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Pulse Relax

On Thursday
Celebrate spring with
the Green Garter Band

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Dump loser boyfriend; happiness lies beyond

Dear Nat: I've decided that my boyfriend of a year is not giving me enough fulfillment, but I haven't found the courage to break up with him. Although he makes a minimum effort to please me and can't communicate, I value his companionship and don't have many other friends to fall back on. I know he isn't long-term mate material, but I fear feeling alone once I say good-bye. Help me escape from this rut.

— Attached to Mr. Wrong

Dear Attached: I feel like you've chained yourself up inside a cave with Mr. Loser (he's not just wrong for you, he's a loser), while an accessible, bustling world full of happiness and opportunity waits for you outside. The key to freedom is within your reach — please pick it up and unlock yourself from this situation.

But we're not just dealing with logic here, we're dealing with your heart, too. If your heart weren't involved, Mr. Loser would've been sacked already. I know the thought of saying good-bye to someone whom you've grown close with and most likely been sexually involved with is shattering. This break-up will not be painless, but I do have a few remedies to ease the sadness.

Make a list describing all of Mr. Loser's disgraceful, disgusting qualities and all the times he has exhibited insensitivity. By the time you finish, you should be angry enough to start making a voodoo doll. Then write down all the things you'll finally be able to do once you are free. Maybe you've always wanted to live abroad or pursue a graduate degree but have felt pinned down by this dead-end relationship. Maybe you just long to flirt with men at the local bar or bond with a tight circle of friends. The truth is, many stimulating activities exist that are better suited for single people. Your life won't be empty.

So pull yourself up by your bootstraps, drive on over to his house and dump him flat. Better yet, dump him over the phone. Don't waste gas on Mr. Loser, who, by the way, will be the lonely one in the end.

Dear Nat: I've been in love with this girl since high school, but we've always just been friends. She recently told me that she has been dating someone else, that she had sex, the condom broke and she had to go to the hospital to find out if she was pregnant. Luckily, she isn't pregnant, but the thought of her having sex with someone else kills me, and I haven't had a decent night's sleep in weeks because of it. Please help.

— Hurt and Betrayed

Dear Hurt: You know, it's bad enough

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Natasha Chilingirian
Ask Nat

Abuzz about 'Dragonfly'



Jessica Waters Emerald

Reggae legend Ziggy Marley infused the McDonald Theatre with tasteful, rocking tunes on Friday

Music review

Aaron Shakra
Pulse Reporter

With a name like "Marley," it is almost impossible not to make associations between Ziggy and the late, great Bob — also Ziggy's father. This is because Bob Marley's music is still alive and prevalent in the consciousness of this world, and it continues to resonate as a voice of compassion and peace.

However, Ziggy (named after David Bowie's Ziggy Stardust) has long been forging musical ground of his own — but not without remembering to pay tribute to the legacy of his father.

Ziggy Marley and his band made their presence felt Friday at the McDonald Theatre. For most of his career, Marley has played with another band, "The Melody Makers," but his latest release, "Dragonfly," marks his first solo effort.

The night began on a sour note, with a particularly flaccid and egotistical set from singer-songwriter Colin Blades. His stage demeanor was rather condescending to the audience. At one point, Blades started playing a tune by The Beatles and then stopped, just to gain crowd support. Thankfully, his performance didn't last long, clocking in at only 30 minutes.

However, once Ziggy Marley hit the stage, the mood immediately changed and all was forgotten. Marley opened his 120-minute set with a politically charged tune from "Dragonfly" (which shares its name with the tour) titled "In the Name of God."

Marley, a guitar player himself, was backed by a band that consisted of two guitarists, a bass player, two female vocalists, a keyboardist and a drummer. The quality of each and every band member cannot be overemphasized. The group locked together seamlessly, with interesting, tasteful guitar solos and plenty of body movement.

Ziggy's band, the crowd pleasers they are, also covered his father's songs — "Concrete Jungle" was the first of four and provided one of the emotional highlights for the night. Energy and irie was raised among the thick, nearly sold-out McDonald Theatre crowd; plumes of smoke arose. When he wants to, Ziggy Marley can sound ominously like his father. This was one of those cases.

One of reggae's power points is how imbibed

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Capoeira dances between agility, wit

Forty students participated in a traditional baptism on Saturday as part of a ritual that dates back 400 years

Tom Adams
Freelance Reporter

With exultant festivity and spirited music, students of Grupo Raca, a Eugene capoeira group, made their rites of passage on Saturday in a traditional Batizado, or baptism, that dates back 400 years. The capoeiristas, or players, became members of the worldwide family of capoeira, which is a synthesis of martial arts and dancing that pits two capoeiristas in a game of communication, agility and wit. Forty students were baptized and received a belt in the ceremony.

Contramestre Pedro Cruz, originally from Brazil, is responsible for bringing Grupo Raca to Portland and now Eugene. He said Grupo Raca, pronounced hassa, originated in Saladore, Brazil, the very place capoeira began. Cruz began working with capoeiristas in Eugene a year ago.

"Raca means to do something with passion and discipline,

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Jessica Waters Emerald

Two capoeiristas challenge each other in a combination of dance, game and martial arts during the ritual Batizado, or baptism, held on Saturday in Gerlinger Hall.