

Centurian believes in good food, exercise, fresh air

By Lynn Mongar

She painted her porch last month, and hosed off her sidewalks Sunday. She makes her own yogurt each week and cans tomatoes every fall. She walks slowly now, with a slight limp since she broke her knee, but without the aid of a walker. She will be 101-years-old on Christmas Day.

Lincolnite Margaret McCoy attributed her longevity to a healthy diet, exercise and fresh air.

"I never sit down for very long. My friends give me the dickens for working so hard," the centurian said.

She eats yogurt and honey for breakfast, and a meals-on-wheels lunch, and fruit or cottage cheese for dinner.

McCoy said she used to do sit-ups every day until she was 91-years-old.

She only stopped then, she said, because of being hospitalized when she hurt her hand in a ringer washer—which she still uses.

The accident also ended her 50-year career as a practicing chiropractor. She said she "just doesn't have the strength in her hand" that she once had.

When McCoy first moved to Lincoln from Missouri in 1918, she attended the Nebraska Chiropractor's College, which was at 15th and O streets.

She remembers traveling Lincoln's dirt roads in a blue Ford Coupe, which had a push button starter. "We wrapped ourselves in blankets then because the cars weren't heated," she added.

"YOU WOULDN'T BELIEVE the deep ruts in the roads back then," she said.

At the college she met her husband, whom she still refers to as "Doc." Together the couple operated their chiropractic office in the basement of their home at 1425 S. 15th St.

"I still miss Doc," she said.

McCoy has no living relatives and the loneliness of old age bothers her sometimes, but she said she "tries not to think about it too much."

Her shelves, lined with Norman Vincent Peale's books, offer mute testimony to her belief in the "power of positive thinking." Reading is the only activity that the bright blue eyes, watery with age, need glasses for.

Another book, a small black Bible, further enhances her life, she said. McCoy, a Methodist, said she is waiting until she can walk well enough to re-establish her weekly ritual to church. Her belief that no work should be done on Sunday was reaffirmed in a dispute she had with her

neighbors concerning the use of her clothesline.

"They can use it any other day of the week, but not on the Sabbath," she said.

McCoy SAID SHE doesn't pay much attention to world affairs today, and the turmoil of a decade ago has left her with one wish; "I hope there are no more wars."

"So much of what I hear doesn't suit me. So, I just don't pay attention to it," she said.

More open attitudes toward sex is one social change which "doesn't suit," McCoy.

"There's nothing private anymore. I don't think it's right," she said.

McCoy said she has never "touched a drop of alcohol" and has avoided smoking cigarettes because she thought they would make her sick.

"I did try the cigar though, and I didn't mind it," she said smiling.

McCoy said she's tried to "live right and do right." "I don't think I'd do anything different," she said.

Although she said she enjoys life now, McCoy said people were more congenial when she was younger.

"We were much happier in those days," she said.

Only essential items insured

UNL police report \$65,268 theft loss

UNL police report that \$88,695 worth of moveable items were stolen from the university in 1978. Only moveable items essential to students education are insured by the university.

UNL Police Investigator Bob Fey said only \$23,427 of the stolen items were recovered, leaving a \$65,268 loss.

Roy Loudon, administrator for personnel and risk management, said UNL doesn't have any type of insurance to cover the losses.

Insurance companies are out to make money, Loudon said. UNL would be paying \$90,000 in insurance premiums to cover \$60,000 in losses, he said.

Theft of removable items is expected and covered in the equipment budget, Loudon said.

"You don't insure what you can afford to lose," he said. Having an insurance policy on stolen items would be merely trading dollars with the insurance company, with the insurance company coming out ahead, he said.

However, Loudon said some removable items, for example IBM computers, are insured.

Anything that is essential to student education is insured. Loudon said such items are insured because "I

have a feeling the equipment budget is going to be exhausted."

Loudon said the money saved by not having theft insurance is better spent by campus police.

Fey said the "Starve A Thief Today" program, started this year, has been tremendously successful. The program alerts persons to potential crimes and helps the public and police work together to solve crimes, he said.

A list of stolen items is printed monthly with tips on crime prevention appearing at the bottom.

Fey said sometimes fingerprints and photographs can be taken when a theft is reported, but too often many others also have touched objects where the theft has occurred.

Although the "Starve a Thief Today" campaign is called successful, Fey said the dollar amount of stolen property would probably increase again this year due to inflation. He said the new program would improve with time.

Fey said students could protect their property by taking stereos and televisions home during Thanksgiving and Christmas vacations since that is when most large items are stolen.

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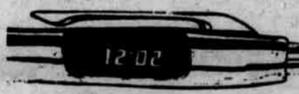
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