

Transcendental meditation to help UNL relax

During the next three days, UNL students, faculty and staff will have their chance to learn how to increase their intelligence, decrease their blood pressure, relieve their insomnia, increase their disease resistance and improve their job performance — simply by relaxing 15 to 20 minutes twice a day.

An instructor of the three-day course said anyone can do these things as long as they know the secrets of transcendental meditation as taught by the followers of Maharishi Mahesh Yogi, founder of the Transcendental Meditation and TM-Sidhi Program.

Brian Smith, a TM instructor from Maharishi International University of Fairfield, Iowa, said the main charac-

teristic of transcendental meditation is its "simple easy mental technique that you practice twice a day for only a few minutes."

Although it doesn't take long, Smith said, it has profound effects on reaching the full intellectual and creative potential of the mind.

"At the same time the body gets deep rest much deeper than sleep," he said. That's what gets rid of the stress and tension in the body.

There are seven steps to learning transcendental meditation, Smith said. A TM pamphlet said it "requires precise personal instruction" to properly learn the process.

Smith and three associate medita-

tion instructors will give a free introductory lecture, the first of the seven steps to learning the process, at the following times and places:

- Monday, lectures at 4 and 7:30 p.m. in the Nebraska Union, Regency B.
- Tuesday, lectures at the same times in the Nebraska East Union.
- Wednesday, lectures at 12:30 p.m. at the downtown YMCA and at 7 p.m. in the Nebraska Union Georgian Suite B.

Smith said independent research results show that people who use TM are smarter and healthier than those who don't.

Anyone can practice TM, regardless of age, he said.

"There isn't any kind of lifestyle, or philosophy or religion that we teach," he said.

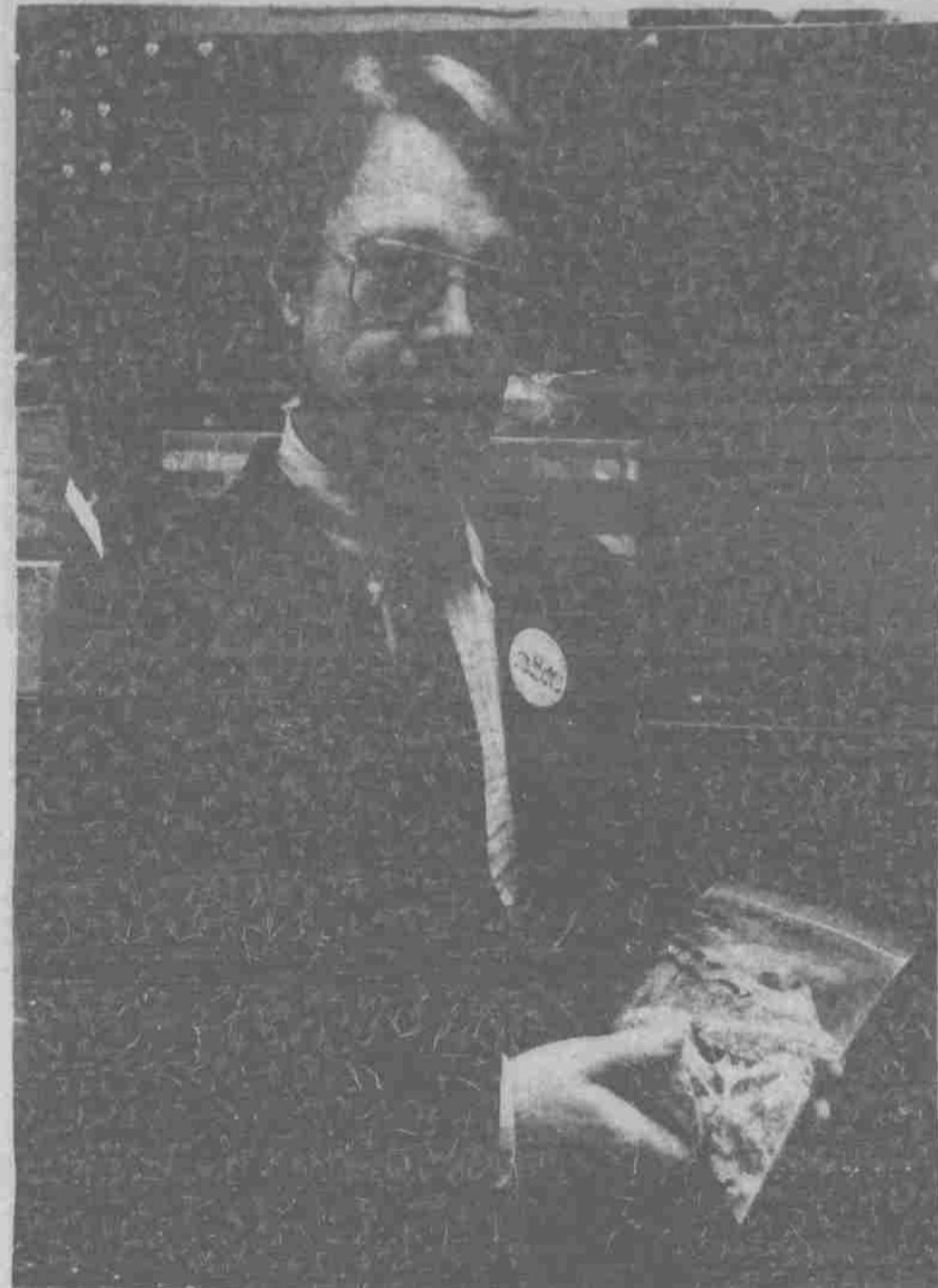
Smith said 3 million people worldwide are involved in TM regularly.

