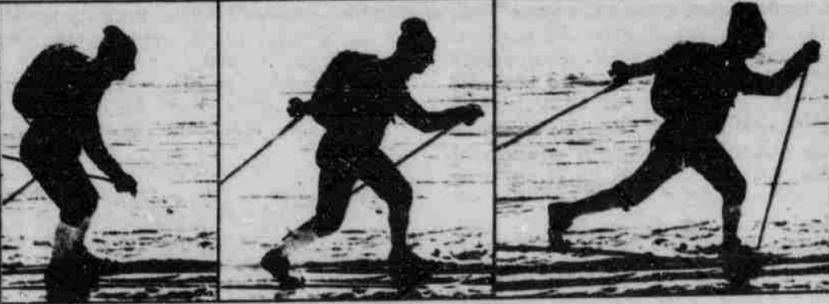


READ WANT ADS

**FREE
CROSS-COUNTRY SKI CLINIC**



**TUESDAY, NOVEMBER 11
8 P.M. IN THE BIVOUCAC STORE.**

Discover a whole new world of skiing. Films entitled, "The Norwegian Way of Life" and "Nordic Skiing". Afterwards a question and answer discussion with Bivouac's experienced cross-country ski specialists.

BIVOUCAC

1235 Q Gunny's

Introducing Vision Center's

**"Love 'em or
Leave 'em"
Plan**

The original purchaser of this pair of contact lenses, if not completely satisfied within 30 days of purchase, is entitled to a refund of the cost of the lenses only. Refund will be made upon return of the lenses with this certificate to the Pearle Vision Center where purchased. This plan does not cover soft lenses or bifocal lenses and does not include damage or scratching, loss or theft of contact lenses. This certificate is not transferable.

Issued to: _____
 Issue Date: _____ Expiration Date: _____
 Rx No. _____
 Store No. _____
 Manager: _____



**It takes the indecision
out of the decision to buy contacts.**

If you wear eyeglasses, you've probably thought about getting contact lenses. You've probably also had second thoughts about whether you'll like them or not.

That's why Pearle Vision Center now offers our "Love 'em or Leave 'em" Plan. Try contacts. Wear them. Live with them. And then, within 30 days of purchase, if you decide they're not for you, we'll refund the cost of the

lenses. This plan does not cover soft or bifocal lenses.

You owe it to yourself to see how you like contacts. And now Vision Center has a way for you to do that. Without owing anything to us.



**Lincoln, 1132 "O" Street—Tel. 432-7583
Gateway Mall—Tel. 464-7416**

**Health Center now offering
free diabetes detection test**

By Lorraine Hughes

The University Health Center will offer free blood-screening diabetes detection tests to UNL students, faculty and employees Monday, Tuesday and Wednesday from 9 to 10 a.m. and 2 to 3 p.m.

November is national Diabetes Month. Diabetes, leading cause of blindness and fifth leading cause of death, should be tested for annually, said Geraldine Stamm, director of the Nebraska Regional Medical Program. The highest risk groups are people who are overweight, blood relatives of diabetics, persons more than 40 years old and women who have had babies weighing nine pounds or more at birth, she said.

Diabetes is caused by an absence of insulin, a hormone which normally is found in the body and which aids in processing sugar for energy, she said. Symptoms of diabetes, she said, are excessive urination, blurred vision, fatigue, sudden weight loss and poor healing of wounds.

Dr. Kenneth Hubble, executive medical director for the health center, said it is important to eat a heavy meal before the test, including orange juice, bread with butter and preserves, potatoes and a rich dessert. Students should not drink coffee or tea before the test because caffeine tends to drive down the blood sugar level and cause inaccurate test results.

Test results will be ready in about two minutes. Two university medical technologists can process 80 tests an hour on the two machines provided by the Nebraska Regional Medical Program, according to Celeste Knipmeyer, supervisor of Community Health Services at the health center.

"Although the tests won't be as accurate as a lab blood-sugar test, it will give an indication if there is a high sugar percentage in the body," she said.

Persons with test results indicating an elevated blood-sugar level and possible diabetes will be sent to the University Health Center lab for more complete tests, she said.

Injured prof now 'serious'

The UNL associate professor of elementary education who was critically injured in a traffic accident Wednesday night is now in serious condition, according to Sandra Keefover, Lincoln General Hospital supervisor.

Ward Sims, 57, of 2435 Park Ave.,

suffered a skull fracture when his car was in collision with a car driven by William Rockemann, 26, of 2636 A St.

Rockemann pleaded innocent in Municipal Court Thursday morning to a charge of drunken driving.

Sims has regained consciousness, Keefover said.

**SPEED READING
COURSE
TO BE TAUGHT
IN
LINCOLN AREA**

The Iowa Reading Lab, of Des Moines, will offer a 4 week course in speed reading to a limited number of qualified people in the Lincoln area. A person is required to attend only one 2½ hour class per week, on the evening of their choice for 4 weeks only. The course guarantees to triple the person's reading speed with a marked improvement in comprehension and concentration. The guarantee, however, is a bare minimum as the average graduate will read 7 to 10 times faster. They can read almost any average book in less than one hour.

For those who would like additional information, a series of free, one hour orientation lectures have been scheduled. At these free lectures the course will be explained in complete detail, including classroom procedures, instruction methods, class schedule and a special 1 time only introductory tuition that is less than one-third the cost of similar courses. You must attend only one of the free meetings for complete details. You may attend any of the meetings for information about the Lincoln classes.

These orientations are open to the public, above age 14, (persons under 18 should be accompanied by a parent if possible.)

If you have always wanted to be a speed reader but found the cost prohibitive or the course too time consuming... now you can! Just by attending 1 evening per

week for 4 short weeks you can read 7 to 10 times faster, concentrate better; comprehend more.

If you are a student who would like to make A's instead of B's or C's or if you are a business person who wants to stay abreast of today's everchanging accelerating world, then this course is an absolute necessity. These Free one hour meetings will be held at the following times and places:

Wednesday, November 12th,
at 6:30 p.m. and again at 8:30 p.m.

Thursday, November 13th,
6:30 p.m. and again at 8:30 p.m.

Friday, November 14th,
at 6:30 p.m. and again at 8:30 p.m.

Saturday, November 15th,
at 10:30 a.m. and again at 1:30 p.m.

Monday, November 17th,
at 6:30 p.m. and again at 8:30 p.m.

These meetings will be held in the conference room of the Radisson Cornhusker Hotel, located at 13th & M.

If you are a businessman, student, housewife or executive, this course which took 5 years of intensive research to develop, is a must. You can read 7 - 10 times faster, comprehend more, concentrate better, and remember longer. Students are offered an additional discount. This course can be taught to industry or civic groups at "Group rates" upon request. Be sure to attend whichever free orientation that fits in your schedule.