

# Hanna

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that could crumple me into a ball with just a thumb and forefinger.

Initially, I refused to venture over to the big weight machines and the free weights. I figured a person must earn the right to use the big weights. I noticed one guy with biceps bigger than my waist and decided an exercise bike was more to my liking.

As the semester has progressed, I've grown more bold and have inched my way farther back into the weight room where the real bruisers play. I admit I look a little ridiculous trying to bench press a five-pound hand weight but you've gotta start somewhere.

And I have noticed some progress. Not much, but some. And I feel better about myself because I haven't given this up yet.

And now, I'm going to share the wealth. I will provide for you, absolutely free of charge, my own exercise/weight training program. You can cut this out, stick it on your refrigerator and start working your way to a trim, toned, beautiful self.

## THE JIM HANNA NEW YOU EXERCISE REGIMEN DAILY PLANNER

8 a.m. -- Wake up. Hit your snooze alarm for at least an hour.

9 a.m. -- Get out of bed. Shower. Eat a Little Debbie snack cake with a glass of milk if you have time. If you're late, skip it.

10 a.m. -- Go to class or whatever. Be sure to drink at least three cans of Pepsi before noon. Make it Diet Pepsi if you're really serious about good health.

Noon -- Eat at some greasy fast-food place near campus. Eat less than you usually eat so you can pretend you're actually health conscious. If you give in and eat a lot, be sure to feel more guilty about it than you usually would without the Jim Hanna exercise planner.

4 p.m. -- Go to low-impact fitness class. Sweat a lot and wonder just what in the hell you're doing with your life.

5 p.m. -- Go to the weight room and feel intimidated. Ride the bikes a lot because it's easy and you still feel

like you're doing something. Lift a few weights and watch the veins bulge on your head. This ought to convince you and those around you that you're really working hard.

7 p.m. -- Do homework, watch television or something. Feel your recently invigorated muscles shrink up and harden into painful knots. Groan about how stupid you are. If you watch television, do thumb presses with the remote. Thirty reps oughta do it.

10 p.m. -- Go to a bar and drink only light beer. Midnight -- Go home, eat another Little Debbie, and go to bed.

### REPEAT DAILY

There's no need to thank me. I'm only too pleased to help. I guarantee that if you stick with this lovely program, you will see results. If nothing else, you'll think you're doing something, and the psychological benefits are really the best part of it all. Happy health hunting!

Hanna is senior theater major and a Daily Nebraskan Arts & Entertainment columnist and reporter.

# Caterwaul

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important in survival is that we let each other develop naturally. We don't really interfere with each other. We all do our own part in the writing," he said.

Martin and Pinnt said they don't consider what they do as work. And

the only thing Pinnt said he would have done differently was grow dreadlocks earlier.

But both agreed that phone interviews were hell. "Music isn't work, promotion is work."

Opening for Caterwaul will be The Acorns. Cover is \$4. Show time is 10 p.m.

## entertainment SHORTS

### Student film entries to show at Sheldon

The Sheldon Film Theater is hosting a free screening of films from accredited Midwest colleges and universities, including the University of Nebraska-Lincoln, that have entered the Academy of Motion Picture Arts and Sciences' 17th Annual Student Film Awards.

Screenings are scheduled to begin at 10:15 a.m. Saturday and will include films submitted from Region V of the nationwide competition.

The films will compete in four categories: animation, documentary, dramatic and experimental. The winning films will be sent to the Academy to compete in the national filmmaking competition.

The final judging for the national winners is done by Academy members, the same body of voters that choose the winners of the annual Oscar awards.

For more information on screening schedules, contact Jeremy Walker at the Sheldon Film Theater.

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### CLASSIFIED ADVERTISING

CALL 472-2588  
8 AM-4:30 PM Monday-Friday  
\$2.50 per day for 10 words on individual student and student organization ads.  
\$3.00 per day for 10 words on commercial ads.  
\$.15 each additional word.  
\$.75 billing charge. Personal ads must be prepaid. Found ads may be submitted free of charge.

### 3 Bicycles

Great for commute. Diamond Back. Fleetstreak 19 inch women's 12-speed, 3.5 years old, \$175. Schwinn Varsity Boy's 10 speed, \$35. 423-4838.

### 10 Misc. For Sale

ATTENTION - HIRING! Government jobs - your area. \$17,840-\$69,485. Call 1-602-838-8885. EXT. R4005.

