

# Missiles . . .

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The group recently voiced opposition to the MX during Air Force briefings on the issue in Sidney.

The MX missile is being developed as a first strike weapon and thus invites a war rather than deters it, Lenzen said.

The great accuracy of the MX and the number of nuclear warheads it would carry makes destroying missile silos — not hitting cities — its only purpose, she said.

NOMX hasn't tried to start a group in the Kimball area, but the group is trying to expand to include Wyoming, Colorado and Kansas, she said.

"There is a certain amount of apathy here," she said. "Some people will say they're with you and support you but don't get involved personally. This is an area of 'super-patriots,' and nobody wants to give the impression they're against the government."

Lenzen said the anti-MX group favors a strong national defense, but it believes the Minuteman missiles are doing an adequate job of providing security.

"Numbers mean nothing when it comes to nuclear armaments," she said. "If Russia wants to piddle money away on nuclear weapons, that's fine. But for us to have any more missiles would be redundant."

Lenzen said it is difficult in Western Nebraska to receive balanced reports on national defense because of the strong local pride in the defense system.

This pride is manifested clearly in the Kimball area, where children play around a deactivated Titan II missile

in one of the city's public parks, and the nameplate of the newspaper published in Kimball — the Western Nebraska Observer — carries a drawing of a missile.

In the early 1960s, a promoter proposed renaming the city "Missile Center, U.S.A." although the name change failed, the newspaper and city officials have used the name in advertisements for the city.

For many years, junior high school children were given tours of missile silos around the area, said Avona Moss, secretary of Kimball Junior High School.

In 1980, the Air Force tried to buy Kimball's Tital II missile for an Air Force museum, but a petition drive and protests by townspeople kept the missile in the park.

Jenson has developed a relocation plan that he estimates would save about 85 percent of Kimball's population in the event of nuclear attack.

Most of Kimball's population would be relocated to around Ogallala and Alliance, he said. The plan is based on the assumption that the civil defense office would receive 72 hours warning before an actual attack.

Reactions to this plan are mixed. Peterson called the plan "ridiculous" and "stupid."

"It is disturbing to think that we are spending tax money on this," he said. "It is utterly ridiculous to think we can evacuate people — we'd lose even more in the (evacuation) process."

Arraj said the current relocation plan is not perfect, but it is "better than nothing."

"It's the only game in town. We do need something to give some semblance of order in the event of an attack."

## Health center offers weight loss program

An alternative for students trying to lose some extra pounds is the University Health Center's Weight Control Group which begins Feb. 15.

According to Margaret Eager, the group coordinator, a healthy lifestyle requires a proper diet, increased aerobic exercise and changed eating patterns. Students enrolled in the group are given reduced rates in the aerobic conditioning classes, Eager said.

In order to be eligible for the group, a person must be 15 percent over his or her ideal weight.

"Our classes (members) tend to be chiefly female, but we do have some males," Eager said. "This is probably because more pressure is put on females about their bodies."

Eager encourages students to register for the class as quickly as possible.

"First the student must call in and make an appointment for a physical," she said. "A dietician is also consulted before the program starts so that the student is eating properly."

Unlike commercial weight loss groups, the program does not emphasize quick weight loss.

"We aim for one and one-half to two pounds per week," Eager said. "The diets are good foundations which do not have to be changed once the person reaches his or her goal weight."

The two groups, which are limited to 20 people each, meet Mondays beginning Feb. 15 and Tuesdays beginning Feb. 16 from 4 to 5 p.m. in the health center. There is a \$20 registration fee, or arrangements for payment can be made with the health center business office.

A follow-up group for people who have been enrolled in the first groups begins Feb. 18.

"This group has a much more casual format and is designed to be supportive," Eager said.

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