

T-shirt results from 'UNO, UNL friction'

By Barb Richardson



"The University of Omaha at Lincoln" is a slogan that could be profitable for Jimmy Nelson.

Nelson, a 1973 graduate of UNO and an employee at KMTV television station and GNU Graphics, said that the slogan gives the Omaha campus a little bit of pride. "The slogan distinguishes the Omaha campus from the masses (UNL and the NU Medical Center)."

He said the idea was partially brought about by the friction between UNO and UNL.

"When UNO was annexed into the UNO campus many people were unhappy," he said.

Nelson explained that he used the cupola that's on top of UNO's administration building in his design because the cupola has been an emblem to the UNO campus.

"When UNO was annexed into the UNL campus many remained as an identity of the Omaha campus," Nelson said.

In connection with GNU Graphics, Nelson's slogan will appear on T-shirts. According to Nelson, the T-shirts will

first appear in red and black.

"The slogan is interesting because it takes people awhile to figure out what the T-shirt says," Nelson said.

"The University of Omaha at Lincoln" is not the first experience Nelson has had in the T-shirt industry.

"I got into T-shirts about a year ago," Nelson said. "I like T-shirts because you can take something that's plain and individualize it. T-shirts get ideas across and they're great advertisers," he said.

One of Nelson's biggest T-shirt ideas was the slogan "Omaha, World's best kept secret."

"A lot of my ideas come from what people say to me," Nelson said. "I accumulate what I hear people say, then I turn what I hear into ideas or slogans," he explained.

Nelson's "The University of Omaha at Lincoln" T-shirts go on sale next Monday, Dec. 4, on UNO's campus.

Doctors advise rest, aspirin, chicken soup for incurable sniffles

By Kim Wilt

The advent of the winter season also brings the advent of the cold season. Despite the current popularity of Vitamin C to prevent colds, two Lincoln doctors agree that there is nothing available to cure them.

Colds are caused by many viruses which give sufferers the same symptoms, according to Dr. Lorne Brown of the University Health Center. For that reason, they are impossible to cure.

For a mild type of cold, characterized by nasal congestion, a scratchy throat, and a general tired feeling, Brown suggested that sufferers take non-prescription cold tablets, and rest. Other than that, he said, there would be nothing to do but let the cold run its course—usually about four or five days.

However, for a more severe cold, one causing a sore throat, ear ache, or bad cough, Brown said health center doctors probably would run laboratory tests for mononucleosis or a secondary infection.

For this type of cold, he said, bed rest and fluids are helpful. "Sleep gives your body a chance to overcome the cold," he said.

Brown said a room humidifier would "definitely be helpful if you get a cold."

"There is a little evidence that dry air spreads germs more than moist air, but it's not significant," he said.

Dr. Jim Imbrock, of Lincoln General Hospital, said that while a room humidifier would not decrease the amount of colds a person gets, it would make a sufferer more comfortable, and would ease cold symptoms.

Imbrock also recommended cold tablets, especially those which contain both an antihistamine and a decongestant. If used too often or inappropriately, he said, cold tablets can become ineffective because a tolerance against them is built up in the body.

Aspirin and fluids also are helpful, Imbrock said, noting that non-aspirin substitutes are not as effective because they do not contain the anti-inflammatory ingredient that aspirin does.

Both doctors said that while Vitamin C is not harmful, it probably is not going to prevent a cold either.

"I don't know of any preventive measures," Brown said.

"You just have to suffer," Imbrock said. "There's nothing to cure a cold."



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