Fitness fads fool older generation I was trying to explain the health nated regular Coke, decaffeinated diet said. "That's so silly! Why are all you

craze to my grandma the other day. She was really baffled by things like tofu, marathons, and the large selection of books in the health and beauty section caffeine in it, please," Grandma said. It just doesn't make sense. Look at your at B. Dalton's bookstore.

Cheryl Petersen

"What's all the fuss about?" she asked. "Nobody worried about being healthy in my day. Just so long as you' were healthy enough to work. And that's exactly why we were healthy. We didn't work out. We just worked!"

These ideas interested me, so I thought we should continue our discussion over lunch. We ate at Wendy's which only complicated the situation further. When my grandma ordered a salad, the girl behind the counter said, "Oh, so you do have your license to

"Excuse me?" Grandma asked. "You know, Wendy's license to eat from our new light menu!"

'Uh, could you change that, please, to a double with cheese and a Coke?"

Well, sure," the girl said. "Do you want regular Coke, diet Coke, decaffeiCoke or regular decaffeinated cherry young girls trying so hard to be skinny? Coke?"

health issues with her, so I just mulled is sick." them over in my mind.

exercising. It just wasn't done.

ing. People were always walking, not so "ideal weight" on a chart in a magamuch for the physical benefits, but for zine. I was confused. Did it mean my recreation or transportation.

and polka-dot leotards hadn't even weight and eating habits today are just been invented yet. I really can't see as detrimental to our health as the lack women jumping up and down and of concern with them in the past. sweating in corsets and button-down

by asking me if I wanted the rest of her to pick out a triathlon suit. cheeseburger. I stupidly replied with, "No, thanks, Gram. I'm trying to watch heard her ask the clerk to bring her a

"Oh, for heaven's sake," Grandms was obviously pleased.

And all you people trying to be skinny "The one with the real sugar and are the ones that think they're healthy. I could tell that this would not be a sister. She quit eating all together and good time to discuss past and present got so skinny she looks sick. I think she

She did have a point there. It's It makes sense that people didn't become taboo to be even five pounds physically challenge themselves in the above your "ideal weight." People will form of marathons or triathlons 50 or 60 do anything, usually unhealthy things, years ago. They faced enough physical to achieve that magical number when challenge each day in the form of labor. they step on the scale. What did people Even the ones that didn't do strenuous do before there were scales? Who cares work probably never even thought of what a scale says, as long as you feel good. And who or what determines our The exception, of course, was walk- ideal weight? I remember seeing my whole body should only weigh that It's probably a good thing they didn't much, or each limb individually? At any have aerobics classes, though. Striped rate, I decided our concern with our

I realized I was kind of pushing it, but I asked Grandma if she wanted to Grandma interrupted my thoughts go to the sporting goods store with me

While I was in the dressing room I pair of pink Nike's in size eight. She

"Oh, good," she exclaimed. "I think "They're worth every penny." they'll match my new cotton summer dress perfectly!"

They'll be \$52.95," the clerk said.

"What? \$52.95 for a pair of tennies?" running shoes, ma'am," the clerk said.

I came out of the dressing room to see if she approved of the triathlon

"Oh, I just love it!" she said. "Your "These are technologically advanced grandfather used to have a swimming suit just like it when we were kids!"

88878888888888888888888888888 EUROPEAN TANNING BED 10 visits for \$25

Heads Together

17th & R 475-4902

PENNY PITCHERS

Every night from 10 to Midnight and Afternoons from 4:30 to 6:30 buy any drink or pitcher of beer and get the next one for a penny!

(Lower Level of Dinsdales)

nsdale's 1228 "P" Street RESTAURANT & LOUNGE

Grounds director tackles job of keeping athletic fields fit

By Jeff Apel Staff Reporter

Bill Shepard has seen a lot of changes in Memorial Stadium since his arrival in 1960.

section was added and one year later, saw Memorial Stadium fully enclosed with the addition of a north section which raised the stadium's seating capacity to 76,000.

With these changes in size, Shepard's job as the grounds director for the atheletic department has become increasingly more demanding as there is a greater demand for maintenance at the 56-year-old stadium.

"Over the years, my job has become increasingly more difficult;" Shepard said. "But when you've been here as long as I have, it's easier to take on the challenges."

Shepard, who is also in charge of maintaining the baseball and softball diamonds as well as the Ed Weir track, has two full-time assistants, Dick Lutz and Marvin Little, as well as a number of student assistants to help take care of the fields.

"We do a lot of work all over the campus and a lot of it isn't easy," Shepard said. "Most of the things that we do, in fact, are very laborious."

Shepard, Lutz, Miller and four student assistants are currently repainting hand rails, reseeding grass, and replacing doors and windows at Memorial Stadium in preparation for the Cornhusker's season opener against

Florida State Sept. 7.

from a variety of sports work for him in hours a week during the day and train-

Two years ago, football players Woody Paige and Paul Parker teamed with hour job were few, the experience was In 1964, Shepard watched as a south high jumper Jeff Loescher to work for priceless, Loescher said. the grounds department, a job which Loescher said was "ideal."

a job where I could work around my do it again."

orida State Sept. 7. training schedule," Loescher said. "It Shepard has had several athletes worked out perfectly for me, working 40 ing at night."

Although the benefits of the \$3.75 an

"Learning to do all of that lawnwork someday will come in handy," he said. I was living in Lincoln and I needed "If I had the opportunity, I'd definitely

> Usher for Nebraska Repertory Theatre-472-2073 and see the show FREE!





SPECIALIZING IN-VOLKSWAGEN, AUDI, DATSUN, HONDA, TOYOTA, SUBARU

MAJOR AND MINOR REPAIRS TUNE-UPS **ENGINES** ALIGNMENT

AND BALANCING

nstitute for AUTOMOTIVE SERVICE XCELLENCE

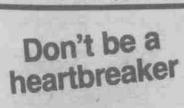
BRAKES McPHERSON STRUTS FRONT END REBUILDING* ACCESSORIES AIR CONDITIONING

VISA

Certified Mechanics 467-363

2435 N. 33rd Lincoln Same location for over 14 years!











Lihcoln's Entertainment Oasis

340 West Cornhusker

477-2026

Now Open For Daytime Business

Enjoy

Iive entertainment every night

* major concert events

* usually no cover charge * adult only swimming pool (FREE)

* pool tables, foosball tables, videos, and pinballs

* full service bars

* hot tub (FREE)

* outdoor beer garden

* private party space available (FREE)

" plenty of free parking

* 5 minutes from downtown or the airport