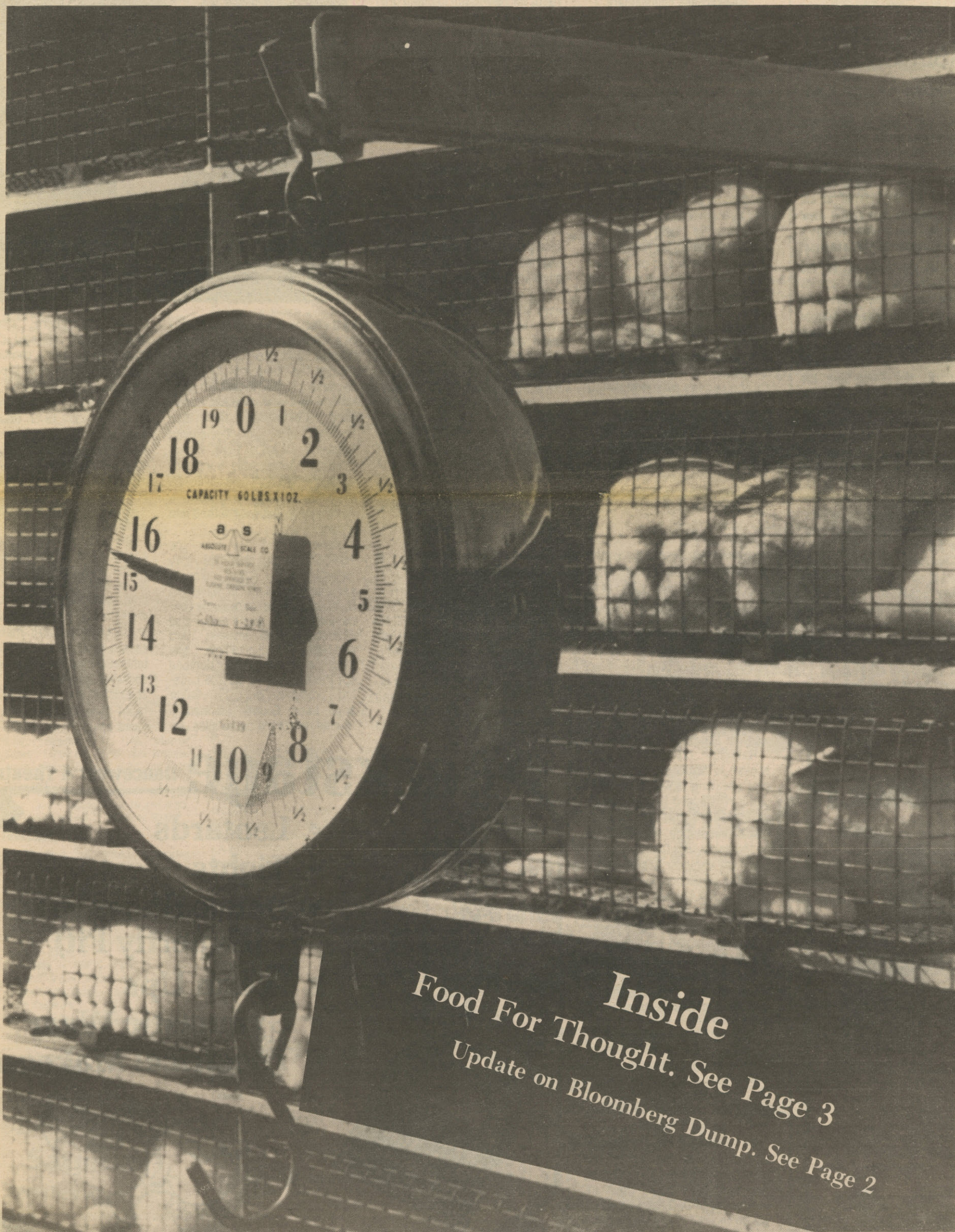


Lane
Community
College

TORCH

4000 E. 30th Ave. Eugene, OR 97405

Vol. 18, No. 21 April 2 - 9, 1981



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Photo by Jeff Saint

FREE FOR ALL

Editorials «» Letters «» Opinions

*In the future
Will you eat well
But spend less?*

Torch issue, ASLCC exhibit, Focus on Food

As the price of meat and produce escalate each month, people are looking seriously at food ideas formerly considered "alternative," vegetarian, or simply not considered at all. Soy products and rabbit meat may be two of the decade's best discoveries, for example.

Inside this issue of the Torch are a dozen stories about wholesome foods that may be grown, raised, bought or foraged by the budget-minded consumer. And as a follow-up, on Wednesday, April 8, the Torch and the Associated Students of Lane Community College will sponsor a "Food for Thought" exhibit in the Center Building Food Services area -- a casual gathering of food resource people who will answer questions about gardening, food preservation, wild food gathering, butchering, food drying, and the like.

The Food Services Department itself will offer Willamette Valley vegetables in several preparations, and give interested patrons a chance to sample two recipes using rabbit meat.

It's all Food for Thought.

The TORCH

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The TORCH is a student-managed newspaper, published on Thursdays, September through June. News stories are compressed, concise reports, intended to be as fair and balanced as possible. Some may appear with a byline to indicate the reporter responsible.

News features, because of their broader scope, may contain some judgments on the part of the writer. They are identified with a "feature" byline. "Forums" are essays contributed by TORCH readers and are aimed at broad issues facing members of the community. They should be limited to 750 words.

"Letters to the Editor" are intended as short commentaries on stories appearing in The TORCH. The editor reserves the right to edit for libel or length.

"Omnium-Gatherum" serves as a public announcement forum. Activities related to LCC will be given priority.

All correspondence must be typed and signed by the writer. Deadlines are the Tuesday prior to publication. Mail or bring all correspondence to: The TORCH, Room 205 Center Building, 4000 E. 30th Ave., Eugene, Or 97401. Phone 747-4501, ext. 2654.

Bloomberg dump revisited

Analysis and commentary
by Heidi Swillinger
and Ron Kelley
of The TORCH

We are pleased to see that the City of Eugene now regards the Bloomberg Dump issue as seriously as did the TORCH in February.

On Feb. 19 the TORCH reported the presence of what appeared to be chemicals at the Bloomberg Road dump site across from LCC. Decaying carcasses and skeletons of both wild and domestic animals lay haphazardly strewn in ponds and on adjacent hills. In a fenced-in pit measuring 24 by 42 feet, witnesses saw a thick sludge mixed with leaves and grass clippings, and smelled a chemical odor strong enough to sear their nostrils. In attempting to obtain a sample of the substance, one person broke out in a rash.

A week after the story appeared, Bob Hammitt, assistant maintenance superintendent for the City of Eugene, claimed the TORCH was incorrect in stating that the area was an illegal dump. The dump, he said, is legal -- the city had obtained permission in October of 1980 from the Department of Environmental Quality (DEQ) to dump grit. Grit, the rock settlement from sewage sludge, is the only substance the city is permitted to dump at Bloomberg Road.

Deborah Allbritton of the TORCH had interviewed Lane County Superintendent of Solid Waste Management, Ben Masengil, the first week of January. He told her then the area was not a legal dump.

Hammitt claimed he had spoken to Masengil, who denied ever speaking to Allbritton.

Hammitt added that he had investigated the area but found no carcasses, sludge, or even ponds on the dump site. Doug Cook, city chemical engineer, conducted a separate inspection days after the article was published. "I have yet to see any evidence of any detrimental effects," said Cook.

This concerned the TORCH -- neither Hammitt nor Cook saw signs of the dozen carcasses witnessed by TORCH reporters and photographers only a few days before.

We decided to investigate the question of who is dumping and what is being dumped.

We discovered that the DEQ is the only agency authorized to grant dumping permits of any kind. Larry Lowenkron, DEQ regional engineer, told us that the city should have been granted a letter of authorization permitting the dumping of grit. Upon investigation of DEQ files, however, we discovered that no such letter existed -- there was only a request from the city dated Oct. 24,

1980, for permission to dump grit. Curiously, this letter was stamped "received" by the DEQ March 11, 1981, nearly a month after the original story appeared in the TORCH.

Both DEQ and city officials then claimed there had been a verbal agreement and that a written one was in progress.

.....

We have discovered other curious discrepancies.

•After the original article was printed, TORCH reporters went back to the dump for further investigation. The conditions of the site had changed completely. The original pit had been covered over and a new one dug on Feb. 26, days after the story was published. The surrounding area had been bulldozed and carcasses had disappeared.

•Though the city is required to cover pit contents bi-monthly, and maintain surrounding areas, Public Works and Maintenance logbooks show that no such city activity took place until Jan. 12, a week after Allbritton spoke with Ben Masengil. Residents along Bloomberg Road indicate city activity has increased significantly since the TORCH article was printed.

•The same logbooks show that the pit at Bloomberg Road was excavated in July of 1980. "I guess that would indicate," Hammitt told us, "that we were dumping at that time," -- long before a formal request had even been written for permission to dump. Previously DEQ, as well as city officials had claimed no dumping had occurred before Oct. 24.

•On March 30, Daryl Johnson, a



Photo by Bonnie Nicholas

DEQ official, informed the TORCH of a planned meeting between city officials and the DEQ. He indicated the dump may be closed because of public concern over the presence of possible hazardous substances. (Both Bob Hammitt and City Community Relations Director Carol Baker cited two phone calls from concerned Bloomberg Road residents.) Johnson also said the site may eventually be turned into a park.

However, the day after the TORCH investigation of city logbooks, Carol Baker called to say the city plans to have the dump site tested for possible contamination from waste dumped at Bloomberg Road between 1956 and 1960. "We don't know," she said, "if something was dumped out there then that may be causing problems now." Baker says Lane County planned a routine test of old dump sites, in-

cluding Bloomberg, sometime this summer, but said city officials are now considering testing sooner than anticipated -- perhaps within the month.

According to a congressional report issued in 1979, Bloomberg Road was a hazardous waste site from 1956 to 1960. Though DEQ official Daryl Johnson questions the accuracy of the report, the TORCH believes more than just "routine" testing should be conducted.

The city should excavate the original pit seen by Allbritton, and test the soil and water thoroughly for possible chemical contamination, as well as the area surrounding the pit and the washes and embankments where animal carcasses were spotted. Special attention should be paid to possible contamination resulting from chemicals that may have resurfaced from the dumpsite of 20 years ago.

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Food for Thought

Ideas on growing, foraging, raising,
and shopping for good foods --
and saving money, too

Inside Food Stories

- Gardening year-round
- Rabbit raising
- Poultry raising
- Ocean fishing
- Yogurt Making
- Wild food foraging
- Garden tool rentals
- Butchering techniques
- Backyard Eco-systems
- Soy foods- tempeh & tofu



Talk to food experts on Wednesday,
April 8 from 10 a.m. to 2 p.m. in the
Center Building Food Service area

Cover and inside graphics by Patricia Shipp

Food For Thought

Fish for food

by Kelly Cheney
for The TORCH

If you're trying to cut food costs, or you're on a low-cal diet, or maybe just tired of hamburger and chicken, fish may be the solution.

