

Y-Pal volunteers helping youth

By Lori Merryman

Seven-year-old Shari impatiently awaits her father's arrival after returning home from school. She has been waiting an hour, and in her loneliness, wishes she had someone to talk to. She is crying because her classmates made fun of her new dress which her father picked out. Her mother died a year ago so her father tries his best.

When her father finally returns he finds a letter from Shari's teachers saying she is getting more and more withdrawn from her classmates and instructors everyday.

As is the case with many youths, Shari's depression and loneliness could later develop into juvenile delinquency and crime.

The story about Shari is hypothetical, but one that is real to many youngsters in Lincoln.

HELPING YOUTH is the aim of two volunteer programs in Lincoln: the YMCA sponsored Y-pals and the Malone Community Center's Big brother/Big Sister Program. Both of these programs have organized a one-to-one relationship with youth in need and a willing volunteer.

"Growing up is tough for all kids and for some kids it's tougher," said Barb Gaither, Y-Pals administrator.

Y-Pals takes referrals from the schools, parents and social service agencies for youth aged six to 14. It involves a minimum of nine months to a one year commitment by a volunteer. Volunteers see their Y-Pal on a regular basis for a minimum of two hours a week, said Gaither.

Currently, about 100 to 150 youths are involved in the Y-Pal organization. Unfortunately, there is a long waiting list, especially for boys, due to a lack of volunteers, Gaither said.

"A waiting list is a terrible way to respond to a child's needs," Gaither said. About 40 new volunteers could make the difference for these children, she added.

GAITHER ESTIMATED that about half of the Y-Pals volunteers are UNL students.

"We want it to be a quality relationship with goals set with the parents, the child and the volunteer," Gaither said.

The Malone Center program gives guidance to youth between the ages of six and 16. It is operated similar to Y-Pals. Volunteers are asked to spend a minimum of three hours a week with the youth.

In both of these organizations, the time spent in the one-to-one relationship is up to the child and the volunteer.

The majority of the Big Brother/Big Sister volunteers are UNL students, Dennis Banks, youth director of the Malone Center said.

Mary Kriefels, UNL student and Y-Pal volunteer, has found that she has gained as much from the program as her Y-Pal.

"It gives me a lot of self-confidence in myself," said Kriefels.

"Once you get into the program it is really beneficial," she added.

Toni Midder, UNL student, spends approximately 15 hours a week with her little sister from the Malone Center.

"I always wanted to do some kind of service to help someone be the best person they can be," Midder said. She said the Malone Center program gives her this opportunity.

The activities Midder and her little sister enjoy vary. "I make sure she is doing well in school and that no problems are created that can't be overcome," she said.

"It is a great opportunity to meet a lot of people in the community," Midder added, and there are a lot of university students who would love to do something like this, if they would just try it.

Julie Overcash, Y-Pal volunteer and lifetime Lincoln resident, said that the program gives her an opportunity to see other sides of Lincoln.

Overcash, who has an eleven-year-old Y-Pal said the trick is to give her Y-Pal experience through things that don't cost a lot of money.

"It is a fantastic program and I encourage anyone who has an inkling to do it to try it," Overcash said.

Debaters win top honors

The UNL debate squad won all five first-place awards at the Creighton University debate tournament in Omaha Friday and Saturday.

The squad won the first-place team award in varsity and junior varsity debate, first-place speaker awards in both divisions, and a sweepstakes trophy.

The team of UNL debaters Jim Rogers, a Lincoln sophomore, and Mike Alexander, a North Platte sophomore, placed first in varsity competition. Rogers was named top debater.

UNL studies 'eggs that go crunch'

By Kevin Field

Snack products with increased nutritional value are being developed at UNL using new concepts in egg research. The work, financed through a \$22,000 grant from the American Egg Board, has been somewhat successful, according to Glenn Froning, poultry products specialist and professor of animal science.

The process involves a mixture consisting mostly of egg whites placed in a microwave oven. The microwaves cause the mixture to explode, resulting in a product like puffed corn curls already on the market, Froning said.

"You end up with a highly nutritious type of snack food made from high quality protein," he said. The egg puffs contain about 22 percent protein. Regular corn curls are about 10 percent protein.

The puffs could be flavored like chicken, cheese, bacon, or any other food, Froning said. They could also have any shape a manufacturer wants, he said.

Froning said he also thinks the puffs could be economical in today's market. "You can puff a lot of product from a small amount of material. It could be competitive," he said.

He said the puffs could be used as a snack food or as a cereal product.

Several trial batches have been made and the results look promising, although there have been problems with storage and packaging, Froning said. The puffs tend to get soggy after a few weeks, he said.

"Snack foods are an interesting area to take a look at. We are trying to take a nutritious step forward. We are even looking at the possibilities of fortifying the traditional corn curls with egg whites to increase the nutritional value of that product," Froning said.

In another study financed with the same grant, the poultry science department is working on a process to develop a shelf-stable egg mixture. It involves removing enough moisture to prevent spoilage without refrigeration, Froning said. A shelf-stable egg product would have high potential in food manufacturing, he added.

Though the processes are being developed today, it could be five or six years before the products can be found on the grocery shelf, Froning said.

"The basic research is conducted here, but industry must take over to market the products. That can take time," he said.

Tricyclists race Phi Psi 500

Screaming and shouting mounted as tricycle riders raced through the Phi Psi 500 course Saturday.

The second annual event was sponsored by the Phi Kappa Psi fraternity to raise money for the All University Fund.

Campus sorority pledge classes competed in the tricycle race, a yell contest, and a queen competition at the Union Memorial Plaza.

Winners of the tricycle race were Renee Antone and Julie Desch from Kappa Alpha Theta Sorority. The second place team was Karen McGrath and Candy Schultz from Phi Mu and the third place winners were Beth Tooley and Kathy Tauser from Delta Gamma.

The tricycle riders pedaled around paper trees, through a wind tunnel where flour was dumped on the competitors, over a teeter-totter ramp and into a water hole on their way to the finish line.


Carrye Carr, from Delta Gamma, was the winner of the queen competition. Chris Doyle of the Phi Mu was the runner-up. Candidates were interviewed Friday by house mothers from three campus fraternities.

Kappa Delta screamed its way into first place in the cheer competition. Pi Beta Phi placed second and Delta Gamma placed third. The winners were chosen by the quality and loudness of their cheers. Judges were big red fans who stopped to watch the competition on their way to the game.

Kappa Alpha Theta was the overall winner for the Phi Psi 500.

Money for PUF was raised through the Phi Psi 500 raffle. The grand prize was a Schwinn World Sport bicycle. Also raffled was a football signed by the Nebraska Football team, and gift certificates from Athletes Foot and Kentucky Fried Chicken.

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