



Ari Divine, licensed massage therapist, works on a client. Divine specializes in Swedish, myofascial release, acupressure and deep tissue massage techniques.

Courtesy Photo

Massage classes offer more affordable rubs

Professional massages can cost from \$20 to \$50, but there are cheaper ways to find stress, muscle relief

By Jayoung Park
for the Emerald

A massage can be the answer to tense muscles caused by long hours on the computer and the stress caused by impending due

dates. Professional massage can be expensive for the student budget, but with many massage businesses offering student discounts, and the availability of instructional books and massage therapy classes, massage may be very affordable and accessible.

In Eugene alone, there are more than 40 massage places with a massage usually running from \$20 to \$50.

Ari Divine, a licensed massage therapist with a background in herbalism, has an office at the Easter Seals' Fitness Center. Divine offers a 10 percent discount to students.

Divine uses many types of massage techniques: Swedish, which increases circulation, relaxation and proper muscle function; acupressure, which uses finger pressure to restore the body's natural curative abilities; myofascial release, which includes gentle stretching to restore rigid tissue and eliminate muscle pain; and deep tissue, which relieves pain caused by scar tissue.

"Using and modifying massage for relaxation, stress reduction, pain relief and wellness is my goal for each client," Divine said.

Many other massage therapists also promote Swedish, deep tissue and acupressure techniques, including Elena Mainville, a mas-

sage therapist at Massage For Life. Mainville offers package discounts for \$45 an hour.

"Body is a whole being — it's multiple-leveled — therefore, more senses are accessed in the healing process to ease and return the body to the normal state," Mainville said.

Aside from visiting actual massage therapists, there is an option of taking classes at Lane Community College. LCC offers Massage, Paschelke Method I, which deals with therapeutic methods of pain and stress management, on Tuesdays from April 3 to May 1 from 2-5 p.m. for \$35.

LCC also offers a class for basic stress relief techniques, entitled Basic Massage, on Mondays from April 2 to June 11 from 6:30-9:30 p.m. for \$67.

"With stressful school work, I definitely need to get some sort of massage therapy," freshman Jen-

nifer Shyn said. "The LCC classes are affordable and something that I would consider taking if time allows."

There are also books available for people who cannot afford massage therapy. In her book, "Massage (Teach Yourself)," Denise Whichello Brown offers clear diagrams and illustrations to demonstrate how muscles and bones are positively affected by each technique.

Brown's book is available at Amazon.com for \$8.95. Robert Thé, the author of "5-Minute Massage: Quick & Simple Exercises to Reduce Tension & Stress," offers easy-to-follow techniques for beginners, and it is also available at Amazon.com, for \$10.36.

For more information on massage, call Ari Divine at 342-1044 or Elena Mainville at 349-8117. For more information on LCC massage therapy, visit www.lanec.edu.

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PLAY IT AGAIN SPORTS

Rugged rugby is rough recreation

Players on the club rugby team say the hybrid sport is a lot of fun, despite receiving the occasional injury

Kara Cogswell
for the Emerald

Rugby, a sport which combines elements of football and soccer, is known for its rough play. As in football, players are allowed to tackle their opponents — but without the protection of helmets or padding.

Some might call this dangerous. But not the members of the men's club rugby team.

"It's no more dangerous than any other contact sport," junior Bruce Knoll said.

Knoll, who has played on the rugby team for the past three years, said although the game can be rough, he has never suffered any injuries more serious than bumps and bruises.

Fourth-year student Mike Her-

man said while he does not consider playing rugby to be particularly dangerous, there is a high risk of injury.

"You hope that no one does," Herman said. "But on average, three or four people get injured per game."

Herman attributes this high injury rate in part to the lack of protective gear for the players.

"Unlike football, there are no pads, so you're just bringing what you have to the table."

Herman, who has played rugby since high school, said he has dislocated his shoulders and broken his nose multiple times, but dismisses these injuries as "nothing too serious."

Second-year player Jared Hager said that although he has missed a few games due to a knee injury, the possibility of being hurt again won't keep him out of the game.

"It's well worth it — it's a lot of fun, and it's a good feeling when you're playing."

A big part of the sport is the camaraderie between players, Knoll said.

"It's really fun. Everyone forms a good bond," Knoll said. "We all hang out and have a good time."

This goodwill extends to their opponents as well, Knoll said. After every game, in what is known as a "social," the home team provides food and drinks for everyone. Visiting club teams even stay with members of the home team while they're in town.

Although rugby may not receive the recognition that varsity sports do, support for the program is growing, Hager said. This year, the team has grown in size, and more people are coming to watch the games.

Hager encourages anyone who is interested to go out for the team. No prior experience playing rugby is necessary.

"Join up — it's a lot of fun, and we'll teach you how to play. Don't be afraid," Hager said.