• Deep sea fishing is a popular sport. While it's a form of recreation, it's also a means of providing food for the table.

A license is required and can be obtained at most sporting goods stores for \$9.25. It's good for one calendar year, from January 1 to December 31.

A person may wonder if it's possible to "save" money by fishing the Pacific. That depends on how one values their time. Many enjoy the thrill of fishing the ocean, but one can never be guaranteed of catching any fish.

One of the major expenses of the sport is the cost of the boat. Charter boats are available on the Oregon coast.

Newport Sportfishing is an establishment owned by Walt Marchel and his wife. Ocean-going boats can be chartered year round. Two or three trips are offered daily in the summer, and winter trips can be chartered, weather permitting.

Four, five, and seven hour trips are available, costing \$25, \$30, and \$42 respectively per person. The use of a pole, a rod and reel, and bait are included in the cost.

Like so many things, chartering is cheaper by the dozen. A group of twelve can charter a boat for \$75 per hour. Two more people can come along for only \$5 more.

Bad weather occasionally makes the Newport bar inaccessible by boat. During such times, Newport Sportfishing offers crabbing excursions. The cost is \$6 per person per hour, with a

minimum of two hours.

There is a built-in limitation when it comes to fishing. That's because there are bag limits on all types of fish. For bottomfish, the limit is: 15 miscellaneous rock fish, 1 halibut, and 3 ling cod per person. Ocean fishing limits on salmon and steelhead consist of 2 each. The limit for salmon in the Rogue River is 3.

To determine how economically feasible deep-sea fishing is, let's compute some costs. Say a dozen people charter an ocean-going boat for a five-hour trip. The cost would be \$375. Each person's share would be \$31.25. Add the license fee, and each pays \$40.50. If each person caught two 8-pound Chinook salmon, they would have 16 pounds of fish. If the market value were \$5.15 per pound, the value of the fish would be \$82.40. Everyone would realize a savings of \$41.90, excluding travel expenses.

One person going alone on a seven-hour trip would pay a \$42 charter fee and the \$9.25 license fee. If he/she caught two Silver salmon weighing 10 pounds, that would represent about \$103 worth at market value. This person would have saved nearly \$52.

If recreation is what your after, chartering a boat can be fun and profitable.

• Dock fishing is another popular means of acquiring fish. Newport offers a variety of dock areas: public fishing piers, the south beach complex, and the port docks on the bay are popular. Herring, flounder, perch and salmon run through these areas.

Licenses are required for dock fishing. An annual angling license costs Lane County residents \$9. Non-residents pay \$25 for six months. Daily licenses can be ob-

See 'Fish,' Pg. 10

Apartment life? Bringing the farm into the home

by Anne O'Leary
for The TORCH

Raising small animals and vegetables can be done in almost any place—even an apartment, says Pat Patterson, OSU extension agent.

Patterson gave this and other information about raising one's own food while speaking to the Newswriting I students Wednesday, March 11 at the LCC main campus. Her presentation was given as a sneak preview of the Extension Agency's exhibit planned for LCC's "Food for Thought" conference, scheduled for April 8.

As she has found on her own small farm outside Eugene, an abundance of food is available by raising small animals, gardening, and foraging. Patterson and her husband raise rabbits, hogs, quail, poultry, sheep, and goats, plus a large variety of produce on their 10 acres.

Meat and eggs can be raised almost anywhere. Even living in a small apartment offers possibilities, according to Patterson. She mentions two:

• Coturnix quail. In just a 30" by 36" wire cage, you can raise 12 coturnix quail to supply you with 10 to 12 eggs a day, says Patterson. She notes that the eggs are small (requiring about six for an omelette), but taste like chicken eggs.

The little birds are quiet and don't require much care, according to Patterson. Setting their cage over a litter box eliminates a possible mess, and about one and one half pounds of feed (costing about 16 cents a pound) will keep 12 birds happy for a day, she says.

• Guinea pigs. They only require a small space and city dwellers

can raise most of their food. But Americans are reluctant to eat any rodent-like animal, says Patterson.

The backyard opens up numerous possibilities:

• Rabbits. They are a good meat source, and take four pounds of feed to produce a weight gain of one pound. Their food can be either grown or purchased, she says.

• Chickens. Patterson says they are good for meat and eggs, and they have an edge over rabbits because they gain more quickly and are ready to butcher sooner. They usually require commercial food, which tends to be expensive. And they are illegal to raise in the city of Eugene.

• Ducks. A source of both meat and eggs, ducks lay a large egg that tastes similar to a chicken egg but is lower in cholesterol. Patterson notes that they are messy and like to have water to splash around in. A plastic wading pool does nicely if a stream or pond isn't available.

• Catfish. They are a hardy fish that can be raised in a portable swimming pool and they scrounge for most of their food, according to Patterson.

Gardening, too, can be ac-

Meat and eggs can be raised almost anywhere.

complished almost anywhere—in a window box, on an apartment balcony, or in the traditional garden plot.

A window box will probably be limited to herbs and salad vegetables, while a balcony equipped with containers can be used to grow almost anything except large root crops, like

potatoes.

In a regular size garden plot, you can grow enough vegetables for a family of four, says Patterson, and the only real limits are the size of the plot, and sometimes, the damp climate of the area.

Patterson recommends the following books for any prospective gardeners, to help plan and maintain a garden: *Growing Organic Vegetables West of the Cascades*, by Steve Solomon, *Chinese Gardening*, by Peter Chan, and *Postage Stamp Garden Book*, by Duane Newcomb.

The final topic, foraging, was presented with a word of caution from Patterson. She says eating wild foods can be deadly if you can't distinguish poisonous plants from the others. (One plant, the water hemlock, can kill you if you even use the stem for a whistle.)

Before doing any foraging, Patterson recommends taking Jay Marston's class, *Edible and Poisonous Plants*, which is offered by the LCC Science Department. The class teaches how to

identify and use various wild plants in your diet.

Although it's time consuming, Patterson says foraging is a pleasant experience because it's a way to exercise and enjoy your surroundings, too.

So raising food is not limited to a farm or a huge garden plot as Pat Patterson explained. To get more detailed information on these subjects, Patterson and others from the Extension Agency will be available at the "Food for Thought" conference, scheduled April 8.

Don't miss
Food For Thought
Day April 8

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T and T are high protein food

by Bill Sheehy
for The TORCH

Tofu and tempeh. . . to some these are just strange new words, but to others the meaning is clear: low cost, high protein food.

Tofu, which is simply soybean curd, contains high quality protein, no cholesterol and few calories. Because of its smooth texture and ability to absorb and complement other flavors, tofu is a most versatile form of soybean. It can be used as filling in Mexican dishes, in casseroles or in place of ricotta cheese in any Italian recipe. Blended, tofu can be made into dips, sauces, cream pies and even cheesecake.

Nobuko Lee, owner of LEE'S Natural Food and Produce on Franklin Boulevard, in Eugene,

says, "Western people. . . eating meat all their life, can't think of food without thinking of meat."

But she remembers meals in Japan being centered around tofu. Meat was the oddity.

Tofu can be made in almost any kitchen, or purchased freshly made for less than \$1 per pound.

Tempeh, like cheese, yogurt or sourdough, is made by natural propagation of bacteria: the soybeans are cultured with a mold called *Rhizopus Oligosporus*, which partially breaks down the protein. The resulting product becomes highly digestible and, like tofu, is high in protein with no cholesterol.

While even the local Safeway market sells fresh tofu, tempeh remains a natural food store item.

Tempeh, unlike tofu, can be frozen and is usually found in the

store freezer. But if time is available, making tempeh can be fun. Tempeh mold starter and easy-to-follow instructions can be ordered through The Book Publishing Company, Dept. F, 156 Drakes Lane, Summertown, TN. 38483.

A favorite recipe is tofu manicotti. Saute 1 cup of chopped onions in oil and add 2 1/2 cups mashed tofu, 1 1/2 cups of chopped, cooked spinach and garlic to taste. With this filling, stuff half a pound of cooked manicotti noodles. Cover with spicy tomato sauce and top with cheese. Bake at 350 F for twenty minutes.

Tofu can be stored in a container of cold water in the refrigerator for up to a week. Changing the water daily will keep the tofu firm and fresh.

Food For Thought Is brown beautiful?

by Anne O' Leary
for The TORCH

Allow me to introduce you to the "Brown Family." Meet brown flour (whole wheat), brown rice and brown sugar.

These products are gaining popularity as people seek better nutrition from the foods they eat. Some bakeries, like the Home Bakery, 2727 Willamette, and the Drive 'n Save Bakery, 2370 W. 11th, report that people are buying more whole grain products, perhaps twice as much. Other merchants, such as the Sweet Shop, 1136 Highway 99 N, and the L and L Bakery, 1591 Willamette, say they haven't noticed any surge in the purchase of these products lately.

But people are beginning to wonder if the "brown" products are really better for them and if they're economical to use.

- Whole wheat flour does have added nutritional value. When milled, the entire wheat berry is ground, maximizing the vitamins and minerals found in flour.

- White flour has long been more popular than brown. Historically, it was a status symbol because most people could only afford the less-milled brown flour. White flour was a luxury reserved for special occasions and wealthy people.

White flour has the bran and germ removed when milled, which takes out the highest concentration of vitamins, although thiamine, niacin, riboflavin and iron are added so the flour is considered "enriched."

Storage is a problem with whole wheat flour because of its high fat content. It becomes rancid more quickly than white flour.



For this reason, Loretta Plaa, LCC nutrition instructor, recommends buying flour in small quantities and storing it in a cool place.

Another disadvantage of whole wheat flour is that it contains a chemical substance called phytates which, according to Plaa, "ties up" some nutrients, like iron, and keeps them from being used by the body. Most nutrition books agree though, that a persons diet would have to contain large amounts of phytates and be deficient in nutrients to cause health problems.

Ironically, whole wheat flour costs more than white, ranging in price from \$1.39 to \$1.59 per five pound bag at most stores. If you prefer buying in smaller quantities, some supermarkets and health food stores offer the whole wheat flour in bulk.

- Brown rice is much like whole wheat flour in that it has more nutrients than white rice, because it is processed less and the outer hull is left attached.

Brown rice does take 15 to 20 minutes longer to cook than white rice because of the hull. Its price is comparable to white, costing \$1 to \$1.10 per 24 ounce bag.

- Brown sugar is the most controversial member of the "Brown

See 'Brown,' Pg. 10 —

LCC class teaches foraging for wild foods



by Anne O' Leary
for The TORCH

If you'd like to pick your own food fresh, and do so fairly cheaply, the LCC Science Department offers a class that can help you.

