

Police nab 2 for drugs

Two separate arrests were made for the possession of marijuana at the University of Nebraska-Lincoln.

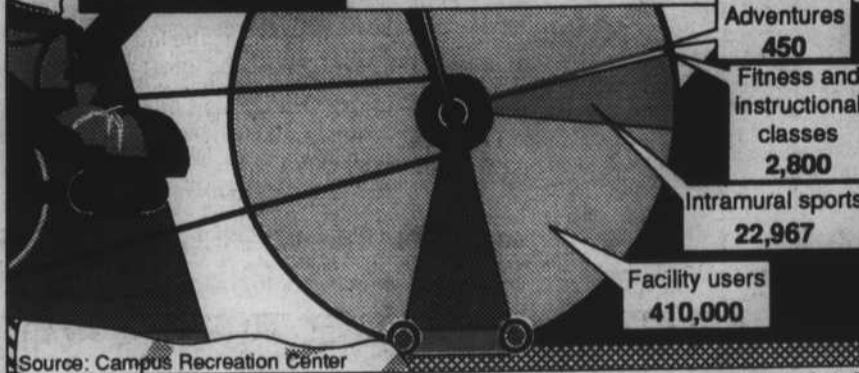
A student was arrested Sunday at Abel Residence Hall for the possession of marijuana, UNL police Lt. Mylo Bushing said. His arrest was made through a confidential informant who works with UNL police investigators. Bushing said the stu-

dent was issued a citation and released. He will be arraigned Nov. 6.

A non-student was arrested for the possession of marijuana at the Sheldon Sculpture Garden on Monday, Bushing said. UNL police picked a man up for public intoxication and transported him to the detoxification center, where a cylinder in his possession with less than an ounce of marijuana was discovered. He will be arraigned Nov. 12.

Campus Recreation users

The pie chart below depicts the number of students who participated in Campus Recreation Center activities from July 1990 to July 1991. (Figures overlap -- If a person plays three intramural sports, he/she is counted three times).



Source: Campus Recreation Center
Arnie DeFrain/DN

Top 4 Exercises



Source: Center for Healthy Lifestyles
Brian Shellito/DN

Exercise Tips

1. Keep a goal in mind, preferably a short-term one that can be reached fairly quickly in order to keep motivated.
2. Warm up adequately to prevent injury.
3. Follow acronym FIT -- Frequency, Intensity and Time. Work out for a Frequency of three days a week with no more than two days between workouts, monitor the intensity of heart rate, and work out for a Time period of at least 20 minutes.
4. Cool down to slow the heart rate to normal speed. A slow exercise that increases flexibility is also beneficial.

Source: Campus Rec. Center
Brian Shellito/DN

Fitness

Continued from Page 1

ing to work the entire body.

Exercise also should be enjoyable so that it will be done on a regular basis, Highstreet said.

Both said running and walking are still favorite exercises among students.

They remain popular, Highstreet said, because they do not require a particular space or type of equipment.

Step aerobics are also popular, partly because of their novelty, Highstreet said.

To get the maximum benefits from regular exercise, Callahan said, certain myths must be dispelled.

In order to tone and lose weight, it is best to work in the lower part of the target heart rate zone and exercise for a longer amount of time, Callahan said.

"We need to get away from the concept of 'running until you drop,'" she said, "because that is not beneficial."

Enthusiasts: Bikes good exercise

By Rainbow Rowell
Staff Reporter

Many students at the University of Nebraska-Lincoln are pushing pedals to stay in shape, to get to class or just for fun.



Jan Callahan, director of the Center for Healthy Lifestyles in the School of Health, Physical Education and Recreation, said bicycling is excellent exercise.

"Students can use cycling to increase their cardiovascular endurance if they ride long enough at once, and maintain their heart rate within their training zone," she said.

This type of exercise makes the cardiovascular system more efficient, causes a decrease in body fat and a decrease in resting heart rate, she said. It's also a good way to decrease stress, she said.

"Casually getting on a bike to get home and back is not aerobic exercise, but it's better than just getting in a car," she said.

Rich Rodenburg, owner of Bike Pedalers, 1353 S. 33rd St., said that "in the last 10 to 15 years, there has been a great emphasis on physical health. People are looking for ways to

stay in shape and have found that biking is a fun way to do so.

