

Students alter residence hall rooms into home

ROOMS from Page 1

However, he said, there are some limitations on the extent to which residents may renovate their rooms.

Bunks and other constructions must be free-standing. No holes are allowed in the walls, and the existing furniture cannot be used as structure support.

Residents may not paint the rooms without permission of the housing office and then only with housing-approved paints.

The main point, Schumann said, is that the room must be in the same condition when the residents leave as it was when they arrived.

"As long as a resident doesn't destroy things for the students

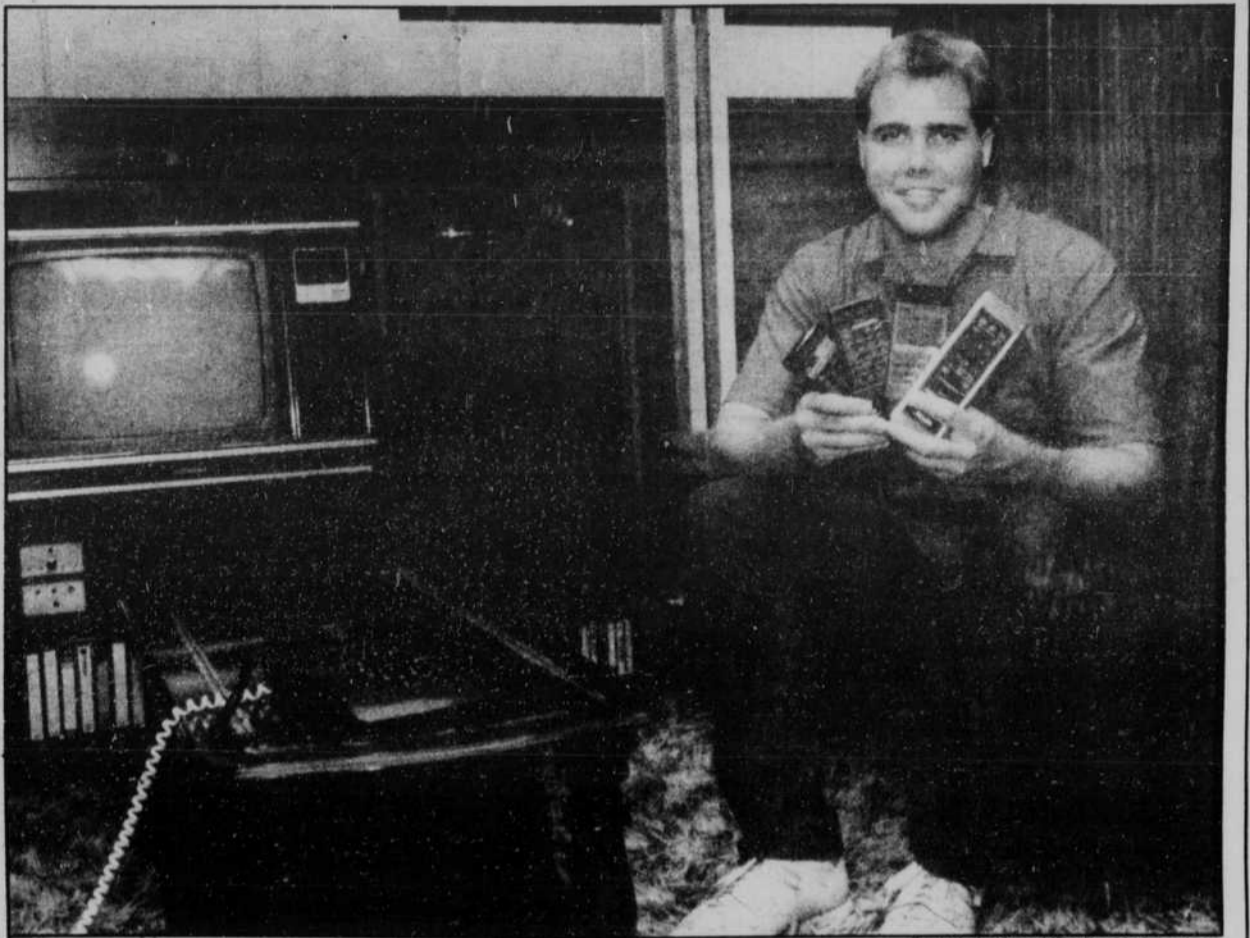
coming afterwards, the sky is the limit," he said.

Schumann, who has worked with university housing for eight years, said he is amazed at some of the extensive stereo systems he has seen, the expensive furniture and the different designs of suspended bunks.

Schumann said he has even seen rooms where students have built extra floor decks to elevate sections of the room.

To Svanda, these "extravagances" are the necessities.

"I look around at some of the other rooms where there may only be a strip of carpet through the center and maybe a couch if they're lucky." He shook his head. "I couldn't handle that for nine months out of the year."



Butch Ireland/Daily Nebraskan

Jay Svanda displays four sets of remote controls in his room in Schramm Hall.

