

MARCH 19, 2012

LANE COMMUNITY COLLEGE'S
INDEPENDENT NEWSPAPER

VOLUME 48, ISSUE 19

THE Torch

TITANS 5-1 TO START
THE SEASON / 7

SNOW, RAIN *or* SHINE



Classic Oregon weather — including phases of snow, rain, strong winds and sunshine — did not slow track and field competitors at the March 18 Oregon Preview at UO's Hayward Field. Turn to page 8 for coverage of Lane's track and field team.

Top: Titan Stetson Smith passes the baton to Kevin Accinelli in the 4x400 meter relay, which the Titans completed in 3 minutes, 26.67 seconds. The winning Oregon Ducks finished the relay in 3:13.58.

Left: Lane's Linsey Kau throws the javelin 34.93 meters. Kau took ninth place in the contest, which Western Oregon University's Amanda Schumaker won with a 46.17 meter throw.

PHOTOS BY EUGENE JOHNSON FOR THE TORCH



CONTRIBUTED PHOTO

Student fees to fund D.C. trip

ASLCC and BSU will spend \$36,000 to send 18 students to legislative conference.

BY KINZLEY PHILLIPS AND JOE HANNAN

Eighteen students will fly to Washington, D.C., March 22 to represent LCC in a national conference and lobby on student issues, spending as much as \$36,000 in student activity fee money.

The 43rd annual Grassroots Legislative Conference and National Student Lobby Day, hosted by the United States Student Association from March 23 to 26, will have workshops to help students learn about campaign organization, fighting for college affordability and other political tools.

The ASLCC will pay for six of its members and six students-at-large to attend LegCon, while the Black Student Union will sponsor six additional students, including ASLCC President Mario Parker-Milligan.

The ASLCC imposed sanctions on Parker-Milligan, prohibiting him from traveling out of state on Senate business.

"I feel really privileged and honored that (BSU) wanted to send me ... because I told them it was fine if I didn't go to LegCon. I told them that was OK and they went to bat for me and made a strong case to the adviser — not that it was the adviser's choice," Parker-Milligan said.

BSU Vice President Blair Adams said BSU feels strongly about paying for Parker-Milligan's trip because he is the Oregon Student Association representative to the USSA board and will be presenting workshops while he's there, and because there was no guarantee that had he sent a proxy that person would have been African-American.

See LEGCON on Page 12

BOARD OF EDUCATION

LCC picks firm to manage downtown housing

Northwest-based Blanton Turner wins \$231,000 contract.

BY ALLIE CHURCH
Reporter

At its March 14 meeting, the LCC Board of Education hired regional property management firm Blanton Turner to market and lease the new downtown student-housing complex, with the goal of filling it by fall.

LCC project manager Bob Mention said these services would include all of the paperwork and lease management services for students in the complex.

Blanton Turner will also provide maintenance, housekeeping services and full-time office personnel to work with students, Mention said.

The contract between Blanton Turner and LCC is worth approximately \$231,000 and will last three years.

Additional incidental expenses not included in the contract will include adver-

tising and lease fees.

Mention said negotiations on the final details would likely begin this month. The firm and LCC will work together to set rent prices.

Blanton Turner will provide nearly all the staff for the student housing facilities besides resident assistant positions, which will be filled by LCC students.

One RA will inhabit each floor, with the intention to "make living experience(s) satisfactory ... particularly for international students," Mention said.

The Board voted unanimously to hire the firm, which was recommended by a LCC selection committee.

There were three applicants: two from Texas and Blanton Turner, which has offices in Seattle and Eugene.

Board member Tony McCown commended the committee's choice. McCown is an urban planner.

"They look like a great firm. I'm glad we can walk down the street to knock on their door," McCown said. "It seems like they hold a pretty high standard."

With construction nearing completion, students are expected to move in Fall 2012.

Housing will be open to LCC students in April or May and if it isn't filled by fall, Mention said the complex could be open to UO and Northwest Christian University students.

The housing complex will offer Wi-Fi and landline phones in 75 furnished apartments: 15 studio units; five two-bedroom, one-bathroom units; and 55 four-bedroom, two-bathroom units.

The complex is located next to the new downtown campus, which will provide "instructional and service programs" and is intended help "revitalize" downtown Eugene, LCC President Mary Spilde said.

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The Torch strives to make people think, laugh and do better through balanced and engaging content. It's a training ground for student journalists and a public forum for the community.

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

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Lectures boost understanding, empathy

Learning is what you make it, and while the classroom is often seen as the epitome for learning in college, LCC provides a wide array of learning opportunities outside of the classroom too.

Students, faculty, staff and community members have opportunities to expand their education through events held in the Longhouse like the 'weaving words project,' which taught Coast Salish weaving to connect the community with culture; the Peace Symposium; and the upcoming Indigenous Storytelling Presentation on April 6.

This year, people took part in workshops held by healthcare professionals, faculty technology specialists and students with disabilities advocates. They were taught to protect themselves

in a self-defense class led by Public Safety. They listened to guest lectures by African-American and Islamic speakers, taking part in discussions to disarm prejudices.

In particular, the Speakers on Islam series has shed true light on Islamic faith. By examining social, cultural and political aspects of religion to overcome the fear ignorance can cause, we are on our way to a more understanding, diverse college community.

Of course, diversity does not apply exclusively to religion. This month, a lecture was held to discuss students with disabilities and how faculty can address their needs in the classroom. The first part of this lecture dealt with autism, one of

the most misunderstood disorders.

Through lectures like these, mystery and misconception can be turned into understanding and empathy, making them the perfect learning opportunities. And if the college is rising to the occasion to provide these chances, everyone on campus needs to meet that with attendance, ideas and openness.

We are all here to learn — students, faculty and administrators alike. More importantly, we are all people.

The Torch commends LCC for holding such interesting, important lectures and hopes that they will continue to broaden our spectrum of education.



A suggested plan to tackle any term paper in a day

After seven years of instruction on essay writing as a student, a number of constructive conversations with fellow students and studious analysis of several literary articles, I think I've nailed down the process for proper paper writing.

To hit the target, it takes tact and precise planning, especially when working within a limited timeframe. Here is how I construct a quality paper in a day.

Every course, and every paper, has a purpose. Consider what the class you're taking is trying to communicate to students. It's likely your term paper will be judged as a measure of your consideration and comprehension of the course materials. Look at the course outline on your syllabus. In this context, how does the question you're answering contribute to these learning objectives?

Now it's time to catch up. If you're writing your paper on deadline, it's likely you missed some reading assignments that are probably pertinent to your paper. Try using resources like CliffsNotes or SparkNotes if you don't have enough time to actually read the material. Give yourself an hour or two at most to do this.

Construct a chaos map. An art major friend showed this to me. You take a blank piece of paper and quickly jot down all of the key concepts that interest you with no order as to relevance. When it's complete, play connect-the-dots to tie concepts together. Then number them by relevance to the question you want to answer. The reason this works is because a paper that

doesn't interest you is crafted at a slower pace. It also gives you a trail of thoughts to reflect on if you lose focus. This should take no more than 30 minutes.

Develop a thesis.

You may not have done all the research, but you know what you want to write about. Crafting a thesis first keeps your research and writing on topic. This should clearly state your argument and include specifics about how you will support it. This should be an opinion, not a fact, and it should be concluded from your perceptions of the course materials and not personal experience because this is a test of your comprehension, not your personal beliefs. Give yourself 30 minutes for this. Don't forget you can revise this if need be.

Unwind your mind before you begin to brainstorm support for your thesis.

This does not mean smoke a bowl or grab a beer, this means getting food or refreshments and maybe putting on some relaxing music, preferably instrumental (because you can't actually multitask as well as you think, and lyrics can be distracting).

Support your point and strategize.

When you're feeling confident, refer to your chaos map and consider which concepts best support your thesis. Then create a more detailed and structured outline. There are plenty of examples

LANE'S LESSONS LEARNED



BY KINZLEY PHILLIPS
Editor-in-Chief

of outlines available online. A good rule is to have three pieces of evidence that conclusively support your thesis and one criticism and corresponding defense. To keep your paper concise, eliminate any irrelevant information that detracts from the point you're trying to prove. To keep from rambling or wasting research time, it's best to axe these ideas before you start constructing your paper. Try to limit yourself to two hours or less on this, but don't cut yourself short because this is an integral step.

Revive yourself with research.

If you're beginning to tire of your topic, take up investigating your most interesting point first, then rally your inner reporter to resource information online, in your texts and through your library's reference catalog. Paste important information under its corresponding header in your outline, remember to cite reliable sources and reaffirm that your research contributes to the purpose of your paper and learning objectives set out by your instructor. Don't waste your time reading an entire article if it isn't essential to your point. Hunt for key facts and rely on reputable resources rather than the first three that pop up on Google. This is the place most people waste the most time; try to keep it two hours tops.

Write your paper. You know what

you're writing about. You have a thesis and supporting information organized in your outline. Now, you just need to convey it clearly for your instructor. Craft a clever introduction. Catch the reader's attention and try to take a stance in the first sentence. Write as if your instructor was sitting next to you. Your thesis should fit in as your third sentence in your first paragraph. Then place a supporting quote.

Next, write a summary paragraph of your supporting evidence in the order you will present it. Explicate on each piece of evidence and cite support for it using one to three paragraphs per example explaining your idea, bringing it full circle. Then introduce your criticism and fortify your claims. To do this, make a new point or briefly restate your support. An instructor once told me if you think you're repeating yourself too much, you probably are not.

Finally, restate your thesis incorporating the evidence you already explained to bring your paper to a confident and comfortable close. Give yourself four hours to craft your paper.

After a brief break to refocus by making your bibliography, online generators can help you structure it in the required style. Then come back and revise your paper. Omit erroneous information and confusing sentence clauses, then check for spelling and grammar mistakes.

Now congratulate yourself. You completed a term paper in a day. That's like the academic decathlon of college cramming.