Edible and Poisonous Plants, (BI 103), taught by Jay Marston, is an applied botany class that teaches students to identify plants and turn the edible ones into meals. Three sections of the class will be offered Spring Term for four Science credits.

The first task for students in the class is to learn the basic botanical skills required to identify plants. Marston estimates that approximately 30-40 per cent of class time is spent doing field work.

Students take a trip to Siltcoos Lake, near Florence, and spend at least a day looking at different plants found on the coast. Marston spends one whole week there and students can stay, too, if they wish, preparing meals from wild foods each night.

During class sessions students get the chance to prepare meals using wild foods. The class is split into groups which develop menus and fix a meal for the rest of the class using at least four edible species.

Marston and his assistants also prepare an elaborate meal for the class when classes first begin. Last spring, when the class was last offered, the menu consisted of mussels, Korean pepper algae soup, algae stir fry, Navajo sunflower bread, cattail crepes for dessert, and strawberry-yerba tea.

The main problem with cooking wild foods is the time needed to find, gather, and prepare them, according to Marston. He says it takes from 200 to 300 hours for him and his assistants to put together the meal they make for the class.

Gathering plants is the most time consuming of the activities. When Marston makes cattail crepes, for instance, he must first find cattails, then retrieve their roots and grind the roots into flour—all of which is very time consuming.

Even though wild foods are an alternative food source, most people don't have time to pursue the idea for everyday subsistence, according to Marston. But if you do have time and like knowing exactly where your food is from, wild edible plants may be a viable option for you.

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Food For Thought

What price, birds?

by Joseph B. Mitchell
for The TORCH

A person can save a lot of money by raising his/her own sheep and cattle for table purposes, but won't save much money raising poultry.

Cattle and sheep are good buys, according to Terry Fitzpatrick, operator of the Eugene Livestock Market. A feeder calf can cost around \$200 and weigh 250 pounds. "You can figure the animal would cost you \$100 in grain and \$12 for shots," said Fitzpatrick.

"There is a definite savings in raising a calf; and if someone has a pasture they can save half on their meat bill," he said.

But if cost alone is a factor, poultry costs more for the individual to raise for meat than it costs in the store. "They consume too much grain and their conversion of grain to edible meat is poor," says Randy Carnahan, a do-it-yourselfer.

So why does Diana Tish of JCO Feeds notice an increase in do-it-yourselfers?

Carnahan's reason for raising poultry is, "I've worked in the commercial poultry industry and know what kind of medication they use on the poultry; the high protein feeds alter the taste and quality, and I believe my birds taste better. The medications are not harmful to people but I feel better raising my own."

But it can be expensive to begin raising your own poultry. Day-old chicks can cost from 55 cents to 68 cents each. The two most common breeds available are the Cornish Cross for meat, and the Sex-linked for eggs. The Cornish



Cross reach butchering age at six weeks and the Sex-linked begin laying eggs at 28 weeks. The Cornish Cross aren't good for laying because they eat too much, and the Sex-linked don't grow fast enough for table purposes.

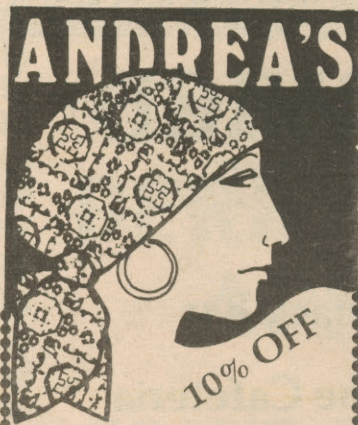
Carnahan suggests another approach for the individual who wants a small home flock. "Some of the old breeds are still available and are good for both meat and eggs," Carnahan said. Examples of these breeds are The Rhode Island Red and the Barred Rock.

Other requirements for raising poultry, making it more difficult and expensive, are sanitary waterers and feeders. The fowl must have clean water and food at all times. And if you start with baby chicks, you must have a brooder to keep them warm: the larger brooders can cost over \$100. A good incubator, for hatching the eggs, costs between \$100 and \$250, depending on the size. Some people prefer to let the hen hatch and raise the chicks, but this will take her out of production and cost you money.

Besides the cost of buying and raising animals, a person must be aware of health care costs. Larger animals can catch white muscle, worms, pink eye, lice, ringworm, and more. Fitzpatrick says, "The veterinarian bill would run about \$12 for inoculations." Inoculation is a form of preventive medicine. If it isn't inoculated, you could lose a valuable animal.

Poultry can contract as many diseases as larger animals. Because the present method of raising poultry is to confine a large number of birds in a small space, it wouldn't take much to infect an entire flock.

You can combat diseases in poultry by feeding young chicks medicated feed and by keeping feed trays and water fountains clean. After the chicks are several weeks old they can be taken off medication, but the chicken house should be disinfected and the litter changed after each batch. If the flock does contract a disease all the birds may have to be destroyed.



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Homemade yogurt saves money

by Paula Case
of The TORCH

Yogurt. It's a fad Eugene adopted when people took up jogging. But if you're a penny-pincher it can be an expensive habit.

Sara Thrash, assistant manager of the Natural Food Center at Valley River Center, says making your own yogurt is a way to save money. "It takes so very little (ingredients)."

The Natural Food Center sells three different brands of yogurt makers. The Salton one-quart maker runs \$15, the Big Batch two-quart maker sells for \$12, and the more expensive Corning Ware processor is \$60.

The yogurt machine is a cooker set at a constant temperature that turns the mixed ingredients into pudding consistency.

To make a batch three cups of milk, one half cup of powdered milk and eight ounces of plain

yogurt starter are simply blended together.

One tablespoon of honey can be added for extra flavor, but Thrash says "It's better just to use fresh fruit while you eat it." One serving of homemade yogurt costs approximately 34 cents.

LCC student Chris Abramson makes her own yogurt without the help of a machine. Her recipe is as follows:

Natural Yogurt

1/4 cup commercial starter or plain yogurt

1 quart of milk

Pour into jars and set in large pan of warm water with water coming to the brim of the jars.

Set in warm oven (about 120 F) and keep water between 105 F and 120 F, for four hours or until yogurt is the texture of pudding.

Abramson agrees with Thrash's theory that yogurt

shouldn't be flavored until the process is complete. Abramson recommends topping plain yogurt with honey or fresh strawberries.

Making your own yogurt can be nutritionally advantageous. Thrash says most of the yogurts in grocery stores are less than healthy because "Lots of yogurts have artificial flavoring and coloring." She suggests trying Nancy's Pure Honey Yogurt if you prefer to buy instead of make your own because Nancy's has no artificial ingredients. But it is expensive.

Sprouts: Cheap and easy

Deborah Allbritton
for The TORCH

Snug in a glass jar, quietly tucked away in the cool darkness of a kitchen cupboard, tiny seeds or beans burst and sprout. And when a seed sprouts, vitamin C and other nutrients magically materialize.

Sprouts are rapidly becoming an everyday part of the American diet. Delicate white wisps topped with a light green nub now adorn the sandwiches purchased by students in the LCC cafeteria. Make-your-own salads find sprouts sweetly mingling with assorted fresh vegetables at the cafeteria Salad Bar.

Even sweeter is the fact that anyone can grow sprouts right in his or her own kitchen for one tenth the market cost.

According to Carol Flinders, nutritionist and co-author of the book "Laurel's Kitchen," Mung beans, garbanzos, whole dried peas, lentils, alfalfa seeds, wheat berries and mustard seeds can be sprouted effectively.

In her book Flinders explains an easy method for growing sprouts: "Be sure the seeds have not been treated chemically for planting," Flinders says. A health food store is the best place to buy seeds for sprouting. First, soak 1 tablespoon of seeds or 1/3 cup of dried beans in one cup of warm water overnight.

On the second day rinse the seeds completely and drain. Then put them in a glass quart jar covered with a damp washcloth or piece of cheesecloth; fasten with a rubber band and store in a dark cupboard.

The seeds should be rinsed twice each day, and drained of excess moisture each time. "Sprouted Mung beans and lentils are ready in just three days. So are soybeans. Wheat berries take just two days to reach their peak nutritionally, while alfalfa seeds take four to five days," Flinders says.

When sprouts are ready they should be rinsed in cold water. (Alfalfa seeds will shed their cases at this point, which can then be thrown away.) A few hours of sunlight will increase sprouts' nutrient value and eye appeal. Sprouts should be stored in a covered container in the refrigerator.

Roto-tilling saves time

by Kay Ullman
for The TORCH

The first step in planting a garden is preparing the soil.

Unless you want to spend the time and muscle power to dig your garden by hand, renting a tiller is probably the best method. A tiller has engine driven revolving tines that do the digging.

In the Eugene-Springfield area at least 10 rental outlets stock tillers. Junction City and Cottage Grove each have a rental outlet.

The cost of renting one of the two basic types of hand guided tillers varies from \$4 to \$7.50 per hour.

Front-tine tillers rent for about \$4 per hour. These have digging tines in front of the wheels. It takes a lot of muscle power for the operator to guide one. If you hit a stubborn clump of grass or clay you must hold back on the tiller to keep it from trying to ride the obstacle.

Rear-tine tillers rent for about \$6 per hour and are much easier to handle because the rear wheels serve a dual purpose: They not only drive the tiller but, if you hit those heavy grass clumps and clay, they serve to hold back the tiller until it has reached the desired depth. One salesman

says, "Most people who have used a rear-tine tiller will never use a front-tine tiller again." Rear tine tillers require only slightly more than simple guidance by the operator.

Both types of tillers are four-cycle gasoline engine powered.

If you don't want to do the tilling yourself, you can have it done for you. Bob Hoffman, who works in LCC's financial services is one area resident who owns a tiller and does custom tilling. He warns that people should "Be aware that prices vary widely and you have the option to get more than one estimate."

Hoffman says he can roto-till in one hour what would take twelve to fifteen hours to hand till, and do a better job. In many cases, he says, people can pay someone less to do the tilling than it costs to rent the tiller. When you rent a tiller, travel time must be taken into account "and a lot of rentals do not work well", requiring additional time just to keep it running. And, if you've never run a tiller, you probably won't have a good technique.

Hoffman charges \$11.50 for the first hour plus \$1.50 for each additional 10 minutes. He allows a \$2 discount on the first hour to students and senior citizens.

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Raising rabbits...

by Christoph Roop
for The TORCH

George Schafer, LCC energy technology student, is trying to fight back against an inflationary food budget. Like most students, he lives on a meager income and looks for ways to cut living expenses.

As President Reagan contemplates slashing the food stamp budget, poor people like Schafer are wondering how they can afford to eat. Another concern is where they can find meat that hasn't been adulterated with nitrites and nitrates as beef and pork products sometimes are, or injected with water for extra weight as is done to pork and chicken.

