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<p>HELP WANTED Part time evening help at Bingo Rama. Must be able to work Sat. and Sun. evenings 6:30-10:30 p.m. Pays \$3.50 an hour to start. Apply in person Thurs. thru Tues. between 6:30-10:30 p.m. at 2608 Park Blvd.</p>	<p>Grab a partner. Two can live for the price of one, brand new 6-plex, large deluxe two bedroom apartments, carpet, drapes, appliances, a-c, 5 blocks from campus. \$260.00 per month. Call 474-4551.</p>
<p>The Government Liaison Committee is seeking new members for the 1981-82 terms. If you are interested in the governmental decision making process at the city, state and federal levels, GLC is for you! Membership is strictly voluntary, and you will only be asked to donate as much time as you wish to give. If you are interested in joining call us at 472-2652, or drop by our office, 335 Nebraska Union. Remember, You Can Make a Difference!</p>	<p>Why rent? You can buy the immaculate, 2 bedroom, 14x65 mobile home. Furnished deck, awning, shed. 100 yards to pool. Basketball and tennis courts. Only \$10,700. Phone 423-9584.</p>

THIS WEEK ON CAMPUS

Today

Last day for filing application for degrees or certificates to be conferred for Second 5-week Session, Credentials Office, Window 1, 208 Administration
Sheldon Film Theater, Moby Dick, 7 & 9:15 p.m.
Repertory Theatre, Chapter Two, 8 p.m., 329 N. 12th

Friday

Last day to submit doctoral dissertation for Second 5-week Session
Last day to file applications for oral exams for Second 5-week Session
Recreation Department trip: Canoeing, Republican River, July 17-19
Sheldon Film Theater, Moby Dick, 7 & 9:15 p.m.
Repertory Theatre, Chapter Two, 8 p.m., 329 N. 12th

Saturday

Sheldon Film Theater, Moby Dick, 3, 7 & 9:15 p.m.
Repertory Theatre, I Do! I Do!, 8 p.m., 329 N. 12th

Sunday

Sheldon Film Theater, The Misfits, 3, 7 & 9:15 p.m.

Monday

Sheldon Film Theater, The Misfits, 7 & 9:15 p.m.

Tuesday

Sheldon Film Theater, The Misfits, 7 & 9:15 p.m.

Wednesday

Summer Film Festival, noon, Nebraska Union: The Sky is Gray; Girls in Danger; Art of Film: The Chase in the Evolution of the Movies
Repertory Theatre, Knock, Knock, 8 p.m., 329 N. 12th

Parcourse designed to provide fitness programs at all levels

BY MARCIA PETERSON

Some people concerned with maintaining their good health are ending up at St. Elizabeth Health Center. Not as patients, but as participants in the outdoor Parcourse program.

St. Elizabeth's opened the Parcourse May 12. It is part of the wellness program, said Steve Larson, the Director for Public Relations and Information.

The purpose of the course is to help people exercise every major muscle in the body, Larson said. The course is a series of stations with exercise instructions at each stop. The first six build heart and lungs and the last six are the cool-down stage for the muscles, he said.

In a regular day, 25-50 people go through the course, Larson said. It has slowed down since the beginning, but the beaten-down path shows that it is being well used, he said.

Orientation classes are available for those who would like to learn about physical fitness and how to use the course to their advantage, Larson said. It is a two hour class. The first part is on the philosophy of fitness and the second part is about the Parcourse. There is a \$5 fee, he said.

Parcourse is a registered name by a company in San Francisco that makes all of the parts for stations in the course. Everything is prefabricated, Larson said. It has all of the holes drilled into the wood so the maintenance men just have to pour cement for the foundations and put it together.

It was financed by the hospital through donations especially for the Parcourse, Larson said. The Parcourse only took three weeks to complete. It was done in March, even though it didn't open until May, he said.

It is recommended by the developers of the course that a person should work out at least three times a week on an every-other-day basis.

The name Parcourse suggests the concept of the course. It has explanations about how to do the exercises at each station and three levels of workouts. The beginning or starting level requires the least number of repetitions to get 'par' on the stations. The intermediate or sport-

ing level challenges the person more by a larger number of repetitions. The last level, championship, requires the most from the participants.

It is up to the individual to challenge themselves and improve their own fitness, Larson said.

Some of the participants prefer to work on the course with partners. Kathy Rystrom, 25, and Randy Sargent, 22, are two that enjoy company on the course. Sargent, who works at Bryan Memorial Hospital, said he started running at the Parcourse because it was close and convenient. He said he preferred it to running on the road.

Yet, some have fun by themselves. Mary Merritt, 57, works at St. Elizabeth in the nursery. She said she has been jogging through the course a couple of days a week for a month.

Mrs. Merritt said that she jogs until she gets tired and then walks to the different stations. She said that she couldn't do all of the exercises, but does as many as she can. She feels improvement because she isn't as winded, her heart isn't racing and she just feels better, she said.

The best thing about the course is the family involvement, she said. Whole families come out together to go through the course, she said.

The course will be open as long as the weather permits, Larson said. It is only open during daylight hours for safety.

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