



Photo by Mark Bastin

John Lionberger of Lincoln sets up a scaffold at Selleck Hall on the UN-L campus. Lionberger is part of a five-person construction crew painting the window sills at Selleck. The window sills were last painted in 1955.

Therapist planning study of 'shocking' workouts

BY BILL CONRADT

Imagine someday sitting on your weight bench, hooking electrodes to your body and letting the electricity tell your muscles to do the work.

Ethan Saliba, a graduate assistant physical therapist at the University of Nebraska-Lincoln Health Center, said he plans to start a thesis study this fall on strength gains using electrical stimulation with isokinetic exercises.

The question he will answer, Saliba said, is whether one can gain in strength using movement induced by electrical stimulation. Previous experiments have shown, he said, that strength can be gained by using electrically stimulated muscle contractions against a stationary object.

The experiment, Saliba said, will consist of 30 volunteers participating in one of three groups. The three groups will consist of those receiving an electrical stimulation, those performing conventional exercises and others who will maintain normal recreational activity.

Saliba said the participants will come in for 30 minutes, five days a week for four weeks. At the end of the four weeks, he said, he hopes to find that strength can be gained using electrical stimulation with isokinetic exercises.

Participants receiving the electrical stimulation will sit in a Cybex II exercise machine which allows repetitions at a predetermined velocity. According to Saliba, the participants will exercise their quadracep (thigh) muscles, 10 seconds at a time with 50 seconds rest, without mentally telling the muscles to do so. The electrical stimulation will take the place of the brain.

The second group will do the same exercises on the Cybex II through voluntary movement. The third group will continue their normal activities.

At the end of the experiment all partici-

pants will be tested to see if strength has been gained using the three kinds of activities.

Saliba said his interest in electrical stimulation comes from his background in physical therapy. For many years, he said, electrical stimulation had been used only on injuries. But lately several studies have claimed that strength can be gained by uninjured people using electrical stimulation with isometric exercises. One study in particular done by the Russians, Saliba said, claimed that their athletes had gained 30 to 40 percent in strength using the stimulation.

Originally he had planned to start in July, but because of the strict time schedule involved, he decided to wait until this fall. Saliba said a professor must oversee his study because he will be using human subjects.

Saliba said he will look for physically active male and female volunteers. He may only use one gender, depending on volunteer response. He also hopes, he said, that volunteers can earn one hour of credit for participating in the experiment.

Those interested in participating in the study this fall can contact Ethan Saliba at 435-1003.

New bus shuttles Lincoln patrons

BY DAVID TROUBA

Lincoln travellers now have the option of taking a shuttle bus to Eppley Airport in Omaha.

Bob McBride, owner of the XPRESS service which makes the Lincoln-Eppley connection, said he saw a potential market in Lincoln for this kind of service. "There has been a 30-to-35 percent decline in air travel out of Lincoln in the last five years or so . . . and we had figures which showed that 8 to 11 percent of the people flying out of Omaha had Lincoln telephone numbers," McBride said.

Last August, McBride tried to get the service started, but various cab companies in Omaha and the Lincoln Airport Authority provided opposition to the plan. Both groups felt McBride's service would take business from them and each took the matter to court.

The Lincoln Chamber of Commerce supported the Airport Authority and took the case to the Nebraska Public Service Commission, which decided in favor of McBride's company.

The commission again decided in favor of McBride when the cab companies brought the issue before them. The cab companies appealed the decision and lost a second time.

Finally, McBride began his service on May 23.

The 24-hour service costs \$12 one way or \$20 for roundtrip, children and spouses can travel for half price. The shuttle vans leave from two Lincoln locations; the Hilton Hotel at 141 N. 9th St., and Coco's Restaurant at 120 N. 66th St. Shuttles leave the Hilton at 4:30 a.m., 7:05 a.m., 11:30 a.m., 1:50 p.m., 5:50 p.m. and 8:40 p.m. It arrives at Coco's 10 to 15 minutes later.

McBride said he has worked in cooperation with the airlines to offer shuttles in conjunction with the scheduled plane departures.

But, he adds, XPRESS is a private business with "no legal connections" with any airline.

McBride said that the busiest run of the day has been the 4:30 a.m. departure for Omaha.

"This run coincides with a 6:35 a.m. United Airlines flight out of Eppley, which is an important flight for many business people," McBride said.

McBride said he felt that his company was adding to the Lincoln economy rather than taking away from it.

"We hired all our drivers out of Lincoln. We purchase all our vans and gasoline here. And we also help supply customers to both the Hilton Hotel and Coco's restaurant," McBride said.

"We started out the first month with about 200 customers. That number increased to 500 or 600 during the second month," he said.

McBride said he is looking at a third van and expects business to increase during the summer and especially during the Christmas travel season.

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