Chicken became the preferred meat for many three years ago when hamburger jumped from 99 cents per pound to \$1.89 per pound.

Since then, a few peoples appetite for chicken has soured after learning that some poultry farmers feed chickens arsenic to stimulate their appetites and water weight gain.

Schafer found raising rabbits to be one way of acquiring a source of chemical free, low cost, high quality meat.

According to Pat Patterson of the Lane County Extension Service, rabbit meat is an all-white meat with a higher protein content than any other kind, and is lower in calories and cholesterol than all other meats but poultry.

Besides, rabbits are quiet, clean animals that reproduce quickly and require very little room. They don't eat your garden like ducks, aren't smelly like pigs, and won't wake you up at 6 a.m. like chickens.

Rabbit manure makes an excellent fertilizer and the skins can be marketed to defray feed costs.

Gary Olson of Terraced Hill Farms Inc. estimates a fryer will consume \$1.50 worth of pelletized alfalfa feed to reach a butchering weight of four and a half pounds, making home grown rabbits one of the better meat buys around.

Obviously, that cost is for feed alone. Prices for breeding stock in the Eugene-Springfield area average around \$20 per doe, with bucks bringing slightly more.

Not all rabbits are suitable for breeding though, so Olson offers the following tips on what to look for:

- Try to buy from a friend or

respected commercial rabbitry, and look at the hutch cards for a record of the does age and litter sizes. Does should consistently have litters of eight to ten until they're around three years old when production begins to decline.

- Consider New Zealand Whites or Californians, since both breeds are noted for putting on weight quickly and having large litters. Their white pelts are also worth more to fur buyers than are those of color.

- Pick out solid, meaty-looking rabbits; size and shape are hereditary.

- Don't buy rabbits under three months of age, those with scabs in their ears (evidence of ear mites), or those with malocclusion (under bite).

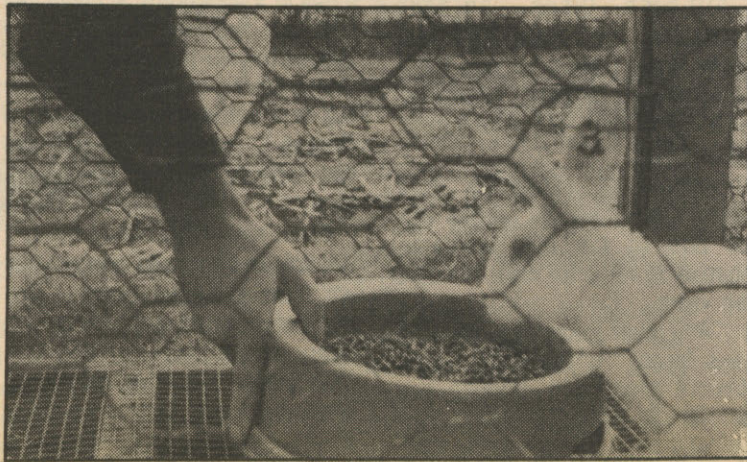
- Reject any with mucous on the inside of their front paws. This is

raised outdoors, Schafer says they must be protected from rain, snow and strong drafts. During the summer, be sure to shade their hutches to protect them from heat stroke: "You can find rabbits on the tundra," quips Olson, "but you don't find any in the Sahara."

As for rabbit hutches, Olson prefers European High Production hutches because one-third more rabbits can be raised on the same amount of floor space than can be done with conventional hutches.

Space is not such a critical consideration for Schafer who raises just a few rabbits for food, but the all-wire construction of European High Production hutches makes them easier for Schafer to keep clean, thereby cutting down on the possibility of disease.

According to extension agent Patterson, the two major diseases



a sign the rabbit has the snuffles, pneumonia, or other respiratory problems, most of which are communicable and difficult to cure.

- Check the hind feet to be sure the pads are thick and feel like callouses. Rabbits with thin pads will suffer from sore hocks (the region just above the foot), and seem to be more susceptible to ear mites.

- Be sure the doe has 10 nipples and a relatively large vagina. A doe with eight nipples would not be able to nurse a litter of ten. Large vaginas mean easier deliveries for the doe and easier mating for the buck.

Following these guidelines will insure quality stock, but where are those furry little fluffballs going to live?

If it's going to be in Eugene, check with your neighbors first; rabbit raising is legal as long as no one complains. In Springfield, legality depends on how your property is zoned.

And although rabbits can be

in Willamette Valley rabbitries stem mostly from mismanagement. The first disease, Enrititis, normally affects only young rabbits and is brought on by stress or a lack of fiber in the feed. Patterson suggests feeding alfalfa hay, clover hay, or blackberry vines to add fiber to the diet. To combat stress, an owner should locate hutches away from loud dogs and out of reach of other predators such as rats and snakes.

The other disease, Pasteurellosis Complex, is a virus that causes snuffles, pneumonia,

abscesses, and genital infections. Patterson says there is "no effective cure other than a knock on the head."

Another major disease to be aware of is Coccidiosis, adds Olsen. Coccidiosis is a parasite living the droppings of fowl. Because of this, experts recommend rabbits and birds not be raised together. Be sure any hay used in the rabbits' nest box has not had chickens roosting on it first.

Careful cleaning of the hutches on a regular basis helps prevent both Coccidiosis and sore hocks.

"We raised rabbits when I was a kid," remembers Schafer, "and never had any problems except when the neighbor kid let them loose and we had to chase them around."

Asked how he could stand to kill such cute little bunnies, Schafer replied, "I don't know, I was just raised that way. Some people say to hit rabbits in the head with a hammer to kill them, but that's so cruel (some people

... Low cost, high quality meat

don't hit them hard enough and only wound them). I shoot them."

Most people prefer to feed their rabbits pelletized alfalfa feed rather than try to mix a balanced meal out of raw ingredients.

When picking a pelletized feed, Schafer suggests checking the ingredients label. Choose a feed with a minimum of 16 per cent crude protein and a minimum of 15 per cent crude fiber. Make sure the ingredients are things rabbits can digest, such as grasses, leaves, anything with

chlorophyll.

"A friend of mine says if you feed them clover the meat tastes a lot sweeter," adds Schafer.

Only feed a rabbit as much as it needs to grow, subsist, or maintain its weight. A cup a day is average for does, and one and three quarters of a cup will do for bucks.

Terraced Hill Farms Inc. appears to have the best buy on quality feed, charging \$8.95 for an 80 pound bag.

New Zealand Whites are ready to breed at four and one half months.

About 26 days after breeding, place a nest box full of hay in the does hutch. Around 31 days after a successful breeding, the doe will start to pull out her fur to make a nest. Fur pulling means a litter of little ones is just hours away.

For the first day after birth, or "kindling", do not allow any disturbances around the hutch. Schafer says loud noises or playing with the babies may cause the doe to abandon or kill her young.

On the second day after kindling, check the nest box and remove any dead or deformed young.

Rabbits can be weaned at four weeks and started on solid food. At this time the doe should be rebred.

Four weeks later, the fryers will have reached a weight of around four and a half pounds and are ready to become epicurian delights.

To cook rabbit, Schafer suggests finding a recipe for chicken and substituting rabbit for chicken. "Sometimes mom used to cook a chicken and two rabbits; my brothers said they didn't like rabbit, but they never knew the difference."

Food For Thought



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Food For Thought

Can't store that meat? You can if you can it!

by Andrea Ritzman
for The TORCH

If you don't have a freezer, what do you do with that four-point buck you just shot or the string of fish you've caught? Consider canning it. Canning meat, poultry, and fish is as easy as canning vegetables, according to the canning manuals.

EQUIPMENT

You use basic home pressure canning equipment: a steam Pressure Cooker, quart or pint jars with lids, sharp knives and a cutting board. Any equipment that will come in contact with meat should be washed with hot soapy water to help prevent the spread of bacteria that causes spoilage.

Meats lack acid and are more susceptible to spoilage so you must work quickly and in a clean environment to insure safety. Meat should be kept cool (40 F) until it's canned, or if the meat is kept for more than three days prior to canning, it should be frozen and thawed in the refrigerator just before you plan to can it.

After trimming away all visible fat, gristle, and bruise spots, and removing all bones (if possible), cut the meat into strips one inch shorter in length than the height of the jars being used. You needn't add liquid to the jars since there will be enough juices from the meat. Exhaust the jars in a slow-boil bath, then remove them and add salt (optional). Screw lids onto the jars and place

the jars in the Pressure Cooker, then process them according to the manufacturer's directions.

CANNING FISH

You should can or freeze fresh fish as soon as possible after catching them.

Clean and scale the fish and split them lengthwise along the backbone, removing bones. Cut the fish into pieces the length of the jars, then pack the fish into the jars and fill them with water. Adding salt to the water is optional. Screw the lids on tight and place the jars in the Cooker. Close the Cooker and follow the manufacturer's directions for proper pressure and time.

CANNING WITH CANS

Meats and fish may be canned in tin cans by using a Pressure Cooker, although additional equipment is needed for this process. Cans and a sealer machine are not available in Lane County but can be purchased in Portland.

Prepare meat or fish as directed and pack the slices into cans. Don't add liquid. Exhaust the cans in a slow-boil bath for 10 minutes and remove. Add salt (optional). Seal the cans with the sealer machine and place them in the Cooker. Process according to the manufacturer's directions. Remove and cool.

Additional information on all types of canning may be obtained from the Lane County Home Extension Service at 950 W. 13th, Eugene. Their phone number is 687-4243.

From rabbits to catfish. . .

'Eco system in your back yard'

by Chris Roop
for The TORCH

Wearing blue jeans and boots, Gary Olson pokes a briar pipe through his carefully trimmed beard. He begins to puff while expounding the virtues of rabbits, fish, frogs, and crawdads.

A rutted gravel drive winds up the hillside to a terrace where he lives and works. Fir trees surround the property and march uphill. Muscovy ducks swim in a large pond that separates his A-frame and the new rabbit barn, which is home for some 3,000 to 4,000 New Zealand White rabbits.

The rabbits live in long rows of sterile wire mesh cages suspended from the ceiling. Each morning, an employee floods troughs under the cages to carry rabbit droppings out of the building through a drain pipe and into a composting pit.

Although Olson, an ex-policeman, still tries to fight crime, he's traded his gun for a commercial rabbitry, Terraced Hills Farms Inc., which he founded in 1976.

Because of escalating feed costs, Olson believes rabbits will be one of the few profitable animals to raise for meat in coming years.

"Any other animal eats grain," says Olson, "whereas the rabbit doesn't need grain. Rabbits can eat forage items (grasses) that humans can't. So when you start figuring ten pounds of grain to put a pound of meat on a cow, versus four pounds of forage food. . . to put a pound of meat on a rabbit, I say rabbit is going to be an up and coming protein food."

