

Postal Service delivers exhibition to Lincoln

Friday event included proclamation by Mayor Wesely

BY JILL ZEMAN
Staff writer

One hundred years of postal history rolled into Lincoln's Amtrak train station Friday.

The U.S. Postal Service's Celebrate the Century Express traveling train exhibition arrived in Lincoln to commemorate the colorful history of the agency.

The Celebrate the Century Express was officially welcomed at Iron Horse Park in the Haymarket on Friday by several honored guests, including Mayor Don Wesely and Lt. Gov. Dave Maurstad.

Elementary school students were the primary guests at the ceremony.

Theresa Cassaday of Fox 42 Kids Club was on hand to encourage the audience to appreciate and also learn more about the U.S. Postal Service.

"The United States Postal Service has done many things to make our country great on a community-by-community basis," Maurstad said in his speech.

Wesely also acknowledged the importance of the agency in the United States, as well as in Lincoln. Wesely declared Friday as U.S. Postal Service Celebrate the Century day.

The Celebrate the Century Express is touring communities throughout the United States. The exhibit has been visited by more than 100,000 people since March, when it began its 18-month, 100-city tour.

"The United States Postal Service has done many things to make our country great on a community-to-community basis."

DAVE MAURSTAD
Nebraska lieutenant governor

Lincoln is the only stop in Nebraska for the Express, said Mike Matuzek, USPS manager for the Central Plains district.

Lincoln residents had the chance to learn more about the agency through the exhibits. The display commemorates the service's events during the 20th century.

The exhibit is a specially designed, four-car Amtrak train. It consists of a restored Railway Post Office car, a Celebrate the Century Express stamp-exhibit car, a classic business car and a baggage car.

The stamp-exhibit car features displays of noted stamps from the past century. Stamps are categorized as people and events, arts and entertainment, lifestyles, sports and science and technology.

The 70-foot stamp-exhibit car featured educational multimedia displays as well as oversized memorable stamps of the 20th century.

"Our stamps have focused on events and people who have made

this century great," said Lincoln Postmaster Doug Emery.

Stamps on display included tributes to personalities such as Martin Luther King Jr., Charlie Chaplin and Jackie Robinson.

The agency's more playful side was revealed in stamps honoring Daffy Duck, Superman and the Slinky.

Another feature of the Express exhibit was a vintage restored railway post office car, which showed visitors how mail was delivered when trains were the primary mode of transportation.

The restored car, complete with mailbags and mailboxes, featured multimedia displays explaining the process of delivering mail in the early 20th century.

The Express was open this weekend for tours. The next scheduled stop is Sept. 24 through 26 in Galesburg, Ill., followed by visits to Maryland, Pennsylvania and Virginia.

Massage offers stress relief for those needing it

Students, faculty and staff can receive up to an hour of therapy every Monday through Friday.

BY CHRISTINA FECHNER
Staff writer

It's been one of those days.

After failing a biology test, working at a stressful job and, on top of it all, having a family visit a messy apartment or residence hall room, some students may think salvation will never be found.

Yes, there is still hope - but not in the form of Merry Maids or answers to the next biology test.

It's massage therapy, available at Campus Recreation Center at the University of Nebraska-Lincoln.

People who use the service - as well as those who give massages - said massage therapy is a great way to relieve stress and relax from a tough day.

It also helps relieve aches and pains from working out or participating in sports, said John Creswell, UNL professor of educational psychology.

"I get massages once a week. It's an additional way to enhance sports potential and flexibility," Creswell said.

Massage therapy has been in existence at campus rec for three years.

Massage therapy can help anyone, said Brad Decker, a licensed massage therapist at the center.

"It can benefit people in different

ways," he said. "Some people come in for relaxation and others for chronic problems," Decker said.

Sea clay body masques, which moisturize and clear pores, also are available. The center also offers paraffin deep-heat treatments, during which the massage therapist applies hot paraffin wax to small areas of the feet and hands.

An average of six to eight people use massage services every day, Decker said, and he has watched the program grow over the last couple of years.

"A lot more people are becoming aware (that) massage therapy is available," Decker said.

Amy Lohrberg-Patt, coordinator of the massage program, said the days of only the rich and famous having access to massages are gone.

"Massage therapy isn't a luxury - it's for everyone," she said.

The massage therapy center serves the Athletic Department, the public, students and faculty. Massages are also offered on East Campus, and classes can teach how to give massages.

The center offers massages Monday through Friday, varying in length from 15 minutes to an hour.

The services are open to members of campus rec and the public. Prices vary from \$10 to \$35 for members and \$15 to \$45 for non-members, depending on the length of the session.

Creswell, who exercises on a regular basis, said massages are a great way for him to spend his money.

"You can't beat the prices, and it even helps me keep loose for my golf game," Creswell said.

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Special appearance by MTV's Tom Green
Tom Green's humor is directed toward a mature collegiate audience

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Students, faculty and staff are all invited to come to this event starting at 6 p.m. at Memorial Stadium (bring your faculty/staff or student ID).

We'll provide free food to the first 5,000 people through the doors, drawings for door prizes and lots of fun.

The event is a joint effort of the Homecoming Steering Committee and the Athletic Department.

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