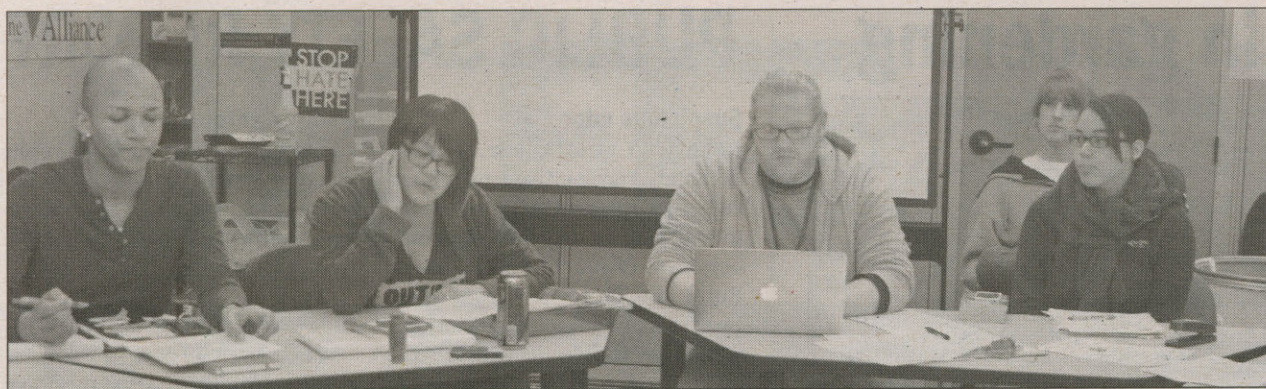


PHOTO BY ANAIS DURET FOR THE TORCH

At its March 14 meeting, the Senate ratified the Electronics and Technology Clubs and approved \$2,000 in funds requests.

ASLCC

Club, funds requests approved

Senate appoints three to Student Finance Board.

BY JOE HANNAN
Reporter

The ASLCC ratified a new club at its March 14 meeting, reviewed a draft the fiscal budget for 2012 and approved \$2,000 in funds requests.

The Electronics and Technology Club has 12 members and meets every Wednesday from 4 p.m. to 6 p.m. in Building 15, Room 208. Representatives said the club's aim is to enhance student understanding of technology.

Senate Treasurer Tracy Weimer brought a draft of the 2013 ASLCC Fiscal Budget to the Senate's attention. A Senate committee needs to be formed to revise the draft. Sen. LynDel Simmons said she would be on the committee for review.

A petition was signed by ASLCC and gallery members to show support for a bicycle path to LCC. However, there is no plan to make a bicycle path or commuter trail to LCC. The BikeLane project hopes to work with city and county offi-

cials to create a separate commuter trail for bicycles and foot traffic away from the 30th avenue roadway.

According to a letter that will be attached to the petition, adding a commuter trail is consistent with LCC's dedication to green alternatives.

The Vote or Vote Campaign, sponsored by the OSA and OCCSA in conjunction with ASLCC, will hold a voter registration drive at the beginning of spring term. In previous years, LCC has registered 4,000 people to vote at these drives. This upcoming term LCC expects to register 5,000 people to vote. Applications to help with the campaign will be available in the ASLCC office.

A \$1,000 funds request for the Gender Sexuality Alliance was approved. GSA will use the funds to promote the National Day of Silence on April 20, a day to cast light on the harassment endured by LGBTQ community. The GSA will hold events throughout the week to educate students about the day of silence. The funds will go to help promotion for the

event, purchasing of T-shirts and promotional supplies.

"I'm excited to get involved and help out," said student Kevin Warren, who was confirmed by the Senate to the Student Finance Board. The other student at large confirmed was Mathew Ray. ASLCC also confirmed Sen. Corinne Mooney to the SFB.

Lane Family Day's \$1,000 funds request was approved unanimously by ASLCC.

Phi Theta Kappa member Mathew Ray had an individual funds request of \$993.70 to go to a national meeting for the group. The Senate rejected the request, 2-4-3.

Four executive positions, 10 senator positions and four SFB member positions will be open for spring elections. Applications are open to any LCC student who has a 2.5 GPA and is enrolled in six credits. Spring elections will begin on April 30 and end May 3. The deadline for candidate applications is April 13 by noon.

Lecture examines Cherokee heritage

Attendees to learn how to trace lineage.

BY MATT MACARI
Reporter

The Tsa-La-Gi Willamette Cherokee Nation will be hosting a presentation entitled "The Path to Cherokee Nation Citizenship" in LCC Longhouse Saturday, March 17, from noon to 3 p.m.

The lecture will examine genealogy and reach out to those who are unaware of the benefits of Cherokee Nation citizenship. Willamette Tsa-La-Gi Community chairperson Gifford Tallmadge said the lecture aims to help those in search of their roots.

Fay Fowler, member of the Cherokee Nation and chairperson of the genealogy committee, will speak about Cherokee citizenship and give tips on tracing lineage.

"(Fowler) is just amazing," said Tallmadge.

"To be a citizen (of the Cherokee Nation), one must have a relative on the Dawes Rolls," Tallmadge said.

The Dawes Rolls were created by the Dawes Commission in 1893 and closed in 1907. The Dawes Rolls is a list of individuals that enrolled for membership to five civil tribes. The tribes include Cherokee, Chickasaw, Choctaw, Creek and Seminole.

Tallmadge, whose grandmother was on the Dawes Rolls, hopes the lecture will provide individuals with information about their history and heritage.

Tallmadge said a primary benefit of becoming a citizen is being able to partake in aspects of Cherokee Nation life, be it social, political or cultural, and also to be a member of a recognized tribe.

Donna Koechig, LCC's executive director of diversity, said other benefits of membership include scholarship opportunities.

The WTC is a nonprofit organization under the Cherokee Nation. Along with the upcoming lecture, the WTC has monthly meetings and monthly presentations at the Longhouse.

Last month, the WTC held a presentation on making moccasins. In June, the WTC will host the chief of the Cherokee Nation, Bill John Baker, from Oklahoma.

The WTC is continuously enacting projects and offers language courses for members, Tallmadge said.

"We were the first Native American community to have a written language, and we are proud of that," he said.

Additional information about the WTC and upcoming events can be found at <http://willamette.cherokee.org>.



TitanStore

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Sell Your Books During Finals Week at Your Titan Store at Lane CC

Center Building, 2nd Floor Lobby

March 19 -23, 2012

Monday - Thursday: 7:30 am - 5:30 pm

Friday: 7:30 am - 4:30 pm

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wholesale for other books, subject to demand.

www.titanstore.lanecce.edu

The Associated Students of Lane Community College

MECHA de LCC POTLUCK "Celebrating Chicana History"

Everyone is welcomed!

March 16th

1-3pm Building 17 Room 307

Guest Speaker Jill Torres, A graduate from the U of O

Free event donations welcomed

VOTE SUMMIT!!!

APRIL 7th

Come and learn how and why it's important to VOTE!!

8am-6pm LCC LongHouse

Registration forms are in Building 1/Room 210

Registration forms are due March 30th!!!

2012 LANESTOCK

Interested in participating?

Applications are available for the following:

-Stage Manager -Music Selection committee -Volunteer Coordinator

Come pick up an application in bldg 1/Rm 206!!

ASLCC SENATE MEETINGS

Every Wednesday @ 3:30pm Building 3/ Boardroom

ASLCC COUNCIL OF CLUBS MEETINGS

Every Tuesday @ 2:30pm Building 1/R00m 206

ASLCC Offices | Building 1 | Room 210

ASLCC President's Office | Building 1 | Room 210A

OSA Office | Building 1 | Room 206A

Multicultural Center | Building 1 | Room 201

Student Resource Center | Building 1 | Room 206

Fair to grow interest in gardening

Daylong workshop returns to LCC.

BY KELLY POWELL
Copy Editor

Arriving on the heels of the spring solstice and a late-winter snowstorm, LCC's Propagation Fair is returning for another year on Saturday, March 24 in the Center Building cafeteria.

For the fair, people are encouraged to bring their own clearly labeled cuttings of various fruits and plants to share with other enthusiasts. People are also welcome to bring fresh seed plants, native plants and other garden plants.

Brendan Lynch, who was involved in creating the first Propagation Fair, said the fair has grown each year since it moved to LCC from UO three years ago.

"We decided to move to LCC because it was a lot more accessible for people and we wanted to tie in a student group to the fair," Lynch said.

Throughout the day, expert gardeners will offer presentations and gardening education workshops, offering advice and gardening knowledge and expertise.

The Propagation Fair provides support, resources and information to gardening and native-plant experts and enthusiasts, home orchardists and vegetable gardeners. The fair is unique in that it highlights the array of vegetation and produce that has adapted to flourish in the southern Willamette Valley.

"The Propagation Fair began as a 'seed swap,' providing an inexpensive way for people to get tree cuttings called 'scions' to graft onto a rootstock to create a tree of their own," said instructor Jennifer Salzman, a former specialist at the LCC Learning Garden.

Lynch said they visit local orchards and nurseries to collect the scions.

"We are lucky enough to have some people here in the valley who like to be involved, and nurseries only have



PHOTO BY LEAH AVERETT FOR THE TORCH

The LCC Learning Garden during fall harvest. Rosie Sweetman, the Learning Garden's former manager, will participate in LCC's Propagation Fair on March 24.

a limited supply. People can take any variety and put on to root stock to make it the size you want and kind of create their own tree," he said.

For those who are interested in vegetable gardening and want to contribute, Lynch said wintergreens like broccoli, chard, and culinary and medicinal herbs, and live plants that can be divided like berries and ornamental plants such as iris are best. Contributors need to label these and store them well.

Rosie Sweetman, who formerly managed LCC's Learning Garden, has attended the fair every year it has been held at LCC.

"It's been really exciting because a big portion of the community comes out. It's a different kind of fair because there's nothing being sold or pushed. It's very at ease. You can get a scion to graft or you can have someone do it for you there. You can choose from hundreds of varieties that are there," she said.

Sweetman said there are a lot of disease-resistant varieties available, "Some people want to grow their food organically and not have to spray," she said.

Everyone is welcome, Sweetman said, and attendees don't need to contribute to take part in the event.

"There will be a seed swap and even if you don't have any, you can still get some and grow them out and bring seeds for next year," she said.

PROPAGATION FAIR

When: Saturday, March 24, from 11:30 a.m. to 5 p.m.

Where: Center Building cafeteria.

11:30 a.m. to 12:30 p.m.: Weeds as allies: A discussion of the ways we make friends with weeds around our gardens.

12:30 p.m. to 1:30 p.m.: Locally adapted vegetables: What are they and why do they work so well?

1:30 p.m. to 2:30 p.m.: Basic mushroom growing: Techniques used to raise fungus in the garden.

2:30 p.m. to 3:30 p.m.: Incorporating native plants into food gardens: Why and how?

3:30 p.m. to 5 p.m.: Social permaculture: Growing foods with your neighbors.

