

Celebrations honor toilets

An open house in the bathroom, movies and a pig roast highlighted this year's Hinsdale Day celebrations.

Hinsdale Day is an annual event celebrating the toilets in the men's restroom in the basement of Architectural Hall. The toilets carry the Hinsdale patent, and are dated Nov. 1, 1910.

One student said, "This is a chance for everyone to come and see what it is truly like (the restroom)," which was open to the public Friday afternoon.



Gays mark anniversary

By Marella Synovec

The Gay Action Group (GAG) Coffee House celebrated its fifth anniversary Sunday night. Since the first Coffee House met in November 1970, there have been some changes, but GAG members say it has remained basically the same.

"Coffee House was started because there was absolutely nothing in Lincoln for gays to do except cruise the capitol," said Calvin, one of the original GAG members who managed Coffee House for three and one-half years. "There was no place for them to go and no social activities."

Coffee House in 1975 is "aimed at being a discotheque-type bar without the liquor, only no one sets up an elaborate light and sound system like we had a few years ago," Dave, a GAG member, said.

About 20 people attended the first Coffee House in the basement of UMHE Commonplace, 333 N. 14 St., Calvin said. The trimmings were not overly elaborate—just a record player, a stereo, a bowl of popcorn on the floor, cookies and Kool-aid, he said.

"The initial reaction to the first Coffee House was fright," he said. "There were bright lights in the basement at Commonplace and a table with cookies and apple cider was in one corner. After the music started, the 20 people who were there just stood around, but after the first person went out to dance, the rest gradually got into it. People just weren't ready for it."

Calvin said it took about a year for the gay community to get rid of what he called a paranoia about going to Coffee House.

"Lincoln is a relatively small town and news of who's who travels fast on the grapevine," he said. "There was a fear of being seen going into Commonplace by straight people. Then gays realized that if there were any straight people at Coffee House, they would be there for the same reason that everyone else was."

"Bizarre church" "After it had been going on for about a year the Coffee House image changed from one of a church bazaar to a bizarre church," Calvin said. He said he had

worked with the Hollywood Gay Liberation Front before coming to Lincoln, and tried to make atmosphere at Coffee House similar to a discotheque.

"For a long time it was the only discotheque-bar situation like it in the Midwest that had a decent light system. It used to be a hot place to go," Calvin said. "We could keep on top of the music because one of the GAG members would go to Chicago to see what music was currently big," he said.

Three hundred people attended the first anniversary of Coffee House. Now, attendance averages about 100, Calvin said.

Meets weekly

Coffee House meets every week now instead of every two weeks, which may explain why attendance is lower than it was a few years ago, Dave said.

There is now a \$1 admission charge "because of financial reasons," he said. "When it first started there was a suggested donation of 50 cents that rose to 75 cents and it was almost necessary to exhort people to make a donation," he said. Profits are used for GAG activities, he said.

Profits from Sunday's Fifth Anniversary Coffee House were donated to the defense fund of Sgt. Leonard Matlovitch, a 12-year service man who was discharged from the Air Force because he is an admitted homosexual.

Masters Week features alumni

Nine UNL alumni return to campus this week to participate in the 12th annual Masters Week program.

The masters will discuss their post-graduate experiences with students in classrooms and in open discussions.

The Wednesday through Saturday event is sponsored by Mortar Board and Innocents, UNL senior honoraries, in cooperation with the chancellor's office and the Student Alumni Board.

Center offers exercise help

By Betsie Ammons

Some residents of Abel-Sandoz residence halls are learning structured exercise routines and better dietary habits at the Abel-Sandoz Fitness Learning Center, according to Mike Eyster, complex director.

The center combines an understanding of exercises with a specialized program of nutrition, Eyster said. Trained supervisors and dietetic interns are at the center from 4 to 5 p.m. and from 6 to 10 p.m., Monday through Thursday, he said. The center, in the Abel-Sandoz basement, is always open to participants.

The program was started in January by Bob Robertson of the UNL Fitness Lab, and Elizabeth Griego, former Abel-Sandoz complex director, Eyster said. He said Robertson conceived the idea from a similar program at Brookline Community College in New Jersey. Present codirectors are Eyster, Robertson, and Ruth Eshleman of the UNL Food and Nutrition Dept.

Robertson said when a participant comes to the center he or she is tested for blood pressure, flexibility and body

girths and given an "exercise profile"—exercises to fit his or her physical makeup.

Two phases of exercise are included— aerobic exercises, which require large amounts of oxygen and improve circulation and respiration, and exercises for muscular strength and endurance, Robertson said.

"Aerobic exercises are the most important for a life-long program of adult physical fitness," he said.

Robertson said participants exercise in 22-minute circuits, moving from one piece of equipment to another. Directors recommend that students exercise from three to five times a week, he said.

Equipment, which cost about \$4,000, includes a weight machine, two stationary bicycles, a stepbench and jump ropes, according to Eyster.

Eyster said the center was financed by ASUN funds, the Housing Capital Improvements Fund and a Student Affairs program grant.

Robertson said about 75 students were in the program last semester, and there are about that many now.

Little Bo's SUPERWEEK!

LITTLE BO CENTER
CRICKET
 LITTLE BO WEST
BIG AL AND THE HI-FI'S
LITTLE BO'S

27th and Cornhusker