Olson, who eats rabbit about three times a week, says besides being cheaper to feed, rabbits require very little space, and reproduce quickly. Olson con-

tends he can grow as much meat in a 30x36 cage as a cattle rancher can raise on an acre of ground. His 80 does each have seven litters a year. His goal is to have 360 does.

Olson became interested in raising rabbits as food while working as a police officer. He says an old man showed him the best way to do it.

"Now this was in the city, no rabbits allowed, so he's going to show a cop what he's got: he's got rabbits in a greenhouse, all around the wall. Under those he has worm bins. Everything is nice and neat. There's vegetables and stuff growing in the greenhouse."

"He's eating the rabbit meat, selling the skins, harvesting the worms and selling them, and taking the worm castings and putting them on the garden. He was feeding the garden to the rabbits and eating from the garden."

"And I said 'you know, that's a hell of a nice thing.' I could see that an ecological, workable system in your back yard is better than trucking in feed from Wyoming to a cattle feedlot in Eastern Oregon. . . when in actuality you can raise a rabbit in your back yard."

Olson says rabbit meat doesn't require an expensive freezer that will take up kitchen space. "You butcher a rabbit and you eat it. There's no storage. . . You butcher a cow and what do you do with the other 800 pounds of meat after you've eaten a pound?"

A burgeoning rabbit business and growing disillusionment with police work caused Olson to quit his 11 year career in the force in 1979 and start raising rabbits full time.

"It boiled down to 11 years as a police officer trying to keep the tide from coming in. The tide (the criminal element) is gaining at a greater pace than society can cope with. I ain't going to fight the tide anymore: I'm going to build a bridge across it, and the bridge is with people being fed."

"If you have enough people whose hunger is satisfied, and the ecology is a little better, I don't believe you're going to have the criminal element that you had."

And how does feeding people

eliminate the criminal element? "A hungry person is more apt to commit a crime than a satiated person," answers Olson with the zeal of a revivalist preacher.

Olson's expertise in rabbit raising comes mostly from personal experience and reading "every book I could lay my hands on in the library."

He contends worms are an integral part of any eco-system involving rabbits.

"Rabbits and worms are like bread and butter," according to Olson. "That rabbit has a large amount of manure that, collected and fed straight to worms, the worms will turn into the finest fertilizer in the world, which grows the finest food. 'Man cannot live by rabbit alone, he must have a carrot.'"

Worm castings must work: last year, while most people were cussing inclement weather and their own puny plants, Olson and his family were busy canning copious amounts of fresh fruits and produce; enough to fill his mother's fruit shed and overflow into his own house. "You can grow anything in worm castings," he says.

Having improved and expanded on the old man's original eco-system, Olson plans to feed the worms he grows to catfish, frogs, and crawdads in his pond, which he'll then harvest for food.

"It's an ecological system you can do in your own back yard. In your typical four foot deep plastic swimming pool you can put catfish, crawdads, and frogs, and you feed worms to them and throw your worm casting on the garden. Virtually every house in town has a back yard that will allow people to produce their own food."

Olson considers staying at home and raising his own food to be the good life. "I've got enough money for beer, and what else is there?" he says with a smile. "Oh, and matches for my pipe."

Olson finds it difficult to believe that after police indoctrination and service he could be promoting such a radical alternative to arrest and incarceration. "But I believe in it!" he says. "I think my means are more effective than the punishment means (of reducing crime)."

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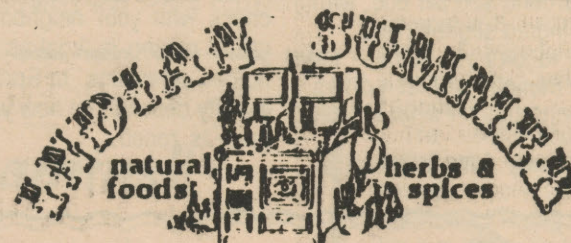
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Meatcutting as a trade

Notes from an old world butcher

by Chris Abramson
of The TORCH

"In England, kids leave school at 15 or 16. You learn a trade that's going to stand you in good stead the rest of your life, then you can do what you want," says Stewart McGrath, LCC women's soccer coach, of his birthplace.

Butchering has been his trade off and on for the last 14 years. He's an expert at it -- from preparing the animals for slaughter to cutting up the meat for packaging.

His thorough knowledge of the trade is in demand because more people are fighting higher meat prices by raising their own livestock to be custom slaughtered.

McGrath is extremely energetic; he believes in hard work, enthusiastically sharing his experiences as a butcher and aspects of the profession with anyone interested.

He loves travel. He has butchered throughout England, France, Norway, Germany and now the U.S.

"When I'd go to school in the morning," he says, remembering his home in Colne, Lancashire, England, "I had to walk down one hill and up another hill, and at the bottom, in a valley, was a slaughterhouse. As a kid, 11 or 12, just inquisitive, I'd walk in there and watch them and gradually the guys would ask me to do odd jobs, like sweeping, cleaning. Before I'd left school (at 15), I could butcher a sheep and a pig by myself."

At 17, McGrath was butchering beef and making a "man's" wage of \$300 a week for a 12 hour day. Labor included weighing, bleeding, splitting, skinning, hauling, and hanging the animals in a freezer.

After working all over the English countryside, McGrath set aside his trade and worked at other jobs for a few years. He needed a break.

"As an accomplished tradesman, I knew I could always go back to being a butcher," he says confidently. "But I wasn't making near as much money, even by working three jobs at a time, so I went back to slaughtering."

He worked in a big packing house in London, where he was first exposed to "kosher killing," which involves slitting the throat of the animal in one continuous cut with a perfect edged "kosher knife." This method prevents the

animal from feeling any pain.

"It took some getting used to," he laughs. "It was pretty revolting."

Kosher killing has been practiced for thousands of years in Israel, Pakistan, and Arabia. The theory, says McGrath, is that to kill otherwise is not kosher because, "If you eat the blood, you eat the life of the animal."

At other slaughterhouses, animals were shot in the skull with a compressed air pistol,

The director looked at me and I opened my backpack and got out my knife box. The director said, 'Come with me,' and everybody came. They'd been slaughtering big Dutch veal calves. The director told me to skin the leg of a calf, so I whipped out my knife, skinned the leg, and five minutes later, I was working," he recalls.

Wide open spaces brought McGrath back to the Western U.S. in search of work. He found a job at a custom slaughter house



Stewart McGrath, Butcher

Photo by Chris Abramson

which stuns the animal, but leaves the heart still functioning. This method allows the blood to pump out, instead of clot, and results in higher quality meat.

After working in London for two years, McGrath came to the U.S. during the Bicentennial for a seven week hitchhiking tour, then returned to Europe. He traveled the continent plying his trade in slaughterhouses.

In a little town outside Le Mans, France, he heard of a packing house. The director and the employees could not speak English. By this time, McGrath had his own knives and equipment, and was ready for work anywhere, anytime.

"There were about 16 people there and they called for a school boy (to interpret). . . he explained to the director that I wanted a job.

in Bandon, Oregon. McGrath wanted to work in a packing house where his thorough knowledge was appreciated, instead of in a large city packing house where workers are just part of an assembly line.

McGrath says, "The big (corporately owned) packing houses have taken all the skill out of butchering by mass production, where an individual is just doing one job and getting paid an hourly wage. Whereas my background comes from being able to do everything from bringing in the goods to cutting up the meat. . . It's like building a Rolls Royce or Lamborghini sports car from start to finish."

"Here in America butchering isn't regarded as being a profes-

See 'Butcher,' Pg. 10—

Food For
Thought

Plan your shopping

by Fred Boyer
of The TORCH

is both effective and appropriate for consumers.

WHERE SHOULD YOU SHOP?

Members of the Home Economics Department carefully shopped at every major store in town over a significant period of time. Their conclusion: With the exception of the "warehouse" type of market, which is 8 per cent lower than the rest, their prices were virtually the same. If you expect to spend \$50 or more on your grocery shopping trip, and you live within 5 miles of a "warehouse" type of market, that's the best place to shop as a general rule.

PERPETUAL SHOPPING LIST

Having decided where you're going to do your grocery shopping, and that you're going to try to do it on a Tuesday morning, your next step is to make out a "perpetual shopping" list.

This is a list of the foods you use daily that you will always use, and which will provide your family with good nutrition (no "junk" foods included.) Whenever you see any of these items on sale, stock up. On the other hand, if you're thinking about buying some food that is not on the list, don't do it. Impulse buying is the shopper's biggest weakness, and the whole store is designed to encourage it. Don't give in!

You can obtain a copy of the suggested list in the Home Economics Department.

Beth Naylor says a big problem, and a potentially costly one if you're not prepared, is small-scale cooking. She's prepared a list of suggestions for cooking with economy in mind.

To those who may be skeptical that it's possible to feed four people (two adults and two children) for \$45 a week, Naylor says, "Actually we do it for \$31."

Two three-hour workshops on the topic are scheduled this term. The first is scheduled for Veneta on Saturday, April 27, from 9 a.m. to noon. Another is scheduled for Cottage Grove. Check the Home Economics Department for details.

A family of four may be throwing away almost \$90 a month by not planning and organizing shopping trips and family menus.

"The planning and organizing, plus a small amount of work, takes about two hours a week," says Beth Naylor, coordinator of the consumer and homemaking areas of the LCC Home Economics Department. Putting it another way, the benefits of planned and organized shopping and menu-making are equivalent to an easy, part-time job paying about \$10 an hour, or free gasoline, or free utilities, or the equivalent of somebody else making the car or credit card payment.

During her three-hour workshop -- Feeding Four On \$45 A Week -- Naylor covers the psychology of shopping, the best markets for shopping, shopping lists, and ways to economize when preparing meals on a small scale, among other topics.

PSYCHOLOGICAL SHOPPING

Here's how "planned shopping" can work:

- Never shop when you're hungry!
- Never shop in the morning following a long weekend -- you're either "starved" or too exhausted to pay much attention to what you're doing.
- If possible, shop only on Tuesday morning -- that's when most of the food stores in Eugene and Springfield have their "super" specials, and when all the produce is fresh. On Tuesdays, it doesn't make much difference what store you're in, or whether your shopping trip is planned or not; something will be a super buy: If the item is on your shopping list, stock up.

Shopping psychologically might sound silly at first; but remember, supermarket chains hire batteries of psychologists at tremendous costs to induce consumers to spend more money than they might need to. Fighting back with their own best weapon

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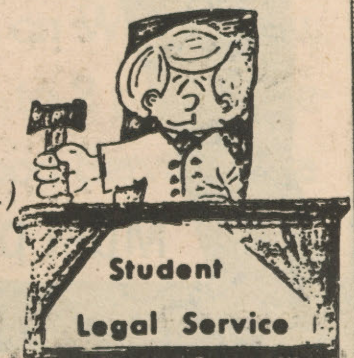
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Food For Thought

'Butcher,' from Pg. 9

sional trade," he adds. "The attitude is 'anybody can skin animals.' The big macho thing is to have a knife."

