



Foodstand pays off. . . University 4-H members reap benefits.

Uni 4-H Club offers challenge

The University 4-H Club is downright different from the local 4-H clubs many rural Nebraskans are familiar with, its members say.

The club offers "new and challenging activities" for college students according to Glenn Krohn, assistant state 4-H leader.

For instance, he said, the club earned \$5,000 at a State Fair foodstand, some of which will help 4-H'ers travel and learn in foreign countries. Some of it will go to help several UNL students get through school.

The rest of the \$2,300 in profits from the stand will go to the Uni 4-H Club's local programs.

Krohn said a big part of the club's purpose lies in promoting its citizenship program, an inter-city 4-H program designed to help local clubs.

Last year 125 Uni 4-H'ers helped 300 younger club-members in 50 clubs to "learn by doing, and make the best better," Krohn said.

Until last spring Uni 4-H was the only college-level club in the state. But the UNL club initiated a program of expansion and now has two sister clubs. One is at Platte Junior College, and one is at Kearney State.

In April the first Interstate,

Intercollegiate 4-H Club conference was held, sponsored

by Uni 4-H. Eighty delegates from eight states attended to discuss program ideas.

Uni 4-H also sponsors the Outreachers, a folk singing group that gives a student the opportunity "to express his ideas, hopes, and fears in song," Krohn said.

The group "went out reaching" at about 20 conventions, award banquets and business meetings last year, he added.

Uni 4-H meets the second Tuesday of every month. Dues are \$2 per semester.

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concentrating the mind. By regular practice of half an hour in the morning and evening the yogi attempts to achieve complete harmony between mental, physical and metaphysical forces surrounding him.

The Ananda Marga (Path of Bliss) Yoga Society was founded in 1954 by Shrii Shrii Anandamurtijii, known to his followers as Babajii.

Ananda Marga has provided social service on a massive scale. In India, 700 primary schools, a university, adolescents' and convalescents' homes, tribal welfare units, and an international relief team for victims of natural disasters have been established by Ananda Marga workers.

The groundwork is also being laid for similar projects in the United States. The Ananda Marga Universal Relief Team (AMURT) is being formed in the U.S. to aid all victims of natural calamities. A Pakistan Relief Drive has just been completed by workers in Lincoln.

The Ananda Marga Yoga Society in Lincoln is holding a Free University class Sept. 22 at United Ministries in Higher Education, 333 N. 14th. Lectures will be given the following two nights at the Lincoln headquarters.

Yoga group presents instructor Dadajii

Dadajii, an instructor and initiator in the Ananda Marga Yoga Society, will be in Lincoln Saturday and Sunday, to give private instruction in meditation. Initiations will be held Saturday and Sunday at the Society's Lincoln headquarters, 1319 S. 11th St.

Yoga, according to its practitioners, is a true science of the body and mind, and while the physical system of exercises is a part of the yogic science, it plays only a secondary role.

The emphasis in this science is first on the development of the mind and brain, and secondly, once the mind becomes sharp and healthy, on the body, which must keep pace with the progress of the mind.

In other words, mind rules the body and not body the mind.

The first step in yoga is to focus the outgoing tendencies of the mind on a suitable point and idea, under the direction of the yoga teacher. As no two persons have the same mental and physical personality, the method of each person's meditation is also different.

A person becomes a yoga initiate when he starts practicing his method of

Architecture offers Mexico, Yucatan trip

The UNL Department of Architecture is offering a course studying the architecture of Mexico and Yucatan over the Christmas break.

Prof. G. I. Anderson said the course is open to the first 30 students to sign up. Students need not be architecture majors.

The course, styled as a field trip, will leave Lincoln December 27 and return January 17 from stops in Mexico City, Taxco, Cuernavaca, Cordoba, Veracruz, Yucatan and environs.

A meeting and brief slide show for interested students will be held Thursday at 8 p.m. in the Nebraska Union small

auditorium.

The department hopes the total cost of the course will be under \$500.

Students will examine colonial architecture, pre-Columbian architecture (Aztec, Toltec, Olmec, Mayan etc.) and contemporary architecture at each stop.

The students' first working day in the course will be in Mexico City. In the morning the class will visit places of archaeological interest and art museums by cab and subway.

In the afternoon students will visit the Museum of Anthropology, a modern residential area built on a vast lava field, and University City with its student body of 140,000.

Short Stuff

The Nebraska Union Art Lending Library will be open today from 2:30 p.m. to 5 p.m. in the Nebraska Union conference rooms. Students may check out one piece of art work with their I.D. card. The art must be returned at the end of the semester.

Amy Chung will speak at the Biochemistry Seminar at 4 p.m. today on "Vitamin D-Active Form and Mode of Action" in the East Campus Biochemistry Auditorium.

The National Student's Speech and Hearing Assoc. is sponsoring a Book Fair at Temple Building until 5 p.m. today. Dr. Bernard Landis, professor of Speech Pathology at California State at Long Beach, will be speaking Thursday Sept. 23 at 7:45 on "Childhood Voice Disorders" in Rm. 210.

The Lincoln Draft Information Service has resumed its office and telephone service in the choir loft at U.H.M.E. 333 N. 14th, 475-5438. Hours are 3:30 p.m. to 9 p.m. Monday through Friday and 9 a.m. to 5 p.m. on Saturdays.



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