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## Harmony in motion

Breema movements, from the Middle East, helped one student 'escape and connect' with herself

By Diane Huber  
Oregon Daily Emerald

**A**vishai Pearlson says it's impossible to understand Breema bodywork without experiencing it.

"Pull on your earlobes with your hands, relax your shoulders and feel the weight of your shoulders force your hands to slip off your earlobes and into your lap," he instructed. This particular Breema exercise is called "Sinking into the Lake."

The licensed massage therapist and Breema practitioner is co-owner of Breema Northwest, a center in downtown Eugene devoted to Breema — exercises that incorporate massage and meditation. At the center, the curly-haired, soft-spoken instructor teaches Breema exercises, gives Breema bodywork sessions — similar to massage therapy — and teaches aspiring instructors.

Next term, he will bring Breema to the University in a class offered Tuesdays and Thursdays from noon to 12:50 p.m. The focus of his class is "short, playful and meditative" individual exercises to relieve stress, relax and concentrate on the body, he said. The movements range from lying down, sitting, standing and hopping, he said.

"They work on flexibility, release tension and revitalize us," he said.

Breema is based on nine "principles of harmony," including no judgment, no extra, body comfortable, firmness and gentleness, full participation, no hurry/no pause, mutual support, single moment/single activity and no force. The principles provide guidelines for Breema, but they also provide a life philosophy, Pearlson said.

He said all of the principles of Breema work together to help people find their presence, which he explains as having a direct connection

with the body.

"Being present is having a direct experience about being alive, rather than interpreting life in the mind — rather than always thinking about the past and the future," he said.

Junior Jessica Lurie took the Breema class offered spring term and plans to take it winter term as well. She liked the class because it gave her time to "escape and connect" with herself, she said.

Although she said she doesn't use the exercises at home, she does incorporate the principles into her daily life.

For example, she said she tries to concentrate on just one activity at a time, which stems from the principles "no extra" and "single moment/single activity."

"When my mind starts to wander, (the principles) help me focus and concentrate," she said.

She said in class Pearlson described how people always walk through campus "head first," and he encouraged his students to walk "from the center."

"When I'm walking around campus, I try and remember I'm not just transporting my head to another class," she said.

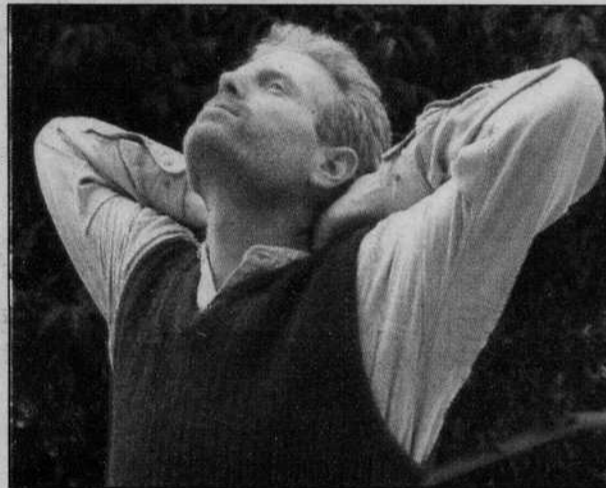
Yoga instructor Elayne Quirin also took Pearlson's class spring term. The difference between Breema and yoga, she said, is that Breema focuses more on pressure points, massage and working with your hands. Yoga, on the other hand, involves different postures.

But she added that certain characteristics of Breema are very similar to yoga.

"They have a very similar philosophy in that they bring the presence into the body, into the moment," she said.

Pearlson has been teaching Breema since 1991. He discovered the bodywork at an open house at The Breema Center in Oakland, Calif.

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Thomas Patterson Emerald

Avishai Pearlman demonstrates the self-Breema exercise called Maple Tree, which releases tension from the neck and shoulders. The hands are clasped behind the neck during a deep inhale and swift exhale.

## Eugene assesses terrorism readiness

■ After the campus mail threat, local officials determine the city is 'reasonably well prepared' for a bioterrorist attack

By Leon Tovey  
Oregon Daily Emerald

Are Eugene and the University prepared for a bioterrorist attack?

Yes. No. Maybe? In the wake of Thursday's mail threat in Willamette Hall, local officials are working to assess how prepared the community is for a threat of this nature. Although Lane County Public Health officials announced Monday that final tests on the letter received by University physics professor Bernd Crasemann were negative for anthrax, the incident has raised concerns about the level of readiness in Eugene.

"We are as prepared to deal with this as anyone," said Eugene Mayor Jim Torrey. "Are we prepared to anticipate an attack? No, but I don't think anyone in this country is."

Torrey was at a conference discussing Lane County's level of preparedness when he heard the news about the inci-

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## State board divides over OSU branch

■ The meeting resulted in two new proposals for budget cuts, one of which excludes the Bend campus

By John Liebhardt  
Oregon Daily Emerald

The State Board of Higher Education rejected a budget-cutting proposal Monday because of objections to funding the Oregon State University-Cascade Campus in Bend.

In a 6 to 4 vote, the board struck down Oregon University System Chancellor Joseph Cox's plan for budget cuts mandated by Gov. John Kitzhaber at the seven Oregon campuses. The vote forces Cox to create two different budget-cutting proposals: One proposal will outline budget cuts that include funding for the Cascade Bend campus, and the second plan will be drawn as though the \$7.2 million campus has been eliminated.

The board will vote via e-mail Tuesday afternoon, and Cox will report the

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## Court strikes down Washington school's energy fee

■ Officials say they cannot yet speculate on the impact of the ruling in Oregon

By Kara Cogswell  
Oregon Daily Emerald

Charging students an energy surcharge fee is not legal in Washington anymore, but students are still working to end the energy fee in Oregon.

A King County Superior Court judge ruled Nov. 9 that the University of Washington energy fee, which would have cost each student about \$135 this year, amounted to a tuition increase.

And under Washington law, tuition increases can only be authorized by the state legislature.

The university added the fee this year to compensate for rising energy costs. In August, Jasmin Weaver, a former Washington student president, filed a lawsuit against the school to remove the fee.

The university does not plan to appeal the ruling and will refund about \$1.4 million, with interest, to its 22,204 students.

But it remains to be seen whether the Washington ruling will have any implications for students here.

"It's such a great win, but we're still not sure how it's going to af-

fect Oregon," ASUO Vice President Joy Nair said.

Nair and ASUO President Nilda Brooklyn have been outspoken opponents of the fee because it was added without being approved by students.

Students involved in ASUO have been working with OSPIRG, the Ecological Design Center and other student groups to organize an energy conservation campaign, Nair said.

The group has met with University Provost John Moseley several times, and he has been very supportive of their efforts to lower the fee through energy conservation,

she said.

"The coalition is growing exponentially in numbers," Nair said. "And I think we have really proven to the administration that involving students initially in any process will greatly benefit the University and save money."

John Wykoff, legislative director for the Oregon Student Association, said state differences in how tuition and fees are approved could affect whether the ruling will set a precedent for a similar ruling in Oregon.

In Washington, the legislature sets tuition, and the board of re-

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