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Influenza season lingers

By Elizabeth Zielinski
Staff writer

There's one thing worse than struggling with fatigue, a sore throat and a cough in the dead of winter.

It's doing the same thing while friends and, seemingly, the rest of the world are frolicking outdoors in the hazy sunshine when spring has finally sprung.

Unfortunately, the influenza season overlaps the beloved spring season.

In the United States, the flu usually occurs from about November until April, according to the Centers for Disease Control Web site.

In order to prevent infection from the flu, University Health Center Marketing Coordinator Jennifer

Snyder suggests "not letting yourself get run down."

"If you're feeling tired, try to get some extra rest. Drink plenty of fluids, and eat a healthy diet."

Snyder also suggests students wash their hands regularly.

"Germs are often spread by people rubbing their eyes and touching objects," she said.

Symptoms of the flu can include fever, body aches and cough, according to information published by the American Lung Association. Symptoms usually come on quickly and can last from four to 10 days.

A flu vaccine can prevent illness, but the best time to be vaccinated is October or November, before the flu season begins.

University health aides are sources

of information and assistance for students suffering from the flu.

Shannon Patrick, a health aide for the 12th floor of Abel Residence Hall, said she sees a student with flu-like symptoms about every other week.

"The health center gave (health aides) these cards that list the symptoms for the cold and the flu," Patrick said.

"Based on what the student says, we can tell from there if they have the flu or not."

"If (students' temperatures are) over 101 or 102 degrees, I refer them to the health center."

But if there are no high temperatures, sage advice comes into play, as it does with so many other illnesses.

"I tell them to get plenty of rest and drink fluids," Patrick said.

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Animal rights groups protest circus

CIRCUS from page 1

and English major, is its president.

"Just because animals look or think differently than us doesn't mean they should have to endure pain and suffering for public entertainment," Nord said.

At the circus, group members handed out materials with information obtained from organizations such as People for the Ethical Treatment of Animals and In Defense of Animals.

The fliers contained facts about specific cases in which circus animals were beaten, shot or killed and showed pictures of chained elephants with the headline "Cruelty is not entertainment."

Nord said he hoped to inform people and help them think twice about the use of animals in circuses.

"People think the Big Top is just a big happy place, but some animals are being beaten, shot and forced to live in horrendous conditions," Nord said.

James Plunkett, producer of the Lincoln Shrine Circus, said all circuses must be inspected four times a year by the United States Department of Agriculture.

The USDA inspects the conditions the animals live and are transported in, Plunkett said.

Elephants in the Shrine Circus are transported from circus to circus in semi-trailers, with three elephants per trailer, and the horses and ponies are moved in horse trailers, he said.

Plunkett said he felt circuses are being unfairly targeted by activist groups.

"It doesn't mean all circuses are cruel to animals just because of one isolated incident," he said.

Plunkett said the animals featured in Lincoln's Shrine Circus are all trained using positive reinforcement.

Plunkett mentioned the Pork Chop Revue, a circus act involving four pigs. The performing pigs are rewarded with a treat by the trainer when they do a

trick.

"Personally, I think pigs are better off working in a circus than on someone's plate," he said.

Katie Muth, a sophomore English major, said she felt there was no reason animals should be used for entertainment.

Muth said she hoped members of the Shrine Circus would take note of the protest and consider not using animals in the show.

Muth said she didn't receive many negative comments from circus patrons.

"Most people are relatively nice because their kids are with them," she said.

Plunkett said he respected the opinions of the protesters but wished they would appreciate how the circus has been enjoyed for the past 200 years.

"We're on the same side they're on," Plunkett said.

"If you want to work with animals, you have to love them."

UNL's binge drinking down

RATES from page 1

winters and few outdoor activities.

"We know we happen to be in an area of the country proven to have a lot of high-risk drinking," he said. "We are working harder to change the environment."

Major said the study, which includes 128 schools, compares "apples and oranges" because it includes both small and large schools, public and private schools and all-female schools.

