

# Program pushes weight loss

By Gah Y. Huey

Daily Nebraskan Senior Reporter

The University Health Center will sponsor a weight-loss program for students who are at least 15 percent over their ideal weight, psychiatric social worker Margaret Eager, said Tuesday.

The program, scheduled to begin Oct. 1, will last 10 weeks, Eager said. Participants will meet from 3:30 p.m. to 4:30 p.m. every Monday in the basement conference room of the health center, she said.

Students who participate must be at least 15 percent over their ideal weight, which is determined

by a physical taken at the center, she said. To arrange for a physical, the student can contact the center for an appointment with a health center physician.

During the program, students must weigh in every week, Eager said. The program will take a "healthy lifestyle" approach in which various kinds of information will be presented, she said.

The program will focus on teaching students to eat fewer calories, to exercise more and to change their behavior patterns, she said. Aerobics to improve the cardiovascular system particularly will be emphasized, she said.

The program will include dis-

cussion on weight loss by showing films, presenting medical reasons to control weight, citing good nutrition practices and allowing students to discuss their weight problem, Eager said.

Cost for the 10-week program is \$25 and up to \$20 is refundable, depending on the student's attendance, she said.

Students who have completed the 10-week program can enroll in the follow-up program that will meet every Thursday. Cost for the program, to begin Oct. 4, will be \$20 and is non-refundable.

Students who were in the first program can continue to lose weight in the follow-up program.

## Shorts

Booths still are available for those wanting to display or sell items during Lincolnfest '84, Sept. 29 and 30. Rental prices are \$100 for commercial enterprises, \$50 for non-profit or fund-raising organizations and \$25 for informational or display purposes. Booths will be set up near Pershing Auditorium. Any booths decorated with the Lincolnfest theme, "A Celebration of Life in Lincoln," will be eligible for a competition with cash prizes. Contact Pam Wright at the Lincoln Center Association, 474-5500, for more information.

The Lincoln Transportation System will operate two Big Red Express Lots again this football season. They are at Southeast Community College, 8800 O St., and at Holmes Park, 70th and Van Dorn streets.

Game-goers can board Big Red and Express buses from Holmes Park or Southeast Community College at 11:30 a.m., 11:45 a.m.,

noon, 12:15, 12:30 and 12:45 p.m. Buses will travel non-stop to Lincoln Center and Memorial Stadium. The 11:30 a.m. buses will make the downtown loop before going to the stadium.

After the game, fans can catch a bus from the stadium back to Holmes Lake or the college. Another bus will pick up fans at 11th and M streets at 5 p.m.

Service costs and departure times may change because of televised games. Call 476-1234 for more information.

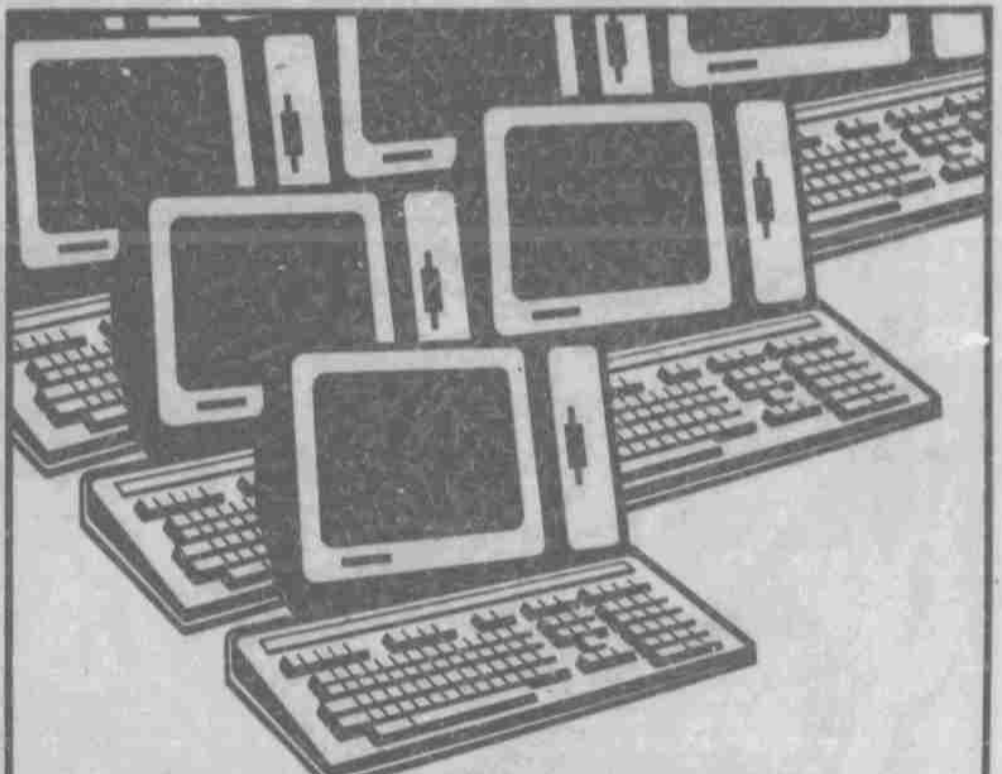
The Near South Neighborhood Association will have its 11th Annual Ice Cream Social Sunday from 2 to 4 p.m. in the courtyard of the First Plymouth Church, 20th and D streets. Ice cream from the UNL East Campus Dairy Store, lemonade, iced tea and home-baked goods will be served. A live band will play.

John F. Schuessler, director of engineering at McDonnell Douglas Technical Services Company in

Houston will speak about the U.S. Space Shuttle program during a dinner Sept. 20, sponsored by the Women's Division of the Lincoln Chamber of Commerce.

Schuessler is responsible for engineering technologies on the Space Shuttle and Space Station programs. He is involved with astronaut training and flight crew planning and supervises flight controllers at NASA's Mission Control Center in Houston.

"Preventing Child Sexual Abuse," a five-part national public TV series airing Sept. 17 through 20 at 7 p.m., offers advice to parents on how to prevent their children from becoming victims. It also provides non-threatening programs for children, geared to their age group and level of understanding, on how to protect themselves. The national programs will be supplemented with local facts about assault of children and adults on "Sexual Violence in Nebraska," which begins Sept. 17 at 8:30 p.m.



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