WINTER TERM FINALS SCHEDULE | MARCH 19–23

First day of class is Monday, Wednesday or Friday

Class start time	Exam day	Exam time
7 a.m. or 7:30 a.m.	Friday, March 23	7 a.m. to 8:50 a.m.
8 a.m. or 8:30 a.m.	Monday, March 19	8 a.m. to 9:50 a.m.
9 a.m. or 9:30 a.m.	Wednesday, March 21	8 to 9:50 a.m.
10 a.m. or 10:30 a.m.	Monday, March 19	10 a.m. to 11:50 a.m.
11 a.m. or 11:30 a.m.	Wednesday, March 21	10 a.m. to 11:50 a.m.
Noon or 12:30 p.m.	Monday, March 19	Noon to 1:50 p.m.
1 p.m. or 1:30 p.m.	Wednesday, March 21	Noon to 1:50 p.m.
2 p.m. or 2:30 p.m.	Monday, March 19	2 p.m. to 3:50 p.m.
3 p.m. or 3:30 p.m.	Wednesday, March 21	2 p.m. to 3:50 p.m.
4 p.m. or 4:30 p.m.	Monday, March 19	4 p.m. to 5:50 p.m.
5 p.m.	Wednesday, March 21	4 p.m. to 5:50 p.m.

First day of class is Tuesday or Thursday

Class start time	Exam day	Exam time
7 a.m. or 7:30 a.m.	Friday, March 23	9 a.m. to 10:50 a.m.
8 a.m. or 8:30 a.m.	Tuesday, March 20	8 a.m. to 9:50 a.m.
9 a.m. or 9:30 a.m.	Thursday, March 22	8 a.m. to 9:50 a.m.
10 a.m. or 10:30 a.m.	Tuesday, March 20	10 a.m. to 11:50 a.m.
11 a.m. or 11:30 a.m.	Thursday, March 22	10 a.m. to 11:50 a.m.
Noon or 12:30 p.m.	Tuesday, March 20	Noon to 1:50 p.m.
1 p.m. or 1:30 p.m.	Thursday, March 22	Noon to 1:50 p.m.
2 p.m. or 2:30 p.m.	Tuesday, March 20	2 p.m. to 3:50 p.m.
3 p.m. or 3:30 p.m.	Thursday, March 22	2 p.m. to 3:50 p.m.
4 p.m. or 4:30 p.m.	Tuesday, March 20	4 p.m. to 5:50 p.m.
5 p.m.	Thursday, March 22	4 p.m. to 5:50 p.m.

Evening and weekend classes: Examinations scheduled during regular class times. This schedule does not apply to Downtown Business Education Center classes.

PUBLIC SAFETY REPORT

Suspicious odor

March 14 at 11:06 a.m. — Public Safety received several phone calls reporting the odor of smoke in Building 11. Public Safety officers were dispatched and Goshen Rural Fire Protection responded. Public Safety secured and evacuated the building, which LCC Facilities and Management Planning jointly inspected with Goshen firefighters. Goshen attributed the odor to smoke carried by the wind from a kiln used in Building 10 through the ventilation in Building 11. All parties agreed the building was safe.

Fraud

March 13 at 11:23 a.m. — A woman stated that she went to use a computer in Building 1 to renew her husband's United States Permanent Resident Card. A student offered to assist her and she allegedly became a victim of fraud. No further details were available.

Medical assistance

March 13 at 2:30 p.m. — Public Safety responded to a call for a man who slipped and fell in Lot A. The Health Clinic then arrived and wrapped the man's ankle. The man was taken to a hospital.

Graffiti

March 10 at 10:18 a.m. — Graffiti was found on the southeast corner of the Small Business Development Center at 1445 Willamette St.

Suspicious conditions

March 10 at 10:37 a.m. — An instructor and his wife were in his Winnebago parked beside the Wildish Building. At 3 a.m., someone pounded on the door of the vehicle, but the instructor did not let him or her in. The individual then began trying to enter the Small Business Development Center. The instructor called 911 and the Eugene Police Department responded.

Parking enforcement

March 7 at 8:25 a.m. — Public Safety received a report of traffic being backed up from Gonyea Road to 30th Avenue due to an event at the Center for Meeting and Learning.

Smoking violation

March 7 at 1:50 p.m. — Two people were found smoking outside a vehicle in Lot N. Public Safety issued a verbal warning to both individuals.

Disabled vehicle

March 7 at 3:32 p.m. — Public Safety received a report of a disabled vehicle on Eldon Schafer Drive by Lot C and provided assistance.

Harassment

March 6 at 12:30 p.m. — Public Safety received a report of harassment in the cafeteria.

Suspicious conditions

March 6 at 12:38 p.m. — Public Safety received a report of a male between 30 and 50 years old in Lot B acting suspiciously while getting in and out of a vehicle. The man, who wore a white T-shirt, left prior to Public Safety's arrival.

Disabled vehicle

March 6 at 1:08 p.m. — A four-door Dodge Dynasty was disabled in Lot N, where it occupied two spaces.

Medical emergency

March 6 at 1:32 p.m. — Public Safety responded to a medical emergency in Building 5. The patient declined EMT assistance and was escorted to the Student Health Center.

Unsecured vehicle

March 6 at 11:22 p.m. — Public Safety found a vehicle in Lot L with its driver-side door open and the keys left inside. Public Safety secured the vehicle and brought the keys back to the office.

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the SOUND of WINTER



Director Ron Bertucci leads LCC's Symphonic Band in a rendition of Samuel Barber's "Commando March" during a free concert on March 14..

PHOTO BY TURNER MAXWELL FOR THE TORCH



Left: Trumpet player Brian Lockrem (front) and tenor saxophonist Josh Soran plays Thad Jones's "Big Dipper" at the LCC Jazz Ensemble's March 16 show. Right: Three accompanying trumpet players supported the featured musicians at the performance.



PHOTOS BY ANAIS DURET FOR THE TORCH

THE FAD DIET



BY SEAN HANSON
Production Manager

Producers need an intervention

Thanks to Netflix's exhaustive library of reality television, I've found a new addiction: *Intervention*. For the uninitiated, *Intervention* is a game show that allows the viewer at home to guess at a drug addict's fate. Will he go to rehab? Will he relapse? Will he drunkenly stumble through and shatter Door No. 3? I'm sure most people watch *Intervention* for the salacious details — that's certainly a valid reason — but I recently had an epiphany: The behavior of addicts is actually less entertaining than the inconsistent code by which *Intervention's* producers abide.

Week after week, *Intervention* manages to condense a single subject's battle with his or her drug of choice into a 44-minute episode with a strict three-act structure: addict bottoms out, addict gets an ultimatum from friends and relatives, addict gets clean ... or doesn't.

By reducing addiction to a formula and treating vices and messy family histories as variables, the producers invite some serious criticism regarding their sincerity, no matter how many somber guitar riffs solemnify the soundtrack.

Most troubling of all are executive producer Sam Mettler's claims of objectivity. *Intervention* may be a lot of things — a means by which viewers can find satisfaction in addicts' misfortune, solid background noise for getting homework done — but objective it is not.

"This is their life with me or without me," Mettler told *The New York Times* in 2007.

Frequently, subjects are seen bragging about their abuse of drugs or the depraved things they do to acquire them — most famously in the episode about Allison, who achieved YouTube celebrity by extolling the virtues of inhalant abuse ("It's like I'm walking on sunshine!") between drawing king-sized hits from a can of computer duster.

This is a perfect illustration of the observer effect, which is a fancy way of saying that if Allison knows she's participating in reality television, she's no longer behaving realistically.

Allison's clearly playing it up for the camera, so it seems naïve for Mettler to invoke the impartial-observer defense. As psychologists and journalists know, try as we might, we can never be impartial, and neither can our subjects.

That's precisely why psychologists construct double-blind experiments and why journalists strive to maintain their distance from sources: to eliminate the kind of grandstanding in which *Intervention* revels.

Every aspect of *Intervention* — from the commercial-break cliffhangers to MTV-style introductions that hint at the drama to come — flies in the face of objectivity.

It's meant to be entertaining, and it's meant to keep you guessing. Any claims Mettler makes to the contrary only serve to distance *Intervention* from the truth: Watching drug addicts hit bottom keeps the dead-week doldrums at bay.

MUSIC STUDENT Q&A | ANDREW MARICLE

BY KYLE WEBB
Reporter

First-year music education student Andrew Maricle plays in both the Jazz Ensemble and Symphonic Orchestra.

Q: What got you started in music?

A: My whole family is quite musical. Some play instruments, my dad directs a choir — it only seemed natural for me.

Q: What instruments do you play and why?

A: I play the flute in (Symphonic Orchestra) and trombone in (Jazz Ensemble). I chose the flute because I tried it first, and it made a noise right away. Going into music education, I wanted know a variety of instruments. That's where the trombone came in.

Q: Who is the most influential musician to you?

A: I really like Handel and Bach. I like that Baroque style, but that's

just my personal preference.

Q: What is it like to perform?

A: It is fun to show people what I've been working on and to bring happiness. There is no point in music with the happiness factor.

Q: How do you prepare for a performance?

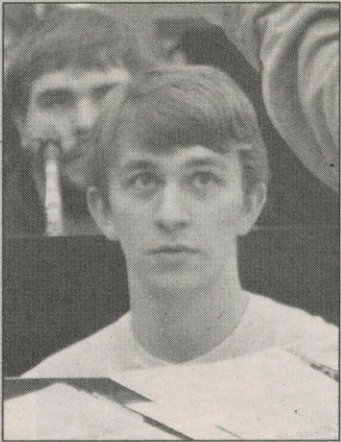
A: I don't think about it. I do it because I have to. As far as nerves go, I tell myself "it's OK to make mistakes," and then I usually don't — kind of reverse psychology in a way.

Q: What kind of physical demands do you go through to be able to play?

A: It's quite "go, go, go." We practice daily to develop skills (like circular breathing) and our ability to play.

Q: Where do you hope to be in 10 years?

A: Teaching in a public school somewhere — probably middle or high school. Teaching at the college level would be ideal,




Andrew Maricle
First-year music student

but I already work with middle school students. It's nice to take kids from nothing to something: "Look, you've learned eight notes already."

Q: What keeps you interested in music?

A: It is a whole lot of fun to hear and watch. I especially enjoy helping — hence, the music education degree.

