

## Wellness Week...

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An alcohol demonstration also will be Monday. Six sober students will drive through a predetermined course and then repeat the test after drinking beer and liquor. The students will maneuver through the course publicly from 2:30 p.m. to 4:30 p.m. at Midwest Speedway, 4600 North 27th St.

### Health Screenings

Health screenings will be Tuesday from 9 a.m. to 4 p.m. in the Nebraska Union Centennial Room. Services include tests for glaucoma, high blood pressure, hearing loss, anemia, oral cancer, alcohol tolerance and vital capacity. The State 26/HDLfi and diabetes tests will also be given.

The Stat 26/HDLfi tests 26 different body functions, including cholesterol and triglyceride levels. The test costs \$10 and requires the individual to fast 12 to 14 hours before it is administered. Karen Weed, a registered nurse at the health center, recommends the test to people 30 years old or older, but said people of all ages can be tested.

The diabetes test also requires special preparation. One should have a breakfast of milk, toast, jelly, juice and cereal with sugar. For lunch, a hamburger, a piece of pie and milk or regular pop should be eaten.

Weed said people should come early for their tests. She said certificates from Valentino's Pizza will be given to the first 30 people.

The screening is not a physical exam but a "simple measure for us to pick things up," she said.

"A lot of students don't even know they have these problems," she said.

### Nutrition, Fitness and Preventive Medicine

Georgia Kostas, director of nutrition at the Cooper Clinic in Dallas, will deliver a keynote address on

nutrition, fitness and preventive medicine from 7:30 p.m. to 9:30 p.m. Tuesday in the Nebraska Union Ballroom. The clinic Kostas directs is a division of the Aerobics Center in Dallas — birthplace of American aerobics.

### The Spirituality of Wholeness

The Spirituality of Wholeness is at noon Wednesday in the Nebraska Union. Mary Louise Helling leads the brown bag lunch topic.

Deb Fischer, chief radiologic technician at the health center, said of workshops by Helling: "She doesn't address spirituality as religion, but spirituality as being at peace with one's self on all fronts."

### Wellness & Your Funny Bone

Back by popular demand, Sister Mary Christelle Macaluso will tickle your fancy. Highstreet said Macaluso's program introduces laughter as a form of stress relief. She also guarantees that you will laugh. Macaluso speaks at noon Wednesday.

### Wellness Dance

The week of activities culminates with a student-organized dance Friday from 8 p.m. until midnight. The dance features the Star City Players and will be in front of the East Stadium or, in case of bad weather, in the Coliseum.

This is just a sampling of events. Other aspects of wellness are explored in workshops on women in transition, relaxation through massage, stress and time management, diets and nutrition, and fitness and exercise opportunities. Check the wellness brochure and advertisements for other program descriptions and their times.

As an added attraction, those attending each session can register for two round-trip tickets on Midwest Airlines. The winner's name will be drawn at the dance Friday.



Staff photo by John Zoz

### The Music Man

Robert Fought, UNL's Marching Band director, stresses a point to his charges during band practice Thursday morning. Saturday is Alumni Band Day and the halftime musical entertainment chores will be shared by the Alumni Band and the UNL band.

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