In Oregon McGrath also worked in Coquille where he owned a mobile slaughterhouse or "kill truck" in which he traveled from farm to farm butchering animals for their owners.

Currently he's traveling from his home in Santa Clara to the Mohawk Packing House in Marcola where he does custom slaughtering, averaging 34 animals in 5 hours.

McGrath butchers cattle, deer, sheep, pigs, and reindeer. He says he's more experienced with sheep than anyone else in the area, since the English eat lamb like Americans eat beef. His dream is to one day work for himself raising lambs, which are lower in cholesterol than beef.

He has another dream. He wants to teach a class in waste free butchering and animal hygiene which he believes would be invaluable to people who raise livestock. A livestock owner who sells butchered animals should be able to recognize abnormalities such as liver flukes, lesions and abscesses, to avoid possible illness or lawsuits if the animal is

diseased.

For McGrath, now 29, optimism for future prospects go hand in hand with his eagerness to work hard. Expertise at a trade in high demand lends him assurance of success.

'Brown,' from Pg. 5

Family." It isn't nutritious, but it may contain trace vitamins and minerals from the molasses used to color it. Real brown sugar is supposed to be processed less, retaining more nutrients; but sometimes it is simply white sugar with caramel coloring.

Instead of using brown or white sugar, Plaa recommends molasses as a sweetener because it contains iron and calcium and has nearly the same amount of calories as sugar.

Another sweetening possibility is water in which raisins or other dried fruits have been soaked.

'Fish,' from Pg. 4

tained by residents for \$2.50 and by non-residents for \$10.

• Many people prefer to get their fish at the market.

It's no longer necessary to live on the seashore to enjoy clams, lobster, crab, shrimp and other sea foods. The freshness and flavor of many favorite seafoods are captured by quick freezing.

Local markets sell about two hundred varieties of fish. It can be found fresh, frozen, canned, dried, smoked, and pickled. Cured fish (preserved by salting or smoking) is found in small amounts. This delicacy is very popular in Scandinavian countries.

At this time of year, Chinook and Silver salmon are going for about \$5.15 per pound, with C and R Seafoods undercutting the market at \$4.95 for Chinook. Newman's Fish. Co. is selling Silver at the lowest cost of \$4.90.

Shrimp averages \$6.83 for a bag of 41-50 pieces. C and R Seafoods was lowest, advertising it at \$5.95 per bag.

Clams were also sold cheaply at C and R for \$1.70 per pound. The average market price is \$1.88.

Crabs can be found at Reese's

Seafood most reasonably. Whole, cooked crabs cost \$2.50 each, well below the \$2.97 average price.

Whole red snapper (a bottom-

fish) is one of the least expensive varieties of fish available. It runs from 49 to 59 cents a pound. A half a pound of fish is considered the normal adult portion.

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AROUND TOWN

Thursday

Movies

Cinema 7 -- Atrium Building, "Return of the Secaucus," 7:30 and 9:40.
Mayflower -- 788 E. 11th, "Ordinary People," 7:20 and 9:30.
National -- 969 Willamette St., "Nine to Five," 7 and 9:15.
McDonald -- 1010 Willamette St., "The Thief," 7:15 and 9:30.
Fine Arts Theatre -- 630 Main St., "Die Laughing" and "Any Which Way You Can," 7:30 and 9:20.
Cinema World -- Valley River Center, "Tess," 5:45, 7:40 and 8:45, "Earth Bound," 6:20, 8:05 and 9:50, "The Postman Always Rings Twice," 6:30 and 9:00 p.m.
Valley River Twin Cinema -- "Tribute" and "All That Jazz," 7:15 and 9:30, "The Windwalkers," 7:00 and 9:00.

Music

BJ Kelly's -- 1475 Franklin Blvd., "The Sneakers," 9:30 - 2, Cover varies.
The Place -- 160 S. Park, "Bosworth Brothers," 9:30 - 1:30.
Treehouse -- 1769 Franklin Blvd; Buddy Ungson -- Guitar, 9 - midnight.
Duffy's -- 801 E. 13th Ave., "Stoddard and Cole," 9 - 1.
Tavern on the Green -- "The Movies," 9 - 2 a.m., Cover varies.
Black Forest -- "Eagle Park Slim," 9 p.m. - 2 a.m., Cover varies.
Aunt Lucy Divine's -- 13th and Alder, "Gregory Fields," 9:30 p.m. - 2 a.m.
O'Callahan's -- 440 Coburg Rd., "Slow Train," 9 p.m. - 2 a.m., \$2 cover charge.
Perry's -- 959 Pearl St., "Dick Blake," 9 p.m. - 1 a.m. Cover Varies.

Theatre

Oregon Repertory Theatre -- 99 W. 10th., "When You Comin' Back Red Rider", Curtain at 8 p.m., Tickets - \$4-6.

Friday

Movies

Cinema 7 -- Atrium Building, "Return of the Secaucus," 7:30 and 9:40.
National -- 969 Willamette St., "Nine to Five," 6, 8 and 10.
Mayflower -- 788 E. 11th., "Ordinary People," 7:20 and 9:30.
McDonald -- 1010 Willamette St., "The Thief," 7:15 and 9:30.
Fine Arts Theatre -- 630 Main St., Springfield, "Die Laughing" and "Any Which Way You Can," 7:30 and 9:20.
Cinema World -- "Tess," 5:45, 7:40 and 8:45, "Earth Bound," 6:20, 8:05 and 9:50, "Raging Bull," 7:45 "Altered States," 6:00 and 10:00, "The Postman Always Rings Twice," 6:30 and 9:00 p.m.
Valley River Twin Cinema -- "All That Jazz" and "Tribute," 7:15 and 9:30, "The Windwalkers," 7:00 and 9:00.

Music

BJ Kelly's -- 1475 Franklin Blvd., "Mithrandir" -- rock n' roll, 9:30 - 1:30.
Black Forest -- 2657 Willamette, "Eagle Park Slim," 9:30 - 1:30.
Duffy's -- 801 E. 13th, "Stoddard and Cole," 9 - 2.
Treehouse -- 1769 Franklin Blvd., Buddy Ungson - piano.
The Place -- 160 S. Park St., "Dan Siegal," 9 p.m. Tickets are \$4.
Tavern on the Green -- 1375 Irving Rd., "The Sneakers," 9 - 1.
Community Center for Performing Arts -- 291 W. 8th; Strucker and Caracciolo, Vaudeville comedy team, 8 p.m., \$3.50.

Theatre

Oregon Repertory Theatre -- 99 W. 10th., "When You Comin' Back Red Rider," \$4-6; 8 p.m. Also "Senseless Cruelty," shows at midnight. \$2.50.

Saturday

Movies

Cinema 7 -- Atrium Building, "Return of the Secaucus," 7:30 and 9:40.
Mayflower -- 788 E. 11th., "Ordinary People," 7:20 and 9:30.

National -- 969 Willamette, "Nine to Five," 6, 8, and 10.
McDonald -- 1010 Willamette, "The Thief," 7:15 and 9:30.
Fine Arts -- 630 Main Springfield, "Die Laughing" and "Any Which Way You Can," 7:30 and 9:20.
Valley River Twin Cinema -- "Tribute" and "All That Jazz," 7:15 and 9:30, "The Windwalkers," 7:00 and 9:00.
Cinema World -- "Earth Bound," 6:20, 8:05 and 9:50, "The Postman Always Rings Twice," 6:30 and 9:00, "Tess," 5:45, 7:40 and 8:45, "Altered States," 7:00 and 9:30, "Raging Bull," 7:40 and 9:35.

Music

BJ Kelly's -- 1475 Franklin Blvd., "Mithrandir," 8:30 - 2.
Treehouse -- 1769 Franklin Blvd., Chip Smith - piano, 8 to midnight.
Duffy's -- 801 E. 13 Ave., "Stoddard and Cole," 9 - 2, \$1.50 cover.
Tavern on the Green -- 1375 Irving Rd., "The Movies," 9:30 - 1:30.
O'Callahan's -- 440 Coburg Rd., "Slow Train," 9 p.m. - 2 a.m., \$2 cover charge.
The Suds factory -- I-5 and 30th Ave., "The Party Kings," 9 p.m. - 1 a.m. Cover charge.
Aunt Lucy Devine's -- "Brad Garber," 9:30 - 12:30, Cover varies.
Community Center for Performing Arts -- 291 W 8th., "Boys of the Lough," Music and songs of Ireland. 7 and 10 p.m., \$5 in advance, \$6 general admission.
Saturday Market -- 8th and Willamette, "The Playing Possums," and "The Whitelomes," 11:30 and 1:30 respectively. Free of Charge

Theatre

Oregon Repertory Theatre -- 99 W. 10th. Ave., "Senseless Cruelty," \$2.50; Mid-night. Also staged will be "When You Comin' Back Red Rider" at 8 p.m., Tickets are \$4-6.

Sunday

Movies

Cinema 7 -- Atrium Building, "Return of the Secaucus," 7:30 and 9:40 p.m.
McDonald Theatre -- 1010 Willamette St., "The Thief," 2:15, 4:40, 7 and 9:20.
Mayflower -- 788 E. 11th., "Ordinary People," 2:45, 5:15 and 9:30.
National -- 969 Willamette St., "Nine to Five," 1:30, 3:30, 5:30, 7:30 and 9:30.
Fine Arts Theatre -- 630 Main St., Springfield, "Die Laughing" and "Any Which Way You Can," 7:30 and 9:20.
Cinema World -- "Earth Bound," 7:40 and 9:35, "Tess," 7:40 and 9:35, "Raging Bull," 6:45, 8:25 and 10, "Altered States," 7:05 and 9:35 "The Postman Always Rings Twice," 7:40 and 9:35.
Valley River Twin Cinema -- "Tribute" and "All that Jazz," 7:15 and 9:30 "The Windwalkers," 6:15 and 8:30.

Music

O'Callahan's -- 440 Coburg Rd., "Slow Train," 9 p.m. - 2 a.m., \$2 cover charge.
The Place -- "Sunday Showcase," 9 p.m. - 1 a.m., Cover varies.
Aunt Lucy Devine's -- "Al Waiters - Folk and bluegrass," 8:30 - 10:30. Cover varies.
Community Center for Performing Arts -- 291 W. 8th., "John Hammond with James Thornbury and the Riders," singing blues, 7 and 10 p.m.

Theatre

Oregon Repertory Theatre -- 99 W. 10th., "When You Comin' Back Red Rider," 2 p.m. Matinee; \$4-6.

