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Faculty input . . .

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UNL enrollment also is increasing, Masengale said. More than 25,000 students are enrolled this fall, he said, and about 15,000 students attended summer school.

"A university doesn't stand still, it goes backward or forward," he said. "It is important to secure the best young minds in the state to attend UNL."

UNL has 170 National Merit Scholars

this semester, he said, which puts UNL among the top 20 in the United States in numbers of scholars. Five years ago UNL had only 23, he said.

"You and I know that some are predicting hard times for higher education," he said. "We must provide education in a humane and dignified way. It's an investment in the future."

Weight groups will instill behavior pattern changes

By Patty Pryor

A weight control program sponsored by the University Health Center will begin Sept. 28, said Margaret Eager, psychiatric social worker at the center and program coordinator.

"We like to call it weight control, rather than weight loss because we try to teach good, healthy life styles," she said. "We talk about calories, but we also talk about learning good nutrition."

The key to losing and controlling weight is a change in behavior patterns, she said.

"Studies have shown that if the triggers for eating don't change, 85 to 90 percent of lost weight will be regained," she said.

The program's 10 weekly meetings, conducted Mondays and Tuesdays at 4 p.m. in the health center conference room, will begin with a weigh-in, followed by lectures, films and discussions. The program costs \$20.

New to this year's program is an aerobic exercise class during the last six weeks of the session.

A more loosely structured follow-up

group will be formed after the initial program for an additional 10 weeks Eager said. This group also will participate in the exercise class.

The groups are limited to 20 people for each Monday and Tuesday meeting. To be eligible, a person must weigh 15 percent more than his ideal weight, Eager said. It is at this point that the additional weight becomes life-threatening, she explained.

Interested persons should have a physical as soon as possible to determine their ideal weight, she said, and then contact the health center for an appointment with a dietician.

Participants in the program have a diet completely worked out before the group's first meeting, she said.

The program's success is difficult to measure, Eager said, because success comes in maintaining changes in eating patterns.

However, most people lose at least 10 pounds, she said.

"It's a program that still meets student need, it offers the necessary group support and it's more reasonable than community programs," Eager said.

Students' relations discussed

By Vicky Lisko

Robin Lynch, president of the Residence Hall Association, and Kirk Trofholz, president of the Interfraternity Council, may be leaders of two different phases of college life.

But they share similar ideas concerning relationships between members of residence halls and those in fraternities and sororities.

When RHA is in full swing, Lynch wants to initiate activities that will bring together those in the Greek system with dormitory students.

Through a combined committee effort, incorporating Panhellenic, RHA and IFC, Lynch described activities geared toward increasing awareness and open-mindedness about "how the other half lives."

Possible activities include dinner exchanges, in which residence hall and Greek students could experience each other's environment and dances with both groups.

"It's a matter of breaking the ice," Trofholz said. "It could be a lot of fun."

The lack of communication about the two groups is the main cause of myths and stereotypes, Lynch said. She and Trofholz agreed that most stereotyping is not really taken to heart.

In the past, Lynch said a hall resident

was commonly considered isolated and introverted. Now, she said, some dorm floors have such strong friendship ties that most activities are done as a group.

"Now dorm floors are very unified and close-knit," she said.

Similarly, Trofholz said the "rich, fashion-conscious" fraternity stereotype is not taken seriously by most people. He said most students recognize the diversity in all phases of the university.

"You can go to the Sig Ep house, the Beta house and Cather 8 and see a cross-section of people," Trofholz said. "There'll be people on Cather 8 that would mix right in with Beta Theta Pi. After all, we're all just students."

Trofholz said there was a mock friction between residence hall members and fraternity men.

"I don't see hostile feelings," he said. "I think most things are done in fun. Sure, when the first snow flies it's, 'Let's go throw snowballs at Sigma Nu,' or 'Let's get Neihardt.' It's almost a tradition. I don't feel it's really any kind of problem."

Lynch said communication is the key to better relations.

"We want to find the people who realize we're all regular, ordinary people and who could care less who's in a hall or sorority or fraternity," she said.

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