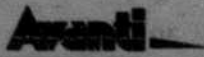


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DAYS OF REMEMBRANCE OF THE VICTIMS OF THE HOLOCAUST



May 4-11, 1986

- May 4:**
4:00pm **OPENING EVENT.** 167 EMU. Paul Olum will give an opening statement. Sylvia Frankel, Executive Director of the Oregon Holocaust Resource Center, will speak on the literature of the Holocaust. Dr. Tom Nadir, Professor of History will speak on the Holocaust in its historical perspective.
- May 5:**
7:30pm **Film "KADDISH"** Wesley Center, 1236 Kincaid. "Riveting, emotion-packed. The most professional of the independent films about children of Holocaust survivors. Kaddish is a film about hope, not death, survival, not destruction."
- May 6:**
7:30pm **Yom haShoah.** Temple Beth Israel, 42 West 25th
10:00pm **"The Courage to Care"**, an Academy Award winning documentary on those who helped Holocaust victims, on PBS.
- May 7:**
4:00pm **Holocaust Panel Discussion.** Koinonia Center, 1414 Kincaid. Donna Sands, Family Therapist; Rabbi Hanan Silb, Holocaust survivor; Beatrice Rubin, U of O student
7:30pm **Bernard Offen - "The Work"**, Gerlinger Lounge, U of O Campus
- May 8:**
12:30pm **Hester Street Klezmer Band.** Erb Memorial Union
4:00pm **Holocaust Memorial Service.** EMU Breezeway, U of O Campus
7:30pm **Kenneth Feig, "Hitler's Death Camps 40 Years Later"**, 167 EMU, U of O Campus
- May 9:**
8:00pm **Shabbos.** Temple Beth Israel, 42 West 25th With Hannah Goldrich
- May 10:**
7:30pm **Interfaith Memorial Service.** Gerlinger Lounge, U of O Campus

UNIVERSITY OF OREGON HOLOCAUST MEMORIAL COUNCIL
With Support From: EMU CULTURAL FORUM; JEWISH STUDENT UNION;
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Expert on grief teaches people ways of handling the inevitable

By Kim Carlson

Of the Emerald

It's a Saturday morning, say, and you're making omelets for out-of-town visitors. As you crack the last of a dozen eggs, the phone rings. You answer and recognize your mother's voice, although you can barely hear it over the din in the kitchen.

You ask what's new, thinking it's strange that she's calling again so soon; you just talked to both of your parents Thursday evening. From hundreds of miles away, she's saying things that you cannot believe, and for a moment you wonder if your knees can support your body.

They do not, and suddenly you're screaming in spite of yourself, really shrieking on the kitchen floor, the phone dangling against the wall.

Your father has been killed in a car accident, and on some level it has dawned on you that your life will never be the same.

Grief is practically inescapable, something that we all must confront. More than sadness, it is also anger, guilt, fear and doubt, says Stephen Levine, nationally known director of the Hanuman Foundation Dying Project.

"One of the most remarkable qualities about grief is not how separate you feel from someone when they die but... how separate you always felt from them," he says. Grieving becomes a healing process when one carefully examines his or her grief, thereby discovering "what's down below."

Levine, 48, is the author of "Who Dies?" and coauthor of "Grist for the Mill." He will be in Eugene on Tuesday to conduct a workshop called "Dying Into Life: An Investigation of

Conscious Dying and Living Relationships." Levine is recognized for his work with the dying and is a consultant for hospital and meditation groups nationwide.

The workshop here will teach people the art of "being wholeheartedly in the moment," Levine says. "To really be alive we have to let go of everything that is old; our old ways of seeing, our old ways of thinking..." so that we can accept, not resist fate, he says.

That acceptance is difficult, Levine says, but is the essence of his teachings.

At a recent workshop, for instance, a woman spoke of her 21-year-old son, who had committed suicide — the day after she kicked him out of the house. As the woman shared more details about her son, who was a drug abuser and had been an unusually violent and cruel person, Levine comforted her and told her she had done the right thing. The woman revealed her son also had told her he was afraid of abusing children.

"I said that he wasn't afraid of abusing children," Levine recalls. "He did abuse children. He was testing (his mother)

'For most people, 99.9 percent of their life is an afterthought. To not make life an afterthought... takes a profound letting go of our resistance to life.'

— Stephen Levine

"For most people, 99.9 percent of their life is an afterthought," he says. "To not make life an afterthought, to bring it wholeheartedly into the moment, takes a profound letting go of our resistance to life."

"It takes the same degree of letting go that dying takes," he says, explaining why the workshop is called "Dying Into Life."

And letting go is a never-ending process. "I'm learning, too," he says. "It's not like I'm fully alive."

Along with grief, Levine confronts several aspects of dying — physical pain, anger, remorse, acceptance, healing — all with his "letting go" philosophy. In the workshop he will invite people to share their stories and will attempt to give them insights into their situations.

when he said that. Through a dialogue with Levine, the woman began to understand that her son's suicide was perhaps the kindest thing he had ever done. "He killed himself rather than hurt any children," Levine says. "The whole energy changed. And (as the woman) left, a certain level of her healed."

That sort of healing is common at the workshops where people talk openly about their experiences to others, Levine says. Often, people don't have the objectivity needed to sort things out for themselves, he says.

Levine anticipates that among the 100 or so workshop participants will be people dealing with issues ranging from cancer, death of a child or the impending death of their aging parents.

Levine says that not all of the participants share their stories, a fact that does not bother him. Many people have experiences that are similar to those of other participants.

"We're really not dealing with stories. We're dealing with states of mind," he says.

Levine's work evolved from a background in psychology. He dropped out of college, where he had studied psychology, because he was not able to explore that discipline at the level he desired.

Levine studied Buddhist meditation, which he says strongly affects the way he teaches today. In fact, meditation techniques are generally considered the most distinctive

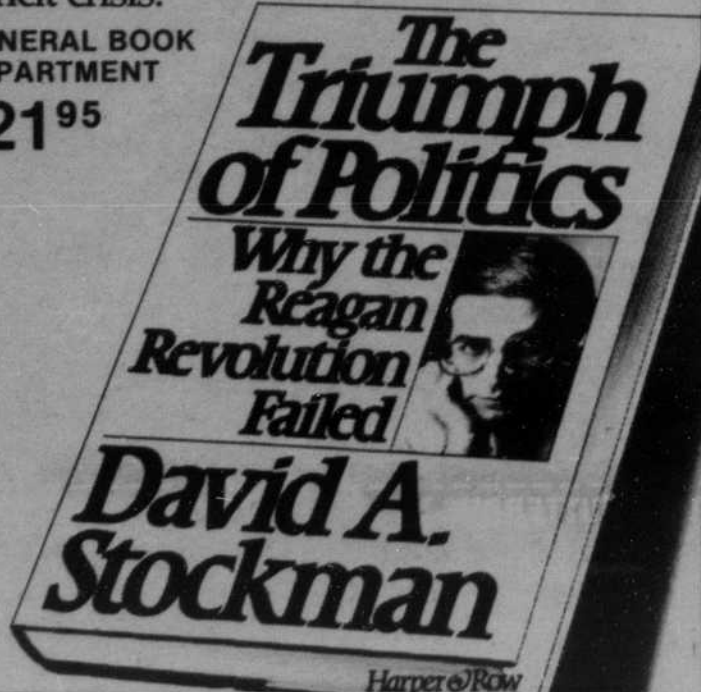
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