Acupuncturist to teach meditation Karl Anderson, an acupuncturist and practitioner of Chinese medicine, will hold a workshop Saturday morning.

By Dane Stickney Staff writer

Most people would never associate the art of relaxation with standing still for hours on end.

Karl Anderson, a licensed acupuncturist and practitioner of Chinese medicine, will show interested parties meditation exercises during his workshop this Saturday from 10 a.m. to noon, at Lincoln's F Street Recreation Center.

The workshop will focus on an ancient Chinese technique called Qi Gong. It consists of an eight-posture, standing meditation set, which is aimed at cultivating energy and reducing stress.

Anderson's meditation program includes advice on everyday methods for enhancing physical and spiritual life, including dietary tips as part of an holistic health program.

New release reveals electric $side\ of\ Dylan$

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But Dylan pays no mind, launching into the fueled blues of "Tell Me, Momma" as though the room was filled with nothing less than pure adoration.

Between songs on the rest of the set, you can hear the crowd's taunts and jabs and Dylan taunting them back.

He opens "I Don't Believe You (She Acts Like We Never Met)" with a puff on his harmonica, and then a brief introduction: "It used to go like that, now it goes like this." And the Hawks blast in, turning a plaintive acoustic number into nothing less than pure rock 'n' roll.

After the completion of "Ballad of a Thin Man," an audience member shouts out "Judas!" And Dylan sneers back, "I don't believe you. You're a liar!" as the band rips into a blistering rendition of "Like a Rolling Stone." He turns to the band as boos roar from the crowd, and he yells "Play f***ing louder!"
And that's what "Live 1966" is real-

ly about - Bob Dylan, a true artist who was trying to further his art, lashing back against the longtime fans who wanted him to merely stay put. He didn't walk off stage. He didn't cancel the tour. He just played louder.

-Jeff Randall

of acupuncture that uses posture and standing techniques rather than needles. Anderson teaches people to stand in certain positions that help the flow of the vital energy Chinese call

Anderson earned a four-year master's degree in Chinese medicine from the Five Branches Institute in Santa Cruz, Calif. He has also studied with experts of Chinese medicine, and possesses knowledge in a variety of different forms of meditation and acupuncture.

Although he lives in Lincoln, Anderson's acupuncture practice is located in Council Bluffs, Iowa. He commutes to Iowa because of Nebraska laws prohibiting the practice of acupuncture without a medical degree. In addition to his practice, Anderson teaches Qi Gong to various groups of people including the elderly, college students and karate stu-

Anderson believes there are many benefits to Chinese medical ideas.

"Practicing methods like Qi Gong builds internal health," he said. "It helps to cultivate energy, and it helps the blood flow. It causes your mind to focus and your body to relax."

Chinese medicine and western

Anderson said Qi Gong is a form medicine are vastly different in both philosophy and methods, Anderson said.

"People in America are too dependent on prescriptions and pills," he said. "Chinese medicine focuses on treating people before they get sick. The Chinese develop their own internal medicine through methods like Qi Gong. They put an emphasis on eating well and exercising regular-

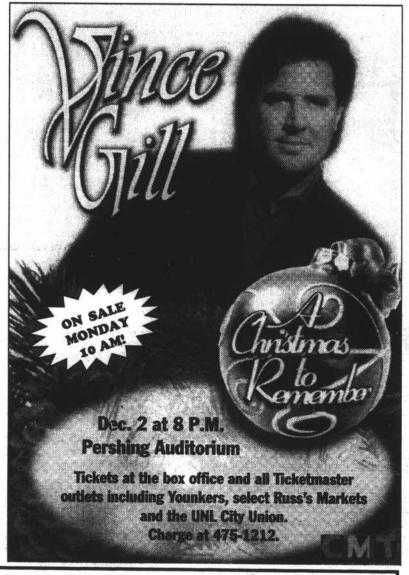
Dianna Dean took Anderson's class at the F Street Recreation Center last year and strongly recommends it.

'Karl's class gives an excellent view of Chinese medicine and the roll that Qi Gong plays in it," she said.

Both Dean and Anderson stressed the fact that Qi Gong is safe and easy exercise that puts little stress on the body. Dean said that it is an ideal method for those who have trouble doing strenuous exercises.

"I truly believe that Qi Gong works," Dean said. "It has really been beneficial for me. It has helped my posture and helped me to relax. I also feel more energetic."

Those interested in attending the workshop should contact Karla Becker at (402) 441-7951 or stop by the F Street Recreation Center, 1225 F St. The cost of the class is \$15.



PETITION

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