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Weather: Another sunny and windy day today, but warmer with a high of 63 (17C). Clear and warm tonight with a low of 43 (8C). More of the same on Wednesday with a high of 66 (20C).

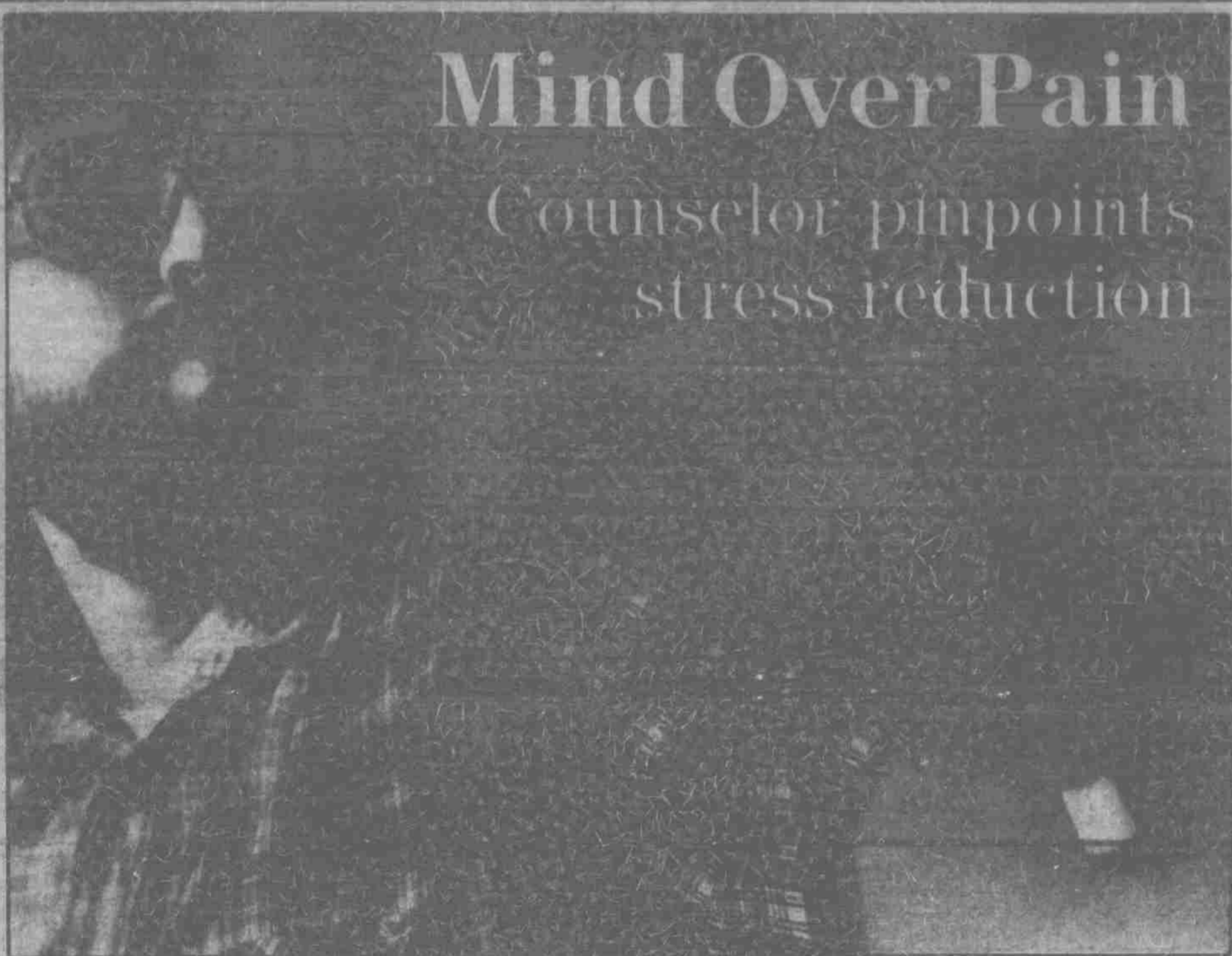
Bob Brubaker/Daily Nebraskan

Sports writers turn prophets...Page 10

You're the boss at Flakey Jakes...Page 9

Mind Over Pain

Counselor pinpoints stress reduction



Lowenstein demonstrates his ability to control pain with his mind.

Joel Sartore/Daily Nebraskan

By Chris Burbach
Editorial Page Editor

The man takes a deep breath and points the business end of a diaper pin above his bicep. He begins to press slowly.

The pin point penetrates the skin and muscle until two-thirds of the pin is buried in his arm.

With nary a grimace or groan, Tim Lowenstein of Manhattan, Kan., talks about how he does it, the pin flopping in his arm as he gestures.

Sticking a pin in his arm isn't a meaningless stunt for Lowenstein. He does it to demonstrate his control over his body, a sort of promotion gimmick for the Conscious Living Foundation, his business and his mission.

Lowenstein who has a doctorate degree in counseling from Kansas State University, formed the foundation in the mid-1970s with his wife Jan. They were researching stress reduction together at KSU and wanted to find a way to expand and apply their research, as well as fulfill what they saw as their social responsibility, Lowenstein said.

The foundation is non-profit. All revenue goes into research and production of materials, he said. In their home, the Lowensteins produce materials for teaching skills in stress management. The materials include books, tapes and such biofeedback tools as "stress meters."

