

Beat those rush hour blues with meditation

by gary mantz

staff writer

There are a couple of fellows who want you to consider Maryland Parkway the path to enlightenment. Not because of its proximity to UNLV, mind you, but simply because it IS.

Brothers Kevin and Todd Berger, a writer and psychotherapist respectively, have co-authored *Zen Driving* under the hybrid K.T. Berger. In it they attempt to persuade the reader that it is the most natural thing in the

cosmos for one to aspire to Buddhahood "behind the wheel of your automobile."

Actually, the premise is not as goofy as it may at first sound. If you have ever had to sit in rush hour traffic, and that's practically everybody, or been cut off by the archetypal Road Hog, then you

might have wondered if there is any means short of gunplay to encourage safer driving out there.

"The idea is to tap into an inner ability that allows you to feel good, so that when you arrive and park, like

coming to the end of a ski run or a long meditation, you emerge in a fresher, more alive, more assured frame of mind. In short, and it may sound a bit corny or farfetched, you can improve the quality of your life through proper driving practice."

Appropriately, the emphasis is put on the one person who can make a difference at any given time, and that is the concerned driver. Rather than honk, yell, or gesture obscenely, the authors suggest we turn

the practice of driving into

the practice of what they regard as Moving Meditation.

Awareness and experience are the two watchwords of this approach. Our unique selves, already enlightened and fully capable of handling any road condition, is assumed by the authors. This is the "natural-self."

This is the essence of Moving Meditation. It is also the essence of simply Paying Attention. And that's where *Zen Driving* loses steam.

With an esoteric title (and a gimmicky bumper sticker

saying BE A BUDDHA BEHIND THE WHEEL stuffed in each copy) one expects a new approach to the driving art, or at least some useful program of tips that promise a safer and fuller experience of it.

Instead one is urged to try keeping "a 360-degree picture of everything around you at all times," covered by a platitude, "Be aware--focus on awareness." Not even Zen masters have eyes in the back of their head.

One good bit of advice: acknowledge the hassles of

the road and the inner noise we all tend to carry in our heads as they occur, then practice letting it all go, leaving you free to stick to the task at hand. That truly is a Zen notion.

This book has some value as an argument for a saner, appreciation of our shared "ecosystem" of the highway. Beyond that, one would do as well to hearken back to whatever common sense your terrified parents or driving instructor imparted when Buddha was not in the car with you.

Storytyme with uNcLe aL

by alfredo tryferis

staff writer

Stress affects many things: Bridges; skyscrapers; the cushion of Oprah Winfrey's La-Z-Boy; the box springs of her bed. These are built of concrete and steel, and they are designed to bear tremendous loads. But you are built of flesh and bone, and, unlike Oprah, you would make a terrible bridge or skyscraper. You would collapse in the first breeze, killing hundreds and injuring thousands. The families of the victims would sue you and a protracted legal battle would ensue, dragging your name through the mud and bringing disgrace to your

family and all who know you. Worse yet, you could throw your back out.

You can see the importance of learning to deal with stress.

Stress Management Techniques

I have weighed countless stress management books on my bathroom scale. I have balanced several of them on my head and pretended I was

a famous French model sauntering down a runway in a Paris fashion show. Yet none of these books have been of any help. So I have developed some techniques of my own that you may find helpful.

*Keep things bottled up in-

side. You will have greater impact when you blow up in someone's face.

*Make a list of all the stress-causing factors in your life, then take them out to the desert and shoot them.

*Become callous and selfish. This will keep you from giving a damn about anyone or anything.

*Read this column every week. Sorry, I couldn't resist.

If you want to see what happens to someone who doesn't follow my advice, watch Dan Quayle handle the media. It's not pretty.

Get Stressed!

There is no evidence for or against the relationship bet-

ween stress and ulcers. There is evidence that stress causes the production of a natural narcotic in the brain. The more stress, the more narcotic. Get it, a free stress buzz.

This means no more money spent on booze and drugs to forget your problems, so don't get drunk or high, get stressed.

Here are some ways you can increase the stress in your life, at no charge.

*Visit biker bars wearing only a teddy.

*Have a dozen roses delivered to your boss's wife with a signed card that reads, "From a real man."

*Find a seedy part of town notorious for a high crime rate, then drive through it

at night with the gas gauge on empty.

*If you have good credit, cosign a car loan for someone who uses "gnarly" to describe the car.

*Fall in love.

You are only human, so don't try to be a bridge or a skyscraper. If life hands you a heavy load, lift it with your legs, not with your back.

Classifieds

For Sale

For Sale - Park bicycle stand \$140; 2-one speed cruiser bicycles \$70 each; 1 set of Revo sun glasses (New) \$110. Call Peter, 363-5958.

Waist wallets for joggers, sportsmen, athletes, mopeds & scooter drivers. Exclusive at Flowers Galore & More (across from UNLV). \$12.95 plus tax. Less with your student discount.

For Sale: Scuba equipment - Never used. Mask, snorkel, fins, gloves and boots (size 7 1/2). \$200. Please call 798-5305.

Graduating student needs to sell motorcycle. Suzuki 450. New brakes, new tires, runs and looks great. \$600 or best offer. Call Cary 731-1880.

For Sale: Two tickets for Amnesty International in LA for 9/21; \$80. Call Carol at 739-3590.

Storage for less at Safeguard. 362-4100. *4'x8'x10' unit - \$23 monthly

*Discount with UNLV ID *Flamingo & Decatur (Near Tramps)

Safeguard mini storage 4530 W. Neuso

For Sale: Old, ugly, working microwave - \$20 or 2 cases of Coors Light. Call Steve 796-6393.

For Sale: '82 Ford Escort - White, automatic, low miles, excellent condition, many extras. Must see! \$2750 or Best. Call 795-8980.

Dinning table, no chairs, brown, good condition, strong, clean and attractive. Price \$35.

I NEED A HOME! FREE- 3-5 month old puppy, full-breed Labrador Retriever. Call after 4pm - 382-6049.

Help Wanted

Need Help - Childcare in home. Rancho/Oakey area. Varies hrs. \$3-\$4 Hr. Approx. 15 hours/week.

LADIES! Have a F.U.N. party in the month of September and receive an extra hostess gift! Call Sonya at 732-7056.

Word Processing, letter quality printer, Academic manuscripts and formats,

charts, tables, grafts. Disk storage. Pick up and delivery available. 454-4931.

For Rent

For Rent: Roommate wanted to share 3 bdr., 2 bath, fully furnished home. Flamingo & Rainbow area. Female pref. - non-smoker. \$300 per month. Utilities included. Call 876-9490.

Female Rommate to share 2 Bdr-2 Bath including utilities, for \$250 per month. Call for info at 731-6182.

Personals

Gay Academic Union (GAU) Inquires please call Will Collins at 798-6959 for a schedule of meetings & weekly events.

The Flame Soccer Club. Women ages 17-23. Needs experienced players, especially those born in 1970 & 1971. Al Abel 878-6269.

KAPPA SIGMA: Membership has it's priveledges! Stop by the table in the courtyard.

To the guys on the fourth floor! "I want you" S&M Satan

Psssst. C'mere. Wanna earn big bucks?



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