Specialist says exercise good for heart

By Lisa Twiestmeyer
Staff Reporter

Exercise not only prevents coronary disease, but treats it, a cardiac rehabilitation specialist said Wednesday night.

Dr. Noel D. Nequin, director of the Cardiac Rehabilitation and Health Enhancement Center at Swedish Covenant Hospital in Chicago, gave the September keynote speech for the University Health Center's Wellness Bound program in the East Campus Union.

Nequin told a crowd of 125 that after most people reach the age of 25, they begin to lead less active lives. This is a significant coronary risk, he said, and the bad habits leading up to

this can begin during childhood.

Nequin said that 50 percent of American youth are overweight and 33 percent are considered obese. Even 11- and 12-year olds, he said, experience high blood pressure and cholesterol. These childhood conditions can lead to cardiovascular disease in adults, which accounts for almost 50 percent of deaths in America, he said.

Exercise plays a key role in preventing heart disease, Nequin said. But, unlike in earlier years, exercise is now being used in cardiac rehabilitation. In the 1930s, he said, doctors demanded eight weeks of bedrest for heart attack patients. Now, patients can be released from the hospital four days after an attack, he

said.

Nequin said physical activity is the most important aspect of cardiac rehabilitation today.

"It should have been this way earlier," Nequin said. "Now, the goal of cardiac rehabilitation is to get the patient out of bed early and into exercise and risk reduction programs. We want them back to their former capacity."

Nequin developed his own rehabilitation program, called the Chicago Running Hearts. In his program, he said, he selects cardiac patients to train and run in races and marathons. The patients are carefully monitored, he said, and do not run to compete.

"The program is used as a motivation tool,"

Nequin said. "Patients are inspired to maintain long-term cardiovascular health, and the myth of cardiac invalidism is eliminated."

Nequin said he can empathize with his patients, because he was a cardiac patient himself. He outlined his own case history of cardiac illness and surgery, and said that like many of his patients, he denied the symptoms as they developed. He is now long-distance running, as he did before his illness, he said.

If a person wants to reduce the risk of a cardiac event, Nequin said, an aerobic fitness program should be maintained. Non-stop aerobic exercise for 30 minutes, five or six days a week, will greatly reduce the chance for coronary problems.

A Domino's Pizza® Double Offer.
2-12" Medium Cheese Pizzas Plus 1 Topping **FOR ONLY \$9.95** Plus Tax
No Coupon Necessary
Offer Expires 9-27-87.

DOMINO'S PIZZA DELIVERS FREE.

Call Us!
475-7672
611 N. 27th Main Campus
Open 11AM for Lunch Every day!
476-0787
11th & Cornhusker Belmont
Harper-Schramm-Smith
476-9944
1415 South Street South Area
466-2377
2933 N. 48th Uniplace
489-9631
4728 Prescott Collegeview

Hours:
4:30PM-1AM Mon.-Thur.
4:30-2AM Fri.
11AM-2AM Sat.
11AM-1AM Sun.

"Coca-Cola" is a trademark of the Coca-Cola Corporation.

Now that it's time to hit the books again, Domino's Pizza® is helping to beat those boring evenings of studying with a special deal on 12" medium, Cheese plus one topping pizza. Hot and to your door in 30 minutes or less.

Additional Toppings Include:
Pepperoni Pineapple
Ground Beef Green Peppers
Sausage Mushrooms
Smoked Ham Onions
Jalapenos Extra Cheese
Green Olives Extra Thick
Black Olives Crust

Our drivers carry less than \$20.00
Limited Delivery Area
© 1987 Domino's Pizza, Inc.

\$4.98 Plus Tax
-12" Medium Cheese pizza plus one topping.
Offer not good with other offers or coupons.
Expires 9-27-87.
Good at listed locations.
Fast, Free Delivery.™
Additional toppings available at additional cost.

CONTEMPLATING YOUR CAREER?

ATTEND CAREER INFORMATION DAY '87 TODAY

THURSDAY, SEPTEMBER 24th
10:00 a.m. - 3:00 p.m.
UN-L Student Union
Centennial Room
Lincoln, Nebraska

9:00-10:30 am "The Resume Workshop" - Presented by award winning, nationally renowned career specialist DAVID SWANSON. Regency Suites A&B

10:00-3:00 pm Visit with over 200 representatives from business, industry, education and government. Centennial Room and Ballroom, Nebraska Union.

12:00-1:00 pm "The Right Interview Look" - Dressing for the Interview by Linda Baldwin of Joy and Co. Clothing by Landon's and Joy and Co. Regency Suites A&B

1:00-2:30 pm "Creative Job Hunting Techniques"- Presented by David Swanson. Regency Suites A&B

3:00 pm "What Employers Look For: Resumes and Interviews"- Employer Panel Discussion. Hear what employers have to say. Georgian Suites A&B

3:00 pm Drawings for Free Prizes. To become eligible for the drawing complete and return the Career Information Day Evaluation Form. Ballroom, Nebraska Union.

Clip & Save