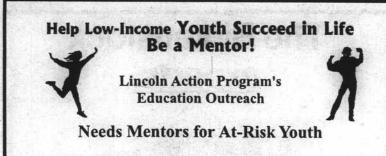
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To mentor, you must be 18, responsible, able to commit for 1 year, interested in youth, and sensitive to low-income and multicultural issues.

To volunteer, call Tanya Smith, 471-4515, Lincoln Action Program, 2202 South 11th, Lincoln, NE 68502

GM-SOUTHWEST STUDENT INSURANCI

UNL is always striving to find a health plan to suit the needs of our students. Once again we are working with GM-Southwest of Dallas, TX to provide such a plan.

If you are not covered by your parent's medical insurance or do not have any other private insurance, this may be the option you're looking for. This program is open to graduate and under-graduates.

Students are required to seek their initial treatment at UNL Health Center, but referrals may be arranged for outside treatment if necessary, or in emergency additional premiums, however, dependents can not be seen at UNL Health Center.

Annual premium for Non-international students for the basic policy is \$399.00. Coverage begins 8\21\95.

INTERNATIONAL STUDENTS: Immigration regulations state that international students must show proof of financial responsibility to reside in this country. UNL requires mandatory insurance coverage to comply with these regulations. International students are required to show proof of adequate insurance or they will be billed for the UNL student insurance on their tuition statements. The premium of \$207.00 per semester will be added to the tuition bills unless a waiver is obtained from the Student Insurance Coordinator at UNL Health Center, Coverage for International Students began 8\7\95.

Informational brochures and enrollment applications are available now. You may obtain brochures at UNL Health Center, International Affairs Office or by mail. There is also a 24-hour information line at 472-7437.

Welcome to UNL, have a safe year!

Daily Nebraskan

With a year under its belt, soccer team still evolving

Aug. 24

By Trevor Parks Senior Reporter

John Walker can finally stop using the Band-Aid approach for the Ne-

braska soccer program. Walker said at times the Cornhuskers just wanted to get through their first season. Now, the team is looking forward to judging its development.

"We're a lot further ahead this year than last year," Walker said. "Last year was brand new for everybody, and they didn't know what to expect." But the Huskers still managed to

finish 14-4.

Walker said this year's team was still young, but at least half the squad had played together.

One senior, three juniors, 11 soph-omores and 10 freshmen fill the roster.

The team has 25 members, but Walker said the roster would be cut to 21 or 22 after this weekend.

We're still an extremely young team," Walker said, "but from a personnel standpoint, we are much further ahead.'

Walker said freshmen Heather Brown, Erica De Vitis, Michelle Denomme, Kristen Gay, Becky Hogan and Sandy Smith could all make valuable contributions.

Kari Uppinghouse, a transfer from George Mason, played in the NCAA championship game as a freshman and should see playing time, Walker said.

To make room for the newcomers, seven members from last season's squad were replaced by scholarship players.

Nebraska played with nine scholar-ships in 1994, but that number has grown to 16.

Walker said he was sorry those players had to leave the team.

'It's the natural evolution of an ambitious program," Walker said. "We just have to move forward, and some

of those players would not have made the team this year."

Despite the changes, Walker said Nebraska would not change its physical style of play.

"We'll be extremely physical, we'll be extremely fit, we'll be a team that puts a lot of pressure on other teams," Walker said. "From an offensive standpoint, we'll be a little more refined."

On offense, Jamie Riley, Stephanie Vacek and Tara Herbrik return at the striker position. Gay and another freshman, Andi Bigham, may also play striker.

At the midfield spot, Katrena Bevins, Stephanie Brennan, Dixie Wehrman and Tanya Wright return. Uppinghouse, De Vitis, Hogan and

Smith should see action.

On defense Nebraska is loaded with experience. Kristina Ritterbush. Brenda Sieczkowski and Kim Ratliff return after defending in every game last year. Brown also may see time on defense.

