

# Val's gives to speakers program

Valentino's Inc., a Lincoln-based restaurant chain specializing in Italian food, has committed \$10,000 as a challenge gift to the UNL students toward raising funds to support the speakers program.

The pledge is part of the student phase of the NU Foundation's \$25 million Capital Gift Campaign.

"We believe one's education is enhanced by the exposure to the views of prominent speakers who may differ on important issues confronting society," said Anthony Messineo, president of Valentino's.

"Such exposure stimulates thinking and encourages a logical process in evaluating opposing view-points. We have confidence in the students' ability to select speakers who fairly and honestly represent issues," he said.

The funding for the UNL speakers program from student fees was discontinued this past year through administrative action of the NU Board of Regents.

### Largest private contribution

"The Valentino's gift is the largest private contribution received for support of a student-selected program," said Ken Marienau, ASUN president. It will serve as the cornerstone for building a substantial endowment for the speakers fund.

"Valentino's display of confidence in the student body is a source of great satisfaction and we accept their challenge to match the \$10,000 gift."

Valentino's gift will be made over a five-year period.

The greater share of the gift will endow the speakers fund with only income used annually to attract speakers. Initially, a portion of the gift will be expendable, enabling the fund to provide financial assistance to the 1979-80 academic year.

### Three reasons

In making the gift, Messineo cited three reasons for his company's support.

"Valentino's is appreciative of the patronage of the students. We received our start across from the campus at 35th and Holdrege, and it was the students' support and loyalty that allowed us to expand and prosper. This is our opportunity to show our appreciation.

"Secondly, the university's educational and cultural activities add immeasurably to the quality of life in Lincoln; and thirdly, Ron Messineo, vice president of Valentino's, and I are both graduates of the university and as alumni, we are pleased to support our alma mater through the University Foundation."

### Student phase

The student phase of the foundation's three-year campaign is being conducted under the auspices of AUF and ASUN. Most student organizations, fraternities and residence halls are participating in the fund drive. The on-campus programs selected for support include the speakers fund, student research grants and the University Child Care Projects.

# Health clubs battle bulges and boredom

So you're tired of watching soap operas, you're beginning to feel the symptoms of advanced cabin fever, and you've noticed that those baggy painter's pants aren't so baggy anymore. Winter can do that, leave you bored, fat and stuck inside with only the T.V. and refrigerator for company.

One simple solution might be getting some more exercise, but if you don't care for jogging in sub-zero weather or doing pushups in the living room, you might want to try one of Lincoln's health clubs.

According to most of the club owners, winter is their best season, and memberships double or triple between October and March.

### Fitness business booming

The owners said there are about as many different ways of staying fit as there are flabby people, and that Lincoln offers options for the fitness freak.

Among them is the Alpha Health Center, a health club only for women at 140 N. 48th St. Manager Ruby Spencer said the spa has diet and exercise programs for women who want to lose weight, gain weight or shift it around.

For men, there is the Lincoln Health Club at 815 O St., a body building outfit that specializes in the Nautilus weight machine. They also have a health food bar.

### Coed health spas

If you would rather throw weights around in a coed health club, give the Sweep Left Health Spa a try.

According to employee Joe May, Sweep Left is equipped with a full set of weights, weight machines and exercise equipment, not to mention a whirlpool and health food bar. May said a six-month membership costs \$60.

What's that you say, you don't care for pumping iron

and you hate carrot juice?

Okay, give indoor tennis a try at the Lincoln Racquet Club.

Manager Nancy Shafer said memberships are \$85 a year and hourly court fees are \$9 or \$11, depending on what time you play.

Racquetball? There are two clubs in town strictly for the racquetball player.

Wallbanger's at 300 W. P St. has a \$60 yearly membership and \$7 or \$5.50 hourly rate, depending on when you play.

Sports Courts, at 222 N. 44th St. costs \$18 a year for a membership and has court fees of \$3.50 or \$3.75 a person for singles racquetball.

### All this and more

And for all of the above mentioned activities and then some, there are two YMCA facilities, one downtown at 139 N. 11th St. and the Northeast branch at 2601 N. 70th St.

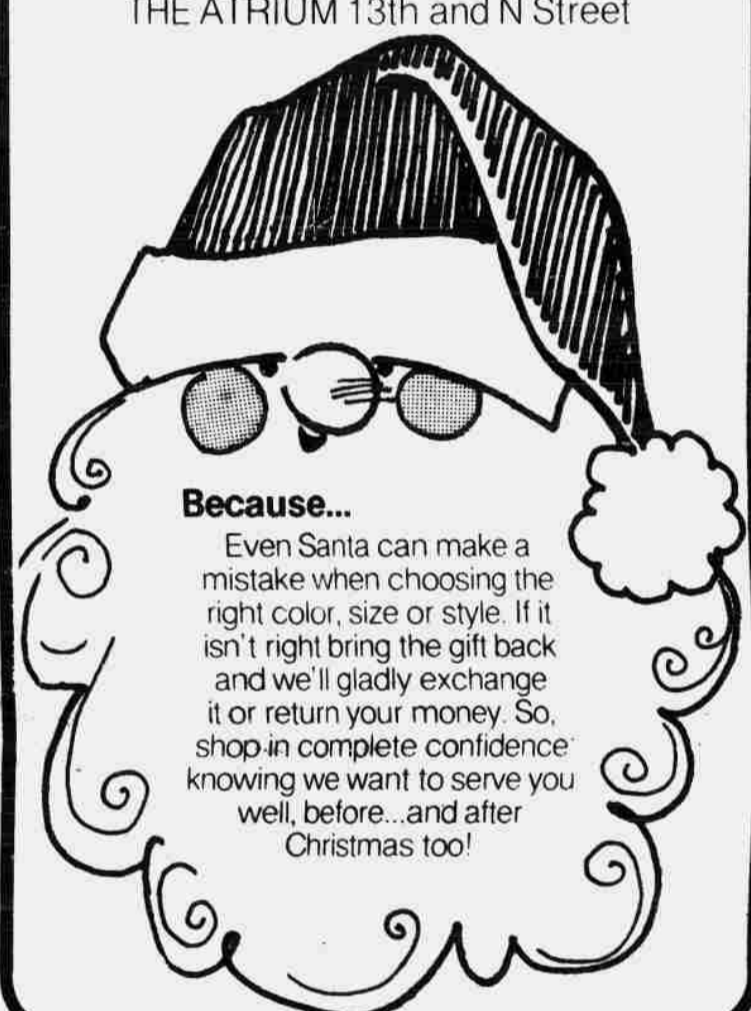
Director Henry Cox said the YMCA has weight lifting, racquetball and exercise classes like the private clubs, but also offers two indoor tracks, swimming, basketball, volleyball and more.

Cox suggested a basic membership plan for students: \$15 a year plus a small fee whenever you use the facilities.

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