Health center sponsors weight-loss program

By Linda Hartmann
Staff Reporter

Beginning Sept. 30, students with weight problems can attend weekly meetings of the University Health Center weight control group.

The group will meet every Monday, 3:30 to 4:30 p.m., for 10 weeks. The program is offered each semester.

Students wishing to join the group must have a physical examination to determine if they are at least 15 percent overweight. Then they are referred to a dietician who works with them before and during the 10-weeks. The group is limited to 25 people.

Kathleen Lehr, health center dietician said the health center sponsors the group to help students develop healthier lifestyles. She said the program emphasizes nutrition, exercise and behavior modification.

Each weekly meeting includes a weigh-in, informal discussion on the students' progress, and a speaker, Lehr said.

Dr. Garland Bare coordinates the group. He said anyone can lose weight if they learn how.

Bare said this weight control group is different from many others because it emphasizes long-term weight control rather than quick dieting.

Students pay a $25 fee at the first meeting, Lehr said, but up to $20 can be refunded based on meeting attendance and completion of assignments.

A staff and faculty group also will meet on Tuesday, noon to 1 p.m., beginning Oct. 1. For information about both groups, contact a registered dietician at 472-7447.

Photo courtesy of UNL Polar Ice Coring Office

Chief scientist Lonnie Thompson holds a 1,000 year old ice core sample. It was dug with a solar power drill in the summer of 1983 on the Quedccaya ice cap in Peru.

UNL invention helps experts study past through ice samples

By Elizabeth Snuttjer
Staff Reporter

A solar-powered ice drill invented by a UNL senior engineer enabled scientists to study past and present world climates by analyzing ice core samples.

The solar-powered ice drill is a "conglomeration of parts," said inventor Bruce Koci of the UNL Polar Ice Coring Office.

Koci said solar energy is an "ideal power source" for the drill.

The drill uses 48 solar panels to melt through ice sheets. The failure rate for solar panels is low and they work better at colder temperatures and higher climates, he said.

Although the drilling equipment weighs about 2,000 pounds, it can be dismantled and carried in about 60 trips, Koci said. Helicopters can't transport standard drilling equipment there because the air is too thin, he said.

He said many things can be discovered through ice core samples. In addition to climate changes, it may be possible to study volcanic events and predict possible world droughts, Koci said.

"Ice is a storehouse of information," Koci said.

The ice core samples taken in the summer of 1983 on the Quedccaya ice cap in Peru are seven feet long and about 1,000 years old, he said. This was the first time samples this deep were taken from the equator.

Two samples were taken for comparison. Both showed a volcanic eruption in the same year.

"The record is phenomenal," Koci said.

"Ice samples are like tree rings, he said. They have striped portions that contain dust particles and varying amounts of carbon dioxide.

The National Science Foundation hires the ice coring office to do expeditions. The office also monitors glaciers and designs equipment for expeditions. Office staff members are experimenting with geodesic dome shelters built for Artic conditions.

"It's pretty exciting working with scientists from all over the world," Koci said.

Most of the expeditions have been to Antartica and Greenland.

They begin in late October and continue through February. Koci said these months are the warmest season in the artic regions. A nice day would be about 10 degrees Fahrenheit, he said.

The office is working on a drill that could get samples from 10,000 feet or more below the surface, Koci said. The multi-million dollar project is set for next year, he said.

Last year the office received almost $1 million, the biggest grant at UNL. If next year's Greenland expedition is successful, the grant could double, Koci said.

GTA'a are supervised

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commitment to training college students," within the Teacher's College, Santmire said. "We're in the business of preparing teachers."

Seventeen GTA's are working toward their doctoral degree, she said.

Qualifications to become a GTA in Teacher's College include: a masters degree, advanced course work in at least two areas in which the GTA will be teaching and past teaching experience, which is important, Santmire said.

Faculty members make recommendations about who would be a good GTA, she said.

Once the GTA is selected, a supervisor is assigned. Supervisors monitor performance by visiting classrooms, reviewing prepared materials and instucting weekly seminars on teaching techniques.

"There is some intrinsic interest on the part of the teaching assistant,' Santmire said. "They tend to be more empathetic and interested in helping students."