

Disorganization plagues technological age

Time-saving devices may make life more difficult for some people.

CONCORD, Mass. (AP)—Nancy Michaels was determined to continue working after she and her husband adopted a child last year, so she filled her home office with time-saving devices.

They slowed her down. "There were things I needed to spend more time and attention on, but I couldn't, just because it took me so long to open the mail, not to mention voice mail and e-mail," said Michaels, a marketing consultant who ultimately

hired a professional organizer. "I felt like, what's wrong with me that I can't get on top of this?"

The same technology that has provided seemingly limitless ways to get organized has paradoxically made life seem out of control as workers, students and parents face greater demands on their time. That is part of the rationale behind National Get Organized Week, which starts today.

Instead of enjoying the growing wealth of information, people are besieged by it, said Stephanie Denton, chairwoman of the National Get Organized Week Committee.

The average American gets 49,060 pieces of mail in a lifetime, one-third of it junk mail, according to the National Association of Professional Or-

ganizers, which organizes Get Organized Week.

Executives lose an estimated hour each day to disorganization, the association estimates. A 12-foot wall could be built from New York to Los Angeles with the amount of office and writing paper thrown away each year.

"We get snowed under by all this information and it's so overwhelming that it's really difficult to actually make a decision," said Ethel Cook, a business productivity consultant and president of the Corporate Improvement Group. "There's so much information that it's getting harder and harder to shut it out, and if you do you worry you might miss something."

There's a name for this: "recomplicating," which assumes that

many labor-saving devices actually require more drudgery.

"You name me a technology and I'll tell you the flip side," said Jeff Davidson, author of "Breathing Space: Living and Working at a Comfortable Pace in a Sped-Up Society."

Of course, this growing sense of dislocation has spawned an entire industry of professional organizers and efficiency consultants.

"We are seeing a shift from 10 to 15 years ago when people thought an organizer was a person who could help them with their closets," Denton said.

Experts recommend that people simply find more time to organize themselves, but they admit it's harder than it sounds.

"As always for all complicated

problems, there is a simple solution that won't work," said A. Thomas Hollingsworth, dean of the school of business at Florida Institute of Technology. "What is really necessary is to change behaviors. For instance, make sure that every day you have a project that you complete."

And the technology, still scary to many, can be tamed, said Barry Lawrence, spokesman for the Society for Human Resource Management.

"There is still a great deal of reluctance to let go of paper files," Lawrence said. "As a result, we are juggling both paper and electronic files. This is a very difficult period. We have got to get rid of our fears of going paperless."

15,000 walk for AIDS patients

WASHINGTON (AP)—Infants in strollers, couples hand-in-hand, dogs wearing red ribbons made their way around the streets of the nation's capital Sunday in an annual trek to raise money for the care of AIDS patients.

Organizers estimated that more than 15,000 people participated in the 10th annual AIDS Walk Washington, which began and ended at the Ellipse between the White House and the Washington Monument. The walk is the largest fundraising event in the District of Columbia, but similar events are held in major cities across the country.

Tipper Gore, the vice president's wife and the walk's honorary chairwoman, sent the walkers on their way with an appeal to keep up the

search for a cure to the disease that has killed 300,000 people in the United States.

Those who traveled the walking tour's full 6.2 miles raised more than \$2 million for AIDS programs at the Whitman-Walker Clinic, which provides housing, medical and other forms of care for Washington-area AIDS patients.

Tourist Annie Davis, of Melbourne, Australia, who said she has several friends living with HIV and AIDS, walked in the march.

"I think this is great," she said. "You get people acknowledging AIDS, and that's what you want."

Many participants wore T-shirts and held banners in remembrance of loved ones lost to AIDS.

HMOs begin to provide coverage for alternative means of medicine

Leading health plans experiment with adding acupuncturists and massage therapists to their insurance policies.

NEW YORK (AP)—They won't pay for shark cartilage pills and coffee enemas yet, but leading HMOs are experimenting with the demis-science called alternative medicine, hoping to cure ills when regular medicine fails.

It's a startling trend. Many doctors still view some alternative methods with great skepticism—the word "quackery" is banded about—and health maintenance organizations have a reputation for shunning all but the most reliable treatments.

While most HMOs already offer chiropractic coverage, a number are adding acupuncturists and massage therapists, along with practitioners called naturopaths who use herbal remedies, relaxation therapies, yoga and more. The health plans are offering to cover this care just like they do for cardiologists and pediatricians.

Tuesday, the picture will broaden when Oxford Health Plans Inc., a highly profitable HMO in the Northeast with a reputation for marketing innovation, jumps into the field with the most extensive program to date.

Pope faces appendix operation

VATICAN CITY (AP)—Patients in casts and bandages crowded into windows and balconies Sunday to greet Pope John Paul II as he entered a Rome hospital for an operation to remove an inflamed appendix.

The 76-year-old pontiff, wearing a white cassock, walked slowly from his car into the Gemelli Polyclinic Hospital. The operation will be Tuesday morning, said hospital spokesman Giuseppe Pallanch.

Patients flocked to windows and balconies. Some wore casts or bandages and some used wheelchairs.

"Good luck. Good luck," yelled some of the nearly 300 people at the hospital entrance. The pope waved to the crowd.

Italy's president, Oscar Luigi Scalfaro, greeted the pope inside.

"I'm very worried for him," said a nun, Sister Valentina, who had waited for the pope for hours.

The pope's recurring bouts of fevers and the loss of his once-boundless vigor have led to open speculation that he suffers from a more serious illness. The Vatican has denied every report about a chronic condition.

DN EVENTS CALENDAR

MONDAY, OCT. 7

INJURY PREVENTION AND CARE WEEK

Campus Recreation Center
For more information, call 472-4769.

Healthy Back
12:10 - 12:50 p.m.

Campus Rec
Basic Injury Principles
5:15 - 6:15 p.m.
Campus Rec

TUESDAY, OCT. 8

STORYTELLER PATRICIA POLACCO, AUTHOR AND ILLUSTRATOR
Tifereth Israel Synagogue
3219 Sheridan Blvd.
6:45 p.m.

IPC WEEK WORKSHOPS
Campus Rec Center
Basic Injury Principles
12:10 - 12:50 p.m.
Learn to Massage 7:00 - 8:00 p.m.

WEDNESDAY, OCT. 9

IPC WEEK WORKSHOPS
Campus Rec Center
Healthy Back
12:10 - 12:50 p.m.
Sports Massage Clinic
5:00-6:15 p.m. Campus Rec
Learn to Massage
7:00 - 8:00 p.m.
East Campus Union

THURSDAY, OCT. 10

THE COMEDY OF ERRORS
Preview
Howell Theatre
8:00 p.m.

IPC WEEK WORKSHOPS
Healthy Back
12:10 - 12:50 p.m.

East Campus Union
Sports Massage Clinic
5:00-6:15 p.m. Campus Rec
Learn to Massage
7:00 - 8:00 p.m.
East Campus Union

FRIDAY, OCT. 11

RED LETTER DAYS
For more information, call Kelly Legg at 472-4646.

THE COMEDY OF ERRORS
Howell Theatre
8:00 p.m.

IPC WEEK WORKSHOPS
Healthy Back
12:10 - 12:50 p.m.

East Campus Union
Sports Massage Clinic
5:00-6:15 p.m. Campus Rec
Learn to Massage
7:00 - 8:00 p.m.
East Campus Union

SATURDAY, OCT. 12

THE COMEDY OF ERRORS
Howell Theatre
8:00 p.m.

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