



## Downtown rejuvenation helps in All-American status drive

Lincoln is relying on one of its strong points, the rejuvenation of downtown in its drive to achieve the All-American City status. In a spot-check of UNL students, the evaluations of their temporary home differed.

Downtown areas are an important part of a city and Lincoln is doing a good job keeping its alive, according to Wayne Huebner, a UNL junior physical education major.

Huebner said he thinks this could be one reason Lincoln is among the 22 finalists in the All-American City Citizen Action Award program sponsored by the National Municipal League.

The program is oriented towards cities that have effectively dealt with their problems.

Lincoln's efforts in face lifting the downtown area are being emphasized by city officials in the competition. The Comprehensive Plan for future development and the preservation of places of history also are being emphasized.

From the 470 applicants, Lincoln and Ravenna were Nebraska's two finalists. A presentation by a three-member Lin-

coln team in Denver is the next step in competition.

Another student reacting to the news of Lincoln being a finalist in the competition said she did not think Lincoln qualified for an All-American title.

The junior physical-education/Spanish major at UNL said the entire city is planned around O Street. This does not make the city very interesting, she said.

Another UNL student said Lincoln is an All-American city.

Kelly Riggs, a senior Spanish major said, the size of Lincoln adds to its attractiveness. The city is not too big and therefore does not have to contend with many of the problems of larger cities.

Crime is not as prevalent here as in many cities, she said.

The university adds to the image of an All-American city, she said.

The renovation of the downtown area helps keep Lincoln going. So many cities have let the downtown area go and the city loses its attractiveness, she said.

"Lincoln is a nice place to live, she said. "It has many wholesome people, they may be a little conservative, but they are basically down home-type people."

## Coach makes Lamaze birth easier

By Pat Gentzler

Single mothers have always found it difficult to give birth to their children using the Lamaze method because of the importance of the husband's role as labor coach. But now, single mothers in Lincoln can get help, said Nancy Perry, member of the Childbirth Education Association.

The association is offering classes in the Lamaze method of childbirth to single mothers by providing the mother with an experienced labor coach if she desires one, Perry said.

In the Lamaze method of childbirth, the mother remains conscious and has complete control of the birth. The labor coach is responsible for keeping the mother relaxed and helping her with her breathing exercises. The two attend the Lamaze classes together and prepare for the birth by working on breathing and relaxation exercises.

For married mothers, the husband usually serves as the labor coach, Perry said. However, the single mother often needs someone to help her, unless she has a friend or relative who wants to be her coach.

The labor coaches provided by the association are all volunteers and most have used the Lamaze method, said Perry. They attend the classes with the mothers and are

present at the birth. Each volunteer participates in about five births a year, she said.

The class strives to provide the mother with accurate information concerning her pregnancy and childbirth. A complete library of books about pregnancy and childbirth are made available to the mother, she said.

They offer the support that often is hard for a single mother to find, helping her face the reality of her pregnancy, according to Perry.

A big part of the class is aimed at teaching the Lamaze techniques of childbirth including relaxation, breathing exercises, and medicines available, she said.

"If you know what's going on, you're less likely to be scared or anxious," Perry said.

The class aims to make sure the mother has a positive birth experience and to insure a healthy mother and baby, said Perry.

The class meets once a week, in the evening, for four weeks during the seventh month of pregnancy. If the mother can afford to pay, a \$4 fee is collected for the four sessions, she said.

Single mothers interested in giving birth using the Lamaze method are referred to the association by agencies such as the Open Door Health Center, Planned Parenthood and some private physicians, said Perry.

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## short stuff

The Community Involvement Service needs a reader for a student. Those interested should contact Union 200 or call 472-2484.

The Parking Advisory Board will meet at 2:30 p.m. in the Union. Room number will be posted.

Phi Mu Epsilon is sponsoring a lecture on "Careers in Mathematics" by David Skoug, math dept. chairman, at 7:30 p.m. in the Union. Room number will be posted.

The UNL Ad Club will meet 3:30 p.m. Tuesday in the Union. Room number will be posted.

Beta Alpha Psi is sponsoring an accounting lab 3 to 4 p.m. and 6:30 to 8 p.m. Tuesday in CBA 330 and 123.

The UNL Tassels will meet 5 p.m. Tuesday in the Union. Room number will be posted.

The UNL Campus Red Cross will meet 6 p.m.

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