

Handicapped have recreation needs filled at Auld Center

BY JEAN TIMMERMAN

Individuals with special needs can participate in recreation programs offered through the Auld Center, 3140 Summer.

The Auld Center offers programs for individuals who are mentally retarded, chronically mentally ill or physically handicapped. Recreation activities are also offered for senior citizens. To participate in any of the programs, individuals must be at least five years old.

No fee is charged for any the recreation programs offered through the Auld Center. "Funding for the programs come from the taxpayer's dollars," said Mrs. Dorothy Luigi, a program coordinator.

Beginning in July, the Auld Center offers a "Sum-Fun Day Camp," for ages five through 21, at Antelope Park, Mrs. Luigi said. The camp will last for nine weeks, Monday through Friday. The first six-week camp will

be held 11 a.m. to 3 p.m. The last three-week camp will be held 9 a.m. to 3 p.m.

Arts and crafts, swimming, field trips and music movement classes will be offered at the day camp, Mrs. Luigi said.

Friday afternoons, the Auld Center sponsors bowling at Hollywood Bowl, 920 N. 48th St., for special need individuals who wish to participate.

Every Friday evening, beginning at 7 p.m., "Night-time fun" is scheduled at the Auld Center. Activities include movies, refreshments, singing and "lots of laughter," Mrs. Luigi said.

Senior citizen dances are held at the Auld Center on Tuesday evenings beginning at 7:30 p.m.

Staff and activity supervisors at the Auld Center are both paid and volunteer workers, Mrs. Luigi said.

Transportation to the activities is limited, she said.

Body's bacteria battles bottle—so switch to another deodorant

BY JENNI BURROWS

Warm weather has finally descended upon Lincoln, and if you've noticed that your deodorant just isn't working as well as it used to, don't throw it away—just put it on the shelf and switch to another brand for a while, advises Dr. Rodney Basler of Dermatologic Associates, 140 S. 27th St.

Basler said that an antiperspirant or deodorant often will stop working because the body builds a tolerance to the product, just as it will to most drugs. Sometimes, he said, the body will develop a biological variant of the underarm bacteria, which grows in spite of the antibiotic in the deodorant. Basler said the antibiotic in deodorant kills the odor-causing bacteria.

Basler said that bacteria reacting with apocrine gland secretions, which are present in armpit and groin areas, and bacteria which

interact with perspiration, cause odor. Perspiration itself has no odor, he said.

The best way to control odor is to use a stick deodorant, which has the best skin contact, Basler said, but men with abundant armpit hair may find sprays most effective.

Basler said that he gets about one patient a week who complains of excess perspiration and odor. He sometimes prescribes anticholinergic drugs, which can eliminate 80 percent of the perspiration that a person emits. A strong solution of aluminum chloride can help block sweat gland secretion, he said.

Desperate cases can even ask to have their sweat glands removed completely. Basler said that in 10 years of practice, he has had about 6 requests for this operation.

In most cases, changing to a stronger brand of deodorant or antiperspirant can solve the problem, he said.

"We have a saying around here—a new broom sweeps cleanest," he said.