Biofeedback is awareness of the body, Lowenstein said. Stress meters, or fingertip thermometers, are a good example of biofeedback in action. Cold fingertips indicate stress, Low-

stein said. People with low temperatures on the "stress meter" should relax.

But people often need help to relax, and that's when listening to tapes and other techniques come in. One method involves relaxing your mind, then using "guided imagery" to do some-

"I think there's a range of control over bodily functions that's wider than what we're used to thinking of — but it's not complete control."

thing creative, such as imagining a waterfall or a walk in the woods. Tapes of waterfalls or other soothing things aid guided imagery. Recorded music also can inspire such imagery, Lowenstein said.

One particular type of music — holographic — sends two signals to the brain, he said. The

signals are combined in the brain, generating a relaxed feeling.

Holographic music worked in one test case for a group of salesmen who were taking medication for insomnia, Lowenstein said. The music completely replaced the medication.

Stress management is a therapy with medical value whose time has come, according to Lowenstein.

"Stress is a major illness. It's just a matter of time until it's recognized as such," he said.

And stress isn't an illness by itself, he said.

"All illness appears to be either caused or aggravated by stress."

Dr. Gerald Fleischli, medical director of the University Health Center, said Lowenstein's statement is "fair."

"It's pretty broad — I can't think of an illness that's improved by stress," Fleischli said.

The skills Lowenstein teaches are basic steps in self-awareness and body control that he has developed into techniques that allow him to stick a pin into his bicep painlessly.

Lowenstein said he used the same technique to stop bleeding when he cut his thumb with a table saw, and his wife used it to undergo root canal surgery without any anesthetic.

"I can't really explain it; it's almost as if there's some awareness at the cellular level," Lowenstein said.

He said he doesn't perceive the needle as a threat or even as different than his arm, so his cells accept the intrusion.

Continued on Page 6

Student group raises \$16,000 for '85 clocks

By Gene Gentrup
Senior Reporter

Money raised from the NU Student Foundation's senior gift project, will be used to purchase two "huge clocks," to be placed on City and East campuses.

Carla Wieland, chairman of the student foundation, said a \$50,000 goal has been set to buy the clocks and their size and quality will depend on how much is raised.

The clocks are the "gift" of the 1985 seniors, she said. A poll was taken last month in the Nebraska Union by the foundation where seniors were asked to choose between a learning skills computer, a visitors information center and the two clocks.

Wieland said there "weren't a lot," of seniors who voted but response to funding needed for the gift has been good. As of 8 p.m. Monday night, \$16,287 had been raised.

Volunteers will be manning phones set up in the NETV building, 1800 N. 33rd St., Monday through Thursday this week. This is the second week of the project, Wieland said.

Wieland said the foundation hopes to find a company that will match the seniors' pledges.

She said the senior gift project was structured after similar programs at other universities including Iowa State.

"Last year they raised \$175,000," she said.

Wieland said 25 volunteers will be making "follow-up" calls to seniors who earlier received a letter asking for support. Volunteer callers will be contacting seniors between 6 and 10 p.m.

The student foundation suggests seniors follow the "\$85 for '85," payment program in which a senior donates \$10 now, and makes \$25 payments each year for the next three years. Any kind of donation would be appreciated though, she said.

Volunteers will attempt to contact 5,000 seniors by 10 p.m. Thursday, and even though not all will give, Wieland said she is hopeful the \$50,000 goal will be reached.

"One senior donated \$250," she said.

Wieland said a tentative plan to unveil the clocks is scheduled for the class of 1985's five-year class reunion.

Official says UNL engineers develop ideas for Nebraska

By Gene Gentrup
Senior Reporter

Engineering is a school of "how it is" and "how to," Lt. Gov. Don McGinley told Engineering Week participants Monday.

McGinley, speaking in the "fish bowl" of the Walter Scott Engineering Center, said engineers face an "unlimited field" for developing their ideas.

"An engineer has the satisfaction of seeing an idea's development for the improvement or invention of a structure," McGinley said. "Nebraska looks to you people for ideas."

McGinley spoke as part of this week's E-Week activities.

In the development of ideas, he said, engineering also "touches the political side."

Early in his political career, McGinley said, Nebraskans were irate, not because of a depressed economy, but because there were not enough farm roads, which were designed by Nebraska engineers.

Continued on Page 3

Continued on Page 7

Calls to Lincoln police triple same time

Sexual assault reports down at UNL

By Marc D. Seger
Staff Reporter

UNL police received no reports of first- or second-degree sexual assaults in 1984.

Sexual assaults of the first degree involve penetration, second-degree cases involve sexual contact by force or threatened force, and third-degree sexual assaults involve sexual contact without personal injury or force.

Three cases of third degree sexual assault

were reported last year.

"What we hope we're seeing is a continuation of a downward trend in the number of sexual assaults on campus," said UNL Crime Prevention Officer Bob Fey.

It's possible that only the reporting of sexual assaults has declined, but no one knows this for sure, Fey said.

Although reports of sexual assaults declined at UNL, they tripled in Lincoln in 1984, said UNL police officer Kate Kuticka.

This, as well as the trend toward rape on dates instead of rape by strangers, supports the idea that sexual assaults are going unreported at UNL. Women who are raped by acquaintances or dates might be less likely to admit to themselves that they have been raped, Kuticka said. Also, people might be less likely to turn in people whom they know because they don't want to get them into trouble, she said.

Continued on Page 3