



PHOTO BY DENNIS DEFRAIN

—NOT QUITE SUNDECK WEATHER—

WOODSIE WEATHER CLOSE BEHIND—It snowed Tuesday, but by yesterday the snow was almost gone. By tomorrow girls may be flocking to the sun decks.

—KICK THE HABIT—

Five-Day Course Offers Chance For Students To Stop Smoking

By Mike Keedy
Junior Staff Writer

If you want to shed your smoker's hack, hop over to the Nebraska Center Sunday night.

A Five-Day Plan to quit smoking will be presented at the Nebraska Center beginning next week.

The program, to get under way Sunday, will run its complete course by March 5. Each meeting is at 7:30 p.m. Admission is free.

Films, lectures, and demonstrations, all showing people how to stop smoking, will highlight the events.

Owing to a centering of nation-wide interest upon cigarette-smoking, the Union College Health Department and the Lincoln Seventh-Day Adventist churches, sponsors, are urging this educational program to alert U.S. citizens to the effects of smoking on the human body.

Five consecutive group therapy sessions, lasting for about an hour each evening, include lectures on the physiological as well as psychological aspects of the smoking problem. This phase will be conducted by a physician-clergyman team.

Exchanges of experiences by participants in the Five-Day Plan will supplement films and demonstrations.

In addition, a special booklet, entitled "Your Five-Day Plan", gives tips on how to relax, when and how to exercise, what to eat and drink, and what to think about during crucial moments.

Elman J. Folkenberg and Alfred O. Mazat, M.D., will direct the program.

Mr. Folkenberg, co-author of "Five-Day Plan to Stop Smoking," specializes in the psychological aspects of breaking the smoking habit. He declares the plan to be "A comprehensive sensible way of breaking the habit in five days."

Dr. Mazat, staff member of the Porter Sanitarium and Hospital in Denver, says, "Smoking is a complex neuromuscular habit which can be far more easily broken if certain physical laws are understood."

The Plan, now in its fourth year, has been able to reveal through statistics that, of those who complete the program, 40-60% have attained permanent success.

In addition, those participating in the program can look forward to a 50% chance that after the third day they will have lost their craving for tobacco. At the end of the fifth session, 70-75% of all participants have been found to have so lost such desires.

The innovation was held last at Hunters College, where 1600 smokers were involved in the program. It is expected that approximately 1700 will be in attendance here.

A DAILY NEBRASKAN reporter will cover the program, and give his daily reactions in the paper as to how he is affected by the plan.

According to Dr. S. I. Fuenning, Student Health medical director the program is "basically an educational program; at the same time . . . provides group support for people to change their habits, and has been of help to a good number of people."

Past reactions from people dreaming of once again having mighty chests and long wind have been interesting.

"Yesterday I thought I had been scalped," claimed one participant. "The whole top of

my head seemed to be coming off."

"Today my nerves went to peices," revealed a woman weed-consumer of 20 years. This arthritic-stricken participant continued, "I'm a Hohenzollern, and I've got their temper."

Another woman, with an incredible admission of 45 years' addiction, the last 21 as a chain smoker up to four packs a day, was assured of success, despite a minor backslide.

"I had a terrific headache . . ." she said, "with tears in her eyes. I took one cigarette, and had half a pack before I knew it. Today the headache was gone, but I felt drowsy. I had a cup of coffee, and lit a cigarette, then another. But I quit halfway through the second one. It didn't taste good."

Apparently headaches, nervousness, loss of appetite, muscle cramps, exhaustion, and a craving to smoke accompany the grueling, five-day course.

Some of the rules for the first day:

The night before, take a

Three Attend Council

Three University students were among the more than 120 delegates who attended the 18th National Conclave of Chi Epsilon, the National Civil Engineering Honor Fraternity at the Missouri School of Mines and Metallurgy in Rolla, Missouri this week.

Ronald Liston, Galen Anderson and Richard Van Sickle represented Nebraska at the Conclave.

short walk and a warm shower before retiring. Repeat the magic phrase a few times as you doze off.

