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Don't let politics get in the way of grades

Dear Nat: I'm having problems with one of my professors who may be biased against my political affiliation. I consider myself a Republican, and my professor is as liberal as they come. I received an "F" on a well-written paper, in which I happened to express my political views. Since then, he has stood me up for two meetings, treated me rudely in class and even pointed me out as the class "Honorary Republican." Any advice?

— *Righty Being Wronged*

Dear Righty: Oh, those darn elections. Looks like all that political propaganda floating around for the past month has soaked into you and your professor's heads with a desperate need for an outlet. Too bad you two couldn't have used all your political energy at Eugene rallies and protests instead of taking it into class! Bring that slaved-over paper to your professor (during his office hours, so he's sure to be there), and without yelling, "You crazy hippie!" ask why you received such a bad grade. Maybe the paper wasn't written as well as you thought, or maybe the assignment did not ask for a personal opinion. If his reasoning seems unjust, continue your assignments this term while holding back your opinions. Sometimes a personal view can hit nerves in others, and it may be best to avoid expressing yourself in classroom settings.

If the name-calling and missed meetings are making you feel half as tall walking out the door as you did walking in, you have the right to speak up. In a private setting, tell your professor that his addressing your views publicly makes you uncomfortable. If the situation does not improve, take it to the department dean and make it clear that you are being harassed.

Although your professor has acted very immaturely, you shouldn't have started the fire to begin with. In the future, aim to leave your views sealed up at home in a secrecy envelope.

Dear Nat: I'm a freshman, and I'm planning to major in theater. My parents are refusing to pay my tuition because they think I'll never find a real job. I love theater and I can't give it up. What can I do?

— *Dreaming of Stardom*

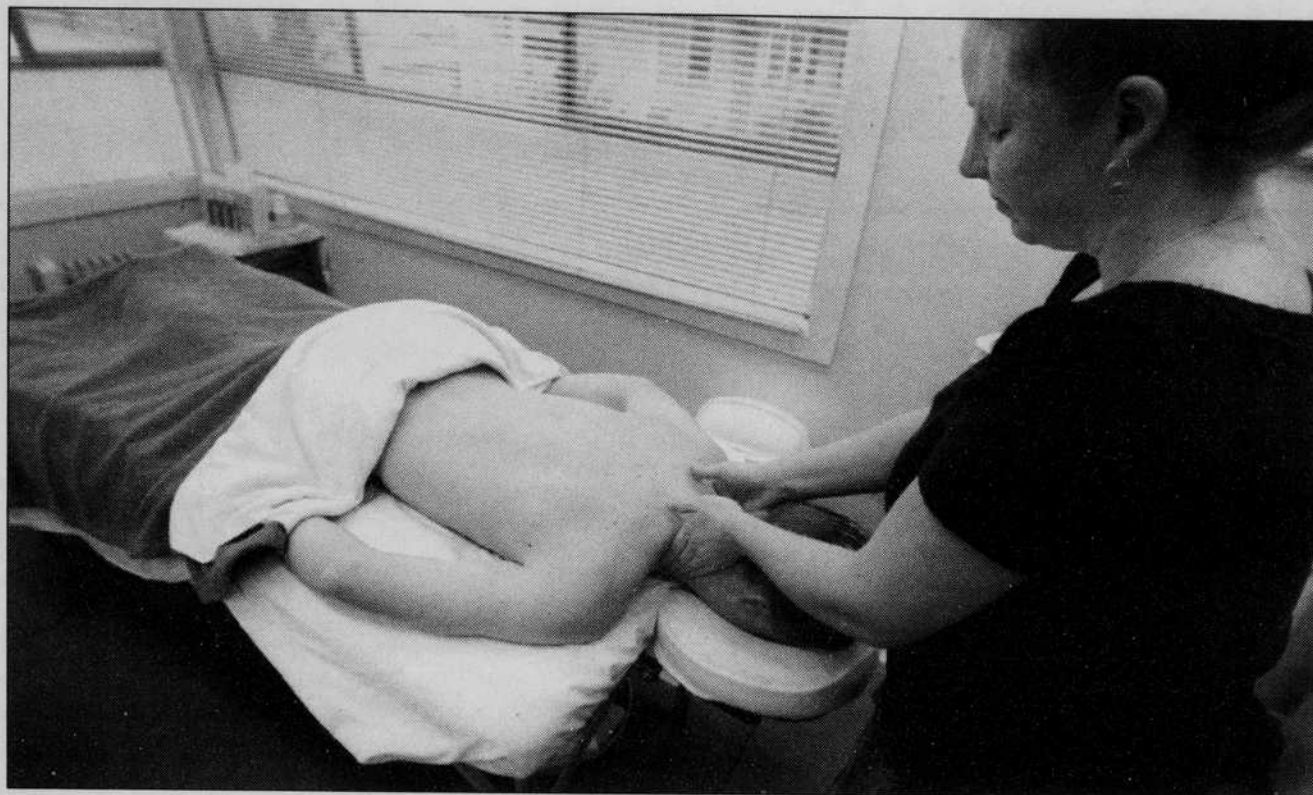
Dear Dreaming: What a bummer! You're sitting there, starry-eyed and picturing your name in blinking lights on a billboard, while your parents are seeing each hard-earned check they write going toward a future of waiting tables.

