

# Rubella test for women urged

By Mary Kay Roth

Although German measles probably brings back memories of childhood diseases, this virus officially known as rubella, can be dangerous for women of all ages.

Subsequently, Celeste Knipmeyer, supervisor of Community Health Services, said the University Health Center urges UNL female students to take advantage of the rubella blood test and vaccine now available at the center.

If the disease is contracted within early months of pregnancy, Knipmeyer explained, there is a 20 per cent chance the fetus will be born with the rubella syndrome. The dangers of this syndrome include abnormalities such as heart defects, mental retardation or eye deformities.

For this reason, when the vaccine is administered, Knipmeyer said, females are warned against becoming pregnant within three months of the inoculation. Since the vaccine introduces a mild version of the disease, it is a danger for the fetus, as it would be when contracting the actual disease. Therefore, Knipmeyer advises students to use a medically acceptable method of birth control.

### Health center cheaper

The health center charges \$2 for the entire procedure, Knipmeyer said, compared to the \$15 to \$20 fee a private physician would ask. She attributed minimal costs to the State Health Dept. which is providing the blood test, vaccine, printed materials and laboratory supplies.

The Health Dept. is pushing hard in the state to inoculate children, Knipmeyer said, however college-age students would not have been vaccinated as

children because the rubella vaccine was not available until 1971.

Another reason Knipmeyer cited for selecting UNL students for inoculation, is their accessibility to the health center.

When a female student first comes to the health center, she is given an immunity blood test which is sent to the laboratory to determine whether she is already immune to the virus. Knipmeyer said everyone doesn't need a vaccination. She estimated 80 per cent of the UNL female population has sufficient immunity levels and will not require the vaccine.

In two to four weeks after the blood test, a letter is sent to the student, stating her immunity level and if it is advisable for her to take the rubella vaccine.

### Counseling session

"No further pressure is applied," Knipmeyer said, "because the student must take the initiative."

When a female returns to the center for a vaccination, she has a brief counseling session to remind her again of the high risks involved in the case of pregnancy within three months.

She is then asked to sign a consent form stating she understands the nature and purpose of the immunization.

Following the inoculation, Knipmeyer warns a small number of persons may experience mild side effects—fever, a rash, joint pain or swelling—however, this is rare.

Doctors across the country are beginning to realize the necessity of this immunization for all females, Knipmeyer said.

Colorado has even gone one step further. It requires that each female who applies for a marriage license must have her rubella immunity level checked.

# Minority specialization offered

Teaching minority and multi-cultural students can be made easier and the Secondary Education Dept. is trying to do it. Ward Sybouts, chairman of the department, said a minority or multi-cultural education specialization could increase the awareness and understanding of minority education problems.

Sybouts said a student interested in having an emphasis on minority education may substitute specialization courses for appropriate general, professional or endorsement requirements.

To obtain a specialization, he said, the student must take History and Philosophy of Education 330 for three hours credit and Secondary Education 323 for four hours credit.

He said, in addition the student takes 6 and 9 hours of certain courses.

Nine hours of courses must be selected from Anthropology, History, Philosophy and Sociology. Six hours of courses must be selected from Anthropology, English, Music, Political Science, Psychology, Religion and

Speech, Sybouts said.

Sybouts said students working to complete the minority specialization are also required to complete the regular education sequence of Educational Psychology, special methods and student teaching or the "NUSTEP" block program plus student teaching.

He said student teaching is assigned to a school that will give experience working with minority or multi-cultural students.

Students in elementary education would likely teach at Goodrich Elementary School, secondary education at majors at Whittier Junior High and Lincoln High School, he said.

Sybouts said the specialization program is sponsored by the Department of Secondary Education and the Institute of Ethnic Studies.

"I'm not sure of the number of students in the program primarily because students work with their advisers to take the required courses," he said.

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