

Rest, fluids help combat flu

By Suzanne Teten
Daily Nebraskan Staff Writer

As the mid-term approaches, health concerns probably rest at the bottom of every student's list of priorities. However, the flu season sneaks up silently, ready to catch unaware victims.

"Dr. Gerald Fleischli, University Health Center medical director, said "perfect avoidance" of the flu is not possible, but good nutrition, exercise, rest and washing hands before meals can help.

Getting tired from studying and staying up late makes students especially susceptible to the flu, Fleischli said. To prevent illness, students must pay attention to

their bodies. If students are tired, Fleischli said, their bodies are telling them that they need rest.

Fleischli said drinking plenty of fluids, eating right and getting enough rest will help the body combat illness.

Although there is no cure for the flu, there are some treatments.

"A person can lengthen or shorten the duration (of the flu) depending on how well they baby themselves," Fleischli said. "Rest can really make a difference."

In addition, over-the-counter medications can make the person feel better. However, the symptoms will return when the

medication wears off, Fleischli said.

He said students must take their health seriously before mid-term tests begin. They should "limit themselves to the essentials" by skipping unnecessary all-night parties and football games.

He said students who have temperatures over 102 degrees, severe ear infection or pneumonia should see a doctor at the health center.

A flu vaccine will be available at the health center, but, Fleischli said, the shot is recommended only for elderly persons or for people with heart disease, kidney disease or diabetes.

Money sources...

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Rosenwasser cautions juniors and seniors about applying at SCA.

"Most sources prefer freshmen and sophomores," he said.

Chris Vaage, assistant director for scholarships at UNL, said the Office of Scholarships and Financial Aids does not advocate financial aid locaters.

"It's really a risk the students have to take," Vaage said.

She said she has heard positive and negative things about this type of service.

The SCA and the Scholarship Bank both are listed with their local Better Business Bureaus.

Police Report

A reward is being offered through Crime Stoppers for information that helps identify the person or people responsible for vandalism to a chain-link fence near Harper-Schramm-Smith residence halls. The chain link fence reportedly was cut, causing an estimated \$50 worth of damage. Vandalism to the fence apparently is recurring.

The following incidents were reported to UNL police between 1:16 a.m. and 11:37 p.m. Monday.

1:16 a.m. — Three assaults involving minor injuries were reported at Abel Hall. A suspect has been identified and arrest is pending.

8:17 a.m. — Office equipment reported stolen from Nebraska Hall.

2:56 p.m. — A chain-link fence reportedly was cut near Harper-Schramm-Smith residence halls. A reward is offered through Crime Stoppers for any information that helps solve this crime.

6:57 p.m. — Disturbance reported at

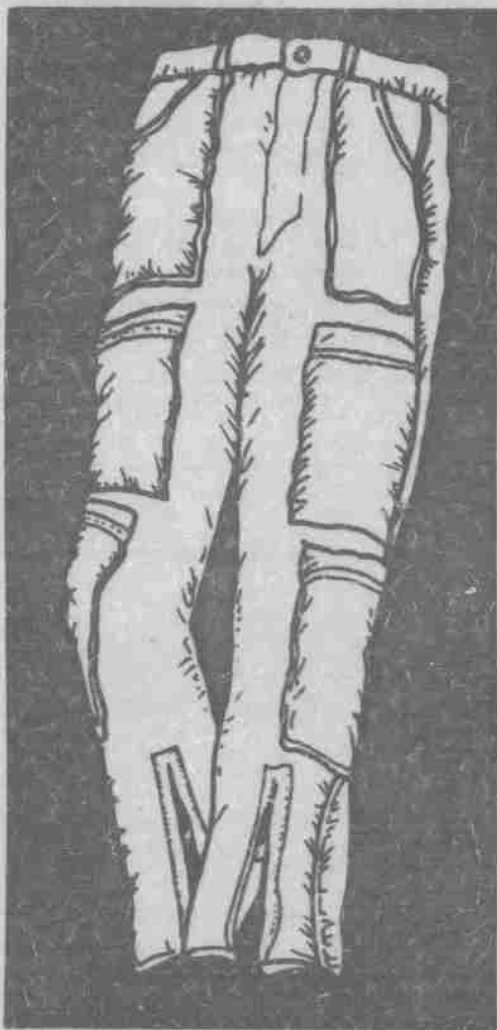
1541 S St. People were gone when police arrived.

7 p.m. — Persons reported tampering with emergency phone at 14th and W streets. Police think juveniles were responsible.

11:29 p.m. — Bicycle recovered by owner. Someone allegedly had taken the wrong bicycle home and returned it after realizing the mistake.

11:37 p.m. — Windows and windshields reported damaged by a BB gun at 1115 N. 16th St.