Monday

Movies

Cinema 7 -- Atrium, "Return of the Secaucus," 7:30 and 9:40.
Mayflower -- 788 E. 11., "Ordinary People," 7:20 and 9:30.
National -- 969 Willamette, "Nine to Five," 7 and 9:15.
Fine Arts Theatre -- 630 Main St., Springfield, "Die Laughing" and "Any Which Way You Can," 7:30 and 9:20.
Cinema World -- "Earth Bound," 6:20, 8:05 and 9:50, "Tess," 5:45, 7:40 and 8:45, "Raging Bull," 6:45, 8:25 and 10., "Altered States," 7:00 and 9:30.

"The Postman Always Rings Twice," 6:30 and 9:00 p.m.
Valley River Twin Cinema -- "All That Jazz" and "Tribute," 7:15 and 9:30 "The Windwalkers," 7:00 and 9:00.
McDonald -- 1010 Willamette St., "The Thief," 7:15 and 9:30.

Music

The Place -- 160 S. Park, "Bosworth Brothers," 9:30 - 1.
Black Forest -- 2657 W. 11th, "Eagle Park Slim," 9:30 - 1.
Aunt Lucy Devine's -- 13th and Alder, "Hank Laramie," 9 - 1:30 a.m.
Tavern on the Green -- "The Movies," 9:30 - 1:30.
BJ Kelly's -- "Bluetones," 9 p.m. - 2 a.m.
Eugene Symphony Orchestra -- Beall Hall, "Carl Topilow guest appearance," Band will perform Mozart and Mahler among others. p.m.

Tuesday

Movies

Cinema 7 -- Atrium Building, "Return of the Secaucus," 7:30 and 9:40.
Mayflower -- 788 E. 11th, "Ordinary People," 7:20 and 9:30.
National -- 969 Willamette, "Nine to Five," 7 and 9:15.
Fine Arts Theatre -- 630 Main St., Springfield, "Die Laughing" and "Any Which Way You Can," 7:30 and 9:20.
Valley River Twin Cinema -- "All That Jazz" and "Tribute," 7:15 and 9:35, "The Windwalkers," 7 and 9.
Cinema World -- "Earth Bound," 6:20, 8:05 and 9:50, "Altered States," 7 and 9:30, "Raging Bull," 6:45, 8:15 and 10., "Tess," 5:45, 7:40 and 8:45, "The Postman Always Rings Twice," 6:30 and 9:00.

Music

Aunt Lucy Devine's -- 13th and Alder, "Gregory Fields," 9:30 to 12:30.
BJ Kelly's -- "Fox and Weasel," 9 - 1 a.m.
Eugene Symphony Orchestra -- Beall Hall, "Carl Topilow - guest artist," 8 p.m. Free of charge.

Wednesday

Movies

Cinema 7 -- Atrium Bldg., "Return of the Secaucus," 7:30 and 9:40 p.m.
National -- 969 Willamette St., "Nine to Five," 7 and 9:20 p.m.
Mayflower -- 788 E. 11th st., "Ordinary People," 7:30 and 9:25 p.m.
McDonald -- 1010 Willamette, "The Thief," 7:15 and 9:30 p.m.
Fine Arts Theatre -- 630 Main St., Springfield, "Die Laughing" and "Any Which Way You Can," 7:30 and 9:20 p.m.
Cinema World -- "Earth Bound," 7 and 9:30 p.m., "Tess," 5:45, 7:40 and 8:45, "The Postman Always Rings Twice," 6:30 and 9, "Raging Bull," 6:45, 8:45 and 10 p.m.
Valley River Twin Cinema -- "All That Jazz" and "Tribute," 7:15 and 9:30 p.m., "The Windwalkers," 7:00 and 9 p.m.

Music

Aunt Lucy Devine's -- 1340 Alder St., "Gregory Fields," 9:30 to 12:30.
Lost Dutchman -- 535 Main St., Springfield, "D Lee Bruce," 9 to 1 a.m.
Eugene Symphony Orchestra -- Beall Concert Hall, "Carl Topilow guest artist," 8 p.m., free of charge.

Theatre

Oregon Repertory Theater -- 99 W. 10th St., "When You Comin' Back Red Rider?"

Galleries

Maude Kerns Art Center -- 15th and Villard, Gregory Peagan -- Portland Ceramistr, April 11 through May 3, Gallery hours: Mon-Sat, 10 a.m. - 5 p.m.
The House that Jack Built -- 488 Willamette St., Porcelain doll display by Blanche Marcum. Also a wooden toy box display by Mr. Lee, through April. Gallery

Hours: 10 a.m.-5:30 p.m. Monday through Saturday.

Visions and Perceptions Gallery of Art -- 1524 Willamette St., "Original lithographs and etchings by Alvar, Salvador Dali, and Françoise Deberdt," Runs through May 9. Gallery Hours: Monday through Saturday 10 am - 5 p.m.

University of Oregon Museum -- Photolithographs and photocollages by John Wood. - Through April 15., "The Collograph Idea," works by Glen Alps, through April 15. Edward Stanton, "Mixed Media," through April. Generative images involving photos by John Wood, through April 15.

Gallery 141 -- Julia O'Reilly, Laurie Childs display prints, bronzes and ceramics. Photographs, motion graphics and other graphic designs by students, through April. Gallery Hours: 10 a.m. - 3 p.m. Monday through Saturday.

Opus 5 -- 2469 Hilyard St., "Boxes by Bob Burt" -- Fabric sculptures by Mary Bowman through April. Gallery Hours: 11 a.m. - 5 p.m., Monday through Saturday.
Lane Community College -- 4000 E. 30th. Ave. David Joyce - photography, through May 13. Other photographs by Mark Fessler and Andy Johnston. Gallery Hours: Monday through Friday 8 a.m. - 10 p.m.

Made in Oregon -- 5283 E. 5th St., "Magic in porcelain," by Mary Lou Goertzen, "Original watercolor designs also. Through April. Gallery Hours: Monday through Friday 10 a.m. - 5 p.m.

Audio Gallery -- 411 E. Broadway. Recent paintings by Dave McGranaghan. Through April, Gallery Hours: Monday through Friday 12 - 6, Saturdays 12 - 5.

EMU -- Exhibit of selected photographs by Bernard L. Freemesser. Through April 19. Gallery hours: Monday through Friday, 10-6.

"Around Town" is compiled by Paula Case. All calendar events must be delivered to the TORCH office by Monday afternoon at 4 p.m. for publication the following Thursday. No notices will be accepted after deadline.

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Nightwing at LCC

Tomorrow night, April 3, there will be a rock and roll dance featuring the music of Nightwing. The dance will take place in the North end of the cafeteria from 8:30 to midnight. Admission at the door is \$1.

Dance marathon

Rock music spanning two decades will set the mood for an all-night dance marathon at the U of O's Gerlinger Gym on Friday and Saturday, April 3 and 4, to benefit the American Cancer Society.

The 12-hour marathon will run from 8 p.m. Friday to 8 a.m. Saturday and is open to anyone in the community. Participating couples must enlist sponsors to pledge money to the American Cancer Society for every hour danced. There is no entry fee.

Rock music from the 1960's to the present will be supplied by KBDF disc jockeys Alice Tyson and Rick Nelson. Free refreshments will be served.

Couples can register in one of four age groups: junior high, high school, college and all others. Prizes such as dinners at local restaurants, will be awarded for the top money raisers in each group, English said. Season tickets to the Eugene Symphony, Oregon Repertory Theatre and Eugene Opera will also be given as prizes.

For entry forms and more information, contact the American Cancer Society's Eugene office, 1625 Oak St., 484-2211, or the Office of Public Services, 111 Susan Campbell Hall, 686-5555.

Stop that itch

The Lane County Health Division of the Community Health and Social Services Department will conduct a public meeting on the subject of Mosquito Control on Wednesday, April 8 at 7:30 p.m. in the City Council Chambers at 777 Pearl.

The first part of the meeting will include a panel discussion by representatives from such groups as: the State Fish and Wildlife Commission; the U.S. Army Corps of Engineers; the Department of Agriculture; environmentalists; and public health officials.

Panel members will present information on mosquitoes as a public health problem and a nuisance factor, while discussing various methods of control and their implications.

The remainder of the meeting will be devoted to public participation, including a question and answer session with the panelists and citizen comments and suggestions for an acceptable approach to mosquito control in Lane County. The meeting will provide citizens an opportunity to express their views and concerns for consideration by Lane County in its Mosquito Control Program.

Math skills fair

Thursday, April 9, the Math Department at LCC will host its second annual Math Skills Fair for high school students. Teams from 12 area high schools will compete in such events as a math relay (requiring quick thinking and quick feet), and a math bee, a math dart-board throw, and other fun and challenging activities for all levels of math.

Opening ceremonies will begin at 8:40 a.m., followed by the math bee and dartboard throw at 9 a.m., a math quiz at 10 a.m. and, at 11 a.m., a celebrity event featuring local media personalities. The celebrity event will be Name that Problem, a variation of the Name that Tune game show. Contestants will bid against each other to see who can work the problem in the shortest amount of time.

Most of these events, including the opening assembly and the celebrity event, will be held in rooms 308-309 of the Forum Building.

The math relay - a highlight of last year's event - will be held on the lawn outside the Performing Arts Theatre at 12:30 p.m., followed at 1:30 p.m. by an awards ceremony in the Forum Building.

The purpose of the fair is to demonstrate that math can be fun and to emphasize its importance to careers of the future.

Warm up

Can exercising be fun? Are you looking to be physically fit? Why not start your day with an exercise class at 6:30 a.m. on Mondays-Wednesdays-Fridays. Improve your body tone as well as coordination, flexibility, strength, endurance and relaxation and have fun doing it! It's a great way to wake up and have the feeling of exhilaration, and know you have given the heart muscle a good workout too. Improve circulation, create better breathing habits and help eliminate stress and give better production results at your job. It's an Adult Ed class. 30 hours for \$20. Be off to a good start each day!

Music Synthesizer class

Eugene musician and author Deva-rahi is teaching a workshop, "Principles of Music Synthesizers," at LCC this term. The 10-week workshop is designed for beginners and requires no formal training in music or electronics. Students will learn how to make music on the synthesizer and how to build a synthesizer.

Deva-rahi has conducted seminars on the synthesizer in many U.S. cities, however, this is his first in Eugene and the first course on the subject to be offered by LCC. He is author of a book, *The Complete Guide to Synthesizers*, to be released for nationwide distribution by Prentice-Hall in the fall.

The three-credit workshop is meeting from 1 to 2 p.m. Mondays, Wednesdays, and Fridays, on the LCC campus. It began Monday, March 30.

For more information, contact the LCC Department of Performing Arts at 747-4501, ext. 2209.

Families in Transition

The Families in Transition Project is once again offering free support groups and classes to parents of teenagers. The Looking Glass sponsored project is designed to lessen the problems of families, with teenagers, who are experiencing separation, divorce or remarriage.

