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Co-rec Softball Top 5

- Soccer Heads (2-0) Lambda Chi Alpha (1-0)
- Delta Upsilon/Phi Mu (1-0)
- . Sara's Pads (1-0)
- 5. To Be Determined (1-0)

Women's Intramural Softball

- . Alpha Omicron Pi (4-0)
- 2. Pound 6/13 (3-0) Sandoz 5 (2-2)
- Delta Gamma (2-2)
- 5. Cheers (2-2)

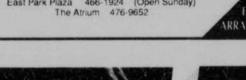
Lincoln's New 61TV

SATURDAY

11 A.M. Big Eight Gridiron Show 1 P.M. (Live) CSU at BYU 10:30 P.M. Oklahoma St. at Kansas St.

SUNDAY

12 Noon Oklahoma St. at Kansas St. 3-8 P.M. **Big Eight Coaches Show**







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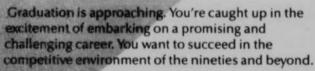


We will hold an information session at the University of

October 14, 1990, 6:30PM - 8:30PM at the Student Union.

We will be conducting interviews on October 15, 1990. Contact the Placement Office for more information.

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NBA game not sold out

From Staff Reports

About 4,500 tickets remain for tonight's NBA exhibition game at the Bob Devaney Sports Center, according to athletic ticket manager Joe

Selig.

Tickets for the game between the champion Detriot Pistons are on sale at the South Stadium ticket office. The tickets, costing \$14.50 and \$11.50, can be purchased by phone.

The Sports Center doors will open at 6 p.m. for the 7:30 p.m. game.

Season tickets for floor seats at

Nebraska men's basketball games are also available. The student tickets cost \$35 and are good for all regularseason home games except the ones during Christmas break.

Applications are available at the South Stadium ticket office.

Husker players are questionable for MU matchup

From Staff Reports

Nebraska I-back Leodis Flowers returned to practice Thursday after missing two days to attend the funeral of a friend, coach Tom Osborne said.

Osborne said he is not sure if Flowers will start Saturday against Missouri.

"He's missed a lot of snaps this week," Osborne said. "But we're not mad at him or anything; we knew where he was

Tight end William Washington jogged at practice, but Osborne said he doesn't think Washington will be ready to play Saturday. Washington sprained his ankle last week against Kansas State.

NU runners win their coach

From Staff Reports

The Nebraska men's cross country team will be accompanied to Satur-day's Illinois Open by coach Jay Dirksen. The Cornhusker men won Dirksen in a coin flip.

"That's a heck of a way to coach," Dirksen joked. "We had it at practice, right out in front of everyone. The men called it and won.'

The men originally were sched-uled to go to the Wisconsin Classic, where the Husker women's team will be competing, but the men's portion of the meet was cancelled.

Nebraska's next choice was the

Illinois Open, which will be held in Savoy, Ill., right outside of Cham-paign. Dirksen couldn't go to both meets, hence the coin flip

The Huskers will need more than luck to do well in the quadrangular against Wisconsin, Illinois and Iowa. Wisconsin is ranked third in the country and Illinois is ranked 22nd.

But Dirksen said Nebraska is get-

ting closer to those teams.
"We have really improved a lot in the last two weeks, he said. "I can tell from practice.

Kirk Petit may not compete be-cause of a stress fracture, Dirksen

Tigers

Continued from Page 7

about playing in front of crowds," Stull said. "Earlier, we concerned ourselves about not making mistakes. We're trying to overcome that.'

The game will be Stull's first as a coach in Memorial Stadium, although he played there for Kansas State.

He is looking forward to returning.
"It's going to be fun," Stull said. "I don't have too many good memories of that place, but hopefully Saturday I'll leave with some."

Ends

Continued from Page 7

sprained ankle, both Leise and Mitchell have seen a fair amount of playing time. Both, however, have yet to catch

Mitchell, like Brown, sat out last year as a Proposition 48 casualty, but said he too, is ready for the challenge of a starting role.

"Derek and I don't make freshman mistakes," Mitchell said. "We go out and play ball like we know how.

"It's going to be a big challenge, but I feel I'm ready. The only thing I needed was a chance to get out and show my talent.'

Leise said that talent doesn't erase Brown corrects us.

the pressure on Mitchell created by his lack of experience.

"Johnny's in a tough position," Leise said. "He's forced to be the second tight end coming in as a fresh-

Mitchell said, however, picking up the Cornhuskers' offense wasn't as difficult as he thought it would be.

"The beginning was tough, pick-ing up the system," he said. "I've just stayed focused.'

Both Washington and Garrett have been helping their replacements, attending team meetings and practices.

When we make mistakes they help us out, to correct them," Mitchell said. "But most of the time at practice (receivers) Coach (Ron)

Alumni

Continued from Page 7

from the beginning of Nebraska's baseball program. Col. Jefferson D. Petty and Rueben Denning, who played in the 1920s and 1930s, will attend.

Denning, age 75, plans on playing.
"That should be very special for the fans with those guys having played here back in the '20s," Sanders said. But Sanders, who coached the

majority of those attending, said the game will be unique from his point of

"We always try to talk about building tradition, Sanders said. To see the people who have done it here will be very special.'

Sanders said he will supervise the

'Coach (Steve) Gillespie and I will throw batting practice, but we're letting (the alumni) do everything. This is the alum's game.'

It's a fan's game, too, he said.

"We hope to build the demand to want to repeat it," Sanders said.



Q: How much should I exercise? A: That depends on the kind of exercise you do and your fitness goals. If you want to benefit your heart and lungs and burn fat you should participate in a program of aerobic exercise (literally "with oxygen" exercise), featuring activities such as running, biking, brisk walking or dance exercise,

three days a week. If you want to become stronger, your goals.

tone your muscles or increase muscle endurance, you should become involved in a strength-training program two or three days a week.

Remember, you don't have to be a "superexerciser" to get the exercise needed for conditioning and cardiorespiratory fitness. To determine what's right for you, seek the advice of a fitness professional on which activities best suit your fitness level and will accomplish