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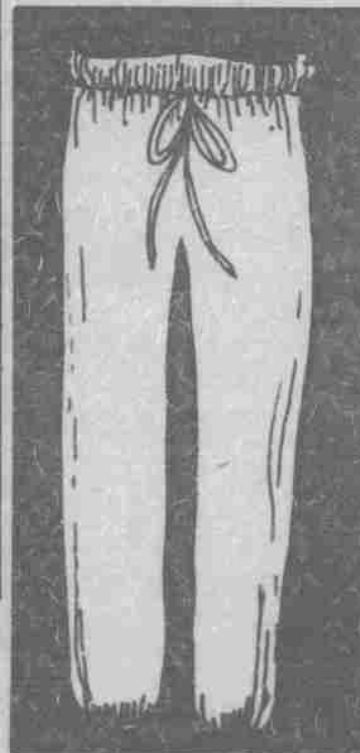
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Wire Report

National and international news from the Reuter News Report

Donovan pleads innocent; begins leave of absence

NEW YORK — President Reagan's embattled Secretary of Labor Raymond Donovan pleaded innocent Tuesday at his arraignment on charges of fraud and grand larceny in connection with a \$186 million construction project involving a company he co-founded.

Donovan, the first Cabinet member to be indicted while in office, was released on his own recognizance. Another hearing was scheduled for Nov. 12, six days after the presidential election.

Donovan called the accusations against him "a political hatchet job" led by Bronx District Attorney Mario Merola, a Democrat. Donovan and nine others were indicted Monday by a New York City grand jury on 137 criminal counts of fraud and grand larceny in connection with the New Jersey company Schiavone Construction.

Donovan Monday began a leave of absence from his Cabinet post, saying he did not want the accusations against him to "reflect negatively" on Reagan before the election.

The indictments stem from a probe by Merola of a Manhattan subway project that Schiavone, one of the largest construction companies in the Northeast, was building on Manhattan's East Side in 1979 and 1980.

Woman arrested on spy charge

NEW YORK — The FBI said Tuesday it had arrested an East German woman on charges of spying for the KGB and a U.S. Navy intelligence analyst for selling classified photographs to a British publication. A spokesman for the FBI said Alice Michelson, 67, was arrested Monday at John F. Kennedy International Airport as she was about to board a Czechoslovak Airlines flight to East Berlin.

The agency said Navy intelligence analyst Samuel Morison, 40, was seized at Washington's Dulles Airport Monday on charges of selling photographs of a Soviet ship to Jane's Defence Weekly.

When Michelson was arrested, she had with her a mini-cassette tape recording of classified U.S. military intelligence cables hidden in a cigarette package, the FBI spokesman said. The tape recording was given to her last Saturday by a U.S. Army sergeant working for military intelligence, he said. The sergeant, who was not named, was pretending to be willing to sell U.S. military secrets to the KGB. In fact, he was working with the FBI and his military superiors, the FBI spokesman said.

Michelson was to be arraigned Tuesday in federal court in Brooklyn. If convicted, she could be sentenced to life in prison.

Morison was charged with transmitting to Jane's Defence Weekly, a British magazine, three photos of a Soviet aircraft carrier under construction at a Black Sea naval shipyard. The classified pictures were taken by a U.S. spy satellite. Morison, a part-time American editor of Jane's, faces up to 30 years in prison if convicted.

Ortega: U.S. to invade Nicaragua

WASHINGTON — The State and Defense departments Tuesday rejected a charge by Nicaraguan leader Daniel Ortega Saavedra that the United States was planning an invasion of his country Oct. 15 in a re-run of last year's U.S.-led Grenada invasion. He made the allegation in a speech at the United Nations.

Ortega vowed that the Nicaraguan People, "barefoot, ragged and with empty stomachs" would immolate themselves rather than succumb to "imperialist" aggression. "New plans are being prepared in the Pentagon and the CIA, this time to prevent the Nov. 4 elections in Nicaragua," he said in a speech to the General Assembly.

The State Department officials added that despite Ortega's speech, they expected further bilateral talks between the Managua government and U.S. special Central America envoy Harry Shlaudeman.

Meanwhile, the Pentagon's spokesman, Michael Burch, said another in the series of joint U.S.-Honduran military exercises was under way to help train Honduran forces in counterinsurgency warfare. The officials could not immediately provide the number of U.S. troops in Honduras but said it was probably about 1,000.

Reagan takes bomb responsibility

BROWNSVILLE, Texas — President Reagan Tuesday took full responsibility for the Sept. 20 bombing of the U.S. Embassy in Beirut, Lebanon, that killed two Americans. He said an investigation had found no evidence of any carelessness and that the case was closed.

"I am responsible, as I said that I was on the previous tragedy. I was responsible and no one else for our policy and our people being there," Reagan told reporters during a campaign stop. He was referring to the suicide bomb attack last October 23 on Marine headquarters at Beirut International Airport in which 241 American servicemen died.

Reagan has denied charges that there was a security lapse at the new building or that personnel were moved into it prematurely.

Reagan Tuesday refused to compare the Beirut bombing with the Iranian hostage crisis of 1980, saying that in that case the Iranian government had allowed the situation to develop.