ATTENTION - GOVERNMENT SEIZED VEHICLES from \$100. Ford, Mercedes, Corvettes, Chevys. Surplus Buyers Guide. 1-602-838-8885 EXT. A4005.

Cliff's for Pocket Lighters! 140 N. 12th.

Cliff's for Pinning Cigars!, 140 N. 12th

Eye Contact: Replacement and Spare lenses. Starting at \$19.95 each. 1-800-225-2020.

Hot Point microwave. Good as new. 1/2 price. Telephone 438-0434.

### 18 Stereo/TVs

Aka! Amp, Kenwood tuner and cassette player, Sansui 12-band equalizer, Revox reel-to-reel. 476-8974.

Pair of Klipsch Heresy loud speakers. \$500. 488-0748. Leave message. Blake.

### 20 Vehicles For Sale

1980 Suzuki GS250T. Low miles. Bought it new. Easy on gas. 542-2232 evenings.

Cars bought for cash. Best prices given up to \$1,000. 437-7764 days, 423-5036 after 6 p.m.

### 22 Adoption

**ADOPTION**  
AN ALTERNATIVE TO ABORTION  
Young, professional couple seeks drug-free mother-to-be considering adoption of her child. We are sincere, caring and offer a loving, secure home. Please call John and Dana in Sherman Oaks, California collect at 818-990-0184.

**ADOPTION**  
California couple with adopted son and lots of love to give desire to adopt newborn. Happily married, financially secure. Let us help you through this difficult time. Legal/confidential. Expenses paid. All Janet collect anytime. (707)833-1230.

Loving California couple and 14-month old daughter, Emily, wish to adopt newborn. Legal, confidential, expenses paid. Call Kathy collect anytime at 213-643-5643.

Loving, affectionate couple would like to experience the delights of Disneyland and Camp Snoopy through the eyes of a child. Our lives are full, except for a little baby to hug. Please call Lois or Jeff 818-996-4688.

**PREGNANT AND WONDERING WHAT TO DO?**  
Explore the protection and benefits of adoption which are only provided by a licensed agency. No fee for our confidential services. Contact:  
Nebraska Children's Home Society  
4600 Valley Road  
483-7879.

### 40 Instruction

**Group Guitar Classes**  
For just \$34.50 we'll put a guitar in your hands and teach you how to play it. Price includes use of guitar and amplifier for eight weeks, eight lessons, and all materials. Acoustic and electric classes available. Classes begin week of April 2 so call now.  
Schmitt Music, 467-2308.

### 60 Misc. Services

**TYPEWRITERS WORD PROCESSORS RENTAL SALES SERVICE RENT-TO-OWN BLOOM'S**  
323 North 13th Street  
474-4136

### 62 Pregnancy

**PREGNANT? BIRTHRIGHT** is a confidential helping hand. Free pregnancy test, please call us for appointment, 483-2609.

### 80 Typing & Resumes

Let us help you with your term papers. We do typing, word processing, resumes, spread sheets and graphics. CBC Marketing Services, 466-9765.

**OLDEST AND BEST RESUME SERVICE** in Lincoln offers \$5 Student Discount with this ad. Makes a great gift for a friend. Call for appointment 483-7611.

**Resumes**  
Professionally typeset or laser printed. \$15 plus tax.  
**Daily Nebraskan**  
basement of the Nebraska Union

**TYPING Computer Type & Services**  
1630 Que Street  
476-8973

All papers, Theses, Dissertations, Reports, Long/Short Term Projects, Letters/Envelopes/Resumes are professionally done.  
Service: Prompt - Rates: Great

You name it, I'll type it. Term papers, resumes, etc. Hours: noon-6. Rates starting at \$2/page. Call Rosie at 483-5162. If no answer, please leave message.

### 100 Rides

Commuters! Oma-UNL, I need rides for summer classes. Call Karen 476-6838.

### 110 Announcements

**"Questions of Faith"**  
Lenten Lunch Discussions for UNL Faculty & Staff  
Wed. April 4  
**"What's Being Good Good For?"**  
Brown Bag 12 Noon-1 PM  
St. Marks Episcopal  
1309 R Street  
Co-sponsored by: St. Marks UNL Lutheran Center UMHE-Lincoln

**SAME PLACE/SAME TIME:**  
SOUNDS LIKE "PADRE" WAS AS FUN AS SKIING! CAN'T MAKE LUNCH. LET'S COMPARE NOTES TONIGHT AT THE COFFEE HOUSE. 1324 "P"

Experience International Business. Attend an AIESEC meeting Tuesdays 4:00 p.m. in the Union.

