

College student can be high-pressured too

BY JENNI BURROWS

Although high blood pressure does not occur often in college students, it can still be a problem, said Dr. Gerald Fleischli, medical director for the University Health Center at the University of Nebraska-Lincoln.

Fleischli said that because high blood pressure is not common in people who are in their early 20s, college students tend to believe they are immune to high blood pressure. Students must be aware that high blood pressure is a potential problem for them because, he said, if young persons have high blood pressure "it will have a longer time to work on them."

During the 1981-82 spring semester, 19 UN-L students were treated for high blood pressure at the student health center.

High blood pressure occurs when blood pressure reaches 90 in a heart that is relaxing between contractions. Blood pressure is the amount of force required to circulate the blood through the body. Untreated high blood pressure can damage the heart by straining it and causing the walls of vessels to thicken. Blood vessels may overstretch and burst inside the brain, causing a stroke.

High blood pressure, also called hypertension, has no classical symptoms but symptoms sometimes appear, Fleischli said. He said that by the time a person notices symptoms, the hy-

pertension is usually severe.

Headaches, shortness of breath, easy fatigue and dizziness can occur with hypertension, but also can indicate other disorders. The best way to determine whether a person has high blood pressure is to have blood pressure checked regularly, Fleischli said. For about a year, it has been the policy at the health center to check each patient's blood pressure every three months, he said, but a check during every visit would be ideal.

Once hypertension has been detected, the first step is to help the patient overcome the hypertension without medication, Fleischli said. Stress reduction, controlled diet, exercise and weight loss can be implemented. Medicines are available to reduce and control hypertension if changes in behavior do not work.

Fleischli stressed that a single blood pressure reading cannot determine whether hypertension is present. He said that blood pressure varies from hour to hour in each individual. No standard rule says a given reading indicates high blood pressure, he said, and repeated readings and the individual must be considered before high blood pressure can be diagnosed. A reading that was a bit high would concern him if the patient had a history of hypertension in his family, Fleischli said, but the same reading may not be cause for alarm if found in someone else.

Preventive measures can be taken to avoid developing high

blood pressure. One is control of salt intake. "Excessive salt intake is the most common contributor to high blood pressure," Fleischli said. He recommended that students not salt their food or at least reduce the amount of salt they use. He said that some people can use all the salt they wish and never have any problem with hypertension, but others cannot.

Avoiding stress and "not getting uptight" is a very good way to combat high blood pressure, Fleischli said, but it is difficult to be calm and peaceful all the time. He said that stress reduction programs such as those offered at the health center can help students learn to control anxiety.

Fleischli said that not only can hypertension sometimes be controlled with stress reduction, but that patients taking medication for hypertension may be able to stop taking the medicine and control their high blood pressure using stress reduction methods only.

UN-L students can ask to have their blood pressure checked any time that the student health center is open. A nurse will check it for them, and there is no charge.

Off-campus, several places offer a free blood pressure reading. Margaret Royer, director of public health nurses for the Lincoln-Lancaster County Health Department, said that she supervises 26 health stations in Lancaster county. At these stations the public can get blood pressure readings as well as other services, she said. Persons wanting to know about the station nearest them and the hours it will be open should call the Lincoln-Lancaster County Health Department and ask for the Public Health nursing division, she said.

Ms. Royer said that about 50,000 people use the health stations each year. If someone wishes to have his or her blood pressure checked and cannot leave home, a nurse can call at the home, she said.

292 Nebraska students in All-State conference

One of the largest of the University of Nebraska's All State Fine Arts conferences in the past few years convened Sunday on the UN-L campus. It is the 47th annual All State program.

Raymond Miller, the program's director, said 292 students from across Nebraska and representatives from Iowa and Oklahoma as well have enrolled in this year's event. The program is sponsored by the UN-L schools of Music, Health, Physical Education and Recreation and the Departments of Art and Theater.

Miller said students enrolled in the program have an opportunity to study in their chosen fine arts fields in a university setting. He said this is important and beneficial to students because those with whom they study are as interested in the subject as they are.

Students at this year's All State range from ninth graders to recent graduates. He said some who are enrolled have participated in the program before. "That speaks well for the program's effectiveness," he said.

Students who are enrolled in the program receive concentrated instruction in fine art field of their choice. The All State program climaxes with public performances, recitals and exhibits by students.

The student performances begin Thursday and Friday at 7:30 p.m. in Kimball Recital Hall with music student recitals. Band concerts will be held by students Tuesday at 7:30 p.m. in Kimball and on Friday, June 18, at 6:30 p.m. in the Sheldon Sculpture Garden. Also scheduled for the week are orchestra and choir concerts, a theater production, dance recital and art exhibit.

Miller said the program costs students \$90 for tuition plus \$105 for room and board.

Calendar of events

Important events to remember for Thursday through Wednesday from the summer calendar.

Thursday -Last day to fill out an application for degrees and certificates to be granted for the eight-week and first five-week sessions. Check window one in the Administration Building for more information. The Sheldon Film Theater presents "A Woman Rebels," at 7 and 9 p.m.

Friday -Final day to submit doctoral dissertation for eight-week and first five-week sessions. Final date to file applications for oral exams for eight-week and first five-week sessions. Final day to submit drops and change to or from pass-no pass for eight-week session. "A Woman Rebels" shows at Sheldon at 7 and 9 p.m.

Saturday and Sunday -"A Woman Rebels" shows at Sheldon at 7 and 9 p.m.

Monday -Flag Day

Tuesday -Textbookmen's Exhibit 10 a.m. to 4 p.m. at the Nebraska Union. Sorenson Summer Lecture, Richard Underwood of NASA speaking on space photography, Nebraska Union Centennial Room at 10:30 a.m. All-State Jazz Band and Band Concert in Kimball Recital Hall at 7:30 p.m.

Wednesday -Textbookmen's Exhibit 10 a.m. to 4 p.m. at the Nebraska Union. The Summer Film Festival begins in the Nebraska Union at noon. Films will be "The Jolly Corner," "Universe," and "Fun Factory." All-State Theatre presentation in Kimball Recital Hall at 7:30 p.m.

Spuds at market

Fresh produce will be sold at the farmers market on 11th and O to N streets beginning Saturday, June 19, and ending on Sept. 9. The market will be held every Saturday 9 a.m. to noon; Tuesday 11 a.m. to 1 p.m.; and Thursday from 4 to 6 p.m.

Carrie Speichinger, administrative assistant for Lincoln Center Association, said that "anyone who has grown fresh produce in Nebraska and has a Nebraska sales tax permit, is welcome to participate in the farmers market." The Lincoln Center Association is sponsoring the farmers market.

Season or daily permits are sold for both vehicular and sidewalk stalls at the Lincoln Center Association, 1221 N St. To obtain a daily permit, one must call 474-5500 two days in advance. Twelve vehicular stalls and an unlimited number of sidewalk stalls are available, Mrs. Speichinger said.

Daily permits are \$3 a day for vehicular stalls and \$2 a day for sidewalk stalls. Season permits for vehicular stalls are \$30, \$50 and \$70 for one, two or three days a week. The season permit for sidewalk stalls is \$20, \$35 and \$50 for one, two or three days a week.

Vehicular stalls allow the farmer to unload produce from a car or truck, whereas in a sidewalk stall the produce must already be unloaded and a vehicle is not allowed.

"There are no stipulations as to what a farmer charges for his produce," Mrs. Speichinger said.

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