WOW



HALL

All Ages
All the Time

3/15

William Fitzsimmons

3/16

Floater

3/17

Robert Schwrtsman
The Relationship

3/18

Seun Kuti & The Egypt 80

3/29

Emancipator

3/31

Eligh & Amp Live

4/3

Boot Camp Clik

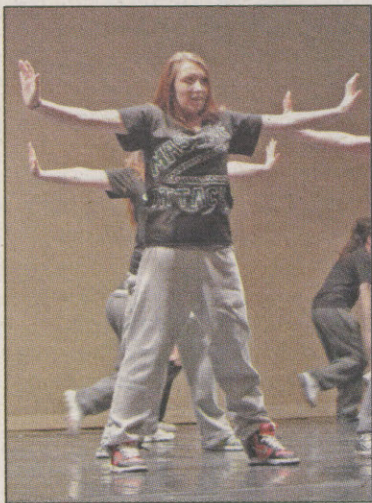
8th & Lincoln - 687 2746

www.wowhall.org

www.myspace.com/wowhalleugene

www.facebook.com/theWOWhall

the FINAL DANCE



LCC's dance classes culminated in the March 13 Dance Open Show, in which each of the 17 classes contributed one or more performances. **Top:** Hip-hop dancers completed their look with neon-colored tops. **Left:** The dancers in the second hip-hop group incorporated many different styles to create an edgy performance. **Right:** Swing dancers picked a jazzy tune for their '50s-style piece.

PHOTOS BY REBEKAH SAPP FOR THE TORCH

the MAKEUP TEST



In instructor Mari Dewitt's stage makeup class, students learn the fine art of transformation. Next term, Dewitt — who created the costumes for Student Productions Association's upcoming production of Twelfth Night — will offer introduction to costuming for the first time. **Top:** Corey Woods (right) captures an image of classmate Mallory Brown. **Right:** Student Dawn Brannan shows off her finished makeup. **Bottom right:** A polka-dot makeup case sits open amidst the makeup, props and application tools used heavily in the stage makeup class. **Bottom left:** Student Taylor Graham puts the finishing touches on her makeup during a fantasy-themed class.



NEW TITANS HIT DIAMOND



PHOTO BY EUGENE JOHNSON FOR THE TORCH

The Titans team captains lead their players through stretches before practice. Lane beat Linfield, 3-1 and 2-1, on March 4; split a double-header with Yakima, 9-2 and 3-6, on March 10; and reigned victorious over George Fox, 3-1 and 8-4, on March 17. The Titans will play Bellevue at Tacoma, Wash., on March 24. "Our whole philosophy is to get gritty-grindy players to buy into that dirtbag attitude," Titans head coach Josh Blunt said.

BASEBALL

Lane slides into spring

Titans off to strong start with two wins.

BY RYAN KOSTECKA
Senior Reporter

This spring, the Titans will be as new to the program as their uniforms when they take to the field with hopes of reaching the Northwest Athletic Association of Community Colleges championship tournament at the end of the year.

"My prediction for the team is we come to play day in and day out and compete for one of the two (playoffs) spots in the Southern Region," said Titans assistant coach Jeff Lyle, the only returning coach from last year's staff.

Donning new pinstripe uniforms, the Titans hope its freshmen-laden team can grow up quick and help the core group of returning sophomores.

"More or less, we'll be starting around eight freshmen every day, which will be difficult," Titans head coach Josh Blunt said. "For us to be successful, some of those freshmen are going to have to mature and help out our sophomores."

Blunt is in his first year of coaching the Titans, coming from West Valley Community College in Saratoga, Calif., where he led the Vikings to a 167-75 record during his tenure and No. 7 national ranking at the end of the 2008 season.

He will be employing a 'small-ball' type philosophy at Lane, where he hopes to run a lot and have the players get down and dirty to win.

"Our whole philosophy is to get gritty-grindy players to buy into that dirtbag attitude," Blunt said. "The will is more important than the skill, and ultimately we hope to have players coaching players to get everyone on the same page."

After coming off a very successful season last year, in which the Titans finished second in the Southern Region and fourth out of the 33 NWAACC baseball teams, hopes are high once again.

"Yeah, the expectations are definitely higher than last year," pitcher Jordan Van Engers said.

The Titans, returning only four players from last year's team, will be led by their trio of returning sophomore pitchers: Dawson Phinney, Zach Kayser and Van Engers.

Phinney is returning after going 4-1 last year

in 42.33 innings pitched with a 1.98 ERA. Kayser threw 27.67 innings with a 1.52 ERA.

"Phinney is probably our most consistent, bulldog pitcher at this point," Blunt said. "His will is more than his skill at times and that's what you love about him."

Lane will see Van Engers as the ace of the staff and call upon him to have a big year if the Titans are going to be competitive and successful.

"For us to be successful, Jordan is going to have to be good," Blunt said. "He's going to have to give us significant, quality innings ... he's going to have to give us the opportunity to win every time he's on the mound."

Apart from the pitching, the Titans only return one sophomore player, outfielder Elliot Sherrell.

Sherrell batted .200 last year while second on the team with two home runs and an on-base percentage of .310.

Lane will have to rely heavily on the bats of many of their freshman, particularly centerfielder Spencer Smith and second baseman Shaun Boehm.

Smith, from Tigard High School, will be batting in the leadoff spot.

"Smith is a super, super mature player. His game gets better every single day because he works so hard at it," Blunt said. "He's a super athlete."

Boehm, from North Eugene High School, will be batting second in the lineup.

"Boehm has a chance to be a pretty special player for us," Blunt said. "He's probably our most productive hitter day in and day out for us so far."

The Titans spend most of their practices working on bunting and base running because they are going to have to be a grind-it-out group in order to be successful, which will ultimately lead them to their goals.

"A legitimate goal is to put ourselves in a position to play in the NWAACCs," Blunt said.

The Titans' season is under way, starting 2-0 after beating Linfield College JV twice on March 4 in McMinnville.

Lane beat the Wildcats 3-1 in the first game and then capped off the day with a 2-1 victory.

Van Engers and Phinney both got the wins on

the mound while Kayser earned the save in both games. Freshman Alex Cornwell and Boehm combined to go 6-for-11 on the day with four RBIs while Sherrell chipped in with a 3-for-7 day.

"We have to work on driving guys in with runners in scoring position, but overall (the Lane coaching staff is) pretty happy with things," Lyle said.

The Titans have a very tough preseason ahead of them. Lane will face five teams from the NWAACCs, who all made it to last year's championship tournament. They will also be playing Concordia University, of the National Association of Intercollegiate Athletics, and George Fox University, the reigning champions of the Northwest Conference in Division 3.

The Titans are hoping to develop a lot of team chemistry and find their team identity throughout the preseason.

"Hopefully, we will find out which guys are role players and which guys are chemistry players," Blunt said. "Hopefully, we can find out which guys are practice players and which guys are game players, and that's something you don't find out until you actually start playing."

"For the preseason I'd say it's just about coming together as a team and learning together ... getting our younger pitchers innings for experience later on down the road," Van Engers said.

After the tough preseason slate, Lane will open Southern Region play against Chemeketa on March 31 at 1 p.m. Each Southern Region game will be a double-header beginning at 1 p.m., depending on the weather.

"I expect us to compete every day — every pitch — and play team baseball the Titans way," Lyle said.

Mt. Hood is predicted to win the Southern Region while Lane is predicted to finish second. The Titans received two votes in the preseason overall rankings of the NWAACCs, placing them No. 10 out of the 33 teams.

"Ultimately, with all these freshmen, I want them to have that mentality of dirtbags who play for each other, play for chemistry and dictate how the game will be won or lost," Blunt said.

TRACK AND FIELD

Titans ready to run against state competitors

Lane hopes for NWAACCs play and region title.

BY LINDSEY KIDWELL
Reporter

As cold weather turns to warm, and lifeless plants turn into beautiful blooming gardens, track and field begins.

The Lane Titans track and field teams began the 2012 season hosting the Lane Preview on March 9 and 10 at Titans Track. Some Titans competed unattached as they work their way to eligibility to suit up and compete in qualifying meets.

Highlights of the meet included the men's 200-meter and 400-meter dashes. Former three-sport UO athlete Jordan Kent competed unattached. Freshman Trev'onn Robinson gave Kent a run for his money in both events. Kent won both races with a time of 22.13 in the 200 and a time of 48.69 in the 400. Robinson finished the 200 in third place with a time of 22.84 and second in the 400 with a time of 49.77.

"They were in awe," Sprints Assistant Coach Sean Cohen said of competing with Kent. "Which they should be. He hauls ass around the track. I think (Robinson) really enjoyed competing against someone who is that much better."

With so many new athletes, and some returning, the track and field team hopes to make another strong run at winning the Southern Region title.

On the women's side, Lane is depending on freshman sprinter Allie Church, sophomore distance runner Gylany Crossman and sophomore middle-distance runner Rachel Jensen. Church is from Wilsonville and was a two-time state champion in high school. Crossman is a distance runner who won the Southern Region last year and claimed her title as an All-American. Jensen is an All-

American runner as well.

Jensen won the Southern Region title in the 800-meter with a time of 2:21.20. She also won the 1500 with a time of 4:46.86. Jensen finished second at NWAACCs in the 800 with a time of 2:19.13. She also finished second in the 1500 with a time of 4:44.74.

On the watch list for men are the Titans' sophomore decathlete David Formolo, freshman middle-distance runner Elias Gedyon, freshman sprinter Branden Helms and freshman thrower Will Kunkle.

Formolo finished in second place in the Southern Region last year.

Gedyon is from Los Angeles and was one of the top recruits in the nation.

Helms, from Portland, specializes in sprints.

Kunkle, from Medford, leads the team in throwing this season.

Seeing much success in high school, Gedyon recently made the move to Eugene. Elias comes to Lane as a three-time California Interscholastic Federation Cross Country State Champion, as well as a two-time CIF Track State Champion at Loyola High School in Los Angeles. This past summer, he had a runner-up finish in the 1500-meter at the USA Track & Field National Junior Championships. He has PRs of 1:51.91 in the 800, 3:47.65 in the 1500, 4:02.08 in the mile, 8:50 in the 2-mile and 14:52 in the 5000-meter.

With many athletes to watch and many aspiring athletes working hard paying their dues, the Titans will be a young but threatening team, said Titans head coach Grady O'Connor.

"We are defending the 2011 men's and women's regional title, and at NWAACCs, we are hoping to win," O'Connor said.



PHOTO BY EUGENE JOHNSON FOR THE TORCH

Titans runner Gylany Crossman (middle) took sixth place in the 3,000-meter with a time of 9 minutes, 55.8 seconds. Oregon Track Club runner Sally Kipyego won with a time of 8:53.83.

Former track star moves from athlete to coach

Sean Cohen rebounds from an injury to help lead a new team.

BY JON FUCCILLO
Sports Editor

LCC assistant track and field coach Sean Cohen brings a new dynamic to the sport.

