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Cherl Heller/Dan Ernst Students- University of Nebraska

- Free in-office consultations to discuss my eyes and contact lenses
- A thorough examination of eye function and eye health by my doctor
- Individual selective fitting considering the following contact lenses that the doctors
 - Regular Soft Lenses (over 40 different lens types)
- Soft Lenses for Astigmatism
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- Tinted Soft Lenses
- Gas Permeable (4 types)
- Hard Lenses
- Bifocal Soft and Hard Lenses
- Full time availability of doctors and staff (evenings, lunch hours & Saturdays)
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- Individual private instruction on care and handling of any lens type
- Six weeks follow-up care with the office that includes trial program for: Close observation of comfort and eye health monitored as needed
- Lens strength or fitting modification if indicated 3. No charge for damaged lenses - minimum charge for lost lenses

This follow-up care is, of course included in the original fee

- Immediate replacement of most lenses
- A continuing care program future upgrading of lens care and of contact lenses as scientific progress is made

Special 24 Hour Contact Lens Information Service — 475-4040



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- No Interest
- * No Carrying Charge

\$20/month **Budget Plan**

Student Watch attempts to decrease fear of rape

By Lauri Hopple

There is a problem on this campus and it deals with sexual assault," Dave Zierott of the UNL Student Watch said Thursday night at the group's first meeting of the semester.

Zierott, a senior in pre-law, and Gayle Smith, a languages major, presented the group's plans to decrease fear and risk of rape at UNL through student patrols and education.

Zierott and Smith used statistics from rape cases at UNL to explain the Student Watch Group's concern about sexual assault. Smith said that there were nine sexual assaults on campus involving students in 1982. Three were first degree assaults, in which the victim was penetrated by the assailant.

Zierott said 35 percent of all rape victims are students. This is because campuses are high-density population areas and new students often are unfamiliar with the surroundings.

Student patrols are not scheduled to begin until the second week in October. Until then, the program will concentrate on recruiting volunteers and training them, said President Troy Lair, a senior majoring in political science and communications.

The group presently has 20 members; in order to be able to work with two-hour patrol shifts that will run tentatively from 7 p.m. to 1 a.m., a total force of 60 is needed. Both males and females are eligible.

Sept. 27 is lodged as the first day of training for patrols. Smith said all volunteers will be trained by three organizations and must meet those organizations' requirements to be eligible for patrol duty.

The UNL Police Department will train volunteers in the use of a twoway radio. All patrollers will carry a radio that will be in contact with a student stationed in the UNL police office. The police will also train potential watchmen to identify possible criminal situations and to be able to describe events and suspects. This information could help the police investigation.

The Lincoln Rape Crisis Center will teach the recruits about the psychology of the rapist as well as the victim. This will help the patroller identify situations like the trauma syndrome which often hits the victim after the rape, Smith said. The recruits will also learn how to refer victims to the Crisis Center.

Finally, the Red Cross of Lincoln will train the patrollers in basic first aid and cardio pulmonary resuscitation. These skills are valuable for any type of emergency on campus, Zierott said.

Smith and Zierott stressed that the patrols will not be trained in any sort of self-defense, since they will not actively participate in the halting of the crime. The volunteers will wear identifiable clothing and will patrol in pairs consisting of one man and one woman with a two-way radio.

Parking lots, Love Library, and Nebraska Hall will be patrolled heavily. These areas were determined as high risk in results of a spring pilot survey of 150 UNL women.

Smith said there will be a booth set up next week outside the City Union for people interested in volunteering and for general information. The Student Watch Groups office is in Nebraska Union 345.

Self-defense class offered

By Sara Thomasson

Statistics show one out

of ten women may become a victim of a sexual assault at some point in her life-

In an effort to remedy this situation, the Center for Healthy Lifestyles, in conjunction with Women Against Violence Against Women, has designed a program to teach women basic skills in self-defense.

