

UNL students to publish new magazine Sagebrush

Next semester will see the publication of a new UNL magazine, *Sagebrush*. It is being published with the help of the Orin Stepanek Memorial Fund.

Franz Blaha, faculty adviser for the magazine, said its main purpose was to provide an outlet for creative students. Noting that "it is extremely hard to get work published, especially for students," he said he felt this magazine would satisfy that need.

bruce nelson ex libra

Earlier efforts at this type of magazine consistently have run into financial difficulties and have been discontinued. *Tin Roof Blues* and *Script* were two such efforts.

Blaha said he hopes his advising can be restricted to the monetary aspect of the magazine, which includes only the memorial fund and any private contributions.

When asked whether there weren't already enough magazines on campus, such

as *Saltillo* and *Prairie Schooner*, Blaha said that "none of these are put out by students." He said he didn't feel there would be much difficulty soliciting material, because "there are enough students writing things that are worth publishing."

Sagebrush initially will be published once a semester; if successful, it may come out more often. Each issue will contain both poetry and short stories. Blaha said he hopes to acquire a mailbox in Andrews 227 and one in the Nebraska Union for students to submit their work.

Ideally each piece, if not published, will be returned with a critical analysis and suggestions on how to improve the work, Blaha said. This will make the process a learning experience for the writer and not "another rejection slip."

The editorial board now includes Tom Hafemeister, Randy Eickhoff and Bruce Nelson. When completed, there will be one or two more people on the board.

The price will be 50 cents "because we want to reach as many students as possible," Blaha said.

Students are taught relaxation methods, how to handle stress

It isn't very often that 50 college students take everything they are told lying down.

However, 50 students proved an exception Wednesday night as Norma Griffin led them in a series of relaxation techniques for coping with stress.

Griffin, an instructor in the Women's Physical Education Dept., and Richard Dienstbier, professor of psychology discussed "Stress and the College Student" at a program sponsored by the Abel-Sandoz dormitory health aides.

Griffin defined two types of relaxation activity.

One involves "any type of vigorous physical activity you do on a regular basis, constituting a change of pace," she said.

The second type of relaxation was activity that resulted in a "reduction of tension in the muscles and in the mind through controlling those parts of the body.

She said the best position in which a person can learn to relax was to lie flat on the back without touching another person. Fewer sense receivers are located on the back, so less stimuli is going to the brain and distracting the person, she said.

Gesturing to one intertwined couple in the audience, Griffin commented, "If you are in that close proximity, you will not be relaxed. However, there is nothing wrong with this kind of tension occasionally," she added.

Griffin demonstrated with her audience three kinds of relaxation techniques. The first involves releasing tension through isometric and isotonic exercises, she said.

Another kind involves deep-breathing exercises that also are used to dispel tension through relaxation and control of body parts, she said.

A third type, she said, concerns developing relaxing mental images by "deliberately focusing in your mind on something else." She used specific colors and textures, such as velvet, as examples.

Griffin related relaxing mental images to other types of mental control of the body.

The images included some forms of yoga and Transcendental Meditation.

"All of these are ultimately to control your body and your mind—not only the obvious voluntary systems but the less obvious autonomic or non-voluntary systems," she said.

The most advantageous times to relax are often just after lunch, dinner or just prior to going to bed, she said.


Responding to a student question, Griffin said a small amount of alcohol consumed was relaxing and could be

enjoyable. "I'll be honest, though, and say when you are staggering drunk, you are too relaxed," she said.

Earlier in the program, Dienstbier spoke of ways in which people deal with stress. "Emotional stress is what tears us up," he said. "We can deal with physical stress."

Dienstbier said that certain emotional responses such as anger cause corresponding muscle groups to tense. He added that physical activity and developing fitness were effective means of lessening the effects of stress.

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