I hate to say it, but parents aren't always willing to fund something they don't believe in. You have two choices: Choose a different major for free, or

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Natasha Chilingirian
Ask Nat



Shannon Hoell gives Oliver Johnson a massage during a break. They are both licensed massage therapists who have been working at Rejuvenation Health Spa since June.
Jeremy Forrest
Emerald

The magic touch

As an alternative form of treatment for both relief and recovery, massage includes a variety of techniques

Ryan Bornheimer
Senior Pulse Reporter

On Friday night, Eugene resident Jeremy Walworth injured his ankle. Instead of rushing to the hospital emergency ward, Walworth limped into Rejuvenation Health Spa for a visit with chiropractic physician Eric Hansen.

This is just one example of the expansion of an industry once associated with simple stress relief and relaxation. Massage therapy has officially arrived as an alternative form of treatment with concrete results.

Hansen, who has been administering massages since 1991, said massages are integral to a higher quality of life, and a monthly visit

represents a healthy maintenance schedule.

"There are direct health benefits that are part and parcel to massage," Hansen said. Those benefits can include everything from headache relief to injury recovery.

The term "massage therapy" may be too limited to describe the care options offered by massage therapy establishments such as Rejuvenation. Nowadays, "massage" includes various treatment programs used for much more than muscle tension. So here is a short guide to consider on those long winter days when you rub your neck and sigh, "Man, I could use a massage."

A Swedish massage is the classic technique generally associated with relieving muscle tension, improving poor circulation and promoting stress relief. This type of massage, considered by many to be the first systematic method used in the Western world, em-

Feeling touchy?

Rejuvenation Health Spa, 272 W. 11th Ave., 349-0540

The Pearl Day Spa, 1375 Pearl St., 683-3377

A Touch of Tranquility, 396 E. 18th Ave., 342-8025

Eugene Downtown Massage Therapy, 1400 High St. #B-2, 342-5775

Massage For Life, 655 E. 11th, Suite 1, 349-8117

Courtyard View Massage, Fifth Street Public Market Suite 317, 685-9661

employs long strokes, kneading and friction to flush lactic acid, uric acid and other
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Pinball fans can find favorites around town

From Carl's Jr. to 7-Eleven to the EMU, pinball aficionados and casual players alike can find a nearby game to suit their tastes

Game review

Helen Schumacher
Pulse Reporter

"He's a pinball wizard / there has got to be a twist / a pinball wizard / he's got such a supple wrist."
— The Who, "Pinball Wizard."

Play a mean pinball I do not. But that doesn't mean I don't enjoy stretching the ol' flipper fingers occasionally and giving the silver ball a run for its money between classes. Luckily there are several places within walking distance of campus that have pinball machines.

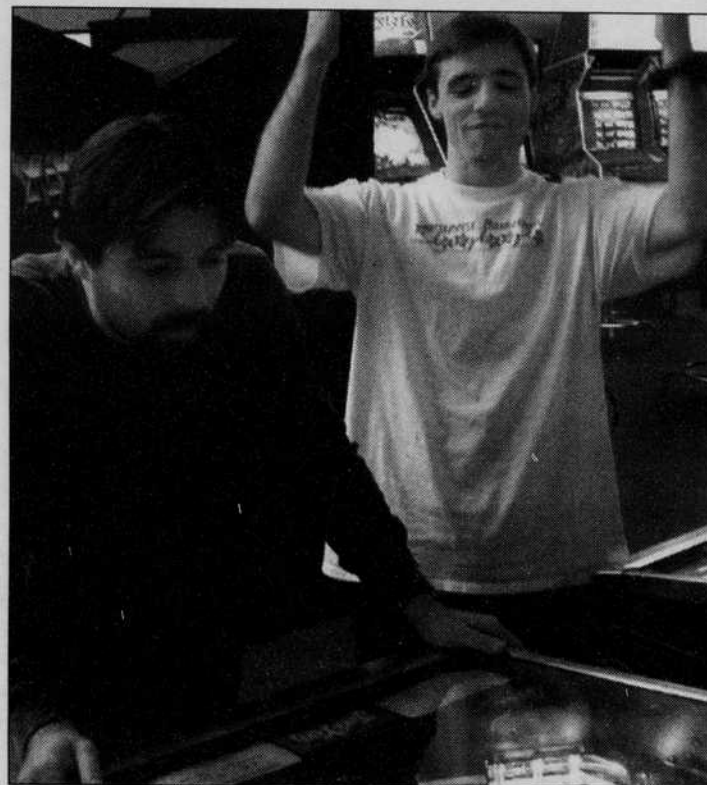
The closest location to offer pinball

is The Break in the bottom level of the Erb Memorial Union. The Break has five different machines, each offering one play (three balls) for 50 cents.

My two favorites at The Break are "Roller Coaster Tycoon" and "Medieval Madness." The "Roller Coaster Tycoon" playfield — the part of the machine where the action takes places — is set up like an amusement park. The bumpers are cleverly disguised as bumper cars, and when hit, an orange-haired troll doll lights up. There is also a haunted house, an information booth and, of course, a roller coaster — all rewarding the player with bonus points for hitting them.

"Medieval Madness" has the best light display in its playfield. The game also features a light-up dragon and castle. When hit by the ball several times, the castle — in all its

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Mark McCambridge Emerald

Eric Merchant (right) and Corey Dunn (left), both math department GTFs, enjoy an intense pinball competition at The Break.