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50-year-old landscape gets face-lift

State Capitol to spruce up grounds

By Paul Shavilk
Daily Nebraskan Staff Writer

Fifty years after the state Capitol's grounds were landscaped by Lincoln architect Ernst Herminghaus, a restoration is re-creating the look.

Robert Ripley, Capitol restoration manager, said workers are grating the ground to remove diseased and dying trees and shrubs. They also will move some trees south of the Capitol.

Beginning this week, 30 evergreen trees, 10 deciduous trees

and about 100 evergreen shrubs will be planted along the south wall as called for in the 1934 plans, Ripley said.

Richard Sutton, a landscape architect and horticulture professor at UNL, is assisting with this project, Ripley said.

Ripley said about 70 percent of the original trees have died because of natural factors and lax maintenance. About 10 years ago, a concentrated maintenance program was initiated.

Buildings remain essentially un-

changed over long periods of years, requiring only minor repairs. But, Ripley said a landscape is dynamic and requires regular attention.

Restoration of the Capitol's south side is scheduled for com-

pletion Nov. 1, he said, with costs estimated at \$55,000 to \$60,000.

If funding is authorized, the renovation of the north, east and west sides of the Capitol probably will begin next spring, Ripley said.

Contraceptive facts

By Susan Currey
Daily Nebraskan Staff Writer

A session on the uses of contraceptives kicked off Wellness Week.

There wasn't a large turn-out, only four people showed, including one male who said at the end of the presentation that he learned a lot more than he already knew.

Karen Weed and Linda Lewis hosted this session on contraceptives sponsored by Alpha Chi Omega. Both women are registered nurses at the health center. The health center sponsors contraceptive classes twice a week for men and women who want contraceptives.

"We have found that if the person comes to this class, initially the doctor at appointment time, who gives them their method, spends a lot less time because they already know about the method," Lewis said.

Many methods today include: the pill, the diaphragm, and the I.U.D., all must be prescribed by a doctor. Over the counter birth control methods are: condoms, the contraceptive sponge and contraceptive foams. Withdrawal falls under a category of its own.

Weed stressed that contraceptives should be "a mutual decision between the two of you. We encourage male and female at these classes."

Withdrawal has many miscon-

ceptions because men and women don't fully understand the facts of withdrawal, Weed said. The withdrawal method is not encouraged, Weed said, because semen does leak out before ejaculating.

The condom, if used properly is 90 percent effective and prevents sexually transmitted diseases.

An important factor that many don't realize is that "Heat weakens rubber. So it's not a cool idea to put it in somebody's billfold. It's not going to last very long," Lewis said.

The foam method is fairly easy to use if the directions are read properly, Weed said. This spermicide method will only be effective if used properly.

Both the creme and jelly are used in the same fashion as the foam. The contraceptive sponge is the latest over-the-counter method and is again, easy to purchase. The sponge, like the foam, jelly and creme must be used correctly to receive the maximum protection of 85 percent.

For prescribed birth control, one must see a doctor and receive a full physical: pap smear and pelvic examination.

The diaphragm must be fitted by the doctor. Spermicide creme or gel accompanies the rubber diaphragm.

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WEDNESDAY Sept. 26

Make a Positive Lifestyle Choice

10:30-11:30 Cultural Influences on Food Habits: Are You Meeting Your Nutritional Requirements? Georgian Suite A—Nebraska Union Rao Ivaturi

12:00-1:00 Strength Training At Home Centennial Room—Nebraska Union Boyd Epley

12:00-4:00 Fitness Testing And Diet Checks*** Regency A & B—Nebraska Union Center for Healthy Lifestyles Human Nutrition & Food Service Management University Health Center

Lifestyle assessments while you wait, along with blood pressure checks, vital capacity readings, strength tests, flexibility test, body composition, modified step tests and diet checks. For a \$10 fee you may also have a blood chemistry profile. (For eating instructions prior to blood chemistry, call 472-2102, Ext. 225)

1:30-2:30 Vegetarian Nutrition, Is it Safe or Practical? Georgian Suite B—NE. Union Erin Caudill

2:30-3:30 An Ounce of Prevention Might Save Your Life! Georgian Suite B—NE. Union Dr. Mardie Burches

2:30-3:30 Sometimes Caring is Not Enough: How to Intervene with a Chemically Dependent Program Ne. Union Dr. Clayton Rivers, Dr. Steve Blum, Dr. Linda Rivers

3:30-4:30 Masculine, Feminine, or Androgynous: Current Sex Roles in Society Georgian Suite B—NE. Union Dr. Natalie Porter & Dr. Jim Pipher

5:00-6:00 Open Aerobic Conditioning East Campus Activities Building Vicki Highstreet

7:00-9:00 Stress Physiology, Quieting Reflex and Kicking the Old Stress Habit Centennial Room—NE. Union Dr. Wesley Sime



Wellness Week '84
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