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474-3420 New Number!!!

Physicist teaches Tai Chi Ch'uan: A way to balance the mind, body

By Margaret Reist

An old man, serene and composed, moves in slow motion — first one foot, then another. His arms make circular motions as he moves. Lightly, slowly, he places his hand on a younger man who suddenly jumps backwards as if pushed by some strong, unseen force.

A scene from "Star Wars," right? Wrong. Although it may sound like Ob-Wan Kenobi demonstrating "the force" to Luke Skywalker, it actually is a master in the art of Tai Chi Ch'uan demonstrating the subtle force of fully knowing your mind and body.

Tai Chi is not just an ancient martial art practiced only by the masters in China. On the UNL campus, Stacy Gehman is teaching a seven-week course in Tai Chi in the basement of the Wesley House.

Gehman, a physicist working part-time on his master's degree in engineering at UNL, warns that one class, or even years of practice, can't produce the amazing results of the masters.

But it does help one gain an understanding of his body and mind.

"It is a way to study yourself," Gehman said.

The philosophy behind Tai Chi is that the universe is ultimately one, but that man has created differentiation, thus disrupting that unity. Tai Chi is an attempt to regain unity. It is based on the Taoism religion from the sixth century, Gehman said.

The best translation of "chi" is energy — a type of inner energy that is also in the universe, Gehman said. Tai Chi emphasizes lightness, balance and relaxation.

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Speaker, refugee explain Latin American issues

Vernon Bellecourt, a leader of the America Indian Movement, will discuss the situation of the native people of Nicaragua Saturday at 7:30 p.m.

The program, sponsored by the Latin American Solidarity Committee and the Young Socialist Alliance, will be at the Lincoln Indian Center, 1100 Military Road.

Teresa Holder, a committee spokeswoman, said Bellecourt has just returned to the United States from a conference of non-aligned nations in Managua designed specifically to assess the native peoples issue.

Before this conference, Holder said, Bellecourt made several fact-finding trips to investigate the situation in Nicaragua.

A refugee from El Salvador, Roberto Hernandez, will speak at the program about American intervention in El Salvador.

Holder said the purpose of the program is to increase American awareness of the situation in Nicaragua, its relationship with Honduras, and to mobilize people to voice protests about American involvement in these countries.

Many people have an unclear picture of the situation in these countries she said, and Bellecourt may help them to better understand the situation.

Police Report

The UNL Police Department received the following calls and complaints from 7 a.m. Wednesday to 7 a.m. Thursday.

- 10:05 a.m. — Lost parking permit reported.
- 10:09 a.m. — Bookbag reported stolen from Cather-Pound residence halls.
- 11:15 a.m. — Report of battery stolen from vehicle on 20th Street between T and U streets.
- 8:47 p.m. — Report of vandalism to the College of Dentistry on East Campus; window was broken.
- 11:54 p.m. — Report of broken window in Baker Hall on East Campus.

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