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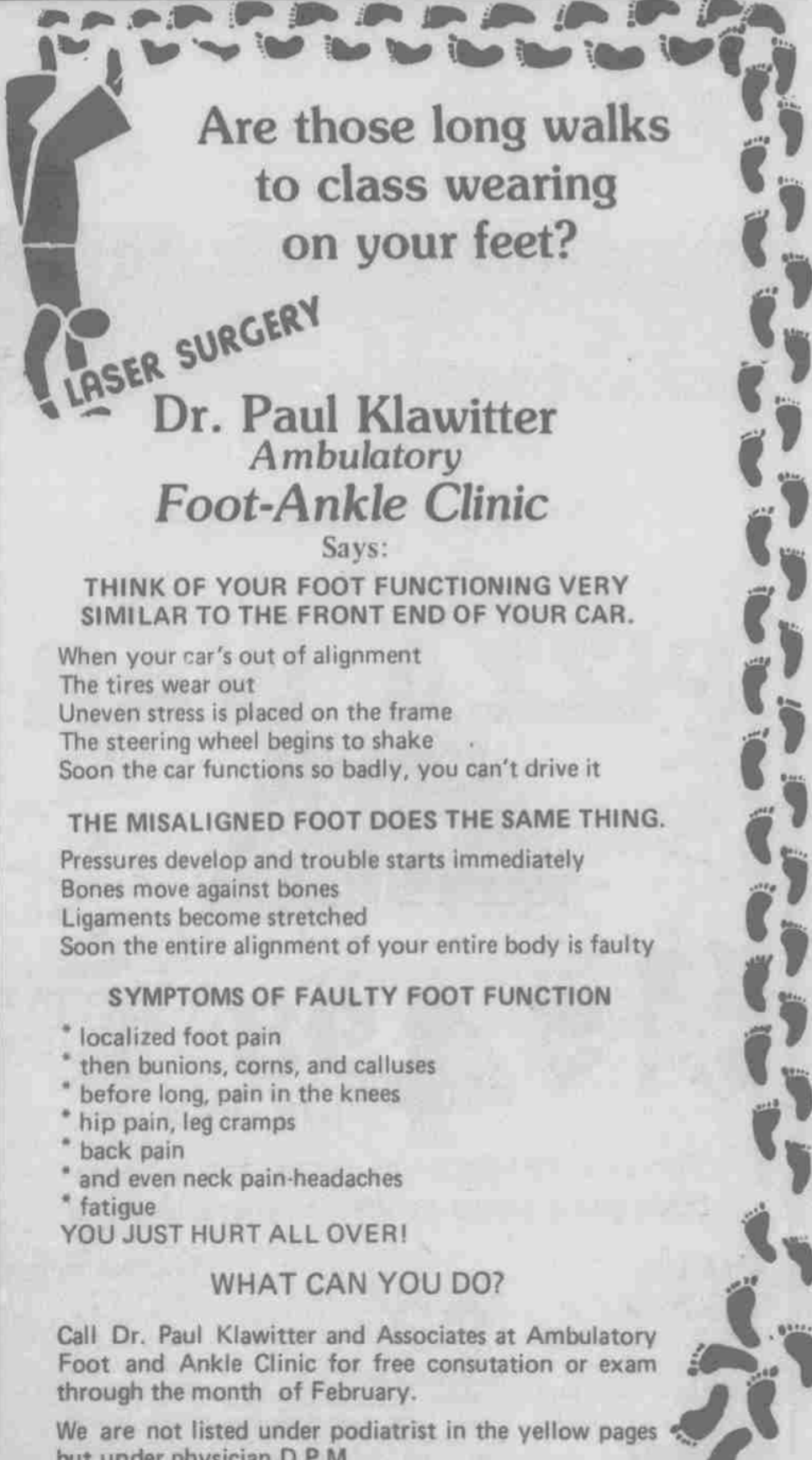
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RACE



Are those long walks to class wearing on your feet?

LASER SURGERY

Dr. Paul Klawitter
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Says:

THINK OF YOUR FOOT FUNCTIONING VERY SIMILAR TO THE FRONT END OF YOUR CAR.

When your car's out of alignment
The tires wear out
Uneven stress is placed on the frame
The steering wheel begins to shake
Soon the car functions so badly, you can't drive it

THE MISALIGNED FOOT DOES THE SAME THING.

Pressures develop and trouble starts immediately
Bones move against bones
Ligaments become stretched
Soon the entire alignment of your entire body is faulty

SYMPTOMS OF FAULTY FOOT FUNCTION

- * localized foot pain
- * then bunions, corns, and calluses
- * before long, pain in the knees
- * hip pain, leg cramps
- * back pain
- * and even neck pain-headaches
- * fatigue

YOU JUST HURT ALL OVER!

WHAT CAN YOU DO?

Call Dr. Paul Klawitter and Associates at Ambulatory Foot and Ankle Clinic for free consultation or exam through the month of February.

We are not listed under podiatrist in the yellow pages but under physician D.P.M.

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Dave Bentz/Daily Nebraskan

Sime, right, exhibits the use of a heart rate monitor to students Mitzi AbouZeid, center, and Stacey Kapustka. The heart rate monitor is used as a biofeedback form to help control stress through relaxation.

Stress Lab director advises on coping and staying healthy

By Shawn Schuldies
Staff Reporter

Learning to combat stress is like learning to swim, said the director of UNL's Stress Physiology Lab.

Dr. Wes Sime, also chairman of the Biofeedback Certification Institute of America said, "Just as you should learn how to swim before you're in risk of drowning, you should learn to cope with stress before life's worst crisis."

Some of the early symptoms of stress are: sleeping too little or too much, perpetually cold and sweaty palms, constant worry, headaches and upset stomach, Sime said.

If these symptoms are ignored,

stress-related disorders such as ulcers, chest pain, back pain, depression, and anxiety or panic attacks can occur, he said.

Sime listed three levels of coping with stress. First, the stress-causing situation should be evaluated and faced by figuring out a worst possible consequence.

Once any possible action is taken to solve the stress-causing situation, the consequences should be accepted, he said.

"People also need to take care of themselves without being selfish. They should do exercise they find enjoyable, set aside a reasonable amount of time for leisure and learn basic stress man-

agement skills, he said. Some skills that help manage stress are biofeedback, autogenic training, quieting-reflex techniques and progressive relaxation, he said.

Biofeedback is auditory and visual feedback to help people recognize and control stress, he said.

Autogenic training is controlling autonomic nervous system stress responses such as a churning stomach through self-suggestion, he said.

The quieting-reflex technique is a six- to 10-second release of tension to use throughout the day, Sime said.

Progressive relaxation is learning to use only muscles necessary for tasks, like writing or typing, he said.

Note leads police to home

MURDER/SUICIDE from Page 1

the boys had talked about the possibility of their parents getting a divorce, but the family seemed to be "pretty close."

Barbara Reynolds, who lived catty-corner from the Gushards described them as "a very private family. Judy was very nice, was very friendly, but you didn't really know that much . . . you didn't see them that much. They've been there for 10 years and . . . other than speaking acquaintance that was about it."

"I said, 'Should I leave an envelope,' and he just nodded," Snyder said.

"Mr. Gushard was different," Reynolds said and paused. "I didn't think this different." Reynolds and her daughter Cindy described him as withdrawn and "thinking about something else all of the time."



Doug Carroll/Daily Nebraskan

Officials carry out the body of one of five murder/suicide victims who were discovered in a Lincoln residence Monday.

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