FEEL THE TEMPERATURE RISE AT THE UNION  
**"BODY HEAT"**  
THURS. - 8 P.M., FRI. - 7 & 9 P.M., SAT. - 8 P.M. \$2/\$1 W/ID. SPONSORED BY UPC AMERICAN FILMS.

**Government Liaison Committee**  
Meeting TONIGHT 6:15 NE Union  
Last meeting during the legislative session!

**INTRAMURAL DEADLINE**  
Tuesday, April 3 is the entry deadline for the men's and women's outdoor 3-on-3 volleyball tournaments. 472-3467.

**Invited Sophomores**  
Remember to attend the Golden Key Sophomore Reception today, 3:30 in City Union.

PBL meeting tonight at 6:00 p.m. in CBA 120. Please attend.  
Phi Chi Theta Meeting, 6:00 p.m., City Union.

### STUDENT ORGANIZATIONS:

Student Organization Treasurer of the Year nominations forms are due Friday, April 6 at 5:00pm. Nomination forms are available at either CAP Office. Call 472-1780 for more information.

**BIG BUCKS! NO WHAMMIES! WIN \$100-\$200**  
All Freshmen enter the Pi Mu Epsilon Math Contest. Only 20 questions. Test is April 7. Sign up by Wednesday across from Math Office 8th floor Oldfather.

**COMING SOON! ART ATTACK**  
Denny Bent, nationally known artist at the Union Plaza Thursday 3:30pm. UPC

**CHI PHI BAND BASH!**  
April 12, 1990  
Union Ballroom, 8 pm  
BE THERE!

Congratulations  
Phil Goech - ASUN President  
Shawn Burnham  
We're proud of you!  
University of Nebraska Foundation

**CORNCOBBS**  
Meeting today, 4:30pm in the Union. Husker baseball game afterwards. Please attend both. New members are welcome.

**All Campus Dance**  
featuring Bobby Curious  
Pla-Mor Ballroom, April 5th, Free Shuttle and Cash Bar. Tickets on Sale in Nebraska Union.

**AMS**  
Administrative Management Society  
Important Meeting, 6:30 pm, Wed. April 4th, 1990 in City Union  
Officer Elections

**PRE-LAW CLUB**  
Meeting Tonight, 7:00 pm  
Room To Be Posted  
Officers Must Attend

**Student Foundation**  
is proud to present...  
**ASUN President**  
Phil Goech  
Way to go!

- |                                      |                                |
|--------------------------------------|--------------------------------|
| <b>ACROSS</b>                        | 27 Trafalgar Square figure     |
| 1 TV alien                           | 32 Mocassin                    |
| 4 Arrears                            | 34 Mexican food                |
| 9 Donkey's sound                     | 36 Disintegrate                |
| 13 Bk.                               | 37 Yearn                       |
| 14 Apprehensive                      | 39 "Le _____ d'Arthur"         |
| 15 Hebrides island                   | 41 "Vissi d'_____ Puccini aria |
| 16 Gelid                             | 42 Simmers                     |
| 17 Water bird                        | 44 Dams                        |
| 19 Noble                             | 46 Archaic verb ending         |
| 21 Italian seaport                   | 47 They tempted Ulysses        |
| 22 Teasdale and others               | 49 Flowery                     |
| 24 "_____ Mommy Kissing Santa Claus" |                                |
| 25 Platitude                         |                                |

### Edited by Eugene T. Maleska

#### ANSWER TO PREVIOUS PUZZLE

CLASP PAS ENOS  
POLAR MEET DAME  
ABACA INGE UPIN  
SIRWALTERSCOTT  
END ANTA  
APED LIEN ITALY  
MAP MANN RODEO  
ISSEEINGBYPROXY  
STOSS ITES RIO  
SAMOA ONUS BESS  
T BAR OAR  
OFBEINGEARNEST  
LEAR DARN EATEN  
DALI ENNA STONE  
ERIC SSE THANE

### STUDENT ORGANIZATIONS:

Student Organization Advisor of the Year nominations forms are due Wednesday, April 4 at 5:00pm. Nomination forms are available at either CAP Office. Call 472-1780 for more information.

**Summer Sessions Early Registration**  
March 19 - April 6

### TCAB

Teachers College Advisory Board meeting Tuesday, April 3rd, at 5:00 p.m. in Henzlik Old and new members please be there!