Just last year, Cohen, 32, was competing for the Titans after enrolling at LCC for winter term. It was his first time in uniform in 12 years since graduating from Redmond High School in 1998. But a freak accident in early April ended that dream.

Cohen was training for the Oregon Decathlon, practicing his normal routine in the hurdles, when he felt severe pain in his left foot. He said it felt like he dislocated a toe while going over the second hurdle.

"Went over the third hurdle and felt it again," Cohen said. "So I stopped and went to walk and couldn't walk on my left foot."

Little did doctors know, Cohen had suffered a Lisfranc dislocation in his left foot. Lisfranc joint injuries are rare, complex and often misdiagnosed. Symptoms include pain, swelling and the inability to bear weight.

Doctors were surprised by the injury, which is more commonly football-related.

After five MRIs and three CT scans, doctors decided to place two screws in Cohen's left foot for five months. He was then in a boot for two months after they surgically removed the screws.

Today, Cohen carries those screws in his

pocket as a reminder of what could have been and all that he has overcome.

"I had never been injured in my life until this," Cohen said. "That was the end of that season real quick."

Cohen was at a loss for words. He had been reunited with his love — track and field. As quick as he fell back in love with the sport, track was taken away from him even quicker.

Titans head coach Grady O'Connor said it was a big hit for the team losing Cohen to injury last season.

"He proved to me and the team that he (was) a pretty good athlete," O'Connor said. "He was our top high-jumper last year going into the season."

"(We were) certainly bummed last year when he had the injury. He was going to have an impact on our squad," O'Connor said.

In O'Connor's eyes, Cohen had more than just athletic ability. He had maturity and enough experience to lend his wisdom to others. O'Connor decided to offer Cohen a job as an assistant coach this season.

"He told me, 'I would love to have you come back here and help me,'" Cohen said. "I had a good relationship with the (athletes) and they respected me. They heard what I had to say."

"He brings a maturity," O'Connor said. "I wanted to utilize his knowledge (and)

his natural coaching ability. I don't know what I would do without him."

Cohen said he misses the uniform and competing alongside the other athletes. But he has embraced his new role as an assistant coach.

He said the itch is still there to compete because he's competitive by nature.

"It's frustrating," Cohen said. "My wife and I can't play Wii anymore because she beats me and I'm so competitive."

"I know he still has the competitive fire in him," O'Connor said.

But Cohen is also happy to help his athletes succeed.

"Seeing them do well is a great reward," he said.

Cohen, like many students, has a busy home life as well. He has a wife, Willow, and two daughters: Olivia, 8, and Selah, 2.

Cohen plans on enrolling into the paramedic program at LCC in spring term.

For the 10 years prior to his return to college, Cohen was in the sales business. He said he needed a new outlet and that his family supported him along the way.

"It has had its challenges," Cohen said. "Loss of income and different kinds of stress now."

Overall, he is pleased with his decision to be back in college and chasing a dream of his to enter the paramedic field.

"I'm going to be happy in the mornings," Cohen said.

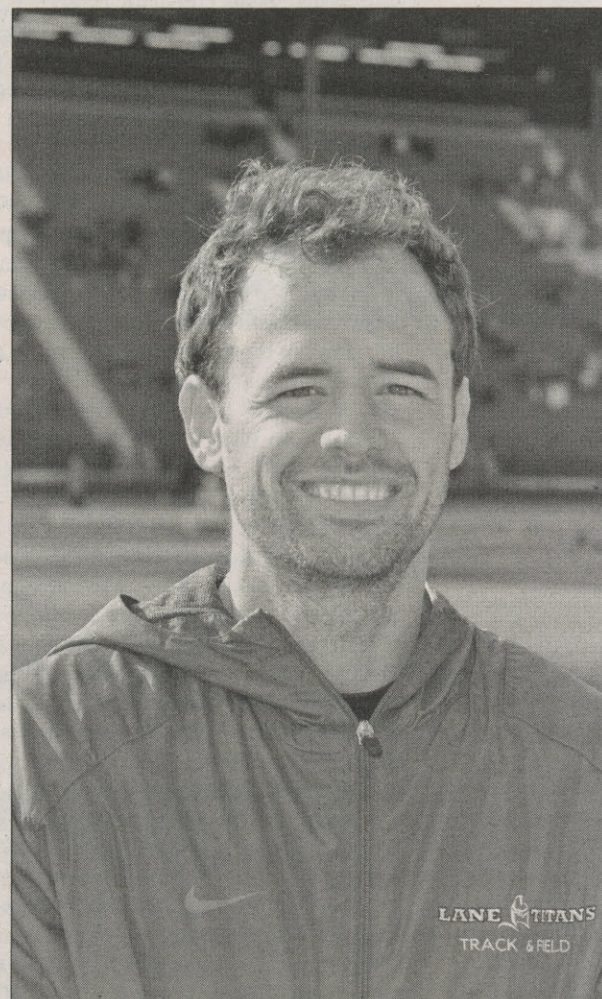


PHOTO BY EUGENE JOHNSON FOR THE TORCH

Titans assistant track coach Sean Cohen helped guide the team at the Oregon Preview at UO's Hayward Field on March 18.

OH FFFFINALS...

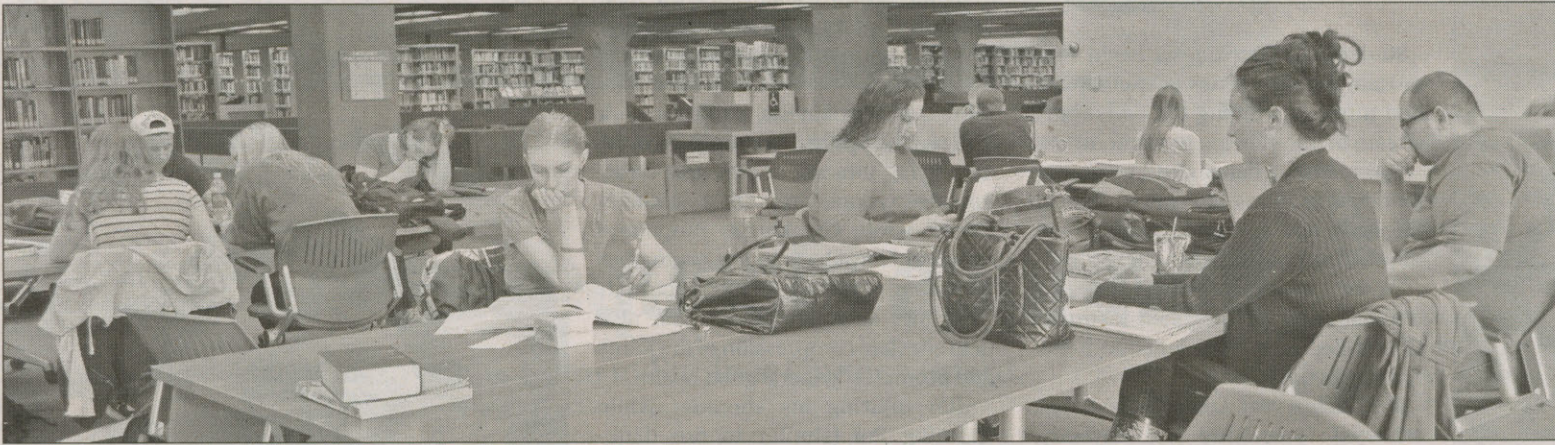


PHOTO BY EUGENE JOHNSON FOR THE TORCH

Students study in the Center Building library on March 16, in preparation for finals week. Turn to page 4 for a complete finals week schedule.

Stressed students battle to overcome anxiety

Students find ways to succeed under pressure.

BY LEAH AVERETT
Features Editor

Catrina Taylor sits in a hall in the Center Building with a half smile, her fingers flying across her iPad. "I play video games to forget. I will study for an hour, play for 30 minutes, then study for an hour," she said.

Taylor said she confronted acute test anxiety last term when she was new to college. When she sat down to take an exam, all the facts would vanish into thin air. She would panic, feeling waves of nausea and cold sweats, and then start to cry as she struggled to remember her 40 pages of notes.

It's the end of the term, peak stress week at LCC. It's too late to drop classes without penalty and too soon to know if you've earned a good grade. LCC's Counseling and Advising Center sees students this time of year inquiring about contingency plans for worse case scenarios, and helps students who are highly emotional from the stress, said Gayle Townsend, a counselor.

Townsend said students often don't realize the approaching finals are actually the last straw that pushes them into the counselor's office. Life's stresses get magnified and all the problems will fuse together into anger, fear, anxiety and depression.

"Students will have displaced anger. They are angry about something, but can't quite figure out why. Anger is often a cover emotion for other things that are going on, and often what comes out

is that they are stressed about finals," she said.

Taylor said as soon as she left the exam room the information came flooding back to her. She attributes that experience to "over studying," because she isolated herself in her room for two weeks prior to exam day to learn her notes.

More successful this term, Taylor has divided her study time into more manageable segments, plays video games periodically, and has decided not to let studying rule her life.

"If I study too much, I make the problem bigger than it is," she explained.

Ricky McNulty, a respiratory care major, said he had to repeat all three subjects, biology, chemistry and algebra this winter term. He took a pass/fail grade in fall term because he was overwhelmed with the information.

McNulty said the teachers kept adding "more and more information" to the subject until it was almost impossible to learn it all. It wasn't the fact he was failing that bothered McNulty, but the fear of not absorbing the necessary information to succeed in his major.

"After all, the final goal should be to teach," he said.

A disabled veteran, McNulty expressed frustration in the system.

"I'm 60 years old and instead of retiring me, they wanted me to go into a job retraining program," McNulty said.

Sherrill Wight, an instructor at LCC in academic learning skills, said maintaining an organized, up-to-date notebook and keeping up with homework are two keys to success. Students often try to catch up on neglected studies at the end of the term, which causes an increase in stress levels. They

come to her worried.

"It's a fortune-telling situation. They wonder, 'If I do these papers, will I pass?'" she said.

Townsend said she always recommends talking with the instructor as a first step, providing self-care by eating and sleeping well, and finding a trusted person "to vent."

"I always encourage communication with instructors. Talk with them. They are really not as scary as they can seem to be. They will get clarity about what they can do to pass the class," she said.

Cathy Lindsley, the dean at LCC's Center for Learning Advancement, said students don't come into the tutoring center because they may not realize it's free, and they can just drop in without an appointment. Additionally, many students think they should be able to do everything by themselves.

"I don't want to need the help. I shouldn't need it because the information is in my brain. Why is it not flowing?" student Angel Parent said.

