

Program offers students aid to health

■ **Active Weigh** promotes exercise, good nutrition and a commitment to healthy living.

BY LISA BEHRNS
Staff writer

It takes more than diets, prescription drugs or exercise to drop a few pounds — it takes the right mindset.

Losing weight and having a positive body image are things that require a long-term mental and physical commitment.

Through the Active Weigh program at the University of Nebraska-Lincoln, students, staff and faculty members can get the tools they need for healthy living.

UNL's Active Weigh program is oriented to teach healthful living and encourage exercises that will lead to weight loss or improvements in physical health, said Karen Miller, registered dietitian at the Health Center.

"Rather than offering a temporary fix, these programs are promoting a long-term healthy way of living," Miller said.

In the form of a six-week course that starts in November, Active Weigh covers topics such as exercise, self-esteem, body image, good nutrition, hunger and label reading.

The weigh group uses a healthy lifestyle approach combined with a support network and positive expectations to help participants shed those extra pounds.

"Food is not a moral issue," Miller said. "Food has often become a coping mechanism."

Each year program participants come away from the program with a new attitude toward life and their bodies.

"The great thing about a support group is the knowledge that you aren't the only one," said Jan Deeds, assistant director for student involvement at the Women's Center.

ment at the Women's Center.

Anyone with nutritional or weight concerns is encouraged to participate, Deeds said. People with eating disorders or body image questions sit alongside people who are concerned about their weight and health. The sessions draw UNL students with many different majors.

"Any time that (you) have an issue that preoccupies you and keeps you from attaining your goals is a time to turn to outside help," Deeds said. "You may not always know when you need help. That's where these programs come in."

Active Weigh begins Nov. 1 and runs through Dec. 6. People can register until the class starts.

The 45-minute weekly class has two sessions — one for students and another for faculty and staff members, Miller said.

The class registration fee is \$15 for students and \$25 for faculty and staff and includes a discount on one Campus Recreation Wellness

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assistant director for student involvement at the Women's Center

Session.

The Health Center also offers several other programs for students interested in food, weight, body image or dieting issues.

"The programs have a strong educational component so the information we are giving out is accurate," Deeds said.

Programs include the "Eating Issues" support group, the "Improving Body Image" group, the

"Accepting Our Bodies ... Accepting Ourselves" group and the "Making Peace with Food" group.

"Students need to know that if they pay their student fees, they are able to receive three free counseling sessions," Deeds said.

"These preliminary sessions may be able to solve a problem or suggest the correct group to turn to. We want people to feel good about themselves."

Extravaganza offers study abroad options

From staff reports

The Fall 1999 Study Abroad Extravaganza will be held tonight at 7 in the Centennial Room of the Nebraska Union.

Students can gather information on study abroad programs and talk to students who have studied abroad.

The extravaganza will feature study abroad programs for the year 2000. Students have the opportunity to study in countries such as Spain, France, the Czech Republic, Greece and Germany.

Students can get information about financial aid and scholarships and listen to a panel of students who have studied abroad.

Other activities will include a study abroad photo contest and a \$250 scholarship drawing.

Last year more than 400 University of Nebraska-Lincoln students studied abroad, covering almost all continents.



Safe stolen from store

Burglars stole a safe from Sally Beauty Supply, 5308 S. 56th St., on Saturday evening or early Sunday morning, officer Katherine Finnell said.

Employees arriving to work at a nearby Hollywood Video at about 9 a.m. Sunday called police after noticing the east door of the beauty supply store was broken, Finnell said.

The burglars removed a small safe from the store's floor, Finnell said. Total loss, including the cost of

the safe, was \$415.

Alarm system tested in Nebraska Union

University Police and Lincoln Fire Inspectors tested a new fire alarm system in the Nebraska Union on Monday morning.

University police Sgt. Bill Manning said the system includes a new public address system, allowing police the ability to provide instructions to people in the building when an emergency happens.

More UNL students receive obscene phone calls

University of Nebraska-Lincoln students in Abel and Schramm residence halls received threatening or obscene phone calls Friday, Manning said.

The calls were similar to the 20 obscene calls placed to other UNL students this year, Manning said.

Delta Tau Delta Fraternity members received a phone call Sunday from a man asking to take nude pictures of the fraternity members, Manning said.