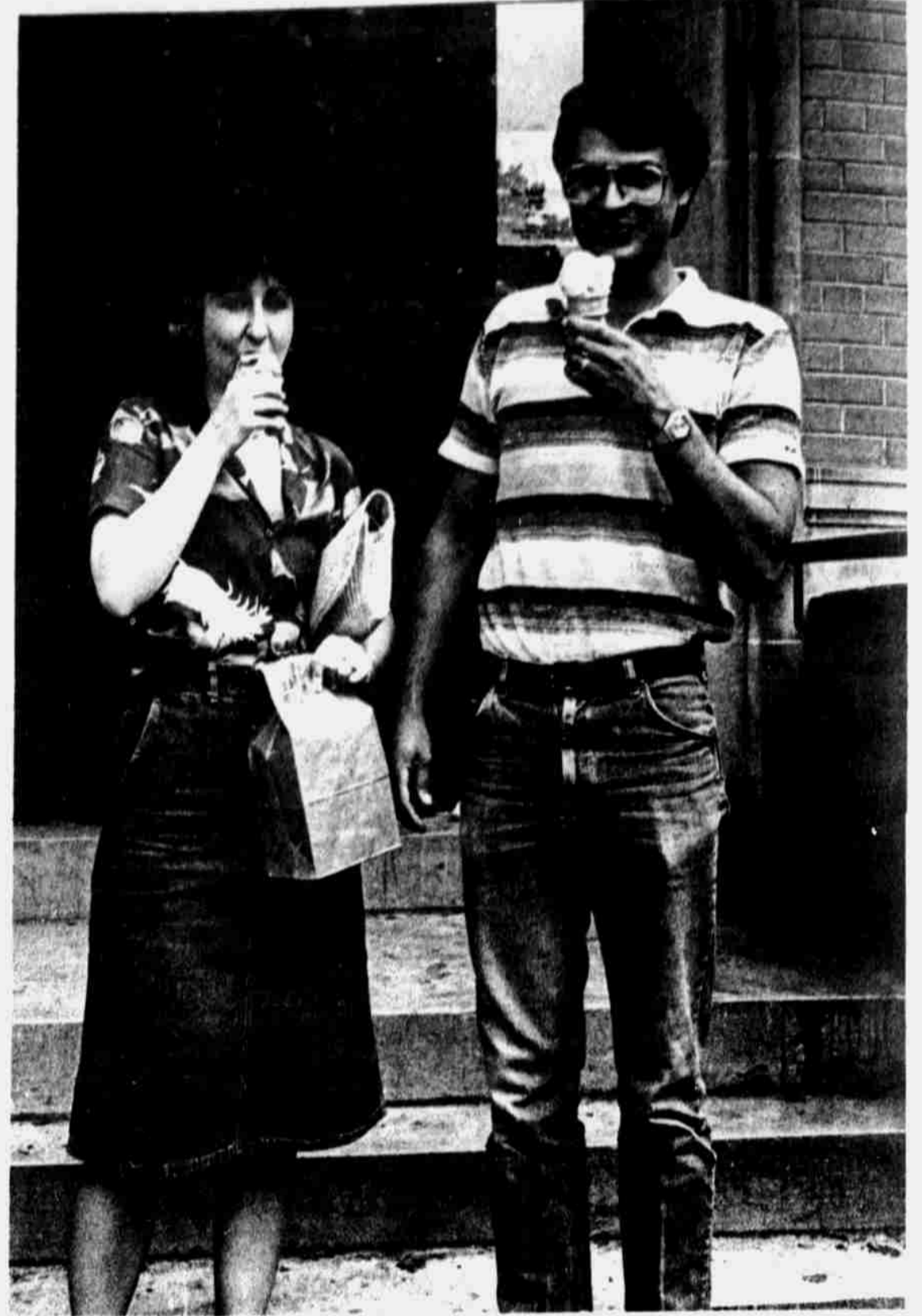


Photo by Anne Stedman

Valerie Fisher and Dennis Cossgrove enjoy one of the finer things in the summertime. You can't beat ice cream from the UN-L Dairy Store on east campus. The store is open from 10am to 10 pm, Monday through Saturday and from 1pm to 10 pm on Sunday during the summer.

YWCA of Lincoln offers programs for everyone

BY JEAN TIMMERMAN

A place to build self-esteem, a place to grow, a place to learn and a place for holistic health are the images the Young Women's Christian Association strives for, said Barbara Cameron, assistant executive director of the Lincoln YWCA.

The YWCA, 1432 N St., wants men, women and children of diverse backgrounds to be members so their lives may open to new understanding and deeper relationships, Cameron said.

To accomplish this goal, the YWCA offers programs in aquatics, child development, health, physical education and recreation.

Aquatics classes include beginner, advanced beginner and intermediate levels. A 40-minute aqua fitness class and a shallow water exercise class for non-swimmers is offered. "Diaper Dip" is for babies aged six months to 24 months and "Water Baby" is for children two to four years old.

Aerobic exercises, jogging, weight training, stretching and relaxation and tennis are available for adults. Prenatal and postpartum fitness classes are also offered. Child care is available for children aged one to six whose parents are participating in classes.

