

Tell-a-Friend program promotes mammograms

BY JENNIFER ROTH

Every year Barb Bottorff makes phone calls to five friends. They're simple calls — just to remind women to get their yearly mammograms.

Bottorff, a Lincoln woman who survived breast cancer, participates in the Tell-a-Friend program, which is sponsored by the American Cancer Society.

Tell-a-Friend started as an event for National Breast Cancer Awareness Month in October, but has now spread to a year-round event.

"I am a breast cancer survivor of seven years. I feel it is very, very important for women to get these mammograms," Bottorff said.

Because her cancer was spotted during a yearly mammogram, she encourages others to use this early detection method.

"The goal is that the five friends you call will call five more friends. I think this is very successful," Bottorff said.

According to Dustin Yowell, American Cancer Society spokesman, Tell-a-Friend is a push across the organization's

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Barb Bottorff
breast cancer survivor

Heartland Division, which includes Kansas, Missouri, Nebraska and Oklahoma.

The goal of the program is to educate women about breast cancer and the need for mammograms.

Yowell said breast cancer can be detected in its earliest and most treatable stages through mammography, clinical breast exams done by a health care professional and by self examinations.

Organizers of the Tell-a-Friend program said the personal approach of phone calls helps get women to the doctor.

"Research shows that women are more likely to get a mammogram if they are told to do so by a family member or friend," Christine Bleich, a cancer control consultant for the American

Cancer Society, said in a press release.

An estimated 182,800 women will be diagnosed with, and 41,200 women will die from breast cancer this year, according to the American Cancer Society.

To spread awareness about the disease, National Breast Cancer Awareness Month was established in 1985 and has evolved into various events throughout the month to prompt women into action by learning more about breast cancer.

Yowell said college students who are interested in helping spread the word about breast cancer can get involved with the Tell-a-Friend program. The Lincoln chapter of the American Cancer Society also welcomes volunteers, he said.

Students: Party exclusion is unfair

GREEN from page 1

Despite low poll rankings and huge disparities in fund raising and media coverage, many people remain dedicated to Nader and the Green Party.

This election provides Nader and the Green Party opportunities to grow and improve in the future by spreading their messages and names, said Starlene Rankin, the national secretary for the Green Party.

If Nader receives at least 5 percent of the vote in the general election, the Green Party will receive in the next election money from the federal government that matches, up to a certain level, the money it raises, Malkan said.

Matching federal funds would help the Green Party, which is running 250 candidates under its label, spread its message in today's expensive, media-driven elections, Rankin said.

"With those funds, we could continue growing the Green Party," she said.

The Green Party's policy to not

accept corporate donations amplifies the importance of federal funds for the group, Rankin said.

The party wants to remove corporate influence from politics by paying for campaigns with public funds, Rankin said.

Corporate influence would also wane under a Nader presidency, she said.

Big business wouldn't influence environmental policy in the Nader White House, Malkan said.

He supports higher fuel efficiency standards for automobiles and tax subsidies for solar power companies, Malkan said.

Other major Nader and Green Party policy proposals are:

- Providing universal health care coverage for all citizens.
- Providing free college education to all students.
- Establishing universal child care for preschoolers and young schoolchildren.
- Reducing military spending significantly.
- Scaling back or ending the "War on Drugs."

Many of these policies came from the platform of the original Green Party formed in Australia and Germany during the 1970s, Rankin said.

The Green Party expanded to a global movement and arrived in the United States in 1984, she said.

Seventy-nine elected officials serving now ran under the Green Party label, Rankin said.

The group has grown to include local party offices, which are independent of the national party, in every county in the United States, she said.

She said about 150 other groups, which are mostly campus organizations, are affiliated with the Green Party.

Goodbrake said she volunteered for the Nader campaign because of an inspirational Nader speech she heard in Seattle.

If people are sick of the status quo, she said, people need to stop voting it into power.

"If you keep voting for the lesser of two evils, you end up with evil," she said.

UNL: Asbestos not health threat

BY VERONICA DAEHN

The crystal-like fibrous material can cause cancer in the lungs and in the lining of the abdomen.