In the morning, allow time for a relaxing bath and drink two glasses of warm water.

Nothing but fruit and fruit juices are allowed for the first 24 hours. No coffee consumption is permitted.

At work, avoid friends who indulge in this weedy form of oral gratification, and have three more glasses of water before noon.

Keep drinking during the afternoon, and call a "buddy" (the buddy system is employed, like the AA uses) and talk things over.

In the evening, return to the Center for a refurbishing of that dogmatic character of yours you're remodeling.

IFC Committee Chairmen Elected; Delegates Named

Stan Miller, Beta Sigma Psi, John Luckasen, Phi Delta Theta, and Bill Mowbray, Sigma Nu, were elected chairmen of the affairs, public relations, and rush committees respectively of the Interfraternity Council (IFC) last night.

In other business, the IFC passed a motion proposing the adoption of the same fall rushweek schedule as was used last year.

Charles Oldfather, alum of Phi Kappa Psi, was announced as new president of the IFC board of control. He

University of Nebraska students will travel to one of six project sites as a part of the National Student Young Women's Christian Association (YWCA) voter registration project during spring vacation, March 29 to April 4.

The University's student YMCA group will sponsor a team of five students and possibly two teams if enough interest is shown.

According to the national group, "non-violent techniques will be used to encourage voter registration and education in the communities." Interest has been growing nationally with 48 schools applying for the project thus far.

University students will probably travel to St. Louis. An attempt will be made to have teams from both northern and southern schools, with an interracial membership working together at each of the other sites including: Atlanta, Georgia; Berkeley, California; Greensboro and Raleigh, North Carolina; and Richmond, Virginia.

Application forms will be available at 332b Student Union today at noon. Applications must be turned in by Friday at 6 p.m.

Although all University students are eligible, prefer-

ence will be given to Student YWCA members. Selections for the first team will be made by Wednesday of next week and a second team of five members may be formed if enough interest is shown.

Students making the trip are expected to pay for their own transportation, food and lodging. Housing will be provided by local Student YWCA's, homes of United Church Women or with other families in the Negro and whkwy communities. Housing and food will cost from \$3 to \$5 a day.

Each project will be staffed with a non-student adviser. Students under twenty-one will have to gain parental permission to participate.

Mrs. Joan Wadlow, a political science instructor at the University, will prepare the team for its project trip. She and Betty Gabehart, Executive Director of the University Student YWCA group will select participants.

Mrs. Wadlow will conduct at least three orientation sessions before the team or teams' departure a month later. The preparatory study will include the project intent and goals, how to meet community pressures, project motivation and to prepare for possible local voter registration with project site experience.

The National Student YWCA defines its purpose further saying, "It is so difficult to overcome traditional apathy

and despair in the face of repeated rebuffs."

Although the registration project is directed toward minority group voters, the national publication points at Negroes saying, ". . . if only Negroes make the effort to surmount the formidable barriers to voting will their views be heard in statehouses and the national capitol."

Projects are primarily held in Southern states where registration for the fall election is possible and where increased vote can make a difference, according to the national publication.

Further information can be obtained by calling Carol Williams at the Kappa Delta house—phone 432-4120.

Council Action Streamlines Student Election Regulations

Student Council yesterday streamlined its election by-laws, passing a motion by Susie Pierce, second vice president, which eliminated obsolete passages and clarified ambiguous voting rules.

President Dennis Christie reminded the Council that only nine meetings remain, and that the remainder of the year will determine the success of the Council's work. He called for work and sacrifice from the Council members and outlined some of the projects that merit strong attention during the next nine weeks.

Significant in the election law changes was the alteration in the section which deprives a college from all representation in a Student Council election if it fails to produce the maximum number of candidates allowed to it under the present representation rules.

The law was changed to allow unopposed candidates to take office, but causes the college to lose its right to further representation during the year in question.

"No other elective body in existence is set up so that it loses representation for not having the maximum number of candidates," said Miss Pierce.

