

Avoiding the winter chills

■ Even with the onset of unfriendly weather, students can stay warm, healthy, and safe this winter

By Rebecca Newell
Oregon Daily Emerald

With freezing weather already consuming us and no relief on the near horizon, life can be made much easier and safer by taking a few measures to "winterize" our vehicles, our homes and ourselves.

The car

Students don't usually have the luxury of relying on a full wallet or a second vehicle when disaster strikes, so prevention is the best medicine.

The first step is to warm up the car before driving it because driving without warming the car first uses excessive fuel and is harder on the engine.

"Warm up your car until your windows are clear," said Steve Nohrenberg, store manager of Midas in Eugene. "It's better for older cars to warm them up because they run more efficiently."

Make sure the car has anti-freeze, as a shortage of anti-freeze can cause the engine block to crack. A 50/50 mix of anti-freeze and water will protect your engine down to -35 degrees Fahrenheit, Nohrenberg said. Making sure the coolant system is working properly is also important because it keeps the car from overheating.

Checking tire pressure at least once a month during cold spells is vital because tires are more apt to lose air, which can cause traction problems in less-than-ideal driving environments. Also, make sure your car battery and charging systems are working properly because it takes more power to start your car when it's cold outside, Nohrenberg said.

For visibility, it is important that all lights are working so the car can be seen by other cars. Make sure windshields are clear and wiper blades work. In addition, ensure that wiper fluid helps get rid of debris and enhances your ability to see other vehicles and the road in rainy weather, Nohrenberg said.

Around the house

With the cold weather outdoors, a warm house is a haven from the unfriendly weather. But before cranking up the heater to thaw out after a chilling trek from class, remember the importance of fire safety.

"Don't place any objects close — within six inches — to room heaters," said Sheri Donahoe, associate director of residence life.

Electric space heaters can be a hazard if placed too close to a combustible material. They can also cause fires as the result of a loose connection to the wall socket. And leaving candles or incense unattended, as well as woodstoves, can be a fire hazard, Donahoe said.

Practicing fire safety by using a

smoke alarm is also one of the most important safety tips for winter. Never cover your smoke alarm, Donahoe said, and don't hang things from your sprinkler system.

General health

Cold hands may indicate a warm heart, but they can also indicate cold weather, which means a breeding environment for illness.

Dressing appropriately is an important part of keeping healthy during the winter months. Donning a coat will help, and the use of a scarf or hat will also keep the head and neck warm, conserving a great amount of heat which would otherwise leave the body. If you do get wet or cold, a warm shower can ease the chill, said Sharon Harbert, a University Health Center nurse.

Nutrition is a fundamental area to pay attention to during the winter months. Eating more fruits and vegetables can help ward off illness, Harbert said. Good deals can be found on fruits such as apples and tangelos, a cross between an orange and a tangerine, which are cheap during the winter. Winter vegetables, such as squash, are also loaded with vitamins necessary to keep your immune system running.

"Life is like a three-legged stool," Harbert said. "You have to keep balance in three areas — rest and good nutrition, play and work — or you'll tip over. People who are happy and perceive themselves as healthy stay healthy."

Hunger for awareness to be satisfied

■ Student groups join together to raise awareness of hunger and homelessness

By Anne Le Chevallier
For the Emerald

The plot may sound familiar: a minority party candidate with grassroots experience runs for office. He probably won't win — he may not even earn 5 percent of the vote — but he still wants to bring attention to his cause.

No, this movie isn't about Ralph Nader. Instead, the 75-minute "Taylor's Campaign" focuses on one man's struggle to raise awareness of the plight of the homeless by running for the Santa Monica, Calif., City Council.

The film will be featured at the Hunger and Homelessness Awareness Event, held today from 4:30 p.m. to 6:30 p.m. in the Ben Linder Room in the EMU. The ASUO, with help from OSPIRG and Tzedek Hillel, designed the event to increase campus and community awareness about the growing number of hungry and homeless Oregonians.

A question-and-answer session will follow the film, which is narrated by Martin Sheen and directed by Richard Cohen. A panel of experts, including representatives from the Eugene Mission, St. Vin-

cent de Paul, Food for Lane County and the City of Eugene, will field questions. Eugene mayor Jim Torrey and a member of the Eugene City Council are also expected to attend.

The event is ASUO intern Jessica Lurie's project.

"I hope to see people from the audience ask questions about what the situation is like in Eugene," Lurie said. "And be motivated to ultimately act on that concern that might be fostered."

A topic that may arise during the question-and-answer session is Oregon's demand for subsidized food and housing. Recently, a United States Department of Agriculture study ranked Oregon the highest in the nation for food insecurity. However, panelist Lynn Antis, the assistant director of the Eugene Mission, doesn't think anyone in Lane County is going hungry.

"There are some really warped numbers being thrown around here," he said.

On a recent cold night, Antis said the Eugene Mission had 98 spare beds. To Antis, this demonstrates that resources exist for the needy in Lane County. He also suggested that an overabundance of food is a problem that leads to the recipient's lack of accountability.

Antis said he believes the Mission, which provides food, clothing,

shelter and chapel services to the needy, as well as other local organizations, is meeting the homeless population's primary needs.

"Mental health and drug and alcohol recovery are the two most glaring issues that are not being addressed adequately," Antis said.

Event panelist Jake Dudell, the emergency services director for St. Vincent de Paul, agrees with Antis that providing food and shelter just places a Band-Aid over hunger and homelessness.

"It's like solving the coughing or sneezing," he said. "It's just a symptom of a more serious disease."

During the discussion, Dudell will explain that a lack of political will, education and family stability creates hunger and homelessness.

"It wasn't one incident that caused someone to be hungry or homeless — it is multiple issues snowballed over time," he said. "You need to have those three working together with common core values to get to the root of the problem and relieve a lot of the tension."

Lurie said she hopes that greater awareness about these issues will cause people to become concerned and take action.

"The purpose is to get people more involved in these issues locally," she said.

Speaker will address foreign policy

■ Dan Goldrich will deliver information on U.S. policies toward Latin America tonight

By Beata Mostafavi
Oregon Daily Emerald

University political science professor Dan Goldrich is a longtime activist with the Committee in Solidarity with the Central American People (CISCAP) and has been involved with human rights protests and efforts to make changes in national policies re-

garding Latin America. Tonight, Goldrich will speak on U.S. foreign policy toward Latin America.

His presentation will focus on U.S. policy after the Cold War and the new phenomenon of militarized democracies in Latin America — a form that combines electoral democracy and control of economic policy. He will also speak about current efforts in the United States and Latin America to change economic policies.

"These changes have very high

social and environmental costs," Goldrich said.

He will discuss how world economic organizations relate to foreign policies. These organizations include the North American Free Trade Agreement, the World Trade Organization, and the Ejército Zapatista de Liberación Nacional in Chiapas, Mexico, an army that has rebelled against the Mexican government to improve human rights.

The professor will also briefly Turn to **Speaker**, page 6

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