Since the late 1970s, it has been outlawed from use in building construction.

But after World War II, many building codes mandated the use of asbestos in construction because of its fire retardant qualities.

Today, some University Housing facilities still contain asbestos.

But Associate Director of Housing for Maintenance Glen Schumann said students should not be concerned.

The Board of Regents on Friday approved \$35,000 for the removal of asbestos from the ceiling of the Harper-Schramm-Smith snack bar area.

There is also asbestos in the ceiling of the south side of the Harper-Schramm-Smith dining area, in the lobby area of the Cather-Pound-Neihardt cafeteria and the Abel-Sandoz cafeteria and in various floor tiles, Schumann said.

The asbestos in these areas is harmless, he said, as long as it stays contained within the ceilings and floors.

"It's dangerous only if we go tearing into it first," Schumann said.

The only time asbestos is removed from the ceilings is when renovations are done, Schumann said.

Toward the end of this semester, the Harper-Schramm-Smith snack bar will be turned into a convenience store.

That's why the money to remove the asbestos was needed, he said.

According to the Web site for the Asbestos Institute, people are at risk only when a significant number of asbestos fibers are released from the material and enter the building's air supply.

Asbestos is still common in the United States in products like vehicle brakes, roof shingles and protective aprons and gloves, the Web site reported.

Asbestos removal from campus buildings has been going on slowly for the last 10 years, Schumann said.

"We want to get rid of it," he said. "But it is not a problem if you don't mess with it."

Asbestos is more of a concern for the maintenance staff, Schumann said. There is asbestos in several equipment rooms that

only staff members use.

But employees are trained in how to handle it, he said. If a repair is needed on a pipe that has asbestos around it, for example, the asbestos will be removed first.

Doug Zatechka, director of University Housing, agreed the asbestos in the buildings was not harmful.

"I don't think any of it is problematic," Zatechka said. "But it's good to get out of there."

He said the university had removed or encapsulated any areas where the asbestos was a problem.

The process of removing asbestos is difficult, time-consuming and expensive, he said.

Schumann estimated the Harper-Schramm-Smith snack bar asbestos removal would cost between \$16,000 and \$22,000.

People trained in asbestos removal must be hired to come in and remove the substance.

Because of the price and the time, Zatechka said, he was content to leave asbestos alone that was contained in a closed space.

"I'm certainly not aware of any clear and present danger," he said. "If we're not renovating an area I'm not going to tear out pieces of asbestos hidden behind walls."

Law & Order

First trial to challenge sexual-contact ban delayed

A Lancaster County Court judge Tuesday delayed a trial that is expected to challenge the city's first enforcement of its sexual-contact ban.

The majority owner of Mataya's Babydolls Gentlemen's Theatre Club, John Ways Jr., was one of 13 people cited during an Aug. 11 police raid on the club.

The trial was continued, pending several motions by the defense, Ways' attorney Bill Chapin said.

The trials of the five dancers and other club employee cited during the raid are also scheduled this week and next week. Chapin is representing the other club employees, so those trials may also be delayed for similar motions.

Violating the ordinance, which bans contact with the breasts, buttocks or genital areas by patrons or employees of any Lincoln business, carries a maximum penalty of 6 months in jail and a \$500 fine.

Mattress blaze damages north Lincoln home

Tuesday afternoon firefighters extinguished a mattress fire that caused extensive smoke damage to a north Lincoln trailer home.

At 2:20 p.m., a neighbor reported seeing smoke coming from the 4328 N. 20th St. home.

Deputy Fire Chief Rich Furasek said there was no one home when the fire started in one of the home's bedrooms. A dog was in the backyard, but was not harmed.

The fire, caused by an unattended candle, destroyed most of

the bedroom's contents before firefighters could extinguish the blaze, Furasek said.

The American Red Cross planned to relocate the home's residents for a couple days while

they look for housing.

The fire caused an estimated \$10,000 damage to the home and \$15,000 damage to the contents, Furasek said.

Compiled by Josh Funk

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