UNL has a university recognized chapter of the Students International Meditation Society, but that it has been inactive for the past couple of

years, Smith said. He said he plans to work with the faculty sponsor, law professor Craig Lawson, to reactivate the campus chapter.

Smith is an instructor from MIU, a university with regular curriculum whose students and staff all use the TM technique.

The world is waiting.



David Bourka/Daily Nebraskan

Bleed shows articles found in the Stevens Creek area near Springfield, Mo.

Teams collect artifacts UNL anthropologists receive largest grant

By Colleen Kenney
Staff Reporter

The UNL anthropology department received the largest outside-funded research grant of any department early this year, and the department chairman said he expects another grant soon.

Peter Bleed, associate professor of anthropology, said the department received a grant of nearly \$205,000 in January from a contractual agreement with the National Parks Service to conduct research in UNL laboratories. The department is using the money to analyze and collect artifacts from all over the Midwest.

Bleed said he expects to receive another \$100,000 to fund archaeological research in about 12 national parks in the Midwest.

Twelve UNL researchers, half of whom are students, will work with researchers from the Midwestern Archaeological Center in the Lincoln Federal Building, 100 Centennial Mall North. It is one of six such centers in the United States.

"I like to think we're getting the money because we're doing a good job," Bleed said. The department and the center work in a "close liaison," he said.

This summer the research teams will excavate sites at the national parks, looking for historic and prehistoric artifacts.

One study will be done at the Homestead National Monument in Beatrice, which is one of two Nebraska national

parks.

The researchers will burn the grassy surface of the 180-acre park to find any artifacts that might have been hidden underneath. Bleed said the researchers hope to find remains of a building used for making bricks. Rumer has it the brick house was built before or the same year as the homestead for which the park is named. The home was built in 1862 and is thought to be Nebraska's first homestead.

The department and its division of archaeology received no similar grant money last year, Bleed said. Starting such research programs takes a lot of administration and time, he said.

"We will realistically not have this many projects going at one time in the future," he said.

Still, university research has its advantages. College research teams have "more intellectual freedom" than the park service archaeologists, Bleed said.

"The Park Service's mandate is to preserve the past in its natural state," he said. "UNL does pure research."

Bleed said he considers UNL's archaeological division to be one of the best in the Great Plains region. While budget cuts have affected some of its programs, contracts such as the one from the National Parks Service have maintained UNL's prestige and made "professing" opportunities possible for the staff and students, he said.

"It's an honor for UNL to be recognized as being suitable to doing such projects," Bleed said.



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