Bill Daniels, a major in legal administration, sat at an LCC cafeteria table with a purple origami dinosaur standing next to his stack of books and paper.

He makes origami as a form of stress relief.

"It's an intense week. I'm really feeling the pressure, so I'm leaving soon to go find a karaoke bar and let off some steam ... laugh and have some fun," he explained.

At an improvisation class at LCC Daniels learned to harness and re-direct his nervous energy. He uses this technique to tame fears and make him more animated when singing Karaoke.

"Karaoke really helps to beat the stress," he said. "For three minutes, I can be a rock star."

SURVIVING FINALS

LCC students share their tricks for busting exams.



LUIS MARQUEZ

Third Year / Hospitality

"I'll probably just study for the last few days and wing it."



JAKE ROBERTSON

First Year / Physical Therapy

"I drink one of these ... It gives me the energy I need."



TRAVIS JOHANNES

First Year / History

"I call it my lucky pen."

DR. HAT

Your mental health comes first — even during finals week

BY JON FUCCILLO
Sports Editor

Have you ever felt overly anxious before an exam?

Well, I'm here to say that you aren't alone in this battle.

I have battled with test anxiety ever since I can remember. I would space everything that I studied. I would clam up. Fear would take its course.

I'm not alone in this journey. Everyone at some point in his or her lives develops test anxiety.

With finals looming in the near future, it's hard to concentrate on the task at hand. Tests are a constant element of college. It's what makes or breaks us as students.

I was diagnosed with a severe anxiety disorder when I was 15 years old. I was a freshman in high school and just coming into my own. I was finding my path and trying to blend in with the everyday student.

But anxiety made things nearly impossible for me. If it wasn't over a girlfriend, it was over a baseball game. If it wasn't a sport, it was

something else. Things both big and small consumed my mind.

You name it, I feared it. But nothing ate me up quite like test anxiety. Just the thought of finals scared me. They still do!

But then I started to put things into perspective. Yeah, grades and school are important. But not important enough to mess with your mental health and overall well-being.

There are plenty of ways to prepare for tests. It's an absolute must to have confidence in low times! In order to succeed in life, you must associate yourself with confidence and positive energy.

Trust me. I have felt sorry for myself plenty of times. But it got me nowhere in life. It just became a burden. Plus, no one likes a Debbie Downer.

In order to be successful in



the classroom, you must put in the time and effort. Preparing for a test can be a hard challenge. I always banked on in-class assignments to boost up my grades.

But at the college level, you're required to take so many exams throughout the term. Sometimes you're required to take as many as a dozen quizzes and exams in each class.

Symptoms associated with test anxiety include fear of failure, lack of preparation, poor test history, lack of focus, being easily distracted and having trouble getting started.

I'm here to give you some helpful insight to overcome test anxiety or at least putting your mind at ease.

Here are some helpful hints, courtesy of Anxi-

ety Disorders of America's website.

Be prepared. Develop good study habits. Start studying at least a week or two in advance of an exam. Use a practice test that might have similar questions.

Develop good test-taking skills. Read through the directions carefully, answer questions you know first and then return to the more difficult ones.

Maintain a positive attitude. Creating a system of rewards and reasonable expectations for studying can help produce effective study habits.

Stay focused. Concentrate on the task at hand. Don't worry about the other students or even the teachers in the classroom during an exam.

Stay healthy. Get enough sleep, eat healthy, exercise and allow some personal time. Your grades will slip if you aren't well-rested and fatigued.

Visit school resources, such as counselors. Schools are aware that test-taking doesn't come easy for everybody. LCC has tutoring centers, a listening lab and specific programs that are dedicated to these services.

CLASS OF THE WEEK

Gyrokinesis unwinds body, mind

Dance class promotes flexibility and fluidity.

BY JENNIFER HERNANDEZ
Reporter

Students in Gyrokinesis begin their mornings with a series of spinal twists and turns, unwinding the body into a stream of free-flowing movement.

Gyrokinesis, a dance class, focuses on fluidity of motions, elongation through the body and special breathing techniques that help increase circulation.

"You get healthier minds, experience less pain and fatigue," said instructor Cheryl Lemmer. "You function better, breathe better."

In its debut year, Lemmer the course attracted "everybody and anybody," Lemmer said, and it is already full for spring term. Gyrokinesis will also be offered in the summer.

Carissa Parham, who is taking the class, said Gyrokinesis has "immensely" helped her spinal problems.

"I'm not as tight in my lower back anymore. I've grown a half of an inch and have better posture," Parham said.

Former professional dancer Juliu

Horvath invented the workout, which benefits cardiovascular health, flexibility and injury recovery, and used it to repair injuries he sustained during his career.

Through Gyrokinesis, students work on creating space between vertebrae, amplifying internal energy and creating a deep connection with their movements, wrote Gyrokinesis proponent Rosalind Gray Davis in the September 2007 issue of the IDEA Fitness Journal.

Lemmer said Gyrokinesis can also help alleviate compression of the joints and promotes "general good health."

After injuring his shoulder while spinning Poi (similar to fire dancing), LCC student Aaron Poppie said he took this class because "it's like physical therapy, but only a little more physical."

The low-impact and strength-building exercise has greatly benefited Poppie's shoulder tension.

Poppie said he "always feels completely energized and stronger" for the reminder of his day.



PHOTO BY EUGENE JOHNSON FOR THE TORCH

A Gyrokinesis student stretches during class. Gyrokinesis is designed to improve circulation through fluid movement.

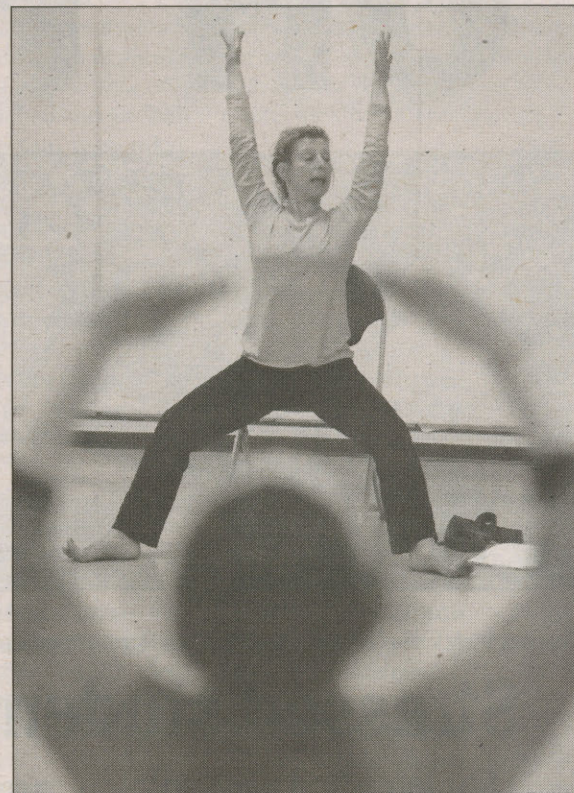


PHOTO BY EUGENE JOHNSON FOR THE TORCH

Gyrokinesis instructor Cheryl Lemmer leads her students through movement exercises.



PHOTO BY TURNER MAXWELL FOR THE TORCH

Bernedette Mills (right) takes a seat in LCC's Women's Center. Mills joined the center's Women in Transitions program, an entry course for women resuming their studies.

Returning student: 'My life is just beginning'

Women in Transition program promotes a new lease on life.

BY MAYGAN BECKERS
Reporter

When 55-year-old Bernedette Mills stepped into the Women's Center in 2009, her life drastically changed from being in a dark hole to finally being able to see the light shining through.

"When I stepped in here, I knew that this was the lifeline I needed. Not only did I step up to the plate, but I stepped out of what I needed to. I moved into the direction that I needed to move. I thought, 'wow, how wonderful it is to have independence and to know that I don't have to be stuck,'" Mills said. "My life is just beginning."

The Women's Center began in 1975. However, LCC's Women in Transition Program didn't begin until the program received a grant from the federal government in 1985.

WIT is an entry program in the Women's Center that helps assist women who want to transition their lives and become economically self-sufficient through access to education, training and employment. The

mission of the WIT is to provide an educational environment where women are empowered to improve their lives.

"I think it's important because we want women to thrive, do well and choose a career that's rewarding that matches their values," said Jill Bradley, coordinator of the Women's Center since 1985. "Some students are saying they wouldn't have started school without us."

Bradley said kudos are in order for instructor Cara DiMarco, who developed the WIT curriculum.

DiMarco, who is also a counselor for the Women's Center, developed the curriculum by improving and expanding the program. According to Bradley, DiMarco did this by looking through the topics of the original classes, organizing the classes in a different sequence and adding a few classes to 'better' the program that was complimentary to women's needs.

"I've seen women come in here broken and beat up — just at their lowest spot in their life. They have come through the Women in Transi-

tion Program and found their voice, gotten out of domestic violence relationships and just bloom into the beautiful person that they really are. I see women from every walk of life come in here and change their lives," receptionist at WIT for 13 years, Marci Parker said. "It's really great to see that kind of thing."

Parker said she actually started at LCC as part of the program. She said her experience was eye-opening and very empowering. Through changing her lifestyle and making some good decisions, Parker now has a degree in human services.

According to WIT's website, the program provides integrated, comprehensive services for women and a variety of gender equity activities and projects. The program ensures female students have access to programs and services tailored to their needs and that the campus climate is sensitive to gender issues.

Mills, who plans on receiving a degree by the end of next school year, said she experienced a lot of struggles and tragedies. In 1981, at age 23, she underwent a total hysterectomy as a result of cancer.

In November 2009, just before she graduated from the Women's Center, Mills had a recurrence of cancer.

During the week, she would go to Sacred Heart Medical Center at RiverBend for radiation and chemotherapy sessions after her classes at the college.

"I did it because it was do-or-die," Mills said.

Along with cancer, Mills was diagnosed with clinical depression. This depression culminated with her husband requesting a separation.

"It just got so thick and so dark that I would just sleep," Mills said. "When I slept, I could sleep for nine days."

Before she got a grip on things, she decided to reach out and see a counselor.

Mills said she never looked through her husband's eyes and saw what he saw every day until she was able to come out of the "cave" she was in.

Mills said she was overwhelmed, angry and then afraid of separating from her husband. During those moments, she told herself it was time to take charge and change her life.

Although Mills was separated from her husband, he supported her going to the WIT orientation.

At first, she thought to herself, "This is a lot." She thought it was getting too personal, until she realized that some of these things needed to come out.

"Being able to identify someone

who is journeying with you is so much better. You can move through and put that baggage down and gain more positivity and focus," Mills said. "I love the women that were in that group to pieces."

