

# Some see diet clinics as answer to lack of will power

By Sue Brown

Starchy dorm foods line up, tempting student consumers. Typical evening sprints down to Baskin-Robbins do not make up for ordering a banana split upon arrival. Nightmares haunt pudgy freshmen who cringe at the idea of literally rolling out of bed the next morning.

A common tendency among college students is to gain weight, whether it be five pounds or much more. Three Lincoln dieting and weight clinics may have the answer if sheer will power is not enough.

Newest in the Lincoln area is the Diet Center located at 3201 Pioneers Blvd. Owner-manager Connie Clark opened the center on July 24 and although business is growing each day, she said she hopes to keep it on a very personal level. There are over 800 centers throughout the United States.

### Medical records checked

Before a client is placed on the 750 calorie a day menu, the client's medical records are checked, said Clark, adding that the center continues to work with the client's physician throughout, informing him or her of progress.

Clark said the reducing diet plan requires the client to come in the office for weight and monitoring. They eat only natural foods, in addition to vitamins and minerals.

After reaching the prescribed weight goal, Clark said clients enter the stabilization process, which lasts one week for every two weeks on the reducing diet. During this period, nutritional classes may be attended and certain foods are gradually added back to the diet.

The maintenance is the third phase of the program and is a lifetime period, she said, adding that clients may come in at any time to be weighed or counseled.

### Students counseled

Clark who has counseled university students, goes through the menu they are offered at their place of residence and sets up appropriate meals for them.

Cost is based on an individual basis. Clients pay for the time it takes to lose their weight, she said, but each pays the same per week rate.

"We are not health food nuts," said Clark. She said she feels that one should not let weight control their life. "It's time we put food in its proper place," she said.

Another alternative is the Weight Loss

Clinic at 339 North Cotner.

### Relaxed atmosphere

Shari Fecht, Director of the clinic tells of a relaxed atmosphere where the nurses know everyone on a first name basis. The clinic is staffed with registered nurses as well as two consultants, one of which is Fecht.

The Weight Loss Clinic is one of 64 clinics throughout the country. Clients visit the clinic for approximately ten minutes per day in order to weight in, Fecht said.

The phases of weight reduction, stabilization, and maintenance are the major parts of the program, with the stabilization period lasting for six weeks having twice-a-week visits, according to Fecht. The maintenance period lasts an additional six months requiring monthly visits, she said.

### Cost by need

Costs are based on the individual's needs and, according to Fecht, are "sensibly priced."

In cases that warrant it, the clinic works with the clients physician.

Weight Watchers, at 2231 Winthrop Rd., has been in Lincoln for almost eight years. The basic method for weight loss centers around teaching the individual to eat correctly or, as Myrna Jernberg, office manager, said, "a re-education in eating."

### Lecturers lifetime members

Area manager Maxine Jackman and the ten lecturers at the Lincoln location are all lifetime members of Weight Watchers. Losing weight through the program is a "must" for all lecturers, she said.

Besides offering various menus suited to men, women and youth every two weeks, a different module is presented, according to Jackman. Modules are handouts that are discussed in class and practiced in home. Topics include; "How to Manage Eating Out" and "How to Avoid Temptation".

A doctor's permission is not required to participate unless an individual only has ten pounds or less to lose. Jackman said university students receive "special attention in that they are not always able to prepare their own meals." All three clinics have a larger enrollment of women than men, although the number of men are increasing in number.

The clinics all leave exercise up to the individual, although in some cases it is encouraged.

A fee of \$8.50 is required upon registration and an additional \$3.50 is due at each weekly weight watchers meeting.



## Classes in castles, theaters

The average classroom, filled with desks, books and dozing students, will give way to the Loch Ness castle, London's National Theater, Nepal and India for winterim participants this year.

A non-credit European sight-seeing tour and 17 3-credit hour classes are offered Dec. 27-Jan. 13.

This year's schedule also includes Spanish 202 in Madrid, visits to England and Italy for the Italian psychology class and an Architecture 497 study of English and Scottish castles, said Christia Joy, director of the Flights and Study tou.

The average cost per class is \$750 which includes round-trip air fare from Lincoln, hotel accommodations and breakfast each day.

The price range extends from \$1,500 for the Religious Landscapes of the Himalayas class, to \$650 for the British Education class, Joy said.

She said students can expect to spend \$7-\$10 per day on meals and estimated that most students take a minimum of \$200-\$250 with them.

Applications for the tours must be in by Sept. 25 to insure a position in the class, Joy said.

She said remaining seats will be available for \$359, about \$260 less than the cheapest regularly scheduled flight. This price includes only air transportation for students not taking a Winterim course.

Interested persons can register in Rm. 345 Nebraska Union.

## Chamber endorses liquor on Sunday

The Lincoln Chamber of Commerce went on record Wednesday in support of liquor by the drink on Sundays in Lincoln as permitted by state law.

Chamber President Richard White said the organization "very strongly" supports the move, and will appear before the Lincoln City Council to present its views.

"We (Lincoln) are almost alone in competition for conventions with regard to Sunday sales," White said. He explained that convention business is very important to the city.

The present law is very inconvenient, and forces conventions out of the community, White added.

The city council is considering a move that would allow Sunday liquor licenses for businesses that could prove over 75 percent of their business is in food sales. The council will discuss action on the proposal at its evening meeting Sept. 25.

The chamber considered no motion specifically regarding the proposal before the council, according to White.

Mayor Helen Boosalis said the council should look at both ideas and make the public aware of the situation before acting on any proposal. She said she will recommend public hearings on the matter to the council.

"From what I've heard so far . . . the people feel that it's a little discriminatory (the council proposal)," Boosalis said.

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