The Self-Help Support Group meets Wednesday nights, 7-9 p.m. beginning April 14 at Hamlin Middle School.

Please call Looking Glass for more information at 689-3111.

Library ready for public

Information on the arts ranging from arts education ideas to funding sources to visual arts organization profiles can be found in the Lane Regional Arts Council's (LRAC) Arts Resource Library. Newly reorganized, the library is available for public use.

Included in the library are books, periodicals from 34 different arts organizations, funding sources and other groups and booklets and pamphlets covering a wide range of arts-related topics. Anyone can look at the library materials; LRAC members can check out books for two weeks.

The Arts Resource Library is located in LRAC's office at 795 Willamette St., Room 416. Office hours are Monday-Thursday, 9 a.m. to 5 p.m., and the phone number is 485-2278.

New swim session at Y

The Eugene Family YMCA will begin a new session of swimming for disabled children and adults on April 7. Instructional classes will be offered as well as adult therapeutic swim times for those who need to swim for a medical reason.

Volunteers are needed to work as instructor aides at various times. For more information contact the YMCA, 2055 Patterson Street, 686-9622.

Community meeting slated

FOCUS, the citizens group that has been monitoring the school closures process, is calling a city-wide community meeting regarding the impact of closures on the inner-city neighborhoods and the stabilization and revitalization of downtown Eugene. Other topics will include the effects of closures on educational processes and philosophy of District 4J. The meeting will be held TONIGHT, April 2, at 7:30 p.m. at the Central Presbyterian Church - 1475 Ferry Street.

FOCUS strongly encourages all citizens who are interested and concerned with these issues to attend this urgent meeting.

New course downtown

"Women's Literature, A Feminist Perspective," is a new course being offered by LCC and taught by Fran Holand. The ten week class began Tuesday, March 31, from 7 to 9:30 p.m. at the Downtown Center, 1059 Willamette, Room 308. The cost is \$17 and there is no preregistration requirement.

Ms. Holland recently received a Master's Degree in English with an emphasis on Women's Literature and has done presentations of feminist poetry in Women's Studies and Women's Literature classes at LCC.

Student group to meet

The Energy Management and Conservation Students Association will be holding its first meeting of the Spring term this Friday, April 3 at 8 a.m. in Science 115. All interested students are invited.

Free performance

A free performance of an abbreviated version of Moliere's comedy *Tartuffe* will be presented on April 5 at 2:30 p.m. at the Eugene Public Library.

A professional cast of Portland actors under the direction of Richard Wiltshire will perform a modern dress version of *Tartuffe*'s third act, to be followed by a discussion of the characteristics of the con-man, today and 300 years ago.

This performance is sponsored by the Oregon Library Association and is made possible in part by a grant from Oregon Committee for the Humanities, an affiliate of the National Endowment for the Humanities.

Gimme Shelter

"Planning for Housing in the Fiscal Crisis of the '80's" is the topic of a one day Conference to be held in Eugene on Saturday, April 4. The Conference, entitled *Gimme Shelter*, is sponsored by the Eugene Chapter of the National Lawyers Guild and will be held at the U of O Law School. Registration is on a sliding scale, \$1 to \$3 and begins at 8:30 Saturday morning.

Workshops will cover topics such as tenants unions, mobile homeowners' and rural housing organizing, public housing, weatherization, rent control, accessibility, discrimination, public financing, Eugene's Downtown Plan, the Emerald Canal, preservation ordinances, cooperative housing, non-profit housing corporations, and national organizing tactics and theories.

Contact the NLG at 686-3883 or 686-3882 for more information. Childcare will be provided and the Law Center is wheelchair accessible.

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wanted

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LUMBER RACK. Steel tube. Come see for \$125/best. Gary 345-7275.

YAMAHA 125. Clutch problem. Any offers? Curt, 689-0543.

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YAMAHA . 1979 SR500. Only 5,000 miles. Like new -- a good buy. 686-0908 after 6 p.m.

Alpine Designs -- Down jacket. Medium. \$45. Vasque boots. Women's size 9. \$30. 342-7812.

BOOKS FOR SALE. Don't forget to check the sign board in the Center for this term's texts.

AYRESHIRE HEIFER 10 months old. Excellent. all shots. \$400. 935-2620.

MOUNTAINEER'S DREAM. Feathered friends. Handmade. High-tech down bag. Ultra-light, extra-long. Perfect. \$235. Details. Tom, 484-6888.

WILL SELL TAN, CLOG BIRKENSTOCKS. Suede, size 8. Almost new. \$40. (\$55 new) 345-5588.

1975 YAMAHA RD350, fairing, saddle bags, trunk, safety bar. \$875. Nancy, 686-1804.

35mm CAMERA-Olympus OM-1, 50mm F1.8. Perfect with new Vivitar 283 auto-flash. \$225. 726-2159.

HEAD VILAS TENNIS RACQUET. Excellent condition. 4 5/8 light. \$77 or best offer. Mike, 942-8448.

HEXEL comp skis w/look GT bindings. Caber boots, size 10. Both \$100. 345-0487 after 6.

SKIS. Best offer. 683-1852.

ONE LARGE LAMP. 3-way lighting. \$25. Nice looking wood. 683-1852.

Double-sized mattress, box springs and frame. Excellent condition. \$60 or best offer. 683-1852.

STEREO EQUIPMENT -- receiver, turntable, 8-track tapes, speakers, also nice table. \$500 or best offer. 683-1852.

RABBITS. Between \$2 and \$5, depending on size. 747-1098, eves.

BABY EASTER BUNNIES. Black, brown, gray, white and mixed. Make perfect pets. \$3 each. 746-3268.

RABBITS: Purebred Himalayan female. \$6. Black female, \$3. Baby Easter Bunnies. \$3 each. 746-3268.

services

STEREO WORKSHOP -- Hi-fi component repair. Also car stereo installations and repair.

Monday-Saturday 10-6
126 N. 28th, Springfield, 741-1597

ADDRESS AND STUFF ENVELOPES AT HOME. Earnings unlimited. Offer, send \$1, refundable to: Triple "S", 16243-231 Cajon, Hesperia, CA. 92345.

HAULING. \$6.50 an hr. or 20 cents a mile. Gary at 345-7275.

TIRED OF IMPERSONAL AUTO REPAIR? Why not let a professional factory-trained and certified mechanic give your little car the "personal touch" in the privacy of his own home workshop? Single parent responsibilities for two small children have forced me to quit my lucrative dealership job to bring you real savings on quality work for Volkswagen and Alfa Romeo vehicles. Jerry Berger, 344-4806.

NO HYPE HI-FI --Audio consultation. Sound advice. Independent expert. Save bucks! Details, Tom -- 484-6888.

messages
Needed: Female blonde models for non-riskie pin-up posters. Excellent remuneration. Send recent snapshot with address to Art Director, Western Graphics Corp., Box 7128, Eugene, Ore. 97401.

BOOKS AND BOOZE -- Support group for persons with problems with alcohol. Initial meeting, Wed., April 1st, 10 a.m., Science 137 A. Marje Wynia or Paul Zuckerman, Ext. 2457.

Mutant. You're my Madison Ave. man. Plaid jacket, colorful shirt, tie. Pants? Maude.

Lookout LCC! The Unholy Duo is back. Signed, the Unholy Duo.
PREVENTION IS KINDER THAN DESTRUCTION. Spay or neuter your pet. Public Low-Cost Spay Neuter Clinic. 687-3643.

"It is a way to God-Realization, and spells spiritual freedom." -- Sri Darwin Gross. Your Right to Know. For more information: 343-2657.

messages

Love comes in all sizes, shapes, colors. Adopt a pet from Tri-Agency. Call 687-DOGS.

Baron, good luck on your finals! You're not stupid. Honey! I love you! LCL.

RDF: Thank you for a nice term. It was comforting to have you here. Love, LC "F".

ANYONE who's borrowed any of my books, would you please return ASAP? Shelly Tea.

If we can't get along, let's get it "on". I would prefer both. Let's try. He who does nothing gets all things done.

It couldn't have happened to a nicer Fascist.

RISK PLAYERS UNITE! I need new opponents; poor sports need not call. 726-8992.

RECYCLE. NOW. What can you lose?

JWH: You're a lousy shot.

NF: Thanks a lot, I hope you find happiness. BS

BOB, I love you, I love you, I love you! All my love forever. Lisa.

Happiness is having you occupy a large portion of my recent past.

Try to change the world. You will fail. Try to love the world. Lo, the world is changed forever. Sri Chinmoy.

DD - here it is, a single thing. MN. P.S. -- Wakka Wakka.

Christian male, I'm the Christian female you're seeking. I need herpes. QUICK! Reply through messages.

Oswald, where were you, now that we needed you?

WE: Have a good trip and I'll see you when you when you get back, miss ya! Love, AB

Needed: One handsome, smart, thoughtful, romantic, loving, sexy pilot. Lifetime offer... all my love, Louselover.

Angle,-- it's not over yet! T here's still next term.

Roommmmmmmmate.

Lisa, thank you for the memories! Gina, Bob, Dave and Russ.

Number 10 -- Good luck in California.

Student Service Associates and Tim: Thanks for the smiles. Will think of you often. Joan.

If you're gay and alone, write a message to me and I'll answer. Closet Case.

Dem Bones: The revelation inquiries welcome. Call 686-0441. Luscious Willingham.

STOP PET OVERPOPULATION -- Call the Public Low-Cost Spay Neuter Clinic at 687-3643.

Peaches -- thanks for Wednesday night! I really had a super time.

Mother: All mod cons-start /Lazlow Studebaker.

LP, you've made this term the most enjoyable yet for me. XX CG

NEAT, TIDY POTTER NEEDS SPACE TO POT DURING SPRING BREAK. Your wheel and kiln. Call Yo, 485-6948.

LOVE JAZZ? Don't miss LCC vocal jazz night, March 10. Tickets \$1 for students.

Christian male, 25, 6 ft., 160 lbs., nice looking, with Herpes, seeks Christian female. Reply through "Messages".

God's greatest treasure is man's smile. Sri Chinmoy

Lisa, I love you too. Your best buddy, Paula.

Thank you to all my friends and relatives. Love ya all. Forrest.

PD: why is an hour only 2 days. Let's make it forever in an hour, sometime. DS

BM: I'm sorry the way things are, I still care. I always will.

BD

Nightwing is coming here April 3. Look for details.

Lead guitarist wanted for currently forming rock band -- into Benatar, Quatro, oldies for Devo. Must have equipment. Ellen, 687-8809. Marty, 683-6042, eves.

Question: what is a neo-conservative? Answer: a liberal who has accepted reality.

Who's reality?

RP: Come to talk to us. We don't know who you are. KH and MH.

Mark: Thanks for the beautiful memories before the fireplace the first night at our new house. Breezy.