

## 'Bama win ups coach IQ in minds of fans—Osborne

By Lisa Broman

It's amazing how much smarter one can get in a week, UNL's football coach Tom Osborne told a noticeably large Extra Point Club luncheon Monday.

Osborne, comparing the Alabama win Saturday to the Washington State loss last week, chided UNL fans for wavering in their support for his coaching ability.

"We were very gratified with the win," Osborne said. "The players' response to a tough week was very pleasing and they showed more enthusiasm and better hitting than a Nebraska team has in a long time."

Osborne described the team as being very quiet the entire week until the game. At game time they were not tense, but just full of emotion, he said.

Although noticeably pleased with the game's outcome, Osborne said he was disturbed with the number of yards the Nebraska defense gave up to Alabama.

He said the UNL coaches had nothing but respect for the Alabama offense and went into the game expecting Alabama to move the ball.

### Young defense

"Our defense is young and Alabama's offense is one of the best in the country so our approach was to just outscore them," he said.

The defensive line still is making many mistakes because of their youth, he said, but they will iron them out as they get more playing experience.

The defensive secondary tackled better than any Nebraska team he has been around, Osborne said.

"Jim Pillen had an especially great game," he said. "He played as well as any Nebraska monster back in a long time."

As for the offense, Osborne said they showed more quickness and ease for finding daylight than any UNL team for years.

Rick Berns and I.M. Hipp have showed they can get through the holes made by the offensive line much quicker than past running backs.

### Fewer mistakes

Berns has showed considerable improvement, Osborne said. He is making fewer mistakes and is showing more confidence in himself, Osborne said.

Osborne restated the fact that UNL did not play a bad game last week, but lost on mistakes. This week the team's intense practicing paid off, he said.

Osborne said he was pleased to see Randy Garcia come back and do a good job at quarterback.

"I hate to see the fans come down on somebody when it isn't entirely their fault," he said. "I was really pleased to see the poise Garcia showed, especially considering the limited amount of practice he had last week."

Garcia practiced only one full day last week because of a knee injury that hobbled him in the Washington State game, Osborne said.

By Tuesday of last week it looked very doubtful that Garcia would see any action, he said.

### Little practice

Both quarterbacks (Garcia and Tom Sorley) played well, considering the limited amount of practice each put in.

Sorley, also injured in the Washington State game, played Saturday until he re-injured a shoulder.

"Sorley was not throwing at full speed Saturday because of the strained arm," Osborne said. "The doctors say that he was in better condition this Sunday than he was a week ago," he said.

The only other injuries were to full-backs Dodie Donnell and Keith Stewart. Hopefully, Donnell will be at full speed for the Baylor game, Osborne said, but Monte Anthony probably will be the starter.

Osborne said there were no obvious errors in the kicking game but he hopes to see Tim Smith punt farther in the future.

### Kicking important

"The kicking game is very important and we will work on it this week to make sure it doesn't go to pieces," he said.

Osborne complimented UNL fans for their support saying that Saturday's game made it obvious how much a crowd can pick up a team. The fans showed more enthusiasm than they have in a long time, he said.

He warned fans not to get over confident because UNL "is not yet over the hump in its non-conference schedule."

