

Food for thought

Nutrition faire explores edible alternatives

Various food resources in the Willamette Valley will be explored today and Wednesday at the 1981 Food Education Conference and Faire.

Films, displays, conferences, food sampling and food-preparation demonstrations will be held throughout the day in the EMU, beginning at 10:30 a.m. The free two-day faire is sponsored by the University Food-Op, EMU Cultural Forum, Survival Center and Clergy and Laity Concerned.

The faire will emphasize community self-reliance and its role in producing nutritious and untampered food sources, says Brad Oppermann of the Food-Op.

"People ought to be examining their ability to provide for themselves," he says. "We should also look at how people can rely more on their communities."

Highlighting today's events, Jim Hightower, author of "Hard Tomatoes, Hard Times" and "Eat Your Heart Out," will speak at 8 p.m. in the EMU Ballroom about agribusiness concentration and the plight of the small farmer.

Hightower is president of the Texas Consumer Association and former director of the Agribusiness Accountability Project, Washington, D.C. Hightower has testified before Congress on numerous issues and is a nationally-recognized critic of agribusiness.

During tonight's discussion on "That



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Enterprise We Used to Call Agriculture," Hightower will talk about his current work, the present state of agriculture and

the food industry, legislation now before Congress and how communities can effect change.

Beginning today's conferences is a Food Alternatives presentation from 10:30 a.m. to 12:30 p.m. Panel members will prepare and discuss the nutritive value of several varieties of sprouts, tempeh, tofu, spirulina plankton and seaweed.

From 12:30 to 2:30 p.m. another panel will discuss nutrition and changing diet patterns. Macrobiotics, natural versus processed foods, infant and child diets, allergic reactions to foods, problems with traditional American attitudes toward nutrition and nutritional supplements are some of the topics that will be covered.

"Food, Mind and Spirit" is the topic of a 2:30 to 4:30 p.m. panel. Panelists will examine food's relation to personal growth.

Presentations on the state of marketing organically-grown foods and an update on how the cooperative food system is faring in the Northwest will be held during a Local Distribution panel from 4:30 p.m. to 5:30 p.m.

A Solidarity potluck will be held at the Wesley Center, 1236 Kincaid, from 6 to 8 p.m. Everyone's invited.

In addition to the conferences, films will be shown from 11:30 to 1:30, including "Growing With Nature," "Hamburger U.S.A." and "Growing Dollars."

For more information, contact the Food-Op at 686-4911.

Wednesday meals offer oodles of noodles

Sorry, no beer.

But at the EMU's weekly \$1.50 spaghetti feed, they serve 30 gallons of sauce, 80 pounds of noodles and a couple hours of music.

The Wednesday evening

meals arose from the old Jazz Gigs, says Mike Quinn of the Cultural Forum, which co-sponsors the dinners. Few people paid attention to the music in the Fishbowl, so the sponsors added food a month ago and

moved it to the dining room.

There, at candlelit tables, diners feast on the spaghetti plus salad, french bread and lemonade — all they can eat. But no beer.

"We don't want to restrict (attendance) to people who are over 21," explains Jim Covington of the EMU Food Service, the other co-sponsor.

University policy forbids serving alcohol at events that include minors, adds EMU Director Adell McMillan.

"It's too hard to control." Tickets for each Wednesday's feed go on sale at the Main Desk the previous Monday. Though they are sold until 5:30 p.m. starting time, the 300 tickets have sold out early a couple of times.

The music — which is free — begins a half-hour later. This week, Glider is performing. The University Jazz Lab band will play next week.

Covington says the spaghetti



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feed is designed to draw people into the EMU — public relations and all that.

"I hope we're making some friends," he says, "(because) we're not making any money."

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Kimball heads regional honors council

Alan Kimball, director of the University's honors college, has been elected 1981-82 president

of the Western Regional Honors Council.

Kimball began his term of of-

fice at the April annual conference of the council in Boise, Idaho.

The council is made up of 26 honors programs in 15 western states. It is an affiliate of the National Collegiate Honors Council.

"I take my election to the presidency of WRHC as an expression of the high regard with which the University's honors college is held throughout the nation," Kimball says. "The council hardly knows me, but they all know about the honors program at Oregon."

The University's honors college has about 350 students and a faculty of four, Kimball says.

The top major choices for honors college students are biology, journalism, business, chemistry, psychology, math, economics, English, history and architecture.

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