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TODAY

Don't forget to register for winter term classes. The number for Duck Call is 346-1600.



INSIDE

This year's football war against rival Oregon State promises to be anything but civil

Recent polls show that academic dishonesty is on the rise at the University

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WEATHER

Scattered showers. High 45. Low 30.

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Smoking Cessation Week



Tom Williams, a licensed acupuncturist, puts needles into Tonya Zwahlen's ears to help her quit smoking.

MATHEW STIFFLER/Emerald

Sticking it to Smoking

Acupuncture is being used to treat smoking and other problems including drug addiction and alcoholism

By Doug Irving
Community Reporter

It's not even as bad as a bee sting. More like a small pinch. Almost painless.

But for 14 people seated around a long table in the University's Health Center, it could be the last treatment in their fight to kick smoking.

For about forty-five minutes, the participants sit with stainless-steel needles sticking from their ears. This is acupuncture, and it could end their addictions.

"I was expecting it to feel either really bad or not at all," said Susan Norris, a graduate student who has been smoking for a year. "It's not that scary. I feel like when you meditate — really calm."

Tom Williams, a licensed acupuncturist who works for the White Bird Clinic, volunteered his services to the Health Center for Smoking Cessation Week, said Health Center Director Gerald Fleischli.

The treatments through the Health Center last for three days, from Wednesday to Friday night. This is the usual treatment time for an addiction, Williams said.

However, Williams usually charges about \$100 for treatment at the clinic. For this workshop, Williams only asked for a \$30 donation to the American Cancer Society, Fleischli said.

"I think a lot of this has to do with his personal opinion that smoking is bad," Fleischli said. "It seemed like it was a valid program that we could give a try to."

Acupuncture dates back at least 2,000 years, Williams said. However, he said modern medicine has confirmed that



MATHEW STIFFLER/Emerald

acupuncture can aid the immune system.

"It's based on an idea that the body contains a capacity for self-healing," he said. "The treatment is aimed at enhancing that capacity."

For smokers, Williams concentrates his treatment on the ear, focusing on points that help the body's detoxification ability. These points especially stimulate the lungs, liver and kidneys — organs associated with detoxification, he said.

Surprisingly, most ears have similar features, Williams said. Because of this, finding the exact acupuncture points is fairly easy.

(Above) It takes a total of five needles in each ear for the anti-smoking treatment.

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Journalist discusses racism

■ **SPEAKER:** Bev Smith's talk focused on "Inter-Cultural Tensions Within the University"

By Angie Suchy
Student Activities Reporter

As journalist and television personality Bev Smith spoke to a University audience of about 100 people Thursday, she recalled walking across the campus and asked, "Am I invisible?"

"The college campus today is supposed to be a pinnacle of higher learning, but no one was making eye contact with me as I walked here," Smith said.

"Racism is becoming the number one problem on America's college campuses, and as a black woman, I am often made to feel invisible."



SMITH

Sponsored by the ASUO Multicultural Center and 13 other campus organizations, Smith's talk in 180 Prince Lucien Campbell Hall focused on "Inter-Cultural Tensions Within the University."

MCC Co-Director Dee Eason introduced Smith's talk as "especially timely because of what has been happening recently on campus."

At one point in Smith's talk, she held up a copy of the editorial that appeared in the Nov. 12 edition of the *Oregon Daily Emerald* and asked, "Why is racism happening at your school? By now, at this age, you should be able to recognize this."

Smith, 53, is a 27-year veteran of print and

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Road closure to affect Duck fans

People traveling to Saturday's Civil War football game should be prepared to spend almost as much time in their cars as they will in the stadium.

The Oregon State Police issued a traffic advisory Thursday indicating they expect Highway 34 from Interstate 5 to Corvallis will remain closed on game day.

Police are advising motorists to expect traffic delays on Highways 20 and 99, the alternate routes to Corvallis. Drivers should plan for delays and leave earlier than normal to arrive in Corvallis before game time.

