

Group to aid smokers, overeaters

By Lorraine Hughes
Smoking and overeating may be caused by anxiety, according to Dr. Garland Bare, staff physician for the University Health Center.

Bare will head two new programs sponsored by the University Health Center concerned with the physical and psychological conditions related to smoking and overeating.

The goal for the smoking program will be to help the 20 participants stop smoking, he said. The diet program will attempt to start slow and steady weight loss by changing the eating habits of 12 persons.

To achieve these goals, he said, both programs, patterned after what Bare called successful features of similar projects throughout the United States were a result of student demand, he said.

"I don't think a lot of people realize how dangerous smoking is," he said.

Last year 336,000 deaths in America resulted from conditions caused by cigaret smoking, Bare said.

"There are five to seven toxic chemicals contained in each cigaret that affects all body systems," he said.

The main chemicals, nicotine, tars, hydrogen cyanide, carbon monoxide and nitrogen dioxide result from cyanide sprays that can't be washed off the tobacco plant.

"Now is the ideal time for university students to stop smoking because most students don't yet have career and family pressures," he said.

The life expectancy of a 21-year-old who smokes a pack of cigarets a day is 14 years less than a person of the same age who doesn't smoke, he added.

Although Bare said he is concerned about the increasing number of deaths resulting from heart attacks in smokers, he said the number of unborn children who die from conditions caused by smoking is even more alarming.

A survey in the August 1974 issue of "Today's Health" estimated the 3,000 to 5,000 deaths of unborn children were among pregnant women who smoke. Pregnant women who smoke can harm, permanently damage or cost the life of a child, he said.

The diet program is only for people who are clinically overweight, according to Kenneth Hubbe, executive medical director of the health center.

Participants will be asked to "weigh in, keep a diary if food intake and encourage each other to stick with the diet," he said. He added that the diet will be high in nutrition but low in calories.

Derby Day on Saturday

Four hundred and fifty UNL sorority pledges will battle for glory and honor Saturday at the 21st annual Sigma Chi Derby Day.

The intersorority competition, promoting Greek life, will begin at 6 a.m. outside the Sigma Chi house with skits performed by each pledge class, said Dick Whitworth, program director.

The skits will be followed by a parade to the Women's Physical Education Bldg.

There the pledges will compete in games and races. Crowning the event will be the selection of a Derby Day queen from among candidates chosen by each sorority.

Uncle Sam's discotheque will be the scene of Derby Day fund raising tonight, and Whitworth said other donations will be solicited Saturday, with proceeds to go to the Sigma Chi Wallace Village for mentally retarded children in Brumfield, Colo.

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Friday Oct. 3
9 a.m. - 6 p.m.
2830 O'Reilly Dr.
Antiques, books, toys, childrens clothing, kitchen items, and much more. Sponsored by Lancaster County Medical Auxillary for charity.

Daily Nebraskan is selling two custom-made drafting tables. Used less than one year. Asking \$75 each. Ideal for paste-up work, drafting, or art. See at 34 Nebraska Union, 1400 "R" St. or phone Kitty or Jerri at (402) 472-2590.

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Now interviewing for part-time waitresses - Tues. & Thurs. lunches, 10:30-2:30p.m. Also Sat. evenings. Apply in person, Cliff's Red Carpet 12th & "O" St.

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PERSONALS
Randy G.: Beckl, huh? Well, I never thought much of your mozzarella, so there! Not to mention your pepperoni. Gall.

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Let Mom and Dad keep on top of what's happening on campus. Send them a subscription to the **DAILY NEBRASKAN!** Just send a check and the name and address where you want the subscription sent to Daily Nebraskan, 34 Nebraska Union, 1400 "R" St., Lincoln, Ne. 68508 1 year-\$12.50 1 semester-\$7.50

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ASTOR	SINUS	AUD
SHOOTING	ONESWAD	
PORK	FIORD	PAYE
SONS	APRES	AYES

Answer to Wednesday's crossword puzzle.

Crossword Puzzle

Edited by WILL WEIG
Courtesy of the New York Times

- ACROSS**
- 1 Straw
 - 5 Chest
 - 10 Places for parishioners
 - 14 Own up to
 - 15 Spanish city
 - 16 Soviet river
 - 17 Art style
 - 18 Provoked
 - 19 Ended, in France
 - 20 Follow a cat's example
 - 23 Math ratio
 - 24 G-I-f-course area
 - 25 Murder or burglary
 - 28 Broke a promise
 - 33 Imitating
 - 34 Fall guy
 - 35 River, in Spain
 - 33 Chinese group
 - 37 Western capital
 - 39 — Atto
 - 39 Dutch town
 - 40 Gets a bad grade
 - 41 Governed
 - 42 Showing reason
 - 44 Checks
 - 45 Mr. Hunter
 - 47 Wedge of a sort
 - 54 Tree of Ceylon
 - 55 Throw in the
 - 56 Self-complacent
 - 58 Bewilder
 - 59 Error's partner
 - 60 Diminutive suffix
 - 61 Malamutes' burden
 - 62 Moments of time
 - 63 Korean statesman
 - 1 Naughty
 - 2 Running track
 - 3 Cracker or jerk
 - 4 Final effort
 - 5 Doms'n of a British nobleman
 - 6 Sheeplike
 - 7 Place for fodder
 - 8 Lycian poet
 - 9 Hurried
 - 10 Enjoyed a pipe
 - 11 Penna. city
 - 12 Dwindle
 - 13 Kind of skirt
 - 21 Cartoonist Jay Darling
 - 22 Small spring
 - 25 Mythological trio
 - 26 Lyrical piece
 - 27 Napery
 - 28 Santiago's land
 - 29 Columbo
 - 30 Papal cape
 - 31 Off. ce clerk
 - 32 Viands
 - 34 Snake's maneuver
 - 37 Small-minded businessmen
 - 33 Accomplishes
 - 40 Decree
 - 41 Donna cr Robert
 - 43 Spifflicated
 - 44 Resides
 - 46 Leading
 - 47 Attaches
 - 48 Colt
 - 49 Slimy
 - 50 Mrs. Helmer
 - 51 One of a pair
 - 52 — of office
 - 53 Observance
 - 57 Born, in France

1	2	3	4	5	6	7	8	9	10	11	12	13
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58						59					60	
61						62					63	

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