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TODAY'S WEATHER

64/40

Today, 80 percent chance of showers with southeast winds gusting 20 to 30 mph. Tuesday, 40 percent chance of showers, high falling to 40.

Conference seeks to improve education

Post-secondary goals not part of plan

By Jeremy Fitzpatrick
Senior Reporter

Officials representing education, business and government went back to school on U.S. education Friday, but their classes didn't cover higher education.

The officials were attending "Nebraska 2000: A Partnership for Education," a conference aimed at developing strategies for improving Nebraska's education. Nebraska 2000 is part of America 2000, President Bush's national education plan.

Bush's plan is based on four goals: working to improve present schools, developing models of new schools, building a nation of learners and involving the entire community in the education process.

The goals focus on primary and secondary schools and largely ignore higher education, but officials at the conference defended that lack of attention to the university level.

Martin Massengale, president of the University of Nebraska, said he was not concerned because he thought better education at the primary and secondary levels would result in

better students at the university level.

"As a result," he said, "the emphasis is of course at this point focused on primary, secondary and early childhood, and that helps all of education."

Don Blank, chairman of the NU Board of Regents, agreed, saying he doesn't think the plan ignores post-secondary education.

"This is aimed at primary and secondary," he said. "But I have no problem with that because we will only succeed if they succeed."

Better efforts are needed at both levels, Blank said.

"But I don't think we should take away from what they're doing because we've got some concerns," he said. "I think this is very important and very vital, and we are going to benefit if they are successful."

Sen. Bob Kerrey, D-Neb., co-chairman of the conference, said he doesn't think the United States can advance without better efforts at the university level.

"We ought not disconnect the K-12 effort from the post-secondary effort," he said.

See EDUCATION on 2

Officials say community needs role

By Kara Morrison
Staff Reporter

Residential candidate Sen. Bob Kerrey, D-Neb., told a group of educators, business and government officials Saturday that changes needed in the state and national education systems "are going to have to come from the community up."

Kerrey spoke and led the discussion at the "Nebraska 2000: A Partnership for Education" conference at the Nebraska Center for Continuing Education at the University of Nebraska-Lincoln.

Nebraska 2000 is an education improvement plan that includes six national goals and 21 national objectives established by President Bush and the National Governors' Association.

Colorado Gov. Roy Romer, chairman-elect of the National Governors' Association, spoke at the conference and agreed that change in education has to come from mobilizing the grass roots.

Mobilization must occur, Romer said, because traditionally "leadership loves to live in

glittering generalities." He cited as an example President Bush's statement that education needs more results, not more resources.

To improve education, Romer said, people must be more critical and raise standards for education.

Communities must realize that better-educated young people will be more productive and will serve their communities better, Romer said.

"Economically to survive, we must become more productive," Romer said, because "70 percent of American wage-earners have not had an increase in pay in the last 10 years."

Many changes within the system also must occur, Romer said.

Teachers' contracts should be more incentive-based, and administrators should involve teachers in the decision-making process, including hiring new faculty, he said.

Kerrey also said that reversing school systems' "regulatory environments" should be considered, so that decision-making processes are shared.

See 2000 on 2

Transients, not students, usual group using detox

Official says center offers advice, alternative to arrest

By Lori Stones
Staff Reporter

Since Aug. 1, 21 intoxicated people have been transported from UNL to Cornhusker Place, a detoxification center at 721 K St.

None of them were students.

Lt. Mylo Bushing of the University of Nebraska-Lincoln Police Department said the majority of people taken by police to Cornhusker Place have been transients.

"They are in places under viaducts, camped in bushes, in the parking lots or sleeping on stairwells in academic buildings," Bushing said.

Intoxicated people are transported to Cornhusker Place through protective custody when they pose a threat to themselves or others.

Bolted doors lead to the two protective custody rooms. Voluntary detoxification rooms are connected to the protective custody unit through the medical station. And through a corridor, the extended-care program is connected to voluntary detoxification.

Rex Thompson, director of Cornhusker Place,

See DETOX on 2



Michelle Paulman/DN

Duck hunt

The Greatland Traditional Dancers of Anchorage, Alaska, perform an Eskimo dance called "Duck Hunt" in the Nebraska Union on Friday. The group, which includes members of the Aleut, Tlingit, Yupik Eskimo and Inupiaq Eskimo tribes, was in Nebraska to attend the National Indian Education Association conference.

MONDAY

Huskers befuddle Tigers. Page 6

Volleyball team stops Colorado. Page 8

Latest University Theatre production opens. Page 9

Red Hot Chili Peppers reclaim funk with their new album, "Blood Sugar Sex Magik." Page 10

INDEX

Opinion	4
Sports	6
A&E	9
Classifieds	11

Weight woes plentiful, dietician says

By Kara Morrison
Staff Reporter

Adjustment to college lifestyles and societal pressure to be thin continue to make weight loss a concern among students, a University of Nebraska-Lincoln official said.

Kathleen Lehr, a registered dietician and certified nutritionist at the University Health Center, said an emphasis often is placed on dieting in college because most students don't expend as much energy or burn as many calories as they did in high school. Students usually aren't in as many

extracurricular activities and must spend more time studying, Lehr said. And, she said, social activities in college are centered on food and beverage consumption, she said.

Society also often makes people feel inferior if they are not a certain size, Lehr said.

This pressure affects women more often than men, she said.

"It is heard and observed that, especially females, are supposed to be pencil-thin," Lehr said.

Instead of a healthier means to losing weight, Lehr said, students often try "fad diets," or trendy weight-loss methods that promise results.

"Fad diets are very lopsided as far as nutrients are concerned," she said.

These diets stress certain food groups and exclude others, she said.

They often are characterized by drastic changes in caloric intake—sometimes to dangerously low levels, she said.

For young adults, Lehr recommends that women consume no fewer than 1,200 calories a day and that men consume no fewer than 1,800 calories a day.

Consuming fewer calories does not provide enough energy, Lehr said. Fatigue, headaches and a lack of enthusiasm result when the body is not provided with a sufficient energy source, she said.

Among the most popular weight loss methods that can be considered "fad diets" are liquid and pill diets, Lehr said.

Some liquid diets like "Slim Fast" contain nutrients and stress having

one balanced meal, Lehr said. But these diets "have their limitations," she said.

"My objection to these prepackaged diets is that you are not learning how to choose the right foods," she said.

A large percentage of weight lost on liquid diets is from water loss that is quickly gained back, she said.

Pill diets are often "just gimmicks," Lehr said.

Two common pill diets include grapefruit diet pills and amino acid pills, which promise to make people lose weight while they sleep.

"Grapefruit has nothing magic in it that causes you to lose fat, and there is no scientific documentation that

See WEIGHT on 2