

# University Health Center provides more than basic treatment, low cost

By Marc Simon  
Daily Nebraskan Staff Writer

Although students remember the University Health Center when it comes to minor ailments such as sore throats and sprained fingers, many do not realize the large array of other services the health center offers.

The health center, 15th and U streets, offers services ranging from personal counseling and a "stop smoking" clinic to aerobics and weight control classes, said Steve Blom, health center administrator.

Probably the most sought after services are those provided by the health center's medical clinic. Blom said the clinic provides "primary care." This includes diagnosis and treatment planning free of charge for eligible students.

If an eligible student needs to visit a specialist, the cost is about \$5 per visit. Services provided by the clinic include care for acute and chronic medical problems, gynecological care, physical evaluations, treatment of minor injuries and specialized areas such as audiology and ophthalmology.

People with allergies can seek relief at the allergy clinic. Students also are charged for tests and injections, given by nurses. Also, two doctors available on Wednesdays give consultations on an appointment basis, for a minimum \$5 fee.

Other services, Blom said, are in dermatology, dentistry and pharmacy. The dermatology clinic offers treatment for acne and other skin diseases. It is staffed by a nurse and has a dermatologist available on an appointment basis. The dental clinic is staff by faculty members of the College of Dentistry and dentists from Lincoln. The clinic is open afternoons on an appointment basis, and also has a dental staff on call 24 hours a day for emergencies. The health center also provides medications prescribed by doctors. The cost of health center products and ser-

vices are below community rates 30 percent or more, Blom said.

Other services are radiology (X-rays), lab tests, physical therapy and infirmary services (short-term hospitalization).

Blom said that other services are available that do not relate to physical illness or injury. For students who have emotional problems, the mental health clinic is available. The clinic provides individual therapy, counseling, marital and relationship therapy, group therapy, relaxation training, stress management, medications, psychological testing and brief hospitalization if needed. The clinic has two psychiatrists, a clinical psychologist and two psychiatric social workers. The first four visits to the clinic are free. A \$5 minimum fee per visit is charged thereafter. After-hours emergency

consultation also is available.

Blom said that the services of the counseling center in Seaton Hall, not part of the health center, also are available to students. The Counseling Center can provide help with conflicts in a student's life that often relate to academics or lifestyle adjustment. Blom said that more than 1,000 students a year seek some type of counseling through UNL services.

Students who want to reduce weight, cigarette smoking or body fat can check out the health center's weight control program, stop smoking clinic and aerobics/firmer body classes. Blom said the programs attract many students. The aerobics classes draw more than 400 students during the school year. A nominal fee is charged for the programs.