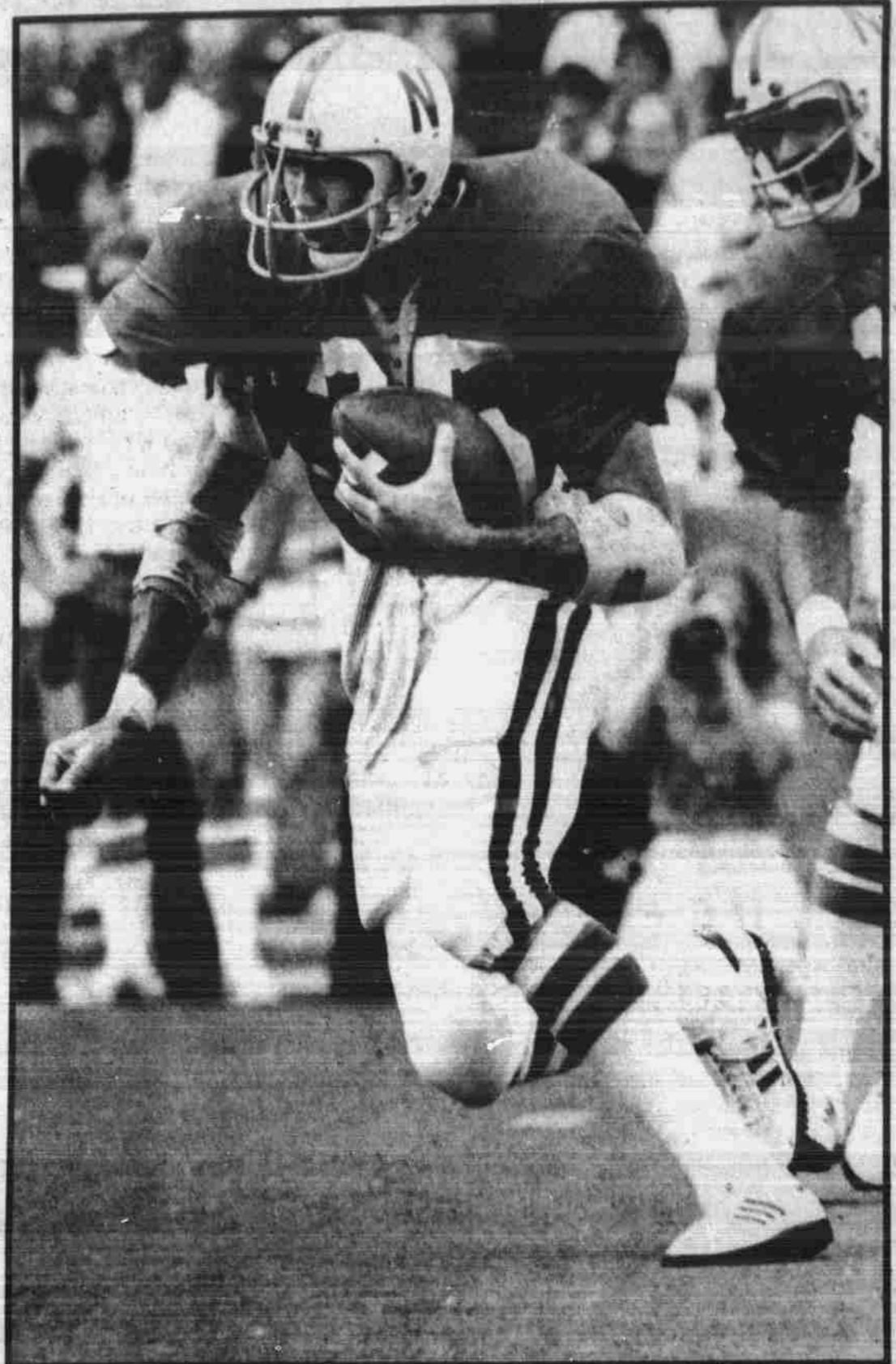


Photo by Ted Kirk

## SI tabs Berns 'Offensive Player of Week'

Husker I-back Rick Berns has been named Offensive Player of the Week by *Sports Illustrated* for his performance against the University of Alabama Saturday. The junior from Wichita Falls, Tex. ran for 128 yards on 23 carries and three touchdowns in the Huskers' 31-24 win.

Berns scored the Huskers' winning touchdown on a one-yard leap over Bama's front line with 7:12 left in the game. University of Mississippi linebacker, Brian Moreland, was selected Defensive Player of the Week in UM's 20-13 win over Notre Dame.

## Volleyball team to face high-caliber competition

A four-day trip to Texas will allow the UNL women's Volleyball team a chance to play against high caliber competition, Coach Terry Pettit said.

The Huskers will play a single match against the University of Texas at Arlington (UT-A) on Wednesday. The Huskers will compete in the Mean Green Invitational Volleyball Tournament Friday and Saturday at North Texas State University in Denton, Tex.

"Three of the teams in the Mean Green tourney are

in the top ten of Volleyball Magazine," Pettit said. "Texas at Arlington, who we play Wednesday, Southwest Missouri University (SWMU) and Lamar University in Texas. We won't lack for competition. We're looking forward to the caliber of competition we'll play," he said.

Pettit said two pools of six teams each are in the Mean Green Tournament. The top two teams from each pool advance to the Saturday finals after round-robin play Friday and Saturday morning, he said.

The Huskers will play NTSU, Stephen F. Austin University, SWMU, Texas Womens' University and Texas A&M University in their pool.

"We'll be comfortable at this level of competition," Pettit said. "This won't be 'the' big tournament. We do play in others of this caliber. We play at Wisconsin, UCLA and nationals. So we'll be bumping into others in later tourneys."

Pettit said it was difficult early in the season to predict how well his team will do in Texas.

Ten to 12 weeks from now, it would be easier to make a prediction," he said. "But I'd be surprised if any team is consistently good in this tourney."

Pettit said team effort is the Huskers' biggest advantage so far this season.

"I don't know that we have any stars on this team," Pettit said. "It's that way because the whole is better than the parts. We'll need all of them to play well to be an outstanding team."

"We do have some smart individuals who play well. But there are no one or two players who carry the team," Pettit said.

## Health center offers weight-loss class

Twenty UNL students, who are at least 15 per cent overweight, are enrolled in a weight reduction class offered this fall by the University Health Center, according to Dr. Garland Bare.

"We try to use a multi-disciplinary approach," Bare said. Several health center staff members who specialize in different areas are involved with the class, he said.

A psychologist helps each student understand why he overeats and how to control it. The health center dietician plans economical, low calorie diets for the students. A physical education instructor talks to the group about exercise.

The goal for the group is that each student lose one and a half pounds per week, Bare said. That would total fifteen pounds over the ten-week class period.

"We stress the medical danger of crash diets," Bare said.

The group tries to prevent the student from "going through life playing the yo-yo game" by aiming for behavior modification to make weight loss a permanent thing, Bare said.

Each class session begins with a weigh-in. A speaker addresses the class and is followed by group discussion.

For the first six weeks of class, each participant keeps a diary of what he eats, Bare said. This puts eating on a conscious level, helps eliminate nervous eating and between-meal snacks, Bare said.

To discourage people who aren't really motivated, a twenty dollar deposit is required at the beginning of the semester, Bare said. Two dollars are refunded for every meeting the student attends, he said. This system provides more incentive for the student to attend the meetings, he said.

Before students are allowed to enter the group, they are screened for health problems such as diabetes, high blood pressure, and thyroid disorders.

Something that has been added to the class, in its fourth semester, is the "motivation by mail," Bare said. Each week, class members will receive some form of encouragement in the mail.

The group is filled for the semester, but two classes will be offered next semester, one on East Campus and one on City Campus, Bare said.

sports  
shorts

Clinics for girls interested in being a cheerleader or mat-mate for the Husker wrestling team will be at 7:30 p.m. today and Thursday in the Sports Complex. Tryouts will be 8 p.m. Monday for cheerleaders and 7:30 p.m. Tuesday for mat-mates.