The New Directions Center at the YWCA is a career and life planning center for women in transition. The New Directions Center provides self-help services and support for women coping with change in their lives, Cameron said. It is financed by the Junior League of Lincoln and offers the oppor-

tunity for women to explore who they are, to determine goals and to gain confidence in themselves.

"A woman in transition is defined as someone who is experiencing some type of change in her life patterns, whether due to economic reasons or personal satisfaction," Cameron said. The change may be the decision to leave the home and enter the work place. It may be a decision to change employment or upgrade job skills or the change may be caused by an upheaval in personal life—widowhood, separation or divorce, Cameron said.

The youth program at the YWCA offers baton, karate, pre-gymnastics, gymnastics, movement exploration, ballet and jazz dance classes.

Several specialty programs at the YWCA are offered by appointment. Massages, private hour-long nutrition consultations and basic weight training consultations are a few examples. "Encore" offers physical and psychological rehabilitation for women who have had a mastectomy. "Exercise Exceptionale" is for people with physical limitations and is co-sponsored by the YWCA and the League of Human Dignity.

Open hours have been scheduled for the pool, gym, fitness room and weight room. There are both member and non-member fees for all classes and use of the facilities, Cameron said.

Yearly membership fees at the YWCA are \$15 for adults, \$8 for full-time students and \$5 for senior citizens. Children under 12 are included in their parents membership.

"Men are welcome at the YWCA, and we have a growing male membership," Cameron said.

Not only is the YWCA a place for learning and growing, but it offers an opportunity for individuals to volunteer their time, Cameron said. The YWCA employs several full-time and part-time volunteer workers. The volunteers make gifts which are sold at the Children's Holiday Shopping Bazaar every December. The money from the gifts supports programs at the YWCA.

"Last year we had over 4,000 hand-made gifts and 700 children attended the bazaar," Cameron said.

"The Y offers something for just about everyone," she said.

Epilepsy fairly common among dogs, often mistaken for rabies

BY JENNI BURROWS

Imagine that you are sitting on your front porch, petting Fido on the head. Fido is wagging his tail contentedly.

Suddenly his body stiffens; his lips draw back, exposing his teeth. He clenches his jaws and foams at the mouth. Falling to the ground, Fido kicks and pedals with his legs as though he is swimming. His eyes roll back in their sockets; he loses control of his bowels; he gasps for breath as foam flies from his twitching lips.

Finally, Fido is calm. His tongue lolls out of his mouth as he breathes with difficulty. Disoriented, he stumbles as he tries to walk and looks at you with blank, glassy eyes.

Some might mistake this episode for rabies, but to Fido's owner this is just another seizure. Fido has epilepsy.

Epilepsy, an electrical disturbance in the brain, is "fairly common in dogs," said Dr. Terry Pitts of Pitts Veterinary Hospital, 2225 Highway 2. An epileptic seizure occurs when the brain produces too much electricity, setting off another part of the brain such as motor control, resulting in thrashing and pedaling, he said.

Epilepsy in dogs can be the result of brain tumors, scar tissue in the brain, head injuries, distemper or heredity, Pitts said.

Seizures can vary in intensity from disorientation and fainting to violent thrashing and vomiting, said Dr. Ralph Ebers of Capitol Ani-

mal Clinic, 633 N. 66th St. He said that seizing dogs should be placed in a dark, quiet room during an attack.

Pitts said that although there are extensive tests that can be used to diagnose epilepsy, a dog that has periodic seizures is usually considered to be epileptic if no other cause is found for the seizures.

Electroencephalograms, tracings of brain waves, are sometimes used to diagnose epilepsy in dogs, Ebers said.

"In the last couple of years I've seen about 100 cases of seizing dogs," Pitts said, "but not all of them may have been epileptic."

Ebers said that sometimes a dog or puppy will have a seizure for apparently no reason at all, and never have another one.

SUMMER NEBRASKAN

The Summer Nebraskan is a student newspaper published each Thursday as a laboratory project by School of Journalism classes in Advertising, Editing, Photography and Reporting.

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