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**SWEET LEFT**

**HEALTH CLUB**

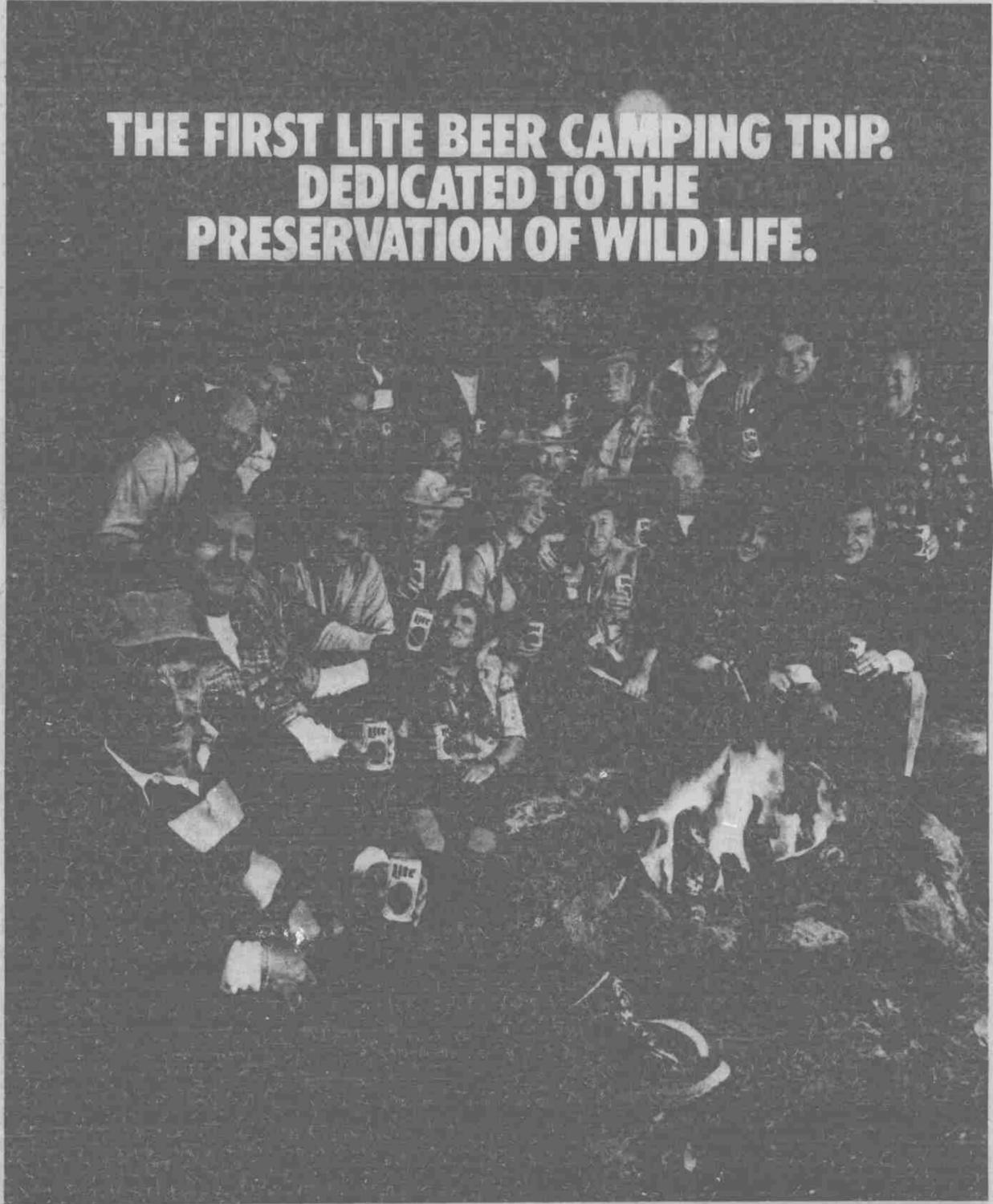
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### State Fair offers special admission, combine demolition

The Nebraska State Fair begins this week with entertainment, workshops, a midway and a host of other activities.

The fair begins Thursday and runs until Sept. 9.

"Sneek-A-Peek" is scheduled for Friday, Aug. 31st. All rides on the midway between 6 p.m. and midnight will cost \$6.

On Saturday, all veterans and members of veteran auxiliary organizations will be admitted for \$1 with identification.

On Sept. 4, fairgoers can get \$1 off their admission charge if they bring a can of food. The food will be donated to charity.

Senior citizens' day is Sept. 5. All persons 62 and older will be admitted for \$1 with identification.

Ag Day is Sept. 6. Admission tickets with a \$2 discount will be accepted. They are available at participating agricultural exhibits. A combine demolition derby is scheduled for 1 p.m.

On Sept. 8, kids 16 and younger will be admitted free until 6 p.m. Rides will run at reduced rates between 11 a.m. and 6 p.m. A second combine demolition derby also is scheduled.

Free gate admission after 4 p.m. is the featured attraction at the Sept. 9 "Last Blast." All rides on the midway between 4 p.m. and midnight will cost \$6.

Gate admission tickets, which can be purchased at a reduced cost at Hinky Dinky, Jack and Jill, Hy-Vee and IGA, are \$2.

Gate tickets cost \$3.



1. Ray Nitschke 2. Bert Jones
3. L.C. Greenwood 4. Frank Deford
5. Dick Williams
6. Buck Buchanan 7. Jim Horochick
8. Boog Powell
9. Ben Davidson 10. Grits Gresham
11. Rodney Dangerfield
12. Red Auerbach 13. Tommy Heinsch
14. John Madden
15. Merv Throneberry 16. Bob Uecker
17. Steve Mizerak
18. Bubba Smith 19. Dick Butkus
20. Jim Shoulters
21. Corky Carroll 22. Lee Meredith
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