

Chamber concert to feature Schubert quartet

One of Franz Schubert's most famous string quartets will be performed by the Quartetto Caecilia di Roma Friday in a concert in the Sheldon Art Gallery auditorium. Tickets for the 8 p.m. concert will be available at the door.

Schubert's "Death and the Maiden" is one of his most mature works, according to Nelson Potter, president of the Lincoln Friends of Chamber Music.

The title is derived from the theme of the slow movement, which is a dialogue between death and a young girl. Potter said the quartet has not been performed in Lincoln for 10 years.

The Quartetto Caecilia di Roma was founded by the first violinist, Pina Carmirelli, who was associated with the Marlboro Music Festival. The members are all from Rome.

The quartet will also perform Giuseppe Verdi's only string quartet, which Potter said is seldom heard. Franz Haydn's "Quartet Opus 76, No. 6" will also be performed.

Haydn was the father of the string quartet and this is one of his most famous works, Potter said.

Season tickets are available for next year's Lincoln Friends of Chamber Music series, which will include a

performance by the Amadeus Quartet.

The Amadeus Quartet, based in England, is probably the world's finest string quartet, according to Potter.

In order to continue importing well-known quartets, Potter said the price of season tickets had to be raised from \$15 to \$18. Tickets may be purchased or reserved for next year at the last concert Friday.

The Lincoln Friends of Chamber Music are applying for grants, Potter said, which would enable the group to offer discount student season tickets.

Food fads, fantasies—facts formulated

"Food Fads Fool" is the theme of a number of activities and educational programs planned this week to promote factual information about nutrition. March 2-8 has been designated National Nutrition Week by the American Dietetic Association.

"You are what you eat, drink, breathe..." That is true. You are also what heredity and environment have contributed. Misinformation is often easier to obtain than correct information. Some following statements are not entirely complete and explanations give more complete information.

STATEMENT: Healthy, active children require some concentrated sweets, such as candy for energy needs.

FACT: Children require calories for energy which may come from carbohydrates, fats or protein. Excess sweets may give children a taste for sugar, setting them up for obesity, cavities and life-long poor diets.

Processing

STATEMENT: Modern processing removes most of the vitamins and minerals in foods.

FACT: This is not true. While any

type of processing, including simple cooking, tends to reduce the nutrient content or quality of foods, modern processing methods are designed to keep such losses as low as possible. In many instances, nutrients are restored by enrichment after processing.

STATEMENT: You have to eat special foods if you want to lose weight.

sharon johnson sauces and pickles

FACT: Your physician should prescribe any special diet you may need. Personal experimenting and fad diets can be highly dangerous to your health. To lose weight, one must take in fewer calories than are burned for energy.

STATEMENT: Synthetic vitamins are

dead and ineffective; vitamins from natural sources are much better.

FACT: Vitamins are specific chemical compounds, and the human body can use them equally well whether they are synthesized by a chemist or by nature.

Vitamins

STATEMENT: Everyone should take vitamins, just to be sure.

FACT: Very few of us eat exactly the same foods as our neighbors eat. There is some variation that makes our diet different from everyone else's diet. Variety helps to assure adequate nutrition for most of us. Most healthy individuals whose diet regularly includes even modest amounts of meat, eggs, milk products, fruits, vegetables, bread and other cereal products need not resort to dietary supplements. Modest supplementation with certain vitamins is generally recommended during infancy, pregnancy and while breast feeding.

When you have questions concerning your health, contact your doctor or one of the health services offered in Lincoln.

The Lincoln Dietetic Association is sponsoring a Nutrition Fair at Gateway shopping center Saturday.

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TODAY TOMORROW		
a symposium on the future		
thursday,	march 6	3:30 — south crib todd christell potentials through hypnosis
thursday,	march 6	8:00 — room 202 musical directions: lincoln improvisation ensemble
monday,	march 10	3:30 — union centennial room professor james gunn the discovery of the future: a program on science fiction
tuesday,	march 11	8:00 — union sm. auditorium biofeedback an essential for survival
wednesday,	march 12	8:00 — burr lounge eliot and elizabeth janeway informal rap
thursday,	march 13	3:30 — union centennial room human relations in the year 2000 eliot and elizabeth janeway
thursday,	march 13	7:30 — room 247 revolution in education
friday,	march 14	8:00 — union ballroom rob inglis and "erf"

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NU Intra-Mural Basketball Champs will get this backboard FREE!



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