

Depression

Continued from Page 1

ation, Hope said. The sessions present an opportunity for dysthymics to practice their skills interacting with others.

Psychologists have not determined whether a dysthymic becomes depressed because of problems related to interacting with others or whether the depression itself causes them difficulty in interacting with others, Hope said.

"By helping people get out and make changes in their lifestyle, their self-esteem goes up and they get interested in other things," she said.

Hope said group treatment would focus on learning day-to-day coping mechanisms so that participants could deal better with the big issues that must be addressed.

"A student may be miserable because they go to work and school, come home and watch TV, and don't have anything else in their life," she

said. Hope said the treatment would attempt to help people in that situation. "If a student feels like they're down and depressed a lot, if they seem to have more bad days than good days and this has been going on for a while, it's probably worth talking to someone," she said.

Another part of the study is a comparison of people suffering from dysthymia with those suffering from social phobia.

Social phobia is common among college students, Hope said, because it involves issues such as dating, public speaking and assertiveness.

Hope expects to learn more about depression and anxiety by comparing the two conditions, she said.

"When you really look at people who have clinically severe depression or anxiety, there is a lot of overlap," she said.

The study will continue to accept new subjects through January 1994. Hope plans to study 100 participants by the conclusion of the study.

Condom

Continued from Page 1

of people on campus. "Education is one of the best methods to encourage sexual health and responsibility."

Condoms are not the only way to prevent STDs, and the Condom Resource Center does not want to limit its information to condoms only, Tetreault said. She said abstinence was always presented as an option because it's the safest and most effective way to prevent STDs.

But, based on the statistics, Tetreault said people were not choosing abstinence. So, the next best thing was to provide accurate information for safe sex and encourage its use.

Tetreault said there were three points to condom education: show people why they should be concerned, encourage individuals to change their behavior and teach them how to protect themselves and others.

UNL's National Condom Week includes a booth in the Nebraska Union today and Wednesday. Tetreault said the booth would have educational material on HIV, abstinence, how to use a condom and how to talk to one's partner.

She said the booth would be run by the university's peer sexuality education staff members so that people could ask questions. Also, sexual education trivia questions could be answered by an interactive computer at the booth.

many universities choose the debit card system because it eliminated the prospect of chasing down overdue accounts.

But Swanson cited the University Bookstore's credit program as an indication that students could handle credit.

However, he said, safeguards would accompany a wider-ranging credit card. A credit limit could be established, possibly at \$300, which would prevent students from rampant spending at the university's expense, he said.

Also, system operators could enact a block on certain accounts if payment was overdue. A hold could be placed on a student's grades until the payment was made, Swanson said.

This type of monetary capability probably will be added to the student ID card, Swanson said, but no starting date has been set.

While students might have a university credit system in the future, UNL's employees can buy on credit now.

The faculty/staff ID card program, started last fall, offers employees the University Services Card Option.

The credit option allows faculty and staff to charge purchases at many locations on campus, including the Office of Campus Recreation, the Nebraska Unions (except for the food court), the University Bookstore, the University Health Center and Residence Hall Dining Services.

There is no service charge for the card, and employees can pay the following month or have the bill deducted from their paychecks.

Debit

Continued from Page 1

need when they walk on campus," Basham said.

The card has its limits, but the edge of campus is not one of them.

The Seminole Access Card is accepted at about 100 off-campus businesses, where students can use it to get anything from gasoline to pizza to a haircut, he said.

A statewide bank and a grocery-store chain also accept the card, resulting in 500 to 600 locations throughout Florida where students can use it, he said.

Florida State also receives the interest the accounts earn and directs it back into the Access Center, Basham said. The program will be self-supporting in two years, he said.

Basham said the administration was pleased with the card, as were the students using it.

"We're getting a real good reaction from the students," Basham said.

Pleasing students would be UNL's ultimate goal, but a credit card might work better, said Daryl Swanson, director of the Nebraska Unions. Swanson was on the committee that established UNL's current student ID card.

Swanson said he initially had been leaning toward a debit card, but he changed his mind.

He said students would be more interested in a credit card because they would not have to pre-pay.

Swanson said UNL would have no problem collecting payment, although

SAD

Continued from Page 1

Stress, depression and other conditions brought on by SAD can be treated by simple changes in one's lifestyle, Breckenridge said.

Students should try to get seven to eight hours of sleep at night, eat healthy meals, cut down on caffeine and alcohol intake and exercise regularly, he said.

"A body will handle so much, but it's cumulative, and there comes a point where it can't handle anymore. That's when you have problems," he said.

Severe cases of SAD may require counseling and possibly medication.

Breckenridge said the majority of cases are mild enough to be treated without professional help.

"If you really want to feel better, simply lead a healthy lifestyle," he said.

POLICE REPORT

Beginning midnight Friday

4:03 p.m. — Window broken, 480 N. 16th St., \$15.

4:16 p.m. — Person causing disturbance, had warrant for arrest, transported to Lancaster County Jail, Nebraska Union.

5:22 p.m. — Hit-and-run accident, remote parking lot at 14th and New Hampshire streets, \$400.

10:43 p.m. — Athlete collapsed, transported to Lincoln General Hospital, Devaney Sports Center.

Beginning midnight Saturday

1:39 a.m. — Purse stolen, Abel/Sandoz Residence Hall, \$80.

2:29 a.m. — Third-degree assault, Nebraska Union.

2:52 a.m. — Fire extinguisher damaged, Harper Hall, \$20.

3:30 a.m. — Bulletin board damaged, Abel/Sandoz Residence Hall, \$80.

9:47 a.m. — Hubcaps stolen, parking lot at 19th and R streets, \$200.

11:47 a.m. — Window broken,

4001 Holdrege St., Alpha Gamma Sigma fraternity, \$100.

5:43 p.m. — Car keyed, parking lot at Harper-Schramm-Smith, \$360.

5:47 p.m. — Purse stolen, parking lot at Abel Hall, \$35.

Beginning midnight Sunday

1:22 p.m. — Person assaulted, refused medical attention, Nebraska Union.

1:40 p.m. — Non-injury accident, 13th and P streets, \$50.

2:47 p.m. — Car window broken, 420 University Terrace, Tau Kappa Epsilon fraternity, \$50.

4:59 p.m. — Rear window broken, parking lot at Harper-Schramm-Smith, \$150.

8:25 p.m. — Items stolen from room, Schramm Hall, \$150.

11:00 p.m. — Purse stolen, Nebraska Union, \$45.

11:47 p.m. — Car door dented, parking lot between 12th and 13th streets between Q and R streets, \$50.

Pool **SUNDAYS** **Darts**
AT
MATT'S
Noon - 1a.m.
 60 oz Pitchers of
 Bud, Bud Lt., Coors
 \$3.00
 Killian's Red
 \$3.50
 Molson
 \$4.00
8th & "O"
 (In the Haymarket)
438-MATT

Beer Garden
 Shuffleboard
 Big Screen
 Munchies

foxy
Lady

DANCE CONTEST
 Every Tuesday
 9 p.m.
 1823 "O" Street
NO COVER

Yell Squad Tryouts

Open to any males or females interested in trying out.

Attend information meeting in NE Union
WED., Feb. 17, 7 P.M.
 (Room to be posted)

Come see what cheering for the Huskers is all about!

If unable to attend or if you have any questions contact:
 Renee - 476-3397 or Norma - 472-2273

What to use when your term paper's still not finished but your printer is.

VISA

With Visa® you'll be accepted at more than 10 million places, nearly three times more than American Express. And that's not a misprint.

Visa. It's Everywhere You Want To Be.®

© Visa U.S.A., Inc. 1993