Leanord who spoke of bacon. Every food in his dream restaurant would be made of bacon. Who does not like bacon?

Afterwards, Elkin introduced headliner Guillen who said, “I talk before I think.” This thought process illuminated through the room as Guillen spoke about relationships, hating children, sexual desires with old ladies, sex in general, pride of

being Mexican and more.

Guillen really enjoyed it when the audience was a part of his routine. A few members of the audience suggested a couple topics they wanted Guillen to touch base on. This resulted in a mess of “dark-side” comedy.

He spewed out dirt of the modern presidents whose names are used in a vulgar manner. For example, “she gave me a Clinton.” He talked about not marrying his girlfriend of nine years because he loves her and he spoke of his experiences of earlier comedy shows that he performed in.

Besides playing his guitar and harmonica as he parodied a few songs, Guillen is also a great impersonator and can mimic the Asian-translated-into-English movies. You know, the ones where the mouth and voice are not in sync with each other?

One of the things that really caught my attention was his humble nature. Guillen would look down when the audience laughed, turn slightly toward his water bottle, give a little smile and his dimple would show on his left cheek. He would take a sip of his water, look at the audience and continue on his jokes.

I had never been to a comedy show before. I thought watching sitcoms on television was enough to laugh to, but no — I was mistaken. It would be such a waste not to watch more live comedy shows. I suggest everyone participates in some form of live comedy event.

Guilllen is a rising comic who people should get to know.

ASLCC EVENTS

Solutions Committee meeting at 12-2 p.m. in Building, 1 Room 212. Next meeting times to be announced next term.

The Learning Garden Work Party from 2-4 p.m. every Thursday at Learning Garden.

Learning Garden Meetings Times. Mondays 4 p.m. Building, 1 Room 222.

Council of Clubs meets every second and fourth Tuesday of the month in Building 1, Room 210 from 4 p.m. to 6 p.m.

Have an awesome summer!

Winter Term Final Examination Schedule For the week of June 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

THE CLIPPER

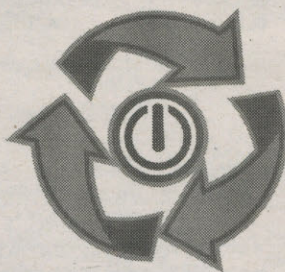
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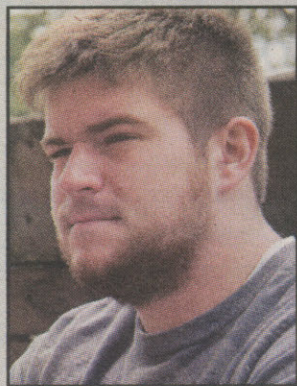
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THINK ABOUT IT

“What are your summer vacation plans?”



Ken Knight
Business Administration
and Management

“A couple motorcycle trips and backpacking trips down in California.”



Ashley Wackett
Undeclared

“I am going to South Africa, going to the World Cup. We leave next week.”



Brigid Quinn
History

“I would like to travel as many places as I can that are within five hundred miles from here. I really want to go to Vancouver, B.C. I also want to ride horses a lot this summer.”



Juniper Amuk
Foreign Languages

“I’m going to be going to school, and going to all the festivals around here — Country Fair and Reggae Festival.”



Lizzie Moore
Political Theory

“I am going to be going to school and continuing my internship at DeFazio’s campaign office ... We [roommates] are going to spend the summer trying to get adjusted to having a third two-year-old in the house.”



Zachrey Robbins
Music Performance

“I’m going to go to Germany to visit my girlfriend’s family for the first time.”

INTERVIEWS BY BRANDY DOMINGUEZ • PHOTOS BY JORDAN BOTWINICK

Free Classifieds



Call 541-463-5654 to list your items.

No addict seeking recovery need die without a chance to find a better way of life. For more information contact Narcotics Anonymous at: 541-729-0080 (24-hour helpline) <http://lanecountyarea-na.org>.

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Buying & selling LCD TVs & computer monitors. 17" monitor \$75, 19" refurbished for \$95. Call MJ at 541-606-7599.

Free pit bull to a good home. Call Jason 541-606-5179.

Resume Clinic: Career and Employment Services offering resume clinics for resume critique on Friday, June 11, from 10 a.m.-12

p.m. Building 1, Room 102. Open to students, graduates, and job seekers! CES, Tammy or Tina 541-463-5167.

Artist sketch board, 25 1/2 x 27 1/2. Free. Call Susan 463-5727.

Room for rent, \$350/month, \$200 deposit. On bus line, please call 541-606-8055.

Previously an LCC writing tutor — I offer off campus assistance specifically for essay and creative writing. Please call Laura Koerner at 541-344-0030 between 10 a.m. and 7 p.m. Online/Offline: Offline and Online Payment Method: n/a

Free family film festival. Regal VRC. June 22-August 25, Tuesdays and Wednesdays at 10 a.m. only. Showing; one “G” / one “PG” movie. Admission FREE!

Reggae on the Mountain. Interested in a great time this summer? Check out Cougar Mountain July 23-25. \$60 in advance with camping. <http://tayberryjam.com>.

ODDS

From Page 7

Tidaback said.

While struggling with his grades, Tidaback also strives to support his wife and her three children, who he’d accepted as his own.

He wants to attain a masters degree and start a non-profit for underprivileged and abused children.

He’d been at Lane for one term before the incident happened, and has been back for two terms since then.

The experience reinforced Tidaback’s spiritual beliefs.

I’ve been involved in illegal activities, more violence than young people should [be in], in and out of jail ...” Tidaback said. “I’ve been locked up in three different states.”

Now, his priorities are his wife and children. Tidaback attributes his change in direction to love and determination.

“The human spirit is an amazing thing,” Harris said. “Especially when people have succeeded against enormous odds.”

The counselor has seen Lane students survive from prison, addiction and homelessness.

“They’ve gone through here, they’ve graduated and they’ve lead productive lives,” Harris said. “It can be done.”



Good luck
on finals
and have
a nice break!

THE **Torch**

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