

Weekly calendar of campus events

Thursday, June 23: Collegium X: "Law Enforcement in the Schools," College of Law, 9 a.m. to 9 p.m.

Sheldon Film Theater, "Johnny Guitar," 7 p.m. to 9 p.m.

Repertory Theater, "The Good Doctor," Studio Theater, 8 p.m.

Antelope Band Shell, "Plain Label," Old-Time string band, Antelope Park, 7:30 p.m.

Friday, June 24: Collegium X: "Law Enforcement in the Schools," College of Law, 8:30 a.m. to 4:30 p.m.

Sheldon Film Theater, "Johnny Guitar," 7 p.m. to 9 p.m.

Repertory Theater, "The Good Doctor," Studio Theater, 8 p.m.

Antelope Band Shell, Dennis Taylor, classical guitar, Antelope Park 7:30 p.m.

Last day to sign up for tennis classes with Recreation Dept. Classes start Monday.

Saturday, June 25: UN-L Opera Theater-Nebraska Repertory, "The Marriage of Figaro," Kimball Recital Hall, 8 p.m.

Sheldon Film Theater, "Johnny Guitar," 3, 7 and 9 p.m.

Mary Palmer School of Dance, Antelope Band Shell, Antelope Park, 7:30 p.m.

Recreation Dept., Bicycle Trip, Louisville, June 25-26.

Sunday, June 26: Sheldon Film Theater, "Johnny Guitar," 3, 7 and 9 p.m.

UN-L Opera Theater-Nebraska Repertory, "The Marriage of Figaro," Kimball Recital Hall, 3 p.m.

Tuesday, June 28: Sheldon Film Theater, "Lightning Over Water," 7 and 9 p.m.

Wednesday, June 29: Summer Film Festival-1983, UN-L Nebraska Union lounge: "Pstt Hammerman's After You" (Walt Disney), "The World is Born" (Fantasia),

"Prowlers of the Everglades," "Casey At The Bat,"

Sheldon Film Theater, "Lightning Over Water," 1, 7 and 9 p.m.

Repertory Theater, "The Good Doctor," Studio Theater, 8 p.m.

UN-L Nebraska Union summer hours: Weekdays, 7 a.m. to 9 p.m., Sat., 8 a.m. to 5 p.m., closed Sundays.

UN-L Nebraska East Union summer hours: Weekdays, 7:30 a.m. to 5 p.m., closed weekends.

Love Library summer hours: Monday-Thursday, 7:30 a.m. to 8 p.m., Friday, 7:30 a.m. to 5 p.m., Saturday, 10 a.m. to 5 p.m., Sunday, 5 p.m. to 10 p.m.

Recreation Dept., INFO-REC, 472-2692, 24-hour update on events.



Photo by Chris Dooley

The delegates of the State 4-H Conference listen to Governor Bob Kerrey's speech Monday afternoon. The 260 delegates represent nearly every county in the state and range in ages from 14 to 19. The conference is being held this Monday thru Friday.

Taijiquan offers ancient Chinese martial arts to UN-L students in 2nd 5 weeks

BY MEILING LIU

Editor's note: The following interview was conducted in Mandarin Chinese.

Do you want to try a new way to get physically fit and healthy? How about Taijiquan? Taijiquan (Tai-ji-quan) for Lincolntonites, is quite a new name. But it's a name representing one kind of martial arts or kung fu familiar to Chinese.

It's a popular exercise in China today with about two-thirds who exercise Taijiquan over 40 years old, said Grace Cheng, 30, instructor of Taijiquan at the University of Nebraska-Lincoln campus. But in America, she said she thinks Taijiquan is familiar only to people in big cities.

Taijiquan originated during the Chirn Dynasty in China, from 221 B.C. to 207 B.C., and was used for fighting battles, she said.

According to the Taijiquan theory, those who practice it can train themselves to have a quiet motion and tranquil mind in coordination with continuous body movements. The hands, eyes, body and limbs are in performance with the waist functioning as an axis and the legs as the base for every movement.

"You never act like a puppet," Ms. Cheng interpreted from the theory book.

Ms. Cheng taught Taijiquan in Shanghai from 1979 to 1982 before she came to America in December.

At eight-years-old, she started learning Taijiquan from her grandfather, but, between 1965 and 1975, she had to stop learning because of Communists rule.

On the average she practices half an hour everyday.

Ms. Cheng said it takes at least two years for a learner to really understand Taijiquan.

The movements stimulate certain areas of the brain that are responsible for actions and relieve another area of the brain that commands memory and reading.

Taijiquan is effective in curing and preventing nervous and mental diseases, high blood pressure and stomach aches.

Moreover, regular practice of Taijiquan increases both the supply of blood to coronary arteries and lung capacity, and strengthens both the heart and lung tissue elasticity.

Ms. Cheng, who is a graduate student in music, will teach a simplified Taijiquan class, to be offered by the recreation department during the second-five week summer session.

Anyone interested in the class should contact the recreation department at 472-0601.

School administrators will get 7.25 percent

The Associated Press

The Lincoln Board of Education decided Tuesday that salaries and benefits for principals and other Lincoln Public Schools administrators will go up by 7.25 percent for the coming school year.

The increase includes a 5.9 percent increase in wages, plus increases in insurance and other benefits, including an annuity plan.

The board earlier settled with Lincoln teachers for a 7.5 percent increase.

By the schedule adopted Tuesday, building administrators' pay will range from a low of \$26,800 per year for a beginning assistant principal in an elementary school to a high of \$43,622 for a high school principal with three or more years in that position.

Iowa Beef will reduce pay by 11, 12 percent

DAKOTA CITY, Neb. (AP) — Hourly pay for production workers at IBP, Inc. processing plants will be cut between 11 and 12 percent Monday.

Charles Harness, an IBP spokesman, said Tuesday that salaries would be cut for employees at plants in Luverne, Minn.; Emporia, Kan.; Denison, Iowa, and West Point, Neb.

"IBP has deliberated the realities of the beef industry over the past months. Our competitiveness has severely eroded over the past 18 months," Harness said Tuesday.

IBP announced the temporary closing in March of the Denison plant, citing poor market conditions. The Fort Dodge, Iowa, IBP plant was shut down in February and remains closed.

Graduation ceremonies

Graduation ceremonies for students receiving degrees at the end of the first session will be at 7:30 p.m. Friday, July 8, at the Bob Devaney Sports Center.

The program for the second session will be at 7:30 p.m. Aug. 12.

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