

Pulse Editor:  
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# Pulse Relax

On Thursday  
Eugene's artistic  
Mecca: From  
trash to flash



Tuesday, February 4, 2003

## Look beyond the candy, cupids on Valentine's Day, befriend gay ex

Dear Nat: I'm spending my 20th Valentine's Day sans boyfriend next week. How on earth do I combat falling into the depths of despair?

— Valentine's Grinch

Dear Grinch: Here's the best recipe I can muster: Combine one devil's food cake mix, one bag of chocolate chips, one jar of marshmallow cream and one cup of peanut butter. Bake for 20 minutes. Top with one can of whipped cream. Serves one.

Of course, there are some less bloating options — like working it at the gym or gathering some friends for an anti-romance movie fest. How about going shopping for a hot new outfit with the money you would have spent on chocolates, flowers and balloons for some undeserving guy?

But really, letting Valentine's Day turn you into a sourpuss is like allowing that bully back in first grade to make you feel like a wimp. If walking by a display of paper cut-out conversation hearts, courtesy of corporate weasels, is enough to ruin your day, then I see a serious problem with inner strength, sister. Learn to see beyond what is thrown in your face and get on with your life.

And who's to say that Feb. 14 should be a day beyond all others to show love? In a relationship, I say every day counts, not just a 24-hour time period in February. So curb your jealousy, because chances are, those lovey-dovey couples you'll see next Friday will be putting on their pressured best, and will return to quarreling the next day.

So this Valentine's Day, indulge yourself if you have to, but please try to be stronger than all that love nonsense in the media. And don't forget — when a guy does come along, he should shower you with attention every day of the year.

Dear Nat: I broke up with my boyfriend of a year and a half two weeks ago, and I just discovered he is gay and now has his own boyfriend! I feel so hurt and betrayed! All of my memories of him are tainted. Any words of wisdom would be appreciated.

— Saddened and Straight

Dear Saddened: I know most of my advice is rather blunt, but this time, I offer all my sympathy. For a long span of time, you were enveloped in a seemingly average, heterosexual relationship, and now, just daydreaming about the past brings resentment and disappointment. Like the entire memory of your romance has — Poof! — disappeared.

Your ex is finally free — he is acting on his true romantic and sexual impulses and is probably happier than ever. You, my dear, were unfortunately in the wrong place at the wrong time during the tail end of his confused stage. He may have stayed with you because he was unsure about his sexuality, or if he knew, was trying to ignore it. I'm sure he had no intention of hurting you.

But please, don't allow that spot in your brain that holds photographs of the past year and a half turn to stone. Enjoy a reminiscent fantasy now and then, even if the thoughts initially lead to guilty pangs. But do keep these fantasies to a minimum, because consumption could lead to a wall between you and your next romantic interest.

Also, don't squander the potential of your ex-boyfriend as a friend. Now that he's 100 percent comfy in his own skin, he's probably more of a blast to hang out with than ever. It would take some time, but who knows? You two could be buzzing about your hot new boyfriends together.

Contact the columnist at natashachilingerian@dailymerald.com. Her views do not necessarily represent those of the Emerald. Send questions to advice@dailymerald.com.



Natasha Chilingerian  
Ask Nat

## Mind, body, soul

Yoga exercises a person's mental and physical health while increasing self-awareness and relaxation

Helen Schumacher  
Pulse Reporter

From ancient Indian spiritual custom to Madonna's exercise of choice, yoga has been practiced for centuries in order to gain understanding of the inner self, toned muscles or both.

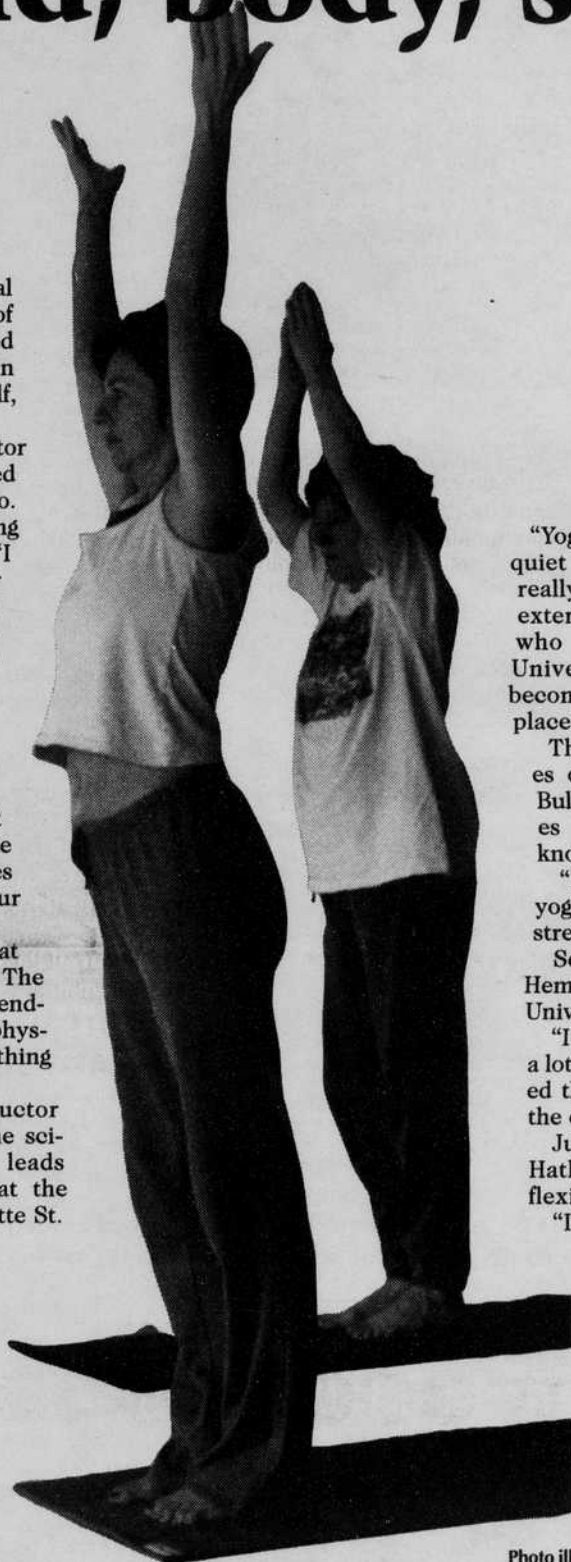
Eugene Yoga Center instructor Sara Alevizos said she first learned yoga as a way to keep fit on the go.

