

Weight control group focuses on habits

Many students leave healthy eating habits at home with their parents when they come to the college campus. If weight is a problem, the University Weight Control group may be the answer.

The UNL Weight Control group is available to any student who is eligible for University Health Center services and is 15 percent over his or her ideal

weight. The group lasts for 10 weeks, beginning Feb. 20. The weekly meetings will last from 3:30 p.m. to 5 p.m. in room 4, University Health Center.

According to the Weight Control group's handout, each meeting will begin with a weigh-in. Meetings will also include educational presentations covering topics such as exercise, behavior change, nutrition, fad diets, fast foods, health problems (associated with being overweight) and reasons for staying at a normal weight.

The program was organized by Kathleen Lehr, UHC registered dietitian, and Margaret Eager, the group coordinator and UHC psychiatric social worker. Lehr said the three subjects stressed in the program are nutrition, behavior change and exercise. If the plan is followed without too many diversions, Lehr said, the student should lose 1 1/2 to two pounds every week. The student is required to keep a diet worksheet, and a periodic nutritional analysis is available to the student through a computerized

diet check.

Students who wish to enroll can call the Health Center for a medical evaluation. The program coordinator refers the students to the Health Center's dietitian. The dietitian designs an individualized meal plan for each student. Caloric intake is individualized for people and their lifestyles, she said.

The Weight Control group has been successful with many students since its start in 1975, Lehr said. The group has a limit of 20 to 25 students. A follow-up group will begin Feb. 23 for those students who have additional weight to lose. Students who want to be involved in the program but cannot come to meetings can still be set up on the weight loss program, Lehr said.

Lehr said the \$25 cost for the program mainly is used as an incentive to keep people in attendance. Twenty classes will be refunded if the student attends the meetings and completes the worksheets.

Plaza 4
12th and "P" St. 477-1234

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AT 15 AFTER MIDNIGHT
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PLAZA 4 **ROCKY HORROR SHOW** (R)

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for rent

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Large 3 bedroom apartment, first floor, older house. Shower, air, 1545 S. 19th. \$295 plus utilities. 475-1665.

3609 Baldwin
2 bedroom with fireplace, dishwasher, disposal and deck. 467-3044.

UNIVERSITY STUDENTS
Cornhusker Co-op has vacancies for second semester, room and board for \$780-\$1000 per semester. Near campus at 705 No. 23, University approved for freshman. Call 474-9772 ask for Mac Stevens or Kerry Schlar.
Bring this ad and upon moving in receive a \$20 monthly rent deduction for this semester.

help wanted

Referees for YMCA Youth Basketball. Games held on Saturdays and Tuesday evenings. Contact Deb at 475-9822.

Would like to form mostly all-female band to play various types of rock music. If interested, call Angi between 4:00-7:00 p.m. at 472-8470.

WANTED: Rock Drummer for established rock band. Good part-time income. 472-8285.

SUMMER JOB OPPORTUNITY
Promote Nebraska to travelers on interstate 80 during the summer months by becoming a vacation guide. Requirements are: enthusiasm, salesmanship, and good communications skills. For more information, call the Department of Economic Development, Division of Travel & Tourism. 800-742-7595.

TWO STUDENTS NEEDED IMMEDIATELY

University Purchasing Department
One Part-Time Receptionist
8:00-10:00 a.m., M-F.

One Part-Time Clerical Aide
Typing required.
Twenty hours weekly.

Call 472-2126 for more information.

Equal Opportunity Employer.

Make as much money as you're worth!
This company is exploding! Training meeting Saturday at 10:00. Job opportunities meeting Saturday at 2:00. Ask for B.J. 4719 Prescott - Last meeting was Standing Room Only.

Internship Position: Would like to hire an intern to do research during the spring semester. A Masters Degree in Sociology or History preferred. For information, please contact: Experiential Education Office, Rm. 1219 Oldfather Hall, U.N.L. campus. Ph. 472-1452.

wanted

\$50 REWARD
Three male students witnessed accident corner of 18th and Vine in early Nov. between white Buick and campus 3-wheeler. Left scene before accident report completed. Please call collect 1-721-8079, 1-721-5714 or 472-9549. For information and reward.

personals

Thetas,
Thanks for your "warm" hospitality last Sunday morning! We appreciated it!
The Gamma Phi

IN THE BEGINNING:
A long time ago, in a university far, far away, two men created an organization - no, much more than that - a society. They named it Theta Chi Fraternity. To be continued...

Theta Pledges.
Get ready for a fantastic weekend! We are so proud of all of you and excited to have you as sisters.

Love,
The Theta Actives

The dinner was hot you ladies were great, thanks a lot for being our dates.

Anne B.
Kathy H.
Erin H.
Susy B.
Jill U.

Cory S.

AGS PLEDGES

Mary B.
Jean H.
Jeanie W.
Kris C.
Kathy D.

To the newly-initiated DU Little Sisters.
Congratulations! You did a super job. Good luck as actives.

Love,
Your Brothers and Sisters

Scott S. (Sig. Ep. #90).
Congratulations on your Pining Monday. Glad we got in touch last Friday, but cancel the Raincheck on that "Hi!"

Kim

Catch 22:
Why didn't you show up? I still want to meet you.

Woody

Slow Learner,
I also had a wonderful time. Hope we can do it again in the near future.

Instructor
P.S. Feet were fine.

Scott G.,
Have a great 20th! Don't celebrate too hard so that you can celebrate with me next week. Happy Birthday!

Yvonne

B. (Ram) Starr,
Yippie Yie Aye C.P.I. Congrats, you're moving up in the world.

Peggy & Steph
P.S. Embassy.



***Bring Your Own Buddy!**

The next time you donate plasma, bring along a friend who's never donated. We'll pay you \$3 and give your friend an extra \$2 for his first donation. Your friend will thank you for introducing him to an easy way to earn extra cash. \$10 is paid for each donation and you can donate every 72 hours. You may earn up to \$100 a month in your spare time! And we'll thank you, too, by giving you \$3 for each new donor you recruit. The more friends you bring in - the more money you can make. And the more fun you'll have while donating!

University Plasma Center
1442 "O" Street 475-8645

OPEN: MON., TUES., THURS., FRI. 8:00 a.m. to 7:00 p.m.
WED., SAT. 8:00 a.m. to 6:00 p.m.

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