

**Pulse Editor:**  
Jacquelyn Lewis  
jacquelynlewis@dailyemerald.com

# Pulse Spring

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## Spring break plans prompt honesty with 'rents, frugal road trip spending

**Dear Nat:** I've been planning to go to Cancun for spring break with my friends. We have the tickets and everything, but my parents still don't know about it. They're really strict and I'm sure they wouldn't let me go. My friends and I are flying out of Portland, my home town, so my parents are going to notice when I pack up and leave. Should I just leave without saying where I'm going or lie or tell them I'm going somewhere they would approve of? I have to go on this trip without my parents finding out!

— Seeking Non-Parental Spring Break Fun

**Dear Seeking Fun:** Whoa! Hold on a sec! Do you honestly think your parents, who most likely can detect alcohol on your breath the minute you walk in the house, won't be able to see right through a lame lie about why you'll be away for a week? The first idea you've been contemplating, leaving without an explanation, would surely set your parents' nerves on fire. They'll assume you're doing something incredibly unthinkable, like joining a cult or porn modeling, and they'll spend spring break wallowing in worry and fear. Your second tentative plan, telling them you'll be in a tame location for a week of wholesome activities, won't exactly fly once they find out you were actually drinking half-naked on the beach. They might just decide never to trust you again. And, worst case scenario, if they don't know where you are, they won't be able to contact you in case of an emergency.

How about calmly presenting your vacation plans to your parents and seeing how they feel? Tell them Cancun is a common spring break destination for college students, and you'll be going with people you know and trust. Explain the crazy stories they may have heard about teens escalating to drunken madness in Cancun does not mean that everyone who travels there goes nuts. Give them the idea that you intend to relax, spend time with friends and keep out of harm's way while in Cancun, and you might gain their approval.

And if they absolutely refuse to set you free for the week? Well, you could go anyway. But then who knows how ugly things might get when you return home. So anticipate how badly your parents could hold this decision against you before stepping on the plane. If you can picture your family relationships becoming extremely wretched as a result, it's time to decide if a week of carefree, youthful fun is worth sacrificing two lifelong relationships. If you want my opinion, I'd say it isn't.

**Dear Nat:** I'm going on a road trip with some friends for spring break, and I'm low on cash. What are the best ways we can save money and still have a good time?

— Poor Road Tripper

**Dear Poor Road Tripper:** Kudos for choosing a road trip in the first place — it's a travel method that's definitely friendly on the wallet! Gas will be your primary expense, so I recommend keeping your tires at the proper air pressure to score the best gas mileage. Bring some extra emergency cash, but leave your credit cards and checkbooks at home so you won't be tempted into a vacation shopping spree. Treat yourselves to the greasy, crispy, rich (and cheap!) tastes of fast food and pancake diners. Scour travel guides for the cheapest hotel rooms, and even if there's a bunch of you on the trip, share the smallest room available — the coziness will lead to complete bonding, which is what road trips are all about!

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



**Natasha Chilingerian**  
Ask Nat

## Martial arts in flight

A new extreme brand of student martial artists is taking to the air with 'eclectic new style'

**Jacquelyn Lewis**  
Pulse Editor

Extreme sports have become increasingly popular in recent years, and extreme martial arts are no exception. University students who study the discipline are adding a myriad of new elements to their techniques. From stunts they've seen on television to gymnastics to break dancing, anything goes. The eclectic new style allows extreme martial artists to hone their existing skills and take their moves to new heights — literally.

Eight University students study extreme martial arts at Best Martial Arts Institute, located at 1235 Willamette St. The students also take Physical Activity and Recreation Services senior instructor Lani Loken's aerial maneuvers course, where they practice difficult skills with the safety and security of a trampoline.

Best Martial Arts Institute owner and level five black belt Allen Best said extreme martial arts can be loosely defined as "taking martial arts moves to the extreme with an emphasis on dynamic body movement." The jumps and kicks are higher and the rotations have more revolutions.

Senior Rachel Bryan, who has studied martial arts for

Turn to **Bounce**, page 9A



Senior Nick Wolfgang practices martial arts on a trampoline at Gerlinger Annex. These moves can be practiced in the aerial maneuvers class taught through the University.

Jeremy Forrest Emerald

## Meditation focuses mind, body

Local centers and groups seek personal harmony through meditation and Aikido

**Ryan Bornheimer**  
Senior Pulse Reporter

Modern American life seems to grow more stressful everyday. Terms such as "road rage" and "anger management" have become common in the English lexicon. People who have become all-too-familiar with these terms might find solace in a number of local meditation centers.

Meditation entails far more than simply sitting quietly on a yoga mat in hopes of reducing stress. The practice is part of a specific spiritual lifestyle, with meditation acting as an essential component in a larger understanding of mind, body and life.

The Eugene Zendo, at 2190 Garfield St., is a Soto Zen Buddhist temple offering zazen (or sitting) meditation classes, lectures, services and weekend retreats.

Resident priest Ejo McMullen said there are many benefits to Buddhist meditation. Increased clarity, calmness and a peaceful sense about life are positive side effects but not the organization's central aim.

"Our main focus is in putting ourselves in the presence of the divine truth



Mark McCambridge Emerald

Michael Wilson, Skyhawk Faulkner and teacher Tenzin Gurmey La meditate at the Nyen Gyud Samten Choe-Ling Tibetan Meditation Center.

very directly and allowing our life to align with it," McMullen said.

McMullen adds that for many participants, regular Soto Zen meditation

can result in an important spiritual transformation.

The Eugene Zendo offers regular Turn to **Zen**, page 13A