

# Campus fitness options vary

■ Campus Recreation Center and University Health Center offer ways to get fit.

By Tony Moses  
Staff writer

As the second month of the new year unfolds, many people may be left with broken resolutions and a few extra pounds.

Fortunately, there are many services available to those looking to get fit and lose weight.

The Campus Recreation Center and University Health Center offer many healthy alternatives for losing weight. In addition to specific classes offered on weight management and fitness, a knowledgeable staff is available.

A wide range of services are offered, said Dena Wangberg, a Rec Center employee, including a running track, racquetball and basketball courts, a swimming pool, a weight

room and a super circuit room.

The super circuit targets beginners, while the weight room is for those with a little more experience, Wangberg said.

"In the super circuit, Rec Center employees are always on hand to make sure you're not over- or under-exercising yourself," Wangberg said.

Anyone not familiar with the facilities can receive an orientation tour.

For patrons looking to optimize their workouts, the Rec Center offers licensed personal trainers.

Dietitians are ready to give professional advice about eating habits.

The staff can help establish a weight-loss program. Karen Miller, a registered dietitian at the Health Center, has offered her advice on losing weight to many students.

"My biggest warning is to not follow fad diets," she said. "Ninety-five to 98 percent of those people gain the weight back."

Miller recommends that people speak with a health care professional before attempting to diet because many people attempting to lose

weight are already at a healthy weight, she said.

The Health Center offers a class called "Active Weigh" for those interested in weight loss and weight management. The class seeks to clarify misconceptions about dieting in an informal setting.

The class runs for six weeks and meets once a week for 45 minutes. Each class covers a different topic about dieting and weight management, including lifestyle changes required to lose weight, healthy nutrition, fad diets, label reading and the reasons why people eat.

"Some people eat because they're stressed or bored," Miller said.

By enrolling in the class, participants receive a discount for the Reach Your Peak program, which offers professional help to assist participants in developing a fitness plan.

The participant meets with Miller to establish nutrition goals, and an exercise specialist helps develop an individualized exercise program.

Weight loss is not just about nutrition, Miller said, but about attitude and wellness.



## ■ Oklahoma Bombing suspect hears formal charges against him

OKLAHOMA CITY (AP) — Federal building bombing co-conspirator Terry Nichols appeared before an Oklahoma judge Wednesday for a formal reading of the 160 first-degree murder charges he faces in state court.

It was his first appearance since he was returned to the state on Monday from a federal prison in Colorado. A date for a preliminary hearing, when Nichols will enter a plea, has not been set.

Nichols, 44, was convicted in federal court in Colorado and sentenced to life in prison for conspiracy and eight counts of involuntary manslaughter in the April 19, 1995, bombing of the Alfred P. Murrah Federal Building.

Oklahoma County District Attorney Bob Macy is attempting to get the death penalty for the 160 charges of first-degree murder, representing the bombing victims not included in the federal trial. Macy filed the murder charges last year.

Bombing co-conspirator Timothy McVeigh, also convicted of federal murder charges, is already sentenced to death.

Murphy formally denied bail for Nichols on Wednesday and set a Feb. 11 hearing to consider attorneys' requests for a gag order.

## ■ Hawaii Man accused of killing co-workers judged fit for trial

HONOLULU (AP) — A copier repairman accused of killing seven of his Xerox Corp. co-workers last November is mentally fit to stand trial, a state judge ruled Wednesday.

Judge Michael Town ruled after both prosecutors and defense attorneys stipulated that 40-year-old Byran Uyesugi was mentally competent for the case to proceed toward a May 15 trial date.

Town also granted a defense motion sealing parts of a report by a court-appointed panel of doctors who examined Uyesugi to determine if he's competent to assist in his own defense.

Both sides argued that making certain parts of the report public could prejudice Uyesugi's right to a fair trial.

Uyesugi has pleaded innocent to murder charges in the Nov. 2 shootings. He is being held without bail.

## ■ Florida Prison guards charged with beating death of inmate

STARKE, Fla. (AP) — Four prison guards were arrested and charged with

second-degree murder Wednesday in the fatal beating of a death row inmate.

Capt. Timothy Thornton, Sgt. Jason Griffis and Sgt. Charles A. Brown all turned themselves in at the Bradford County Jail, where they were being held on \$100,000 bond, according to jail officials.

They are among nine guards being investigated in Frank Valdes' death. A grand jury investigating the death issued sealed indictments Wednesday. The indictments were expected to be unsealed today.

All were scheduled to make their first court appearance this morning. They face up to life in prison if convicted.

The nine prison guards have been suspended since Valdes died on July 17 after a confrontation with guards inside a disciplinary area at Florida State Prison near Starke.

Guards claimed Valdes, 36, had severely injured himself by throwing himself off his bunk onto the concrete floor of his cell.

