Anger

Continued from Page 4

Messer said that, as elementary as it sounds, confessing and explaining one's anger to the person responsible for that anger, or writing an "anger letter," can "take 30 pounds of pressure off a person. He can actually feel that pressure being relieved inside."

Another, even simpler method is to determine to give anger a pass, Messer

"It's not as hard as it sounds," he said. "When you feel the anger building up, stop what you're doing for a second. Consider the source. Think about your response. Decide whether

Letters

Column kudos

column on Western Ne-

braska (Dally Nebraskan, Oct. 17). I grew up in Mit-

chell, a thriving commun-

ity named after Fort Mitchell. Here is a little city

in the heart of rich farm-

land where rarely a farm

changes hands unless it is necessary to settle an

The North Platte Valley

has been referred to as

America's Valley of the

Nile, but I think you

would find these Scotts

Bluff County citizens much friendlier and in-

dustrious than those who

As a Boy Scout, I climb-

ed the east face of Scotts

Bluff National Monument, using only hand

and footholes. I wouldn't

advise to try that now, but the monument is impressively beautiful in its rugged command of the

You can drive to the top, passing through two tunnels and from the top. on a clear day you can see forever. Then at the west end of the monument is Mitchell Pass, the big features of which are rute of the heavy Conestoga wagons as the pioneers drove west on the

I also would like to congratulate your editorial and production staffs

on the very professional

appearance of the Daily

Nebrasican It is a far cry

from the "Rag" of which I was one of the editors.

Keep up the good work.

Your quality speaks highly of UNL's journalistic

Warren Joyce Ayres

Lincoln

populate the North Afri-

can country.

Oregon Trail.

product.

estate.

Applause for Bill Allen's

it wouldn't be more pleasant to forget the whole thing. And then just forget

Of course, he realizes that most people will be completely unable to accept his suggestions. "For some reason, people can't manage their anger with the same skill they manage their time or their money," he said. "They know that they don't like to be angry -but they spent a large percentage of their time being angry anyway. Life makes some people angry every 10 minutes. Ten minutes? Five minutes."

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published by the UNL Publications Board Monday through Friday in the fall and spring semesters and Tuesdays and Fridays in the summer sessions, except during vacations. Readers are encouraged to submit story

ideas and comments on the Daily Nebraskan by phoning 472-2588 between 9 a.m. and 5 p.m. Monday through Friday. The public also has access to the Publications Board. For

Information, call Mary Conti, 472-6215.
Postmaster: Send address changes to the Daily Nebraskan, Nebraska Union 34, 1400 R St., Lincoln, Neb. 68588-0448.

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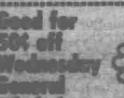
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