The biggest change could come at goalkeeper. Alison Dudley, who started all 18 games last year, left the team and should be replaced by freshman Michelle Denomme.

Walker said last year's experience would help the Huskers.

"I don't think we have to start from quite a basic level as last year because the players who had been here a year, almost all of them played a lot of minutes," Walker said.

Cross country men and women will face differing questions

By Tony West Staff Reporter

While the 1995 Nebraska women's cross country team will be almost identical to last year's team, the men will have a new look.

The women have become a perennial top 20 team and return six letter winners with NCAA Championship experience.

Despite their experience, the women return just one senior. Team captain Sherri Bonsall (formerly Sherri Sutter) and juniors Christina Blackmer, Sheri Elwood, Sandy Fein and Lindsey Miller should be the core of the Cornhuskers.

Nebraska coach Jay Dirksen said the big difference between this year's team and last year's team was the added depth of two sophomores and eight talented freshmen.

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"We have a lot of depth and a lot of experience," Dirksen said. "We're a good solid team all the way through the lineup.'

Dirksen said his biggest concern was finding a front runner to lead them to their seventh NCAA Championship appearance in eight years.

"I think there's a group of people who can all move up," Dirksen said. "We could have a great team and still

not win the conference." In 1994, the women were the Big Eight and NCAA District 5 runner-up. They finished 16th at the NCAA Championships.

Colorado is the reigning women's Big Eight cross country champion and is projected to repeat. The Nebraska men lost four seniors, including an academic All-American and NCAA qualifier, Kevin

Shoppe

"If the men are going to be competitive, they have to raise their standards in the conference."

JAY DIRKSEN Nebraska cross country coach

Miiller. Team captain Brady Bonsall is the lone senior. Bonsall finished 128th at the 1994 NCAA Championships after finishes of 16th in the conference and 10th in the NCAA District 5 Championships. The return of sophomore Banti Iteffa, who redshirted last season with an injury, could give the Huskers a boost. As a freshman, Iteffa finished 39th at the 1993 Big Eight Championships. "I think he'll have a good yearwatching him run lately," Dirksen said. The men's team is filled with question marks after the top three runners (Bonsall, Iteffa, and Balazs Tolgyesi). But Dirksen said he liked the team's makeup "We don't have much experience once you get past the first three," Dirksen said. "However, we have a good nucleus, and I think we have a lot of people who could be factors." The Big Eight should be strong again this year, which could make the season tougher for the Huskers. Colo-rado, Oklahoma State and returning conference champion Iowa State are among the top 10 teams in the country. The Huskers finished fifth in the conference and fourth at the NCAA District 5 Championships last season. "If the men are going to be compet-itive," Dirksen said. "they have to raise their standards in the conference."

Thursday, August 17, 1995

7 p.m.

Aug. 27	Ø Vanderbilt (Exhibition)	Noor
Sept. 3	Creighton	7 p.m.
Sept. 8	Arizona	7 p.m.
Sept. 10	Loyola (III.) University	1 p.m.
Sept. 16	Portland Adidas Invitational	
	Duke vs. Washington	2 p.m.
	Nebraska vs. Portland	4:15 p.m.
Sept. 17	@ Portland Adidas Invitational	
	Nebraska vs. Washington	Noon
	Portland vs. Duke	2:15 p.m.
Sept. 22	Kansas	7 p.m.
Sept. 24	Wyoming	1 p.m.
Sept. 29	@ Oral Roberts	4 p.m.
Oct. 1	@ Arkansas	1 p.m.
Oct. 6	Iowa State	7 p.m.
Oct. 8	Florida State	1 p.m.
Oct. 13	Northwestern	7 p.m.
Oct. 15	Southern Methodist	1 p.m.
Oct. 18	@ Texas A&M	4 p.m.
Oct. 20	Brigham Young	 7 p.m.
Oct. 22	Texas	1 p.m.
Oct. 27	@ Southern California	4 p.m.
Oct. 30	@ UCLA	2 p.m.

Nebraska soccer schedule

Queen's University (Exhibition)

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