Mills said no matter what age someone is, you never stop learning and growing. She said her journey began when she walked through the doors of the Women's Center the first time, but it hasn't ended.

"When I walk through these doors, it's kind of like a security blanket. I worked the program enough where it worked for me. It's more than any emotion I can share with you," Mills said. "I can actually see the good things that I want."

Mills has watched and helped 10 women graduate from the program.

"I will journey with them as long as I can," Mills said.

She has gone to several orientations at the Women's Center, sat in the financial aid department and was there for each of these women "just to hold their hand."

Mills will begin working in an assisted living home this summer to teach an art class, as that is one of her many passions. Along with her new summer job, Mills plans to get her driver's license for the first time.

Instructor sees potential for biodiesel to fuel the future

Several Eugene-based companies utilize biofuels for their vehicles.

BY KYLE CHASE
Reporter

One day you might have a car that doesn't run on gasoline, but instead on biofuel.

Biodiesel has been on the market for decades, but due to short shelf life and conversion costs, it has yet to catch fire in the fuel industry despite its sustainability benefits.

Diesel technology instructor Steve Webb teaches LCC students different aspects of diesel's use.

"The diesel industry as a whole is using a lot more biodiesel than ever before. There are several recipes of biodiesel out there that use different base materials," Webb said.

What makes biodiesel stand out from other fuels is the variety of products that can be used to make it, Webb said. Many sources are available that can produce biodiesel, including soybean, rapeseed, sunflower, hemp and flax seed oils. Vegetable oils, animal fats and even algae can be used to create bio-fuel.

There has been a push in Oregon in the last 10 years to make biodiesel a more accessible fuel to the public. In 2003, Eugene began using B20 — 20 percent biodiesel, 80 percent petroleum diesel — on all diesel vehicles.

According to Oregon's website, all diesel fuel sold in Oregon was required to contain a minimum of 5 percent by volume biodiesel, with some exceptions, effective April 2011.

Portland required that all diesel fuel sold within the city limits contain a minimum of 10 percent biodiesel, effective July 2010, according to the Portland City Auditor website.

"When you go buy diesel fuel now, a percentage of that is biodiesel. And the majority of that is (ultra-low-sulfur diesel)," Webb said.

This became a federal requirement in 2006.

"The downside with ULSD is that it's much more (water-absorptive) than the high-sulfur diesel," said Webb.

This means that the shelf life for

biodiesel isn't considerably long, with the duration being 10 to 14 days before it begins to degrade. However, commercial additives such as Baynox can increase the shelf life as long as six months.

Some companies may have been apprehensive about exploring this renewable energy source because businesses have been concerned about the cost of switching to biodiesel.

"Biodiesel, on average, costs more than straight diesel, because of production volumes. There are reports of up to a 15 percent to 20 percent reduction in the fuel economy when comparing biodiesel to regular diesel. The reason why most large fleets don't want to switch to biodiesel is the cost to them can be hundreds of thousands, even millions over time," Webb explained.

However, bio-fueled fleets are driving the streets of Eugene. Bio Taxi, Kettle Chips, Sanipac and some city of Eugene vehicles run on biodiesel. The Eugene community can also contribute to lowering carbon emissions by filling up its tanks at local SeSequential biodiesel stations.

SeSequential Bio-fuels CEOs Ian Hill and Tomas Endicott started "home-brewing" biodiesel in their garage in 2000. They soon found a niche market for the alternative fuel and decided to venture into business together.

"I was just a student at the UO studying environmental sciences and we were working with renewable energy. I started making biodiesel from cooking oil in my garage with a dozen people or so. For a few years, we fueled up to two dozen vehicles and wondered why no one had done it on a commercial scale in the Northwest," Hill said. Gradually, after being "laughed out" of boardrooms pitching their idea, they found investors.

SeSequential opened up the first biofuel station in Oregon on Sept. 2, 2006, with the intent of providing an alternative fuel and reducing the overall carbon footprint. According to Hill, in one year the fuel sold

at the McVay Highway station in Eugene reduced the carbon emissions, compared to gasoline, by an estimated 6.3 million pounds — the equivalent of taking 511 vehicles off the road for a year.

They now have two retail stations along with a biodiesel plant in Salem. The Salem plant is able to process recycled cooking oil and virgin olive oil and makes around six million gallons of bio-fuels every year.

"On a small-scale distribution level, it has the potential to take part in greater economic stability in our local community. After 12 years, I still believe biodiesel is an incredible fuel. The reason I think that is very simple. It's stable. It has low toxicity. The carbon footprint is about 89 percent less intensive than petroleum diesel. We are the least carbon-intensive fuel that you can buy in the country today," Hill said.

John Thompson, Green Chemistry Club coordinator, said LCC was on the forefront of the biodiesel movement years ago.

"The (club) set up a biodiesel plant on campus five years ago and it hasn't been in use for a few years. We have the equipment still. It's been in storage since then, and we've been trying to find a home where we can set it up again," Thompson said. He said that beyond biodiesel being a relatively safe fuel to create, the by-product was something we all use on a daily basis: glycerin.

"For a while, we had a really big push for biodiesel in the country, and with all the new biodiesel production, there was more glycerin in the marketplace than the marketplace was ready for. So suddenly glycerin became cheap for making soap and things like that. So in some places we're trying to find ways to get rid of it. You can actually compost the glycerin by-product. It's nontoxic and there are bacteria that will break it down," Thompson said.

But with many factors left to decide the future of biofuel, including private investment, government-mandated tax credits, environmental laws and opening of production

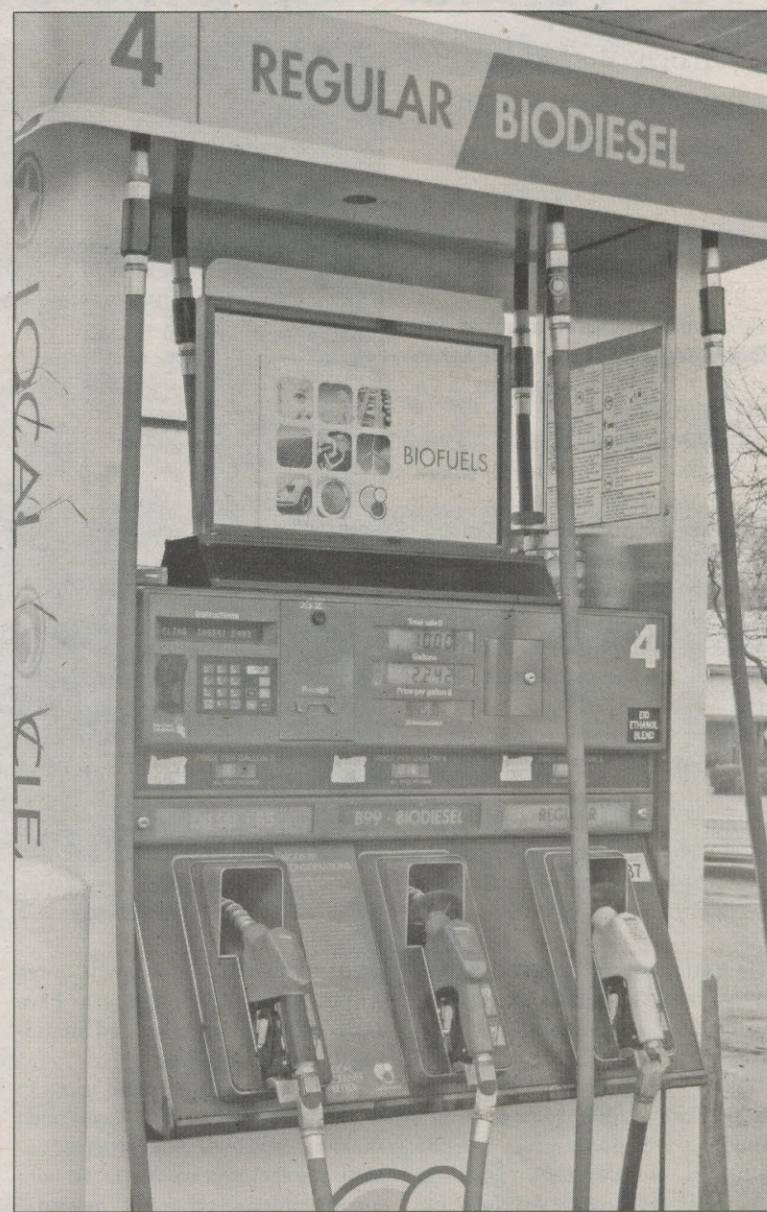


PHOTO BY SEAN HANSON FOR THE TORCH

The SeSequential station on the southeast corner of West 18th Avenue and Chambers Street opened in 2011 and offers B99 — a mixture that is 99 percent biodiesel and 1 percent petroleum diesel.

plants to make the fuel, its fate remains uncertain.

Hill relayed his vision of the future of biodiesel.

"It's all about our natural resources and we have the technology to do it differently. It's about who's in control, who is making the profits and what the priorities are. And until things change, the problems we have now are just opportunities," Hill said. "The scale of energy we need right now is unbelievable ... If we continue to feed that at the rate

we're going, then it will be a really bleak world for our grandkids."

The Pacific Northwest's Environmental Protection Agency website state the short-term goals are increasing demand and availability of locally produced biodiesel through aggregated government purchase and use.

"I really do believe by getting our shovels out of the dinosaur pit and really growing the product, we might be less dependent on foreign oils," Webb said.

LCC students pack buses on campus-bound routes

Ridership on the 82 route hit 478,000 between 2009 and 2011.

BY JOE HANNAN
Reporter

A 10 percent increase in Lane Transit District ridership to LCC may boost the chances of an EMX route to the college, said LCC Sustainability Coordinator Jennifer Hayward.

This falls in line with the college's goal to offset its carbon usage.

"Lane has a goal to be carbon-neutral by 2050, because daily commuting makes up the greatest part of our greenhouse gas inventory. Lane is making efforts to reduce single-occupant vehicle traffic to the college," Hayward said.

According to a 2008 LCC Climate Action Plan, daily commuting makes up over 90 percent of the college's greenhouse gas inventory, out of a total 64,654 metric tons of carbon dioxide.

Hayward said LCC has an action plan to help reduce the amount of waste students and employees produce by commuting to LCC. These efforts include the Zimride carpool service, which 952 LCC students and employees are using; bicycle services, including new routes; bicycle sharing; and working with LTD on strategies to increase bus frequency.

"Public transportation is underfunded by the

state," said ASLCC President Mario Parker-Milligan.