"It's good for the physical person, but it's also good for a person's mentality. It gives you more energy. You just feel better."

Jeff Hansen, a senior natural science major in the Teachers College, works at Cycle Works, 720 N. 27th, and is an avid cyclist.

"In the late '80s, there was an increase in fitness-oriented activities," he said. "Cycling took off from there."

Rodenburg said Bike Pedalers sells three main types of bicycles: racing or touring bikes, mountain bikes and hybrid bikes.

"Probably 80 percent of the bikes we sell now are mountain bikes, but I see the popularity of hybrid bikes growing fast," he said.

Although mountain bikes are designed for off-road use, he said, more than half of the people who buy this type of bike will seldom, if ever, go off road.

A hybrid bike is like a mountain bike but is less off-road oriented.

"It's a more practical city bike," he said.

Many people use their bicycles as transportation, commuting to and from work or class. Although Hansen owns a car, he said that he rarely uses it.

"You can get anywhere in Lincoln on a bike as fast or faster than with a

car," he said. "It's the perfect town for bikes. It's easy to get around, there are plenty of trails and if you respect motorists, they will respect you."

Bicycles also are more environmentally sound than cars, Rodenburg said.

"Bikes don't burn fossil fuels or guzzle gas," he said. "And a bicycle is much cheaper than driving a car."

Rodenburg said a person can buy a good mountain or hybrid bike for around \$300 and upkeep costs are minimal.

"The initial plunge, getting the bike and the equipment, is the worst," Hansen said.

For bicyclists who take their bikes off road, many trails and parks exist in and around Lincoln.

Two abandoned railroad lines, the Rock Island and the Missouri-Pacific, have been converted into trails. Rodenburg, a member of the Great Plains Trails Network, said these trails or others will be connected with the downtown area and the UNL campus in the near future.

"Places like Wilderness Park, right outside of Lincoln, are also becoming increasingly popular," he said. "The trails are pretty. There are deer and other animals. The dirt trails are closer to the trees and there are more twists and turns."

APC

Continued from Page 1

communication programs or the combination of them with other programs was a national trend. Either could be done at UNL, he said.

"Speech communication is essential to this institution," he said. "I don't necessarily think it has to be done from arts and sciences."

“Throughout the hearings, of course, we heard it (speech communication) was just absolutely essential. The fact of life is that there is nothing that supports that.”

Liberty interim vice chancellor for academic affairs

June Levine, an English professor, argued that Liberty's criteria for elimination went beyond the APC's mandate.

"Our (the APC) goal was not to reward quality," she said. "It was to decide what was the best way to make cuts."

In other business, the committee created a subcommittee to prepare a status report for APC to submit to the chancellor on the further discussion and subsequent hearings of the budget-reduction process.



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Budget

Continued from Page 1

program is one of only two such programs in the Big Eight.

Because of this, the program produces a limited number of professionals for a growing field, Mosher said.

"Athletic training is one of the top 20 majors new students inquire about at UNL," she said.

Proposed changes to the Center for Healthy Lifestyles could hurt HPER, said John Scheer, an associate

professor in HPER.

Scheer said a proposal to charge a fee and to eliminate college credit for activity and healthy lifestyles courses offered by the center could hurt class enrollments.

"The center is the hub of HPER," he said. "With the fee, fewer students will enroll in the class."

A survey by the center showed that of 483 people who had taken a healthy lifestyles course, 75 percent would not take the course if it didn't offer college credit, Scheer said.

Working at the center is the key practicum for health and physical

education students in the Teachers College, Ansorge said.

Scheer said that by revising the center's budget, "all practical teaching experience students get would be lost."

Cuts and changes to HPER could cause devastating effects, Ansorge said.

"It makes little sense to me that cuts would be made in the school of HPER, which was just recognized as excellent," he said. "What can be more important than the health and welfare of the next generation?"

The BRRC also discussed the elimi-

nation of the administrative resources management major in the Teachers College.

Birdie Holder, chairwoman and professor of vocational and adult education, said it could take several years to phase out the major because most students enrolled in the program only take one or two courses each semester.

"Most students in this major are non-traditional, transfer students or UNL staff," she said.

The BRRC will hear testimony on crop production today.

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