

Alcohol intake . . .

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The newest approach is the healthy lifestyle approach, Daugherty said. This emphasizes the quantity and frequency of use and how alcohol should be limited in a healthy lifestyle, he said.

Daugherty said that if a person has an alcohol-related problem or suspects he is an alcoholic, that person should seek help by either calling a local council on alcoholism or Alcoholics Anonymous. If a person doesn't feel ready to call for help, he can try a little test by setting a limit on the number of drinks per day. If the person cannot stick by it, then there is a problem.

Robin Mahoney-Donahue, education

and training coordinator for the Alcoholism Council of Nebraska, said her group sponsored Daugherty so the people in Nebraska would have access to the newest information on preventing alcoholism and alcohol-related problems.

In addition, Daugherty has developed a prevention package called "Talking With Your Kids About Alcohol." He will return to Lincoln in February to train people for this program.

Mahoney-Donahue said that in general, one out of every ten drinkers develops alcoholism or an alcohol-related problem.

Information clearinghouse confronts chemical abuse

UNL students who want information about drugs and alcohol can get it from the Nebraska Alcohol and Drug Information Clearinghouse located on the UNL campus.

Laurel Erickson, a prevention specialist at the clearinghouse, said people can get pamphlets and literature about alcohol and drugs from the clearinghouse at Room 3 in the Coliseum. Some information is free, and other information is available at low costs.

The Nebraska Prevention Center for Alcohol and Drug Abuse is located in the same room as the clearinghouse. The center helps people in Nebraska working in prevention, Erickson said. Although the center does not offer

counseling for alcohol problems, it can suggest places to go to for treatment, she said.

Psychologist Linda Rivers said the center works in conjunction with an outside treatment facility to help people with alcohol problems.

In Lincoln, people have a broad range of treatments to choose from to help them overcome drinking problems, Rivers said. She said alcohol is a problem for faculty and staff as well as for students.

Dolores Simpson-Kirkland, assistant to the Dean of Students, said that during the 1982-83 school year, 132 alcohol-related incidents were reported on campus involving 205 students in residence halls and Greek houses.

Shorts

The American Lung Association will help smokers "kick the habit" with its program, "A Freedom from Smoking Clinic." The clinic offers smokers a reduction plan based on group interaction, using psychological principles.

The clinic begins Jan. 24 from 5:30 p.m. to 7 p.m. at the Lincoln Center Building, 215 Centennial Mall South. Other clinic session dates are Jan. 31; Feb. 7, 14, 16, 21, 28; and March 13. Registration is \$30. Contact the Lung Association at 474-5858.

Police Report

The following incidents were reported to the UNL Police Department between 10 a.m. and 10 p.m. Monday:

10:45 a.m. — Parking permit reported stolen from unknown location.

10:54 a.m. — Wallet reported lost or stolen near 10th St. and Avery Ave.

11:38 a.m. — Wallet reported lost or stolen from Administration Building.

12:02 p.m. — Backpack reported stolen from Nebraska Bookstore at 12th and R streets.

12:23 p.m. — Parking permit reported stolen from unknown location.

1:24 p.m. — Unspecified amount of money reported stolen from 1245 N. 16th St.

2:20 p.m. — Backpack

reported stolen at Nebraska Bookstore. It was recovered intact.

3:01 p.m. — Stereo reported stolen from Cather Hall.

3:13 p.m. — Backpack stolen from University Bookstore in the Nebraska Union.

6:25 p.m. — Purse reported stolen from Andrews Hall.

6:55 p.m. — Backpack reported stolen from Nebraska Bookstore.

10:36 p.m. — Persons reported soliciting money for religious organization at Abel Hall.

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