Manning said the call placed to the fraternity was not related to calls made to the residence hall students.

Compiled by senior staff writer Jake Bleed

Clinton says surplus signals prosperity

WASHINGTON (AP) — The federal budget surplus is now expected to hit a record \$115 billion for the fiscal year that ends this week, President Clinton said Monday. He called the estimate "proof that we're on the right road to prosperity" and urged Congress to work with him to shore up the retirement system and invest in education.

"We can do all that and still have an affordable tax cut for the middle class and pay down our debt so that by 2015 we are debt-free for the first time since 1835, when Andrew Jackson was president," Clinton said.

The administration increased its estimate of the rapidly growing budget surplus, saying it should hit at least \$115 billion in fiscal 1999, the largest in history.

"It is a landmark achievement for our economy," Clinton said in a Rose Garden announcement, scribbling the new administration figure on a chart for the cameras.

Clinton vetoed a \$792 billion tax cut bill last week as "too big, too bloated" and urged passage of a cut in the range of \$250 billion to \$300 billion — so long as needed investments were made first in Medicare, Social Security, education and other areas.

Republican leaders are struggling to adjourn Congress by Oct. 29. They suggested Clinton's veto had killed chances for sweeping tax reductions this year.

"More surplus money for Washington means less money for families and workers across our country," said Rep. Bill Archer, chairman of the House Ways and Means Committee.

But Clinton was not daunted by the prospect of political deadlock.

The surplus is consumed by pay-

“More surplus money for Washington means less money for families and workers across our country.”

BILL ARCHER

chairman, House ways and means committee

ments on the federal debt, and the estimate has no direct bearing on the wrangling over the fiscal 2000 budget. Still, Clinton used the good news to urge Congress to not "throw in the towel" and put budget matters aside.

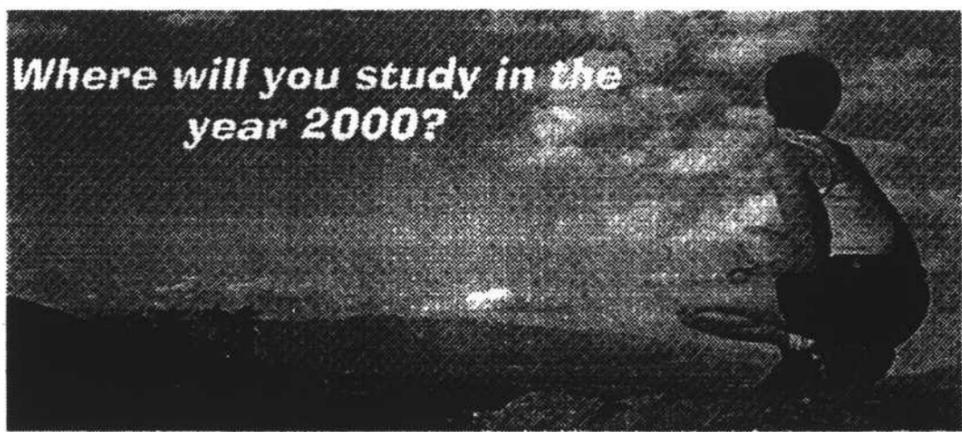
"I'm not pessimistic," the president said. "We've still got plenty of time."

Noting that the budget deficit was \$290 billion when he took office, Clinton argued that the rapidly growing budget surplus was evidence his economic vision was working.

Earlier this year, the administration had estimated the surplus for fiscal 1999 — which ends Thursday — at \$99 billion, but the booming economy and larger-than-expected tax revenues pushed the figure higher. The \$115 billion figure would far surpass the record \$69 billion surplus last year.

Even after adjusting for inflation, the administration figure still represents the largest surplus in American history, the administration said. The 1999 surplus would be about 1.3 percent of the gross domestic product, the largest on this basis since 1951.

Where will you study in the year 2000?



Fall 1999 Study Abroad Extravaganza

Tuesday, September 28, 1999
at 7:00 p.m. in the
Centennial Room of NE Union

Featuring

- Study abroad programs in the year 2000
- Returnees panel about a diversified world
- Information on financial aid and scholarship
- Returnees Photo Contest, and
- \$250 scholarship drawing

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