

Panelists discuss lesbianism

The 1975 Women/Speak series began Tuesday with a panel discussion on lesbianism.

The five-member panel of feminist lesbians fielded questions from an audience of 65 women and 3 men.

Discussion began with questions concerning lesbianism, laws and politics in Nebraska and other states.

The panelists, who would not reveal their names, were career women and students from Omaha and Lincoln. They said they did not claim to represent all lesbians and that they disagree on some issues among themselves.

Social pressures to keep the facts of lesbianism hidden conflict with their personal desire to share their opinions, panelists said.

Acceptance of homosexuality in a heterosexual world is the main problem for lesbians today, they agreed.

Each said she had to resolve personal identity problems before deciding to participate in the panel discussion, because admission of homosexuality sometimes causes problems in a career. The "straight" world is prejudiced from lack of knowledge, they said.

Each discussed some personal experiences. Acceptance of homosexuality is made easier by meeting persons with similar feelings, each said.

The panelists agreed that this support is one of the purposes of gay organizations. Organizations provide emotional support for the person dealing with homosexuality, they said as well as providing a political base. They added that for lesbians in Lincoln, such support is limited.

The panel also discussed problems a lesbian has when she wants to adopt children. Single-parent adoption is becoming more accepted but there is an additional emotional factor for the homosexual, they said.

The presentation ended with a discussion of lesbians in the feminist movement, political factors in a homosexual relationship, and stereotypes.

The discussion was the first in a series of public-talk-in presentations sponsored by the Student Y. Next Tuesday, the topic will be "Women in Legislation" with Yvonne Leung of Women's Lobby, Inc. The weekly meetings are 12 p.m. Tuesday in the Nebraska Union.

Lazy lose an exercise excuse

Lazy people now have one less excuse not to exercise. A new book, *The Lazy Man's Guide to Physical Fitness*, written by a UNL faculty member, tells lazy people how to get into shape and stay fit.

The book's author, Dr. Kenneth Rose, is the fitness director at UNL. Rose also is an emergency physician at Bryan Memorial Hospital. The book was written in collaboration with Jack Dies Martin, a Chicago science writer.

Rose said the book's aim is to show people how to develop an exercise program and stick to it without much output. Rose didn't say how many lazy people he thought would follow his advice, but said everyone should exercise regularly.

Rose warns that exercise, like anything else,

can be carried to a harmful extreme. Experiments on varsity athletes show that long distance runners progressively lose potassium, he said. Potassium is necessary for muscle tone.

According to Rose, the most important exercises are those that increase the aerobic capacity of the body. The aerobic function of the body is to take in and use oxygen during exercise. An aerobic exercise is an exercise in which oxygen is taken in while work is being done. Aerobic fitness and a healthy heart go hand in hand, Rose said.

Dr. Rose's paperback book is available in Lincoln at the Miller and Paine Bookstore. It is published by Great Lakes Living Press of Chicago and costs \$4.95.

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ASUN Agenda

6:30 p.m., Nebraska Union
Swearing-In of Electoral Commission
Dennis Fuelling—Xerox Report

- I. Executive Report
 - A. Book Exchange
 - B. Student Court
- II. Open Forum
- III. Old Business
 - A. Final report of Faculty Senate Grading Committee
 - B. Appointments
 - C. Constitutions
- IV. New Business
 - A. Resolution 50—Intercampus Bus System
 - B. Resolution 51—Married Student Housing
 - C. Spring Election Procedures
- V. Announcements

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- COMPARATIVE CRIMINAL JUSTICE SYSTEMS (Crim. Just. 495v)
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