"There are cultural reasons why drinking rates would be extremely low at an all-women's college or a religious institution," she said. "Amongst our peer institutions, the discrepancy is not so large."

There were 390 UNL students surveyed in the 1999 study, Griesen said.

Students from the university were surveyed in similar studies done in 1993 and 1997.

The number surveyed increased in 1997 when UNL became the recipient of a \$700,000 grant from the Robert Wood Johnson Foundation to reduce the level of high-risk drinking at the university.

In measuring the level of high-risk drinking, Griesen said, university officials rely heavily on results garnered from the omnibus survey administered at UNL by the Bureau of Sociological Research.

Results gained from that study are more reliable than in the Harvard study because more students are surveyed, he said.

But both Major and Griesen said they were encouraged by the results that show students who are frequent binge drinkers are in the minority.

Major said: "We want to reinforce that the majority of our students don't drink as frequent binge drinkers."

Court examines sex crime as war crime for first time

■ An international tribunal case investigating Balkan war crimes starts today.

THE HAGUE, Netherlands (AP) — As long as man has waged war, rape has been an outrageous weapon in his arsenal. And as long as man has sought to punish war crimes, rape has been near the bottom of his list.

An international tribunal, which has been investigating Balkan war crimes since its establishment in 1993, wants to turn things around.

A rape trial opening today marks the first time an international court tackles sexual enslavement. The case is a keystone in the most ambitious attempt yet to acknowledge a woman's vulnerability to the excesses of war.

Bosnian Serbs Radomir Kovac, Dragoljub Kunarac and Zoran Vukovic are charged with rape, torture, enslavement and outrages upon personal dignity in the Foca case, named after the city where the crimes allegedly took place. All three have pleaded innocent to war crimes and crimes against humanity, which carry a maximum life prison sentence.

According to the indictment, the defendants operated "quasi-brothels" — or "rape factories" — in a local school, a sports hall and a construction workers' barracks in Foca, southeast of Sarajevo, in the summer of 1992.

Nightly, women and girls, some as young as 12 years old, were allegedly forced to have sex with soldiers and paramilitary fighters. They were gang-raped, tortured and often forced to give birth, Prosecutor Dirk Ryneveld wrote in his pretrial brief.

Adding to the humiliation, the women were ordered to perform household chores for their victimizers, Ryneveld says.

Although the total number of victims is not given, 72 women were detained at the sports hall.

"Many of them suffered permanent gynecological harm due to the sexual assaults. At least one woman can no longer have children," the indictment said.

At least 10 rape victims are expected to testify at the trial. They will be protected by privacy measures and are identified in court documents with codes: FWS-48, FWS-50, FWS-75.

Although Foca was the most notorious case of systematic rape in the 1992-95 war, there were reports of rape by all sides in dozens of camps across Bosnia. In 1993, a European Community commission estimated 20,000 rape victims in the conflict. The Bosnian government put the figure at 50,000.

One Muslim woman who submitted to rape during the Bosnian war to protect her daughter told a researcher "it's something you never forget."

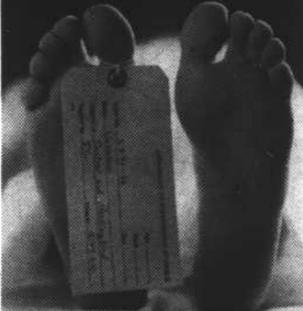
"I carry it around with me in my heart, in my soul," the woman was quoted as saying in the book "War Crimes Against Women," by scholar Kelly Dawn Askin. "I think of it when I go to bed, and I think of it when I get up. It doesn't let you go."

Rape is as old as war itself. Since the battles of ancient Greece, commanders have given soldiers license to rape women, who were seen as a spoil of war.

But what distinguished the Bosnian war was that women were prime targets in "ethnic cleansing" campaigns because of their role in propagating identity.

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