

Film examines Nike labor practices

Documentarian Michael Moore will preview his film, 'The Big One'

By Shannon Sneed
Entertainment Reporter

First, there was 1989's critically acclaimed "Roger and Me" — a scathing documentary about the economic devastation that hit Flint, Mich., when a General Motors plant shut down. Then, there was "TV Nation" — a brilliant and hilarious but short-lived television program that explored the ironies and funny-sad truths of American culture. Next was 1996's "Downsize This!" — a best-selling book critiquing the evils of corporate America.

Now, Michael Moore, arguably one of the most brilliant writer-documentarians in recent memory, is going to tackle something a little closer to home: the Nike Corporation.

Moore will be giving a speech tonight at the LaSells Stewart Center in Corvallis, followed by a preview screening of his new film "The Big One," an examination of Nike's labor practices and global market behavior.

Moore's speech is primarily part of his book tour for "Downsize This!" It is free and open to the public and is sponsored by

Oregon State University's Conventions and Lectures Committee.

The film screening, however, is actually a benefit fund raiser for Jobs With Justice, a local public interest group that worked to raise Oregon's minimum wage through a ballot initiative in 1996. Tickets to the screening cost \$10 but are sold out.

"Downsize This!" is going to be [Moore's] primary focus in his talk," said Lois Britton, a member of the OSU's committee and one of the chief organizers of the event. "The book is really elemental in understanding who he is and what he's all about."

"In the past, he's done forays into Oregon for various tours and fund raisers, so we thought he'd be a good person to have visit again," she said.

Mike Beilstein, who works with Jobs With Justice and was the main organizer of the film screening, said Moore was looking for ways to screen the film as a fund raiser. When Beilstein inquired at Miramax Films and explained what Jobs With Justice was about, Moore agreed to come to Corvallis, he said.

Moore's talk will begin at 7 p.m. at the LaSells Stewart Center in Corvallis. A 20-minute question-and-answer period

'The Big One'

Michael Moore, who is known for 'TV Nation' and 'Downsize This!', now takes on Nike

■ **WHAT:** A new film called 'The Big One' that looks at Nike labor practices will be previewed in Corvallis

■ **WHO:** Writer-documentarian Michael Moore

■ **WHEN:** The lecture will be tonight at 7, and the film screening will be tonight at 9

■ **WHERE:** Moore will speak at the LaSells Stewart Center, and the film will be shown at 9 p.m. at the Avalon Cinema

■ **TICKETS:** The screening, which benefits 'Jobs With Justice,' is sold out

will follow.

Moore will also attend the screening, which will take place at 9 p.m. at the Avalon Cinema. Ticket proceeds will go to Jobs With Justice and the Oregon living Wage Campaign.

For more information, contact Beilstein at (541) 737-1401.

Tai Chi aids spirit, increases strength

A Chinese martial arts academy offers more than high-flying Kung Fu

By Kari Thorene
Higher Education Reporter

"Often times kids want to learn about sparring, playing," said David Leung of Eugene's Chinese Kung Fu-Tai Chi Academy. "They're interested in the romantic part — they want to become a hero like Chuck Norris."

But not all of Leung's Kung Fu and Tai Chi students, who range in age from 6 to the elderly, come to him interested in becoming the next Norris. "We do a lot of healing work with people who have long-term physical ailments," Leung said.

Tai Chi, formally called Tai Chi Chuan, is a much slower form than Kung Fu and does not include the dramatic kicks Kung Fu offers. An identifying aspect of Tai Chi is that at least one foot remains rooted to the

ground throughout the exercise.

Students with muscle-fatigue syndrome, cancer, head injuries and other physical ailments come to Leung, sometimes through referral from Lane County ShelterCare, to work on increasing strength and motor skills.

"We teach a lot more Tai Chi in that situation," Leung said.

Because Tai Chi is a slow exercise, "it is very adaptable," Leung said. "It is practiced slowly."

Tai Chi is historically intertwined with the Taoist philosophy, according to the Patience Tai Chi Association. Chang San-Feng, a Chinese hermit who is said to have lived in the 13th century, created the form to increase internal energy after watching a crane and a snake fighting. The name Tai Chi Chuan means "supreme ultimate boxing," according to the Patience Tai Chi Association.

"Traditionally, the Asian mar-

tial arts — the Okinawan style, the Japanese style, the Shaolin temple — come from a very religious development," Leung said.

Nowadays, Leung said any religious aspects of the exercise have been abandoned for spirituality. "Religion includes a particular deity with higher powers and rituals. Spiritual development deals with everybody — how we mature through age and how we become more understanding of the world," he said.

Some spiritual goals include harmony, honoring diversity, self-empowerment and strength of character, Leung said.

He said the slowness of the exercise and the potential for growth and internal healing make Tai Chi the best martial arts option for people with physical disabilities. After all, "There's no way you can adapt to a flying kick when you have only one leg," Leung said.

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