Added to the by-laws was a measure allowing for the election committee to define "campaigning." A preceding law states that there must be no campaigning on election day. Miss Pierce said that campaigning outside of the Union, where voting takes place, is important in many students' campaigns, and that the law should be clarified.

Student Council Organizational representatives must be elected before March 27 and the filing date for the general election is Apr. 6.

Christie, in his list of goals for the remainder of the year, cited representation, the Big Eight charter flight, the ticket problem and grade reports as areas in which the Council will prove itself.

Representation, he indicated, is a crucial area. "We need a change, some way, somehow, in our present system," he said.

He continued that more work is planned with James Pittenger, athletic ticket manager, for the purpose of resolving the shortage felt by many students during the 1963 football season.

The Big Eight charter flight to Europe, Christie said, is a tremendous opportunity for University students who want to go to Europe and save money. He said that the student body must be contacted and acquainted with the advantages of the chartered flight.

Upperclass Regents Deadline Is March 1

Applications for the Upperclass Regents Scholarship test must be submitted by March 1 in the scholarship and financial aid office, 211 Administration.

Any student with 6.0 overall average and who is a full time student is eligible for the tests to be held March 7 and 14. Students will be given the time and place of the tests when they apply.

MEN EXCLUDED FROM SHOW—

Coed Follies Not Coeducational Until 1953

By Frank Partsch
Senior Staff Writer

The twenty-first presentation of the Associated Women Students (AWS) Coed Follies this week promises to be an impressive display of college talent, but it will lack a great deal of color which was given it in the past when men were not allowed to attend.

Until 1953 the Follies were for coeds only. The program was seldom held without interruption, for, according to rumor, an unofficial contest was staged among the fraternities to see which one could smuggle the most men into the theatre.

With the aid of bobby socks, make-up and sweaters, the men disguised themselves, and, according to past issues of the DAILY NEBRASKAN, some of them were very deceptive.

In the early fifties the men became more rowdy, and the police occasionally were forced to evict a male whose identity was discovered.

Other men, not so ingenious but more daring, would hide beneath the seats in the theatre, aided by their girlfriends, and a report of the 1952 Follies tells of one young man who emerged, red faced and puffing, halfway through the program, and walked out. "It's too hot; I can't stand it in there," was his only explanation.

Student Council passed a motion recommending that men be admitted to the Follies after a 1952 riot in which police battled 500 males desiring to enter the inner sanctum. The motion passed and was referred to AWS, and the next year saw the first legalized entry of males into the Follies.

During the 1930's and 40's a feature event of the show was a style show, and a "Best Dressed Girl" was elected. This honor evolved into "Typical Nebraska Coed" (TNC) in the 50's and is the forerunner of today's "Ideal Nebraska Coed."

During World War II the Follies, in keeping with the wartime spirit, limited expenses on skits to \$15. The rules for judging the "Best Dressed Girl" included a provision that she must show an interest in wartime activities.

The skits were built around a theme of war, emphasizing both the serious and funny parts of war.

The presentation of the "Best Dressed Girl" was often surrounded with pomp and ceremony, as well as closely guarded secrecy. The account of the 1943 presentation from the DAILY NEBRASKAN files says "Directly following the style show in which 19 girls modeled, the stage revolved to reveal a good looking male (pasteboard, however) with an enormous drum beside him.

"The drum broke and TNC Helen (Johnsen) stepped forth. She wore a white sports dress with a black chestfield collar."



A BILLBOARD?—That's what those girls are, folks, or at least are pretending to be. They are the billboards painted by the dedicated Herkimer Finknitggle (the spelling is questionable.) These coeds are practicing the Gamma Phi Beta skit, "Baubles, Bangles and Bill-



boards," to be presented at the AWS Coed Follies Friday. On the right, playing the billboard part, are, left to right, Jodeen Mueller, Linda Booth, JoAnn Armstrong, Diane Michael and Janet Rahn. The fanatic billboard painter on the right is Mary Thorpe.