The medical examiner said an autopsy showed Valdes was beaten to

death. The inmate had boot marks on his body, his ribs were broken and his testicles were swollen.

Valdes was sentenced to death for the fatal shooting of a prison guard while attempting to help a fellow inmate escape in 1987.

## ■ Virginia Former judge sentenced for beating state legislator

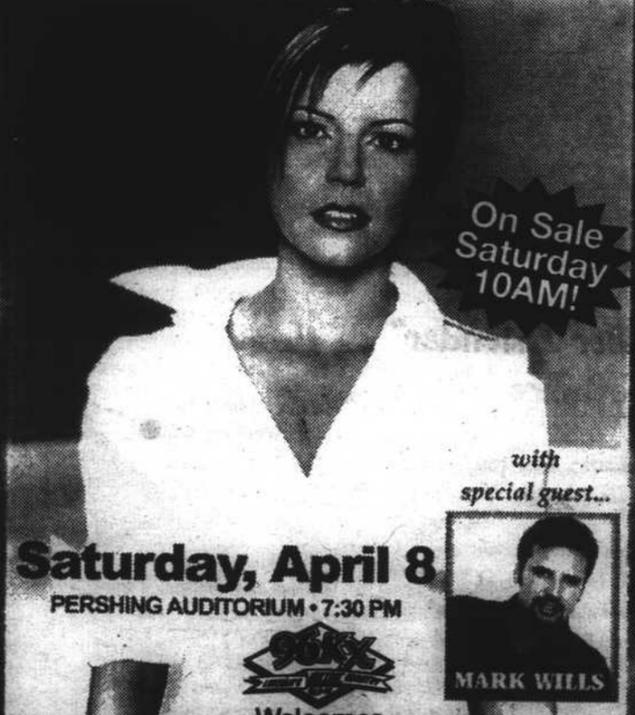
NORFOLK, Va. (AP) — A former judge was sentenced Wednesday to 18 months in jail and fined \$5,000 for bashing a state legislator in the head with a handgun.

Luther C. Edmonds did not speak during the nearly four-hour hearing.

Edmonds, 57, also was ordered to stay away from Del. William P. Robinson Jr., be evaluated to see if he needs to take an anger management class and pay court costs of \$5,796.

Circuit Judge Paul Peatross also tacked on a three-year prison sentence, suspended that and said Edmonds will be under probation for three years when he is released from jail.

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## — ELECTION 2000 —

# College Republicans hear Rustad speech

By Kimberly Sweet  
Staff writer

In the midst of a tight U.S. Senate race that looks like it could get even tighter on the Republican side, there is one thing Elliott Rustad can say for himself.

He is not a coward. Months before Sen. Bob Kerrey showed signs of wavering over a bid for the 2000 election, Rustad shut down his dermatology practices and entered the race with all his might.

Despite being new to politics, Rustad said he felt confident about competing against Kerrey in the Senate race.

"I felt very confident that I could face Bob Kerrey and win," Rustad said.

Now, instead of facing a high-profile Democrat, Rustad faces an expansive field of Republicans who have been elected to state office numerous times.

But Rustad told the UNL College Republicans in the Nebraska Union on Wednesday night that he has the same advantage over other Republicans that he had over Kerrey — he's not a politician.

"It's high time we start looking for candidates from the private sector," Rustad said. "How do we expect politicians who have done nothing but politick to get reform?"

Rustad said he has an inside knowledge of two of the industries that need the most attention: health care and agriculture.

While practicing dermatology throughout Nebraska, Rustad said he learned a lot about health care and how it should be reformed.

And by owning his own ranch with 200 cattle, Rustad said he saw the difficulties of subsisting on agriculture.

Rustad told the audience many politicians could claim to have experienced agriculture only on their grandfather's or great-grandfather's farm.

But Rustad said his direct expe-

"How do we expect politicians who have done nothing but politick to get reform?"

**Elliott Rustad**  
GOP Senate candidate

rience would serve Nebraskans best.

When one member asked a question relating to difficulties in agriculture, Rustad's roundabout answer ended with one phrase:

"I've been down that road, buddy."

Rustad maintains his solutions to many problems will include relying less on the federal government.

"My central thesis is this: We need to take more and more control away from the federal government."

Rustad said he was in support of privatizing Social Security.

He said the current system of health care, which is moving toward a socialist system, needs to be reformed to get rid of the inefficiency, insensitivity and the idea that "one size fits all," he said.

As he begins to promote his ideas, Rustad said he doesn't feel intimidated by the number of Republicans in the race.

"I've been encouraged by astute politicians that this is a good decision," he said.

Wednesday's speech at the College Republican meeting was the second in a series that will include other candidates in the Senate race, said Jason Wiggins, chairman of the organization.

"We're going to try and get a debate sometime this semester," Wiggins said.

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