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Campus health saluted Wellness Week to focus on mind and body

BY ERIN GIBSON
Staff Reporter

Is your nose running?

Follow it to Focus on Wellness Week.

Beginning Sunday, the Chancellor's Wellness Planning Committee will present "Well Worth It," a week of wellness events and seminars for UNL students, faculty and staff.

Wellness events will include an interactive video seminar and walk or bike to work day Thursday.

A campuswide health fair in the Nebraska Union will wrap up the week's activities Sept. 27. Organizations at the fair will offer free health screenings and assessments, health information booths and hourly give-aways.

Carol Ash, communications coordinator for the University Health Center and a member of the Chancellor's Wellness Committee, said that many students misunderstand the concept of wellness.

"They hear the word 'wellness,' and they think fitness," Ash said. "Wellness includes much more than fitness."

Beginning with the wellness fair, the chancellor's committee will try to change this misconception, she said.

Wellness includes all activities that help people improve their quality of life through eight dimensions: cultural, emotional, environmental, intellectual, occupational, physical, social and spiritual, Ash said.

The Association of the Students of the University of Nebraska will promote campus safety during the week, said Kara Marshall, ASUN second vice president. At the fair, representa-

tives will distribute safety tips on avoiding sexual assault, theft and using the campus escort system.

They will also remind students to lock doors and caution them against walking alone at night.

"The reminders are things you know are the right things to do, but you don't think about them on a daily basis," Marshall said.

"Well Worth It" will not end with wellness week, Ash said. The slogan belongs to a comprehensive plan that will improve wellness efforts on campus.

Ongoing efforts of campus wellness organizations, including the Campus Recreation Center, ASUN and the University Health Center, will be coordinated under the "Well Worth It" slogan, Ash said.

The chancellor's committee hopes to expand wellness efforts after gauging the needs of the campus population, said Janet Crawford, department head of community health at the health center and co-chairwoman of the chancellor's committee.

"We want to continue the week's enthusiasm and interest and determine what the campus population wants to see happen in the future," Crawford said.

Wellness Week Events:

— Sunday: Fitness Instructor Training at the Campus Recreation Center, 9 a.m. to 3 p.m.

— Tuesday: "Get Real! Changing the Campus Climate Integrating Mind, Body and Spirit" an interactive video seminar in the Nebraska Union, noon to 2 p.m.

— Thursday: Walk or ride a bike to work day.

— Friday: Well Worth It Health Fair in the Nebraska Union, 9 a.m. to 3 p.m.

Residence halls dishing out health-conscious diets, menus

BY TODD ANDERSON
Staff Reporter

If you can walk past the pizza and fries in the residence hall cafeteria line, you might just find entrees that are nutritious and taste good, too.

Pam Edwards, coordinator of food service operations for university housing, said her office is working on the residence hall menus to provide a wide choice of foods that are healthy for students.

She said the residence halls have been planning with Dave Ellis of Performance Nutrition and Karen Miller from the University Health Center to identify how the menus can be improved.

"It's becoming a group effort," she said. "With different areas working together, we're aware of what each other is doing."

She said she and her management staff have made low-fat and vegetarian items available for students.

"Having a broad selection is important," she said.

Julie Nelson, a freshman broadcasting major, said she thought the residence hall cafeterias provide a good variety of foods.

"If you want to eat healthy food, you can," she said. "There's at least something you want to eat."

But Julie Schoolmeester, a freshman news-editorial major, said the food available, like pizza and fries, sometimes isn't very nutritious.

She said she doesn't eat meat, except for chicken once a week.

"I don't have any problems, but I feel bad for the people who don't eat meat because sometimes the (vegetarian) meals are bad," she said.

She said she would like to see more choices of nutritious foods in the cafeterias.

Schoolmeester said she uses the nutritional information displayed above each entree to help her decide what to eat.

But Nelson said she only glances at them to see what they are.

"I don't pay much attention to them," she said.

Edwards said her office is working with the program to identify changes that need to be made.

"We're reviewing the recipes, making sure they're correct," she said. "We're also looking at listing other nutrients like sodium."

Edwards said other programs are available for students to eat a healthy meal with little time.

She said the Grab 'N Go breakfasts and lunches and the Sack Lunch program have been successful with students.

She also said the Nutrition Education Committee, of which Edwards and a representative from each cafeteria are members, provides literature on nutrition in the residence halls and will soon begin to provide education programs on the Food Guide Pyramid.

She said students are invited to contact the committee with their concerns and to participate in the meetings. Students should contact Edwards at 472-9045.

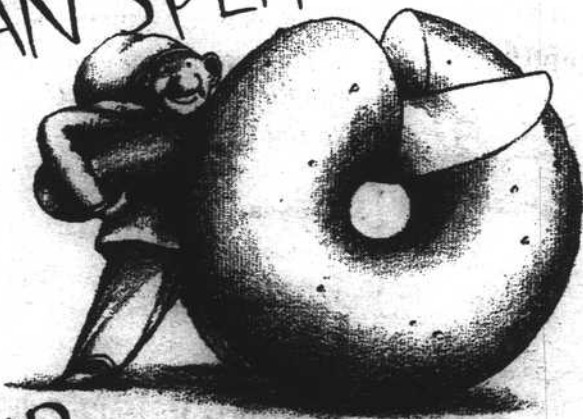
Even with all the resources available, planning a meal can still be confusing, Edwards said.

She said students who have concerns about the menus should contact their dining room manager or her office.

"When you plan a menu, it's never set in stone," she said. "Ideas and tastes change. When that happens, you need to regroup and address the students' needs."

"Never think there's not an option for something different," she said. "Contact the management staff. Always ask. The staff is eager to help."

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