Life after death

Lincolnites' opinions about heaven and hell cover the spectrum

By Lisa Pytlik Staff Reporter

"I don't know."

That was the most common answer given by various Lincolnites in response to the question, "What happens after death?" People have wondered about this question since prehistoric times and their opinions on the matter still vary

Many agree with Karen Wiese, a graduate student in health education.

"I've chosen to believe the traditional Judeo-Christian view of heaven and hell," she said. "Either you live in eternal bliss or eternal separation from God.

However, she said she did not know for certain.

"It's the great 'eternal joke," she said. "You choose something, and if you are wrong, then the joke is on you.

Although many students and ministers shared a belief in the existence of heaven and hell, they had different ideas about the details.

Pastor Larry Meyer of the ELCA Lutheran Student Center said that Jacquelyne Fong, a finance mabelievers "will live eternally by being jor, said she hoped the same.

resurrected," and described hell as "very painful because of the absence of God.

"Hell is also never having an-

other chance," he said. Father Don Hanway of St. Mark'son-the-Campus Episcopal Church defined heaven and hell by the presence or absence of God.

He said he believed in the concept of a "life review" at death, in which people would be able to look back on their lives and see the significance of their choices

Scott Pixler, campus minister at the College-Career Christian Fellowship, expressed his view by saying, "I definitely believe in lifeafter death. But I'm not sure if we go straight into eternity or if there's waiting period.'

Others said they did believe in an afterlife, but said they doubted the existence of hell.

"I don't think there's a hell," said Chris McCord, a graduate student in philosophy. "If you think about it long enough, you will see that hell is not compatible with most of what Jesus taught.

"I hope that everyone is judged leniently," she said, "and that no one will go to a place that's scary and harsh like hell."

John Carlini, a graduate student in music, said, "I think we are composed of energy and, after we die, our energy goes back to the main pool of energy . . . then that energy is recycled.

Annie Yin-Yen Loo, an advertising major who described herself as "free thinker," summed up her philosophy by saying that the afterlife is "just like what I saw in 'Flat-

Finally, there were those who said they were dubious about the concept of life after death.

"It may sound terribly unromantic," said Lise Osvold, who received her degree in counseling psychology last December. "But I don't think there's anything after death. I think that you just lie in the round and decay.

Perhaps accounting major Melissa Arnold said it best when she said, We'll find out when we get there." But, she said, "I don't want to find out yet."

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Time grief's cure, expert says

By Jeremy Fitzpatrick Senior Reporter

Time heals all when it comes to grief caused by the death of a loved one, according to Vernon Williams, director of UNL's Counseling Cen-

Williams said there is no magic cure for dealing with grief. An analogy, he said, is the measles: It affects everyone differently and must simply be allowed to run its course.

Your body and emotions will react how they are going to react," he said. "I don't think you have a lot of control over it."

There are five stages of grief that most people go through, Williams said.

The first is a stunned, numb, disbelieving stage that resembles shock. It is followed by grief, or an outpouring of tears and sadness, and of missing the person.

Next comes anger, at least some

of which is directed at the person who died, because he or she has left survivors alone to deal with their obligations and feelings

After anger, people feel what Williams described as "false acceptance," or believing that they have recovered from the loss, only to find that they have not when something such as a birthday or anniversary brings back painful memories.

Eventually, he said, a person will reach "true acceptance," where he or she will never stop missing the person, but is able to cope with memories of him or her.

The process takes about six months. Williams said it was important to understand the stages so a person wouldn't be shocked when

Staying active is a good way to better endure the grieving process,

See GRIEF on 10



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