

UNL journal promotes health

Belief in total "wellness" and practicing a healthier lifestyle could prevent 66 percent of the fatal diseases afflicting Americans today, according to the editor of the national Wellness Perspectives journal.

Nick Stinnett, who also is chairman of UNL's home economics department, said wellness is a relatively new concept. Despite this, it has attracted insurance companies and businesses that could benefit from preventing employee and client illness. Insurance companies, Stinnett said, promote wellness because healthy clients have to pay fewer claims. Businesses promote it to have more productive workers and less absenteeism, he said.

For the individual, Stinnett said, total wellness means becoming healthier in five ways: Physically,

emotionally, socially, intellectually and spiritually. To achieve wellness, people must exercise, eat properly, have good family relationships, learn to handle stress better and avoid drug abuse and smoking, Stinnett said.

Wellness Perspectives helps teach people how to become healthy. The journal, published by UNL's department of human development and the family and the Organization of Wellness Networks, includes articles on family life, child development, medicine and social work, Stinnett said.

The journal is aimed at health care professionals as well as anyone interested in wellness, Stinnett said. It is available through the department of human development and the family for \$12 a year. For more information, call 472-1652.

"It is cheaper to prevent than to patch up," Stinnett said.

UNL engineering students get great gas mileage

A team of UNL students took fourth place and set a new United States amateur gas mileage record in mileage trials at the 1984 Super Mileage Competition in Marshall, Mich., this weekend.

The UNL car, with a light-weight, high-strength, unibody took first place in design, the design phase of the competition. Team member Dan Gee said the car, at 60 pounds, was 18 pounds lighter than all the other entries. The body of the shiny blue car was molded from aircraft materials donated by Brunswick Corporation of Lincoln.

The returning champions from the University of Saskatchewan modified their 1983 entry to take first place in the mileage trials with a mileage of 1,994 miles per gallon, and took second place with a car they developed after the 1983 competition. Another Canadian team took third place.

The UNL team achieved a gas mileage of 1,085.5 mpg's. They fell short of their goal of 2,000 mpg, but far surpassed their 1983 mileage of 554.3 mpg.

The students received \$50 for their fourth-place finish. Team member Scott Hansen said the car itself cost about \$800 and was financed by donations from local businesses and organizations and by UNL.

Other team members are Ron Schmitt, Bruce Burnside, and Terry Stromberg. Stromberg drove the car in the mileage trials. All are mechanical engineering students. George Schade, an associate professor of mechanical engineering, was the team's faculty adviser.

Off The Wire

National and international news from the Reuter News Report

Missile intercept a first for the U.S.

WASHINGTON — The United States for the first time successfully destroyed a test missile outside the earth's atmosphere with another missile, Defense Department officials said Monday. They said Sunday's successful interception of one missile by another followed three earlier failures. Army Chief of Information Maj. Gen. Lyle Barker told reporters, "This was the first known missile intercept not only for the United States but for the world."

The aim of the test, "Homing Overlay Experiment" is to develop a non-nuclear weapon able to knock down Soviet missiles outside the atmosphere — at least 60 miles above the earth, defense officials said.

31 dead in Beirut shelling

BEIRUT — At least 31 people were killed and 120 wounded in and around Beirut Monday in the worst day of shelling since heavy fighting between Moslem and Christian forces last February, radio reports said. The bombardment climaxed weekend fighting and shelling signaling mounting frustration among the rival forces at the prolonged political impasse. It also came as newspapers reported a spate of rumors that all sides were preparing for a heavy outbreak of fighting some time around June 15.

Berlinguer dead at 62

PADUA, Italy — Enrico Berlinguer, 62, who led the biggest Communist party in the West away from Soviet influence but failed to get it into power in Italy, died Monday four days after a stroke sent him into an irreversible coma. The death of Berlinguer, who, in 1972 took over the largest Communist party in Western Europe and Italy's second biggest party, touched a chord in most Italians. Even his political enemies hailed him as a man of integrity.

Italy's President Sandro Pertini said he would take Berlinguer's body with him to Rome on the presidential plane for burial Wednesday. "I will carry him with me, as a fraternal brother, as a son, as a companion in the struggle," the 87-year-old Socialist president told reporters.

House outlaws pirating

WASHINGTON — The House of Representatives Monday unanimously voted to outlaw pirating of computer microchips, a practice which U.S. makers of semiconductor chips have charged is costing millions and threatens to destroy their worldwide lead in the electronics industry. The semiconductor chip is the brain of modern electronics in computers, automobiles, robots and a wide range of goods. The House voted to grant 10 years of copyright protection to microchip "mask works" used to direct the electronic circuitry onto the silicon chip. A similar bill passed the Senate earlier this year and both have the administration's support.

Court votes change rule

WASHINGTON — The U.S. Supreme Court ruled 7-2 Monday that illegally obtained evidence could be admitted in criminal trials if police would "inevitably" obtain such evidence by legal means. It was the court's first decision on an issue involving the so-called exclusionary rule which prohibits the admission of illegally obtained evidence in criminal proceedings. The Reagan administration has been urging the court to relax the rule, arguing it has helped criminals escape punishment and has contributed to an escalation in crime. The high court is considering broader cases involving the rule and is expected to rule on them by July.

Chief Justice Warren Burger, writing the opinion for the court, said the purpose behind barring illegally obtained evidence in criminal trials was to deter police misconduct. But he said, "If the prosecution can establish by a preponderance of the evidence that the information ultimately or inevitably would have been discovered by lawful means... then the deterrent rationale has little basis."

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Police Report

The following incidents were reported to the UNL police department between 2:30 p.m. Thursday and 6:30 p.m. Sunday.

Thursday

2:40 p.m. — Parking permit reported stolen from a car parked in Parking Area 23.

Friday

12:18 p.m. — Hit-and-run car accident reported near the T St. meters. No injuries reported.

2:09 p.m. — Suspicious person reported at Love Library. Police contacted the person.

4:48 p.m. — Security alarm reported sounding at Hamilton Hall. Alarm was tripped accidentally.

11:30 p.m. — Arson reported at the Wick Alumni Center. Wooden palates were reported burned.

Saturday

2:36 a.m. — Person reported tampering with Sheldon Memorial Art Galleries' outdoor art. Police contacted the person.

5 a.m. — Fire alarm reported sounding at the Natural Resources Hall on East Campus. Cause unknown.

2:13 p.m. — Fire alarm reported sounding at Manner Hall. Cause unknown.

3:46 p.m. — Person reported tampering with emergency phone at 14th and New Hampshire streets. Person was gone when police arrived.

Sunday

2:43 a.m. — Person reported tampering with emergency phone near Architecture Hall. Person was gone when police arrived.

12:07 p.m. — Person reported tampering with emergency phone at 14th and W streets. Person was gone when police arrived.

12:18 p.m. — Person reported tampering with emergency phone at 14th and W streets. Person was gone when police arrived.

2:30 p.m. — Person reported tampering with emergency phone at 19th and Vine streets. Police contacted juveniles.

2:44 p.m. — Person reported tampering with emergency phone at 19th and Vine streets. Police contacted juveniles.

2:58 p.m. — Person reported tampering with the emergency phone near Architecture Hall. Person gone when police arrived.

6:28 p.m. — Person reported tampering with the emergency phone at 19th and Vine streets. Police contacted juveniles.