

# Nail Buzz

Welcome New Students!

**\$10.00 OFF** Full Set of Nails  
**\$5.00 OFF** Fill-ins  
**\$7.00 OFF** Pedicures

Expires  
9-21-96

**GUARANTEES**  
No Lifting on Nails

Welcome  
Cindy Rogenkamp  
Nail Technician

10 Years Experience In The Nail Profession

Call today for an appointment! 421-3232  
5600 S. 48th

## WELCOME TO THE COLLEGE OF BUSINESS ADMINISTRATION Dean's Office for Undergraduate Programs

We can answer questions about:

Course requirements for the business degree  
 How to become involved in student organizations  
 What majors/minors are available in the College  
 Who your faculty adviser is  
 What classes to take for next year  
 When to register for next semester  
 Study abroad opportunities

Summer Office Hours: 7:30 - 4:30  
 Academic Year: 8:00 - 5:00

Stop by for a visit or give us a call!

138 CBA, 402-472-2310



Make Fitness Happen with the Fit Card Program at Campus Recreation



Presenting your Fit Card allows you to enjoy unlimited fitness classes the whole semester!

Fit Cards may be purchased for \$75.00/semester for members and \$120.00/semester for non-members.

That's not it!!  
 Students may pay \$28.00/month for the Spring 97 Fit Card.

\*\*Fit Card does not include Punch card sessions or \$1.00 Drop-in classes.

\*\*No refunds will be issued and cards cannot be transferred or used by anyone other than the person it is issued to.

\*\*Student monthly rates may be subject to change per semester.

Want to know more??  
 Contact Campus Rec at 472-3467

# Gyms help fight freshman fat

More freedom means loss of healthful habits for some students

By Heidi White  
Staff Writer

Going away to college can mean acquiring bad habits for some students.

With no mom or dad there to help make good everyday choices, it's easy to veg out instead of eating vegetables and getting out to exercise, which can lead to poor physical fitness.

But it doesn't have to be that way. There are many free or inexpensive options both on and off campus for students to reach or maintain physical fitness and to help them lead healthy lifestyles.

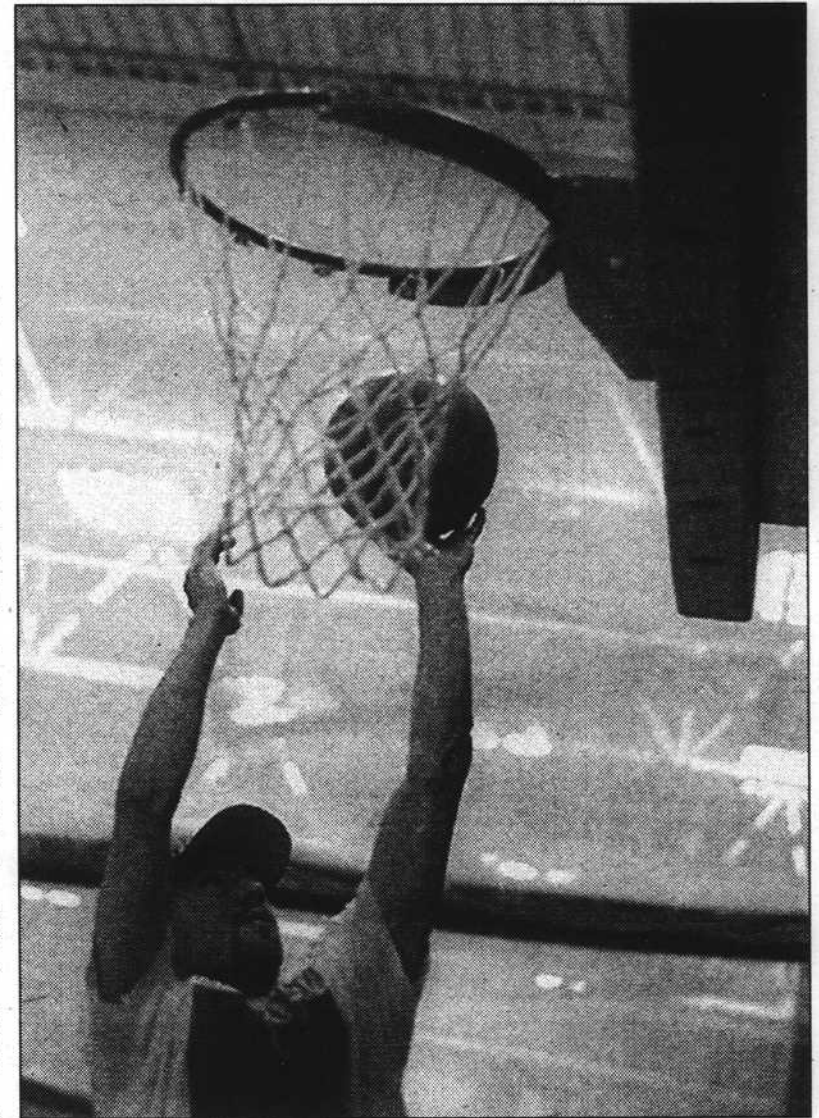
One choice on campus is the recreation center, which offers a wide variety of individual and group activities for students wanting to get moving.

Kenda Scheele, associate director for structured activities at the Campus Recreation Center, said many students are misinformed about physical fitness, which includes aerobic activity, strength, flexibility and nutrition.

She said people think they are fit when they really aren't. Others have the wrong ideas about how to get fit, she said.

"I think the biggest misconception is that you have to be physically fit before you come to the Rec Center—most people aren't," Scheele said.

Scheele said intramural sports are a great way to start out, because they



Jason Durbin goes for a lay-up in the Campus Recreation Center. Admission to the center is free for students with a student ID.

See FITNESS on 13

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 by letting your teeth become Extinct

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