

Women gymnasts ready for team's second meet

Sports fans will have an opportunity to see the Nebraska women's gymnastics team in action when Iowa comes to town for a dual meet with the Huskers this Saturday.

The contest will follow Nebraska's third annual High School Invitational which starts at noon.

Nebraska has only competed once as a team this year, winning the Iowa Invitational and scoring 138.15 points, more than the Huskers scored in any meet last year. The Husker's two leading all-arounders, Renee Reisdorff and Patty Carmichael-Gerard, placed second and first respectively, at the Mid-West Invitational a few weeks ago.

Head coach Judy Schalk has stated this

season that Reisdorff will probably never lose a competition on the balance beam, while both women are tough overall in the all-around. But Nebraska should see good team depth with Carol Chmelka, Debbie Harrison and Crissy Robertson, she added.

Nancy Evans is out with a broken hand, which leaves the Huskers one spot short in vaulting, while Sue Litrenta is still bothered by a foot injury. Litrenta, however, will compete in the uneven bars and balance beam this weekend. Schalk hopes to have her up to full strength in January.

Iowa has been consistently scoring 126 this season, according to Schalk, and she said she is not expecting the Hawkeyes to give Nebraska much trouble.

Health aide program fills need for minor first aid

By Mary Louise Knopp

Residents of dormitories, fraternity and sorority houses with minor health problems often can have them taken care of without even stepping off their floor by utilizing the services of their health aides.

The health aide program started at NU in 1957 during the Asian flu epidemic. Interested students were taught by university Health Center personnel to care for others who were ill. The program was so successful that the health center decided to continue training students to deal with minor health problems.

"Since then, other universities including Yale and the University of Toronto have surveyed and copied our Health Aide Program," said Dr. Garland Bare, medical director of the University Health Center.

Students interested in becoming health aides do not have to have a medically related major, Bare said.

HEALTH AIDES are required to take a one hour credit public health course, taught by the Community Health Department at the health center. In addition, new health aides are given an extensive orientation program in which they become familiar with the health center and its staff's expectations.

Health Aides who have not had a first aid course are required to take the First Aid Multimedia Course.

Ten health aide coordinators, former health aides, work closely with the aides, offering guidance and advice.

"Health Aides are normally hired for one year," House said.

House said that there still are a few openings available in dormitories. He encouraged applicants to apply during the first few weeks of each semester because they would have to make up the training missed.

Health Aides receive \$5 a week for their services and pay their own tuition for the public health course.

At the beginning of the year, health aides draw up contracts in which they state how they will fulfill the expectations of the health center and what grade they are working to receive.

This year, four Health Aides in the Harper-Schramm-Smith complex conducted a freshman orientation of the health center and explained their own services.

"At one time, there was a health aide on every floor of each dormitory," House said, "but a year and a half ago budget cuts forced us to reduce the number to one for every two floors."

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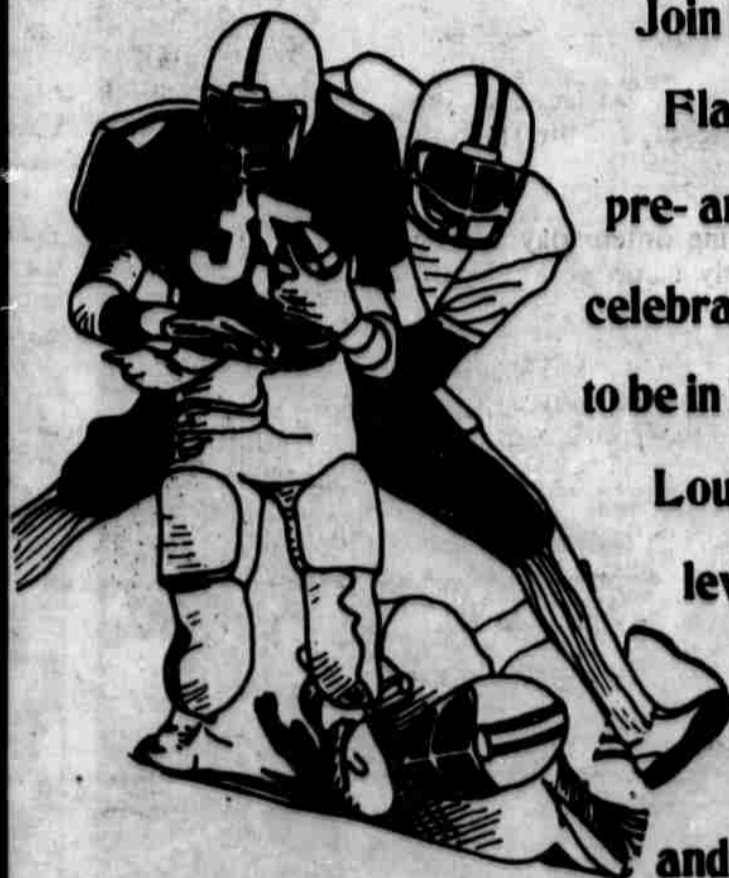
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