"I was doing a bunch of traveling at the time," Alevizos said. "I went to a month-long retreat for instructors so I could have the skills to teach myself while traveling." From there she began teaching at the center, located at 1244 Lawrence St.

"(Yoga is) purifying for the mind, heart and body," Alevizos said. "It gives you flexibility, tone of muscles and it helps with mental ailments like anxiety and depression. It relaxes your mind and increases your energy and concentration."

Yoga is a Sanskrit term that Alevizos defined as "union." The word union describes yoga's blending of exercises for mental and physical health through careful breathing and postures, or poses.

Four Winds yoga instructor Michele Bulgatz said yoga is the science of self-awareness. She leads classes throughout the week at the studio, located at 1840 Willamette St.



"Yoga teaches you how to become quiet enough to learn what you're really about — how to let go of external distractions," said Bulgatz, who also teaches yoga at the University. "Breath and body become a tool to bring us to a quiet place."

There are several different branches of training within the practice. Bulgatz teaches Hatha, which focuses on the postures yoga is best known for.

"Hatha is a broad name for the yoga that focuses on breathing and stretching muscles," Alevizos said.

Senior business major Jim Hemming is enrolled in one of the University's yoga classes this term.

"I wasn't flexible and I was having a lot of aches and pains before I started the class," Hemming said. "I like the class a lot. It's a good workout."

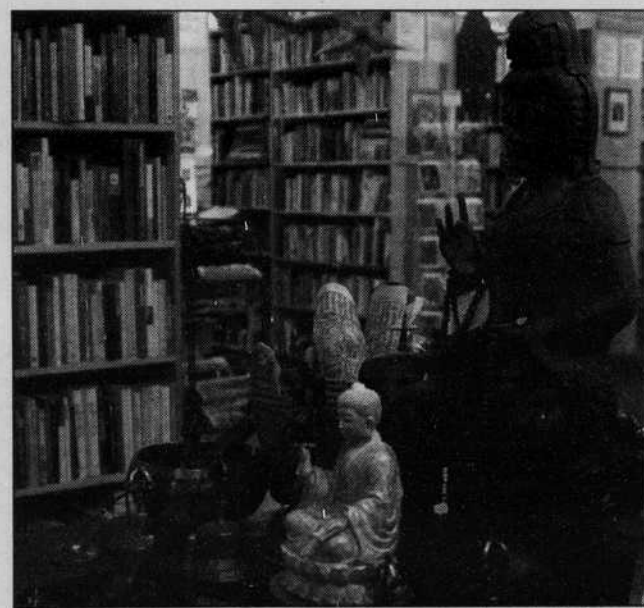
Junior David McGarry also took Hatha yoga in order to increase his flexibility.

"I didn't anticipate the spiritual part of it," McGarry said. "It completely removed me from the craziness and over-stimulation of life. It really opens you up."

Kundalini yoga, which  
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Photo illustration Jessica Waters and Adam Amato

## Bookstore sells used, local works



Adam Amato Emerald

Foolscape Books sells used books along with inexpensive handmade items by local writers and poets.

Locally owned Foolscape Books sells a variety of used books in Eugene and online, and serves as a hub for the community's poetry scene

Aaron Shakra  
Pulse Reporter

Independent booksellers are an endangered species. While their corporate brethren thrive comfortably detached from any one community or place, local stores are slowly thinning out. There's nothing new to this story.

However, there are still some strong local haunts — Smith Family Bookstore and Tsunami Books to name a couple. Foolscape Books, located at 780 Blair Blvd., also functions as an important hub of activity for the community, especially regarding the poetry scene.

"I'm staying here out of spite to corporate businesses," Foolscape Books proprietress Marietta Bonaventure said. She opened the store in 1999, after spending some time with the Peace Corps in Africa. Bonaventure, also a singer in the group Son Mela'o, said opening the place was a natural process for her because she came from a family of booksellers. She collected books for a few years before the doors opened.

Foolscape contains 25,000 books, but doubles as an online bookseller, with an inventory of 10,000 books on its Web site.  
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