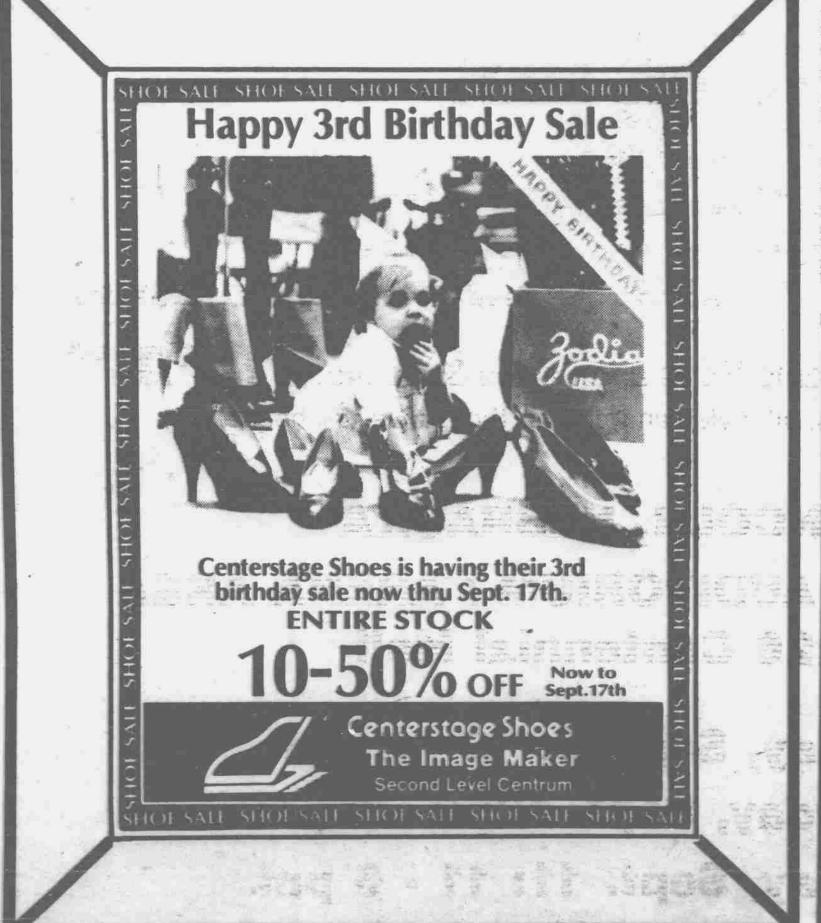
"A lot of women are starting to get quite afraid nowadays to walk around because they've heard so much about sexual assaults," said Pat Riddle, UNL assistant professor in health education at

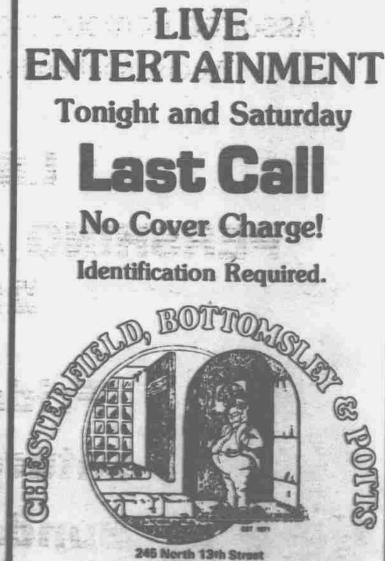
sons: first, to improve women's sense of security on campus; and second. to educate women in self-

"The objectives of the class are to help women feel more comfortable with their ability to defend themselves," Riddle said.

The class will meet from 3 p.m. to 5 p.m. on four consecutive Tuesdays beginning Sept. 13. Kit Boesch, former Ohio State selfdefense coordinator, will teach the class. The fee is \$12 per person. Classes will be in Coliseum Basement 20.

For registration proce-Riddle said the class is dures or more inforbeing formed for two rea- mation, call 472-3831.





Lincoln, Nebraska 475-8007