

David Lunney,  
Producing Director

# ORT on BROADWAY!

MIDNIGHT M-A-F-T-A

## VANITIES

by Jack Helfner

Oct. 18 - Nov. 8  
Sun. Dress - \$3.50, Mon. & Tues.  
Previews - \$4, Wed. Gala  
Opening - \$6, Thurs. & Sun. Mat.  
- \$5, Thurs. & Sun. - \$6, Fri. & Sat.  
- \$7, Actor's Benefit  
Performance, Nov. 9 - \$5

Senior Discount - \$1 off  
Student Rush - All tickets 1/2  
price 15 min. before show

Curtain Time - 8 p.m.  
Sun. Mat. - 2 p.m.

Halloween Special!!! \$1 Dollar discount when wearing a costume.

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## TAXI TALES

by Leonard Melfi

Oct. 30 - Nov. 14  
Oct. 30, 31, Nov. 6, 7, 13, 14  
at Midnight  
Nov. 11-14 at 9 p.m.  
Tickets \$3.50

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Wednesday, Nov. 11th 8:00 p.m.  
One Show in the EMU Ballroom  
Tickets at EMU Main Desk, Everybody's Records  
Tickets go on sale 8:30 a.m., Oct. 20 at Main Desk only.  
Reserved Sections

# Stress: learning to cope

## Students need to be 'kneaded'

Most students probably need to loosen up. Instead of relaxing with a beer, harried students studying for midterms might consider a massage.

"A massage helps break up tension when you study, study, study," says Arnold Porter, masseur at Equanimity De-stressing Services.

Massage, an ancient art of squeezing, rubbing and stroking muscles, has become the body and soul de-stressing alternative for many Eugeneans.

"Some people say a massage is like a religious experience," says Eugene masseuse Cindy Koster. "Others stand up and say they're in another world." Koster

says she stopped at a garage sale where "a lady came up to me — a complete stranger — and hugged me over and over. She said, 'Honey, you're just glowing.'"

Most people intuitively know some minor massage techniques, Porter says, such as kneading a kink out of a tense neck or rubbing sore feet. But to relax the entire body and ease spots a person may not even know are tight, a professional massage is the best way to go.

A good session, professional masseurs agree, should relax breathing, relieve worries, increase circulation and reduce muscle tension. Massages can also help relieve headaches, constipation, and

other physical manifestations of stress. People with injuries often get massaged to stimulate blood circulation to speed up healing of the wounded area.

The mind benefits from a good massage also. The rhythmic rub relieves mental tension and the resulting physical problems. Some experts explain a worried mind cannot last long in a relaxed body.

Masseurs attempt to release clogged pools of energy or tight muscles. Tension disrupts the normal flow of body energy. Many masseurs claim the client's released energy transfers to them.

"I feel better after I give a massage," says Marion Mlotak, masseuse at Cedar Health Spa. "My energy feels high, more positive."

"I love this," Porter says about his profession. "I still can't believe I get paid for rubbing people the right way."

Massage techniques vary. A Swedish massage, the most common, involves basic kneading and rubbing. This type of treatment is often used to help athletes loosen up abused tissues. Some masseurs claim Swedish massages exercise muscles as much as walking several miles would. One of the more unique approaches is the Reichian method which includes psychotherapy to relax layers of what is called "chronic armor."

"Chronic armor" is a term used to describe a built-up tightening of muscles due to a chronic repression of emotion.

Then there's the deep tissue massage that ranges from the painful rolling method to gentler forms. Rolling, developed by the late Ida Rolf, is a heavy pressure applied on a particular point of the body for several seconds to realign muscle and connective tissue. Most rolling treatments take 10 one-hour sessions and can be painful.

Other pressure techniques are acupressure (Chinese) and shiatsu (Japanese) which involve using both thumbs to press on key points on the body. These two methods are both based on theories about how energy flows within the body.

Reflexologists — foot masseurs —



believe in getting to the root of potential physical tensions. They believe that for every major organ and muscle area, a corresponding nerve exists on the foot's bottom.

Only state-licensed professionals may charge for massages. Prices vary, but the cost of a massage tends to be lower in Eugene than in many areas of the country, Porter says.

People thinking about getting a massage should shop around carefully for a masseur and massage type that will suit them.

For example, the three masseurs at

Equanimity each specialize in a different combination of techniques — Swedish and shiatsu, Swedish and deep tissue, and Swedish and holistic body work (reflexology and acupressure) — on a sliding fee scale of \$12-\$20. Marion Mlotak at Cedar Health Spa charges \$18 an hour for Swedish and deep acupressure.

"The first time people get a massage, they're a little nervous," says Rohn Kessler of Equanimity. "People aren't used to being touched."

Stories by Carol Morton  
Graphic by Max DeRungs

## De-stressing doctor

Midterms make many students snap at their roommates, chew their fingernails, and wonder if a college education justifies the headaches. Stomping around campus wearing a scowl or going to bed with visions of formulas and definitions only aggravates an already stressed person, says Psychotherapist Rohn Kessler of Equanimity De-stressing Services.

Kessler says people experience three types of stress. Due-date pressure causes psychological stress. Drinking too much coffee or walking around in uncomfortable shoes make people physically stressed. Spiritual stress comes from wondering who you are or similar bewildering philosophical questions.

"If you let stress accumulate, you'll get sick," Kessler says, adding that real stress originates with negative thoughts. "Things are not good or bad. It's just how we perceive them. Two people will take the same stress — a fight, rape or abortion — differently. The art is how we respond to stress."

Frequent headaches, heavy sweating or insomnia often signal tension. And while medication may relieve uptight symptoms, Kessler says relaxation techniques work better and last longer.

"You can teach yourself not to be uptight," Kessler says.

Progressive relaxation takes about 20 minutes. Start at the feet and concen-

trate on relaxing. Then relax your ankles. Then your knees, thighs, pelvis, stomach, and so on.

"Breathe deeply. Breathe out relaxation; breath in calmness. You feel good, very peaceful and calm," Kessler says.

Yoga helps create peace of mind and better balance, Kessler says. The eastern technique doesn't require a turban or beads. Yoga involves two methods: breathing and position. Breathing, in the nose and out the mouth, can be done anywhere. Positions, however, should be learned from an expert. Kessler says people can be hurt by doing yoga the wrong way. Kessler advises people to do yoga once or twice a week for 10 minutes.

Another simpler attack on stress is meditation. Meditation means simply "letting the mental stuff go around. You just sit and watch it," Kessler says, adding the person will begin to see that worries sometimes are created out of nothing.

When he counsels people, Kessler sometimes uses visualization. Close your eyes. Picture a place you've been in the country or at the ocean. You can relieve the peace by remembering a stream flowing through a meadow with trees or waves crashing on the sand, Kessler murmurs in a hypnotic voice.

Whatever direction you take, make sure to relax, he urges.

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