


UNIVERSITY OF OREGON CULTURAL FORUM presents...

An Evening with
Maya Angelou

poet, educator, historian, producer, actress, playwright, director, author, civil-rights activist



Sunday, February 23, 2003
 7:30pm MCARTHUR COURT

with a special performance by the
 UNIVERSITY OF OREGON GOSPEL ENSEMBLE

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Power, art and the real world

Book review

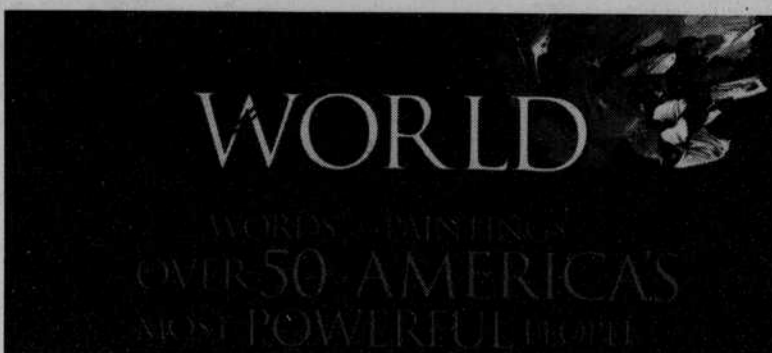
Jacquelyn Lewis
 Pulse Editor

Usually, when we see presidential candidates, business leaders or political correspondents, they are flanked by public relations experts, primed to give a glossy, well-rehearsed speech. However, in Debra Trione's "A Perfect World: Words and Paintings from Over 50 of America's Most Powerful People," readers see leaders such as Gary Bauer and Kathryn Fuller in a more candid light. We are also treated to their sadly lacking — yet endearing — art skills.

Trione interviewed 53 of America's most influential public figures, — a myriad of stand-outs, ranging from Princeton professor and New York Times columnist Paul Krugman to former American Red Cross President and CEO Bernadine Healy — asking each to name two things they hoped would be true about the world in 50 years. Then she asked them to paint a picture of their ideal world.

Trione compiled the art and words to create her 176-page book. She also included an introduction chronicling her experience as an interviewer, including the laugh-out-loud moments when her left-brained subjects were forced to paint. A flabbergasted Alan Simpson gasped, "This is appalling to me."

And, though most of the "paintings" appear as simple doodles or smeared scribbles, the art comes off as a repre-



Courtesy

sentation of the leaders' softer sides. It is easy to despise politicians when they are vehemently expressing their ideologies. However, it becomes more difficult when viewing their kindergarten-esque renderings of oceans and families. Trione also includes the creators' explanations for their paintings. The only exception is People for the Ethical Treatment of Animals President and cofounder Ingrid Newkirk, who snuck out of the painting assignment by creating a collage.

Many of the interviewees spent more time talking about themselves instead of the world at large, but this is to be expected, as the perception of a "perfect world" is always — inevitably — intensely personal. Mostly, the lists of areas needing improvement were predictable; education, overpopulation, the environment and diversity were recurrent themes.

Some of these "perfect worlds" would represent a nightmare for others — Harvard Law professor Alan Dershowitz said, "I want to get rid of

spiritualism," and 2000 U.S. presidential candidate Gary Bauer hinted at abolishing abortion and elusively mentioned the submission of wives to their husbands. However, every answer is insightful.

Notable entries were M.K. Gandhi Institute for Nonviolence cofounder and President Arun Gandhi's wish for harmony and acceptance of anger, along with his painting of a tropical beach, as well as Hayden Planetarium director Neil de Grasse Tyson's unique take on life.

"I will not stand in denial of civilization or technology, but I will also not deny myself the simple pleasure of looking up," Tyson said. "That's what binds us to all other humans."

Whether the reader is an idealist seeking a utopia, or simply looking to be entertained, "A Perfect World" is a worthy read. Pick it up at bookstores now.

Contact the Pulse editor at jacquelynlewis@dailyemerald.com.

GMAT

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Yoga

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focuses more on breath work, is also available through the University.

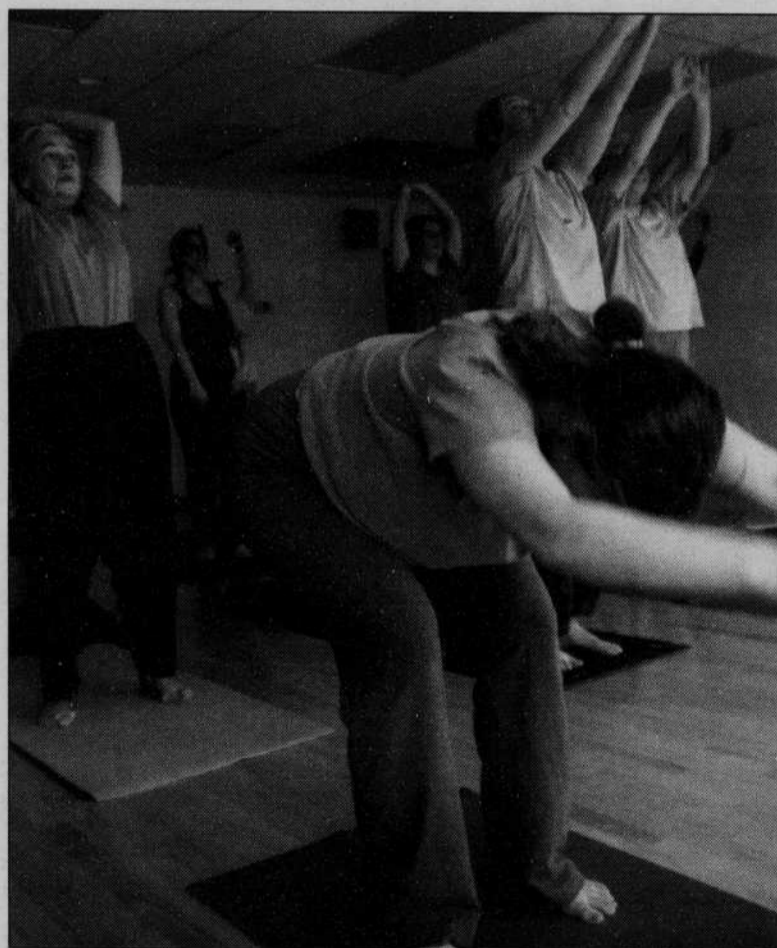
Besides Kundalini and Hatha yoga, Alevizos said other branches include Karma yoga, which focuses on selfless service and involves volunteering and helping others. Another branch, Bhakti yoga, involves chanting and singing, and is of a devotional nature. Meditation and concentration are the focal points of Raja, another branch of yoga. Yet another type is Jhana, which requires development of the intellect and is considered the yoga of the mind and wisdom.

"There are many, many styles of yoga within the realm of practice," Bulgatz said. The various ways to practice yoga make it a suitable way to relax for all types of people.

Bulgatz said she found teaching yoga at the University especially inspiring.

"To me, yoga is about being human," she said. "It teaches us how to move through life with grace. It teaches us how to cultivate those things that other classes don't. What I want students to get out of my class is that you're perfect the way you are."

Contact the Pulse reporter at helenschumacher@dailyemerald.com.



Jessica Waters Emerald

Yoga participants take a class at Four Winds, a studio located at 1840 Willamette St.

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