Between 2009 and 2011, ridership for the 82 Route from Eugene Station to the LCC Station has hovered around 478,000 riders per year. In April 2011, ridership peaked at 60,820 rides in the month.

"LTD ridership is up a little over 2 percent for the fiscal year. February was strong and I anticipate the rest of spring will be as well," said LTD spokesperson Andy Vobora.

LTD is considering developing an EmX route to LCC station to increase bus frequency and cut down on carbon waste.

"There is not a lot of detail about the project yet, and there probably won't be talk until late this summer," Vobora said. "There are still key decisions to be made with the West Eugene expansion route."

According to LTD's website, EmX service experienced a single-day ridership record of 10,871 boardings on Feb. 1.

Vobora said representatives from UO, LCC, and the Eugene and Springfield city offices have met and evaluated two possible EmX routes. One line would begin at the Springfield Station and end at LCC station, and one route would go to the Thurston area.

In October, LTD received a \$750,000 grant from the Federal Transportation Administration to analyze the potential expansion to LCC.

Bob Macherone, a spokesperson for Our Money Our Transit, which opposes the West 11th Avenue expansion, said in October Our Money Our Transit would oppose an expansion to LCC.

"We do not expect opposition like with West Eugene. The route we are looking at has the potential for unique partnerships," Vobora said.

"There will be opportunities of development for private landowners," Vobora said.

The expansion to LCC could take 10 to 20 years, due in part to funding complexities. EmX requires dedicated lanes, federal aid and construction. The initial EmX route cost \$24 million, and the Gateway expansion cost \$41 million.

Vobora said there would be challenges at the Interstate 5 interchange, "where hopefully the Department of Transportation may help with construction."

A conclusive budget or price on the expansion remains uncertain. Federal aid and public funding have not been set. The cost of land is unknown, as is the route. Vobora said he could not make any estimates until all parties involved plan the route.

Vobora said an EMX expansion to LCC will require a partnership between the community, LCC and UO.



PHOTO BY TURNER MAXWELL FOR THE TORCH

Lane Transit District is considering adding an EmX expansion to the LCC station. Funding for the project is still uncertain, as is the route.

MEET THE BOARD

Former English teacher committed to sustainability

Albright said his priority is ensuring adequate funding.

BY LEAH AVERETT
Features Editor

Board of Education member Pat Albright wants to demonstrate LCC's commitment to sustainability in a "bold and unique way."

Albright represents Zone 5 — central Eugene — on the board, where he's serving his second term.

"Just like we put the solar recharging station out here — not because it's going to be used today, but because it's going to be used tomorrow, and we need to be looking at how to create environmentally sensitive living communities," he said.

Albright retired from Springfield High School in 2005 as chair of the English department. He also taught literature, writing, and photography. Before that, Albright was a sports reporter for the Capital Journal and a photojournalist for the East Oregonian.

He currently tutors students in their homes for the Eugene School District in a credit recovery program for students.

"He is really resourceful. If he doesn't know the answer to something, he will go to great lengths to find it. He won't stop until he gets it," said Margaret Albright, his daughter, who graduated from UO in 2006.

Albright said he thinks LCC should set an example for the community in sustainability. He likes the idea of building an eco-village on the college's undeveloped property southeast of campus, which he said would impact the broader community, expand opportunities at the college and encourage living near campus.

Although others have differing ideas on using the southeast property, he would like to see the topic discussed in the coming months. He said the board is currently preoccu-



PHOTO BY LEAH AVERETT FOR THE TORCH

LCC board member Pat Albright represents Zone 5 — central Eugene. Albright thinks LCC should serve as an example of sustainability for the community.

pied with the LCC Downtown Center. Albright said the hope is to have people living downtown and attending the center this year.

"LCC is one of the bright spots in Oregon education. We have been making some incredible progress despite the fact that we are faced with insurmountable obstacles," he said.

Albright married Ginny Albright 42 years ago. Ginny is a third-grade teacher in Creswell School District. Albright said he made a pact when he was 13 years old that he would not get married until he graduated from college.

"I took my last class on Friday, and got married on Sunday. We would talk, chat on this and that thing, go to concerts — one thing leads to another, and the next thing you know you're in debt together," he said with a laugh.

Ginny said they enjoy working on their house together, and have re-

finished floors and built fences. At night, Albright draws plans for each successive project.

"He is always planning something and moving forward," she said.

Albright enjoys sailing at Fern Ridge during the summer, golfing and gardening.

"He loves that sailboat. One of our favorite things is to sail on the full moon. We will pack a basket, drink champagne, watch the sun go down and the moon come up," she said.

He likes being on the LCC Board of Education because he gets to meet people and have a forum. Albright said he hopes to continue to run for his place on the board unopposed, as he has in the past two elections.

"I don't enjoy politics — it's just a means to an end, a vicious game in some respects. I would rather we all just get together and problem-solve," he said.

Albright likes to think he brings a

sense of fairness, analysis and objectivity to the LCC board. He is not sure if it is an "asset or my deficit," but he will say what he thinks.

"He doesn't bite his tongue. He tells it like he sees it," longtime friend Mark Laakso said.

Albright said he has been an activist for stable and adequate funding in education for many years. He served as grievance chair on the Springfield Education Association, was active in the Oregon Education Association, and initiated an OEA task force in 2001 to identify solutions to the inadequate state funding of the public school education system.

He said funding is the biggest issue because it affects everything else, and because of the lack of funding, enrichment programs that benefit the general public have been cut, which creates a disconnect between the public and the college.

"They only love us as much as they feel a part of us," Albright said.

He expressed concern that broad-spectrum educational opportunities are being lost because "hands-on activities" are being eliminated, and because there is an assumption that everyone is created equally.

"We are actually all uniquely different, and when you try to create a homogenized education system, you ignore that very principle of diversity in our population," he said.

Community colleges were, in a large degree, created to address these varied qualities and to offer inexpensive educational opportunities to all people, Albright said. When fees and tuition are excessive, equal opportunity for everyone is eliminated.

"That is the real crime of what is going on right now. These kinds of programs keep our young people intrigued, energized and mystified," he said.

LEGCON: Student delegates to lobby Congress at four-day conference

Continued from Page 1

"We thought it was vital to have that African-American voice at the national level," Adams said.

"African-Americans, along with other racial minorities, have been traditionally marginalized and left out of so many decision-making bodies," Parker-Milligan said.

During the conference, Parker-Milligan will speak about mobilizing student groups on statewide issues and the historical victories of the Oregon Student Association. Parker-Milligan will also participate in a workshop concerning allies of the LGBTQ community.

For the rest of the group, the four-day event will include workshops to help students learn about organizing campaigns, fighting for college affordability and other political organizational tools. On March 26, students attending LegCon will march to Capitol Hill and rally to honor National Student Lobby Day, followed by a daylong session of lobbying Congress, which will include all seven Oregon representatives.

A protest will occur at an unspecified bank on the last day of the conference, but "it's a little top secret because we don't want them to find out

about it," Parker-Milligan said.

ASLCC Chief of Staff and USSA Community College Caucus Chair Merriam Weatherhead said community colleges "are the biggest pathways for under-represented communities to get an education."

Weatherhead plans to network and create a voice for all students who attend community colleges. She said community colleges are forgotten or not included in the initiatives for high education due to the lack of vocalization at state and federal levels.

"There are very few community college students and clubs that go to these," BSU Adviser Greg Evans said. "We're actually getting recognized instead of being overshadowed by the universities."

While ASLCC's total allotted budget for the conference is \$24,000, its estimated expenses are only \$19,058, an amount Parker-Milligan said is the furthest under budget that attendees have come in the three years he's attended LegCon.

A budget for BSU's trip expenses was not provided because administrative specialist Tina Lymath was not available at press time, although Evans said he estimated the expenses would be roughly equivalent to the ASLCC's \$2,000 per-student budget for the six members

they are sending.

ASLCC expenses include \$8,246.68 on airplane tickets, \$4,049.28 on lodging and \$2,220 on registration fees for the 12 students the Senate is sending. The registration costs include fees for six ASLCC members to attend a USSA summit. Attendees will receive per diem allowances that total \$4,994, which will provide each attendee 17 meals at \$18.50 each, weeklong subway passes that total \$564 and baggage costs that total \$600.

This is the largest expenditure of the year for a student event or conference. Parker-Milligan said the Lane Annual Powwow costs approximately \$12,000 and Lanestock costs more than \$10,000.

"I feel it's justified because ... we're a body of individuals that represent students at this college who've elected us," Parker-Milligan said. "... without LCC students in D.C. there aren't community college students represented. We're the only community college in OSA, and we can't rely on other folks to make our issues known and to advocate for us, and it's giving students real life experience that they can't necessarily get in a classroom."

Adams said the BSU has a large carryover from last year and that influenced its decision to send six stu-

dents. Evans said he supported the decision because they have chosen to send students before.

"They learn a lot of skills that will give them advantages to things in their careers and in their futures," Evans said. "... they learn firsthand the interworking of politics, up close and personal."

Parker-Milligan said he hopes LegCon will give ASLCC members a more holistic view, and spark more interest in student government among the students at large. He said his first trip three years ago was the turning point in his decision to run for ASLCC president.

"It gets really isolated when you're just here on campus and seeing what we're doing and not seeing how it relates to larger national and statewide movements," Parker-Milligan said. "It's always before student government elections, so I think it inspired some folks who weren't thinking about doing anything related to student government or student activism to do more and really challenge other folks to do more."

LegCon attendees will meet with organizers who have experience in the field of political organizing, and LCC student Charles Michael said the ability to work with people "who have done it" is a reason he applied

to go.

Senate Secretary and Michael will attend LegCon. "Going to LegCon makes me feel active, and is a great opportunity to make decisions," Michael said.

Although Michael does not want to pursue a career in political organizing, he said the skills he will learn at LegCon are skills he would use in everyday situations and interpersonal relationships.

"I'm trying to get more involved with student government," LCC student Morgana Tyndall said.

At LegCon, Tyndall plans to learn more about organizing and "grass-roots nonprofits." Her career goal is to teach children English in Asian countries because she believes that the skills she will learn at LegCon will be valuable in her future.

While on the trip, BSU members plan to visit the new Martin Luther King Jr. Memorial. Parker-Milligan said he has heard some ASLCC members want to visit museums while they are there, although he said it would be difficult because the conference is from 9 a.m. to 10 or 11 p.m. each day.

"I have only been able to do sight-seeing at night, which is sometimes more fun 'cause there's no one there," Parker-Milligan said.