### 120 Greek Affairs

**ATTENTION:**  
Applications for Editor-in-Chief of Greek Yearbook now available in Greek Affairs Office. Due 4:00, April 6. Call Laurie at 436-6210 if you have questions.

## Daily Nebraskan

34 NEBRASKA UNION 1400 R ST. LINCOLN, NE 68588

# This could be you!

Account Executive  
(402)472-2589

The Daily Nebraskan is now accepting applications for summer and fall account executives. This position requires approximately 25 hours per week. If you are comfortable in a selling situation, can motivate yourself and are interested in applying your academic background in advertising sales, we have an opening for you. Pay is based on a commission structure and applicants must be UNL students. Applications are now available at the Daily Nebraskan, Room 34, Nebraska Union. Applications must be returned by Monday, April 9, at 3:00 p.m.

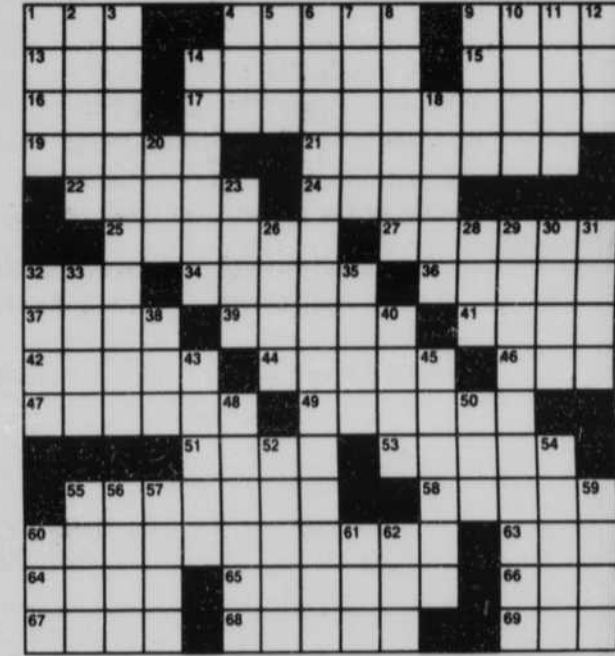
## Daily Nebraskan

34 NEBRASKA UNION 1400 R ST. LINCOLN, NE 68588

UNL does not discriminate in its academic, admissions or employment programs and abides by all Federal regulations pertaining to same.

- |                     |                    |
|---------------------|--------------------|
| 51 Pitcher          | 53 Cut into pieces |
| 55 Beersheba native | 58 Giggie          |
| 60 Long-necked bird | 63 Hockey great    |
| 64 Part of T.S.E.   | 65 Did farm work   |
| 66 Peruke           | 67 Horned vipers   |
| 68 Utter scornfully | 69 Papal name      |

- DOWN**
- |                        |                            |                                 |                                  |
|------------------------|----------------------------|---------------------------------|----------------------------------|
| 1 Enthusiastic         | 20 Timetable abbr.         | 35 Clink                        | 55 Hunter and Fleming            |
| 2 Place                | 23 Thailand, once          | 38 Lamb's dam                   | 56 Cut                           |
| 3 Insectivorous bird   | 26 Freight boat            | 40 Sea birds                    | 57 Word of annoyance             |
| 4 Heredity initials    | 28 Grazing ground          | 43 P.G.A.'s Sam                 | 59 Therefore                     |
| 5 Conger               | 29 Night bird              | 45 Seasoned                     | 60 Agcy. once headed by G.H.W.B. |
| 6 Songbird             | 30 Stable owner's purchase | 48 _____ out (awaits anxiously) | 61 Comic Olsen                   |
| 7 Despots              | 31 Gorbachev's denial      | 50 Foulard                      | 62 Sun. discourse                |
| 8 Aleppo citizen       | 32 Bridge word             | 52 City in Ill. or Tex.         |                                  |
| 9 Offers               | 33 Play part               |                                 |                                  |
| 10 Complete defeat     |                            |                                 |                                  |
| 11 Suffix with assist  |                            |                                 |                                  |
| 12 Jabber              |                            |                                 |                                  |
| 14 Diacritical mark    |                            |                                 |                                  |
| 18 Moistened, in a way |                            |                                 |                                  |



- |              |                                  |                |                   |
|--------------|----------------------------------|----------------|-------------------|
| 59 Therefore | 60 Agcy. once headed by G.H.W.B. | 61 Comic Olsen | 62 Sun. discourse |
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