COUPON CONGRATULATIONS (You Found It) 'SAVE" \$1.00 OFF ANY MEDIUM of LARGE DELIVERED PIZZA \$3.00 OFF ANY LARGE CARRY-OUT PIZZA **EXPIRES 10/4/84** 

State Capitol to spruce up grounds By Paul Shavlik Daily Nebraskan Staff Writer Fifty years after the state Capitol's grounds were land- plans, Ripley said. scaped by Lincoln architect Ernst creating the look.

Robert Ripley, Capitol restoration manager, said workers are grating the ground to remove the original trees have died diseased and dying trees and shrubs. They also will move some lax maintenance. About 10 years trees south of the Capitol.

wall as called for in the 1934

50-year-old landscape gets face-lift

Richard Sutton, a landscape regular attention. Herminghaus, a restoration is re- architect and horticulture professor at UNL, is assisting with south side is scheduled for comthis project, Ripley said.

Ripley said about 70 percent of because of natural factors and ago, a concentrated maintenance

and about 100 evergreen shrubs changed over long periods of pletion Nov. 1, he said, with costs will be planted along the south years, requiring only minor re- estimated at \$55,000 to \$60,000. pairs. But, Ripley said a landscape is dynamic and requires

Restoration of the Capitol's

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

By Susan Currey Daily Nebraskan Staff Writer

A session on the uses of contraceptives kicked off Wellness

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 they already know about the method," Lewis said.

I.U.D., all must be prescribed by a protection of 85 percent. doctor. Over the counter birth control methods are: condoms, falls under a category of its own. pelvic examination.

Weed stressed that contracep-

tives should be "a mutual decithese 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.

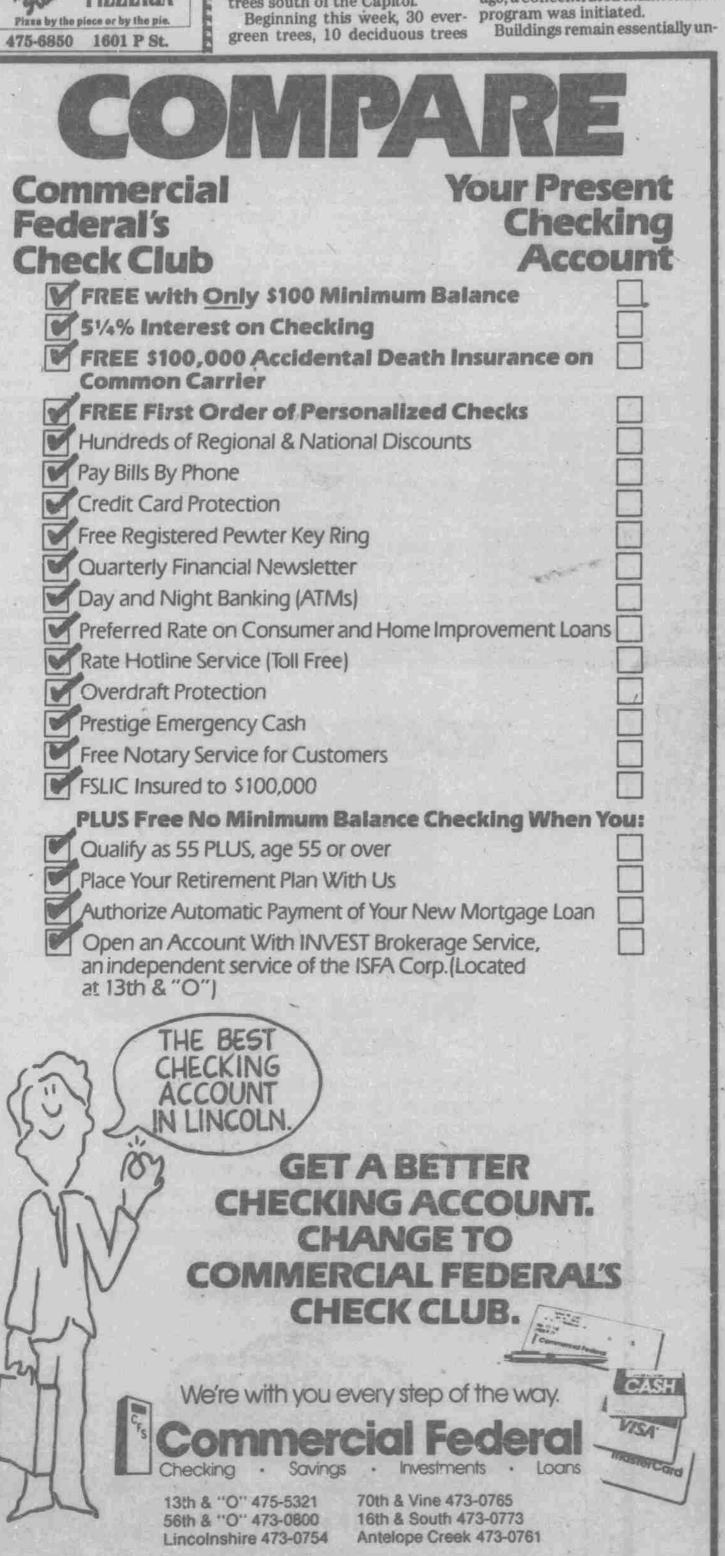
The foam method is fairly easy to use if the directions are read properly, Weed said. This spermacide method will only be effective if used properly.

Both the creme and jelly are the doctor at appointment time, used in the same fashion as the who gives them their method, foam. The contraceptive sponge spends a lot less time because is the latest over-the-counter method and is again, easy to purchase. The sponge, like the foam. Many methods today include: jelly and creme must be used corthe pill, the diaphragm, and the rectly to receive the maximum

For prescribed birth control, the contraceptive sponge and one must see a doctor and receive contraceptive foams. Withdrawal a full physical: pap smear and

The diaphragm must be fitted sion between the two of you. We by the doctor, Spermacide creme encourage male and female at or gel accompanies the rubber diaphragm.

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## WEDNESDAY Sept. 26 Make a Positive Lifestyle Choice 10:30-11:30 Cultural Influence on Food Habits: Are You Meeting Your Nutritional Requirements? Georgian Suite A-Nebraska Union Rao Ivaturi 12:00-1:00 Strenth 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)

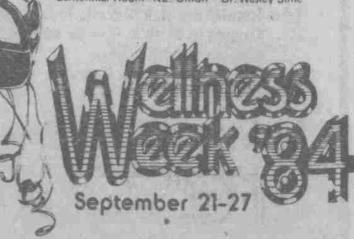
1:30-2:30 Vegetarian Nutrition, Is it Safe or Practical Georgian Suite B—NE. Union Erin Caudill

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, Ferninine, or Androgynous: Current Sex Roles in Society Georgian Suite B-NE, Union Dr. Natalie Porter & Dr. Jim Pipher

5:00-6:00 Open Asrabic 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



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