

Psychologist: Chicano veterans don't seek aid

By Betsy Miller

Adjusting to civilian life after the traumas of the Vietnam War is difficult for many war veterans. Some try to seek special counseling for their problems. This is one option that seems to help, according to Eva Moya, a staff psychologist at Veterans Outreach Program in Denver, Colo.

But Chicano veterans may not feel capable of seeking treatment because they are considered weak if they do, said Marty Ramirez, a moderator at a discussion of Vietnam veterans' adjustment problems.

Moya and Ramirez spoke Friday in the Nebraska Union Rostrum as part of Chicano Awareness Days. They discussed a Chicano's perspective of readjustment problems.

"They say if you have a problem, you're weak, and if you're weak, you're not a man," Moya said about Chicano attitudes.

Obligated to fight

Chicanos felt a sense of pride to serve in the war and thought they were obligated to go, Ramirez said. They don't use veterans' programs because they don't think they deserve them after doing a job they were expected to do in the first place, he said.

Chicanos, as well as all veterans, were unsettled by the homecoming they received when they ended their tours of duty, Moya said.

"He (the veteran) came home to people saying 'How could you go over there? You're a killer. A baby killer and a rapist,'" Moya said.

Some veterans have told Moya that they were spit upon when they returned to their home towns.

Veterans have had to handle some unwelcome receptions along with the psychological after effects of the war.

Moya terms the psychological problem a "delayed stress reaction." This reaction consists of several symptoms, she said.

One is re-experiencing the event. This occurs in nightmares, or flashbacks. For

example, the smell of diesel can bring some veterans back to the battleground, Moya said. Cars backfiring also scare some veterans, because the sound resembles gunfire, she said.

Emotional numbing

Another reaction is an emotional numbing. Moya said a veteran may feel detached from others, constrict his feelings or lose interest in significant activities. Families of veterans have a hard time coping with this, according to Moya.

Figures show that 38 percent of the veterans who married before going to Vietnam were divorced within six months of returning home. Bad nightmares also can disrupt the veterans' family life, she said.

Some veterans have hypertension. "I've seen vets who won't sit unless they've got their backs to the wall," she said.

Fits of anger and survival guilt also plague the former soldiers, Moya said.

Survival guilt

Survival guilt takes place when veterans who escaped death and serious injury feel a sense of guilt because others were stricken, according to Moya.

Moya said her outreach program works for two results from the Chicano veterans.

The first is to break down the isolation veterans feel and to get them to come in for counseling.

"Once they find out they can trust you, then they'll come in," she said.

The second objective Moya tries to accomplish is to get the veterans to grieve openly and let their feelings show.

"We push and push for the feeling," she said.

Ultimately, Moya said she hopes to expand her program, both in terms of numbers served and in programs offered. She said she would like to get not only the veteran, but his family involved.

She said the program is making progress and helps the veterans who use it.

"We are doing something about it, even though we haven't been able to reach everybody yet," she said.

RHA votes to loosen rule governing visitation hours

By Patty Pryor

The Residence Hall Association voted in support of two issues concerning floor regulations in residence halls Thursday night.

The first of these, presented by Abel Hall student assistant Tom Rolfes, proposed a change in the visitation hours for specified areas of co-educational floors.

Abel Hall has seven such floors and Raymond Hall in Neihardt Residence Center has one.

The plan, originated on Abel 7, allows 24-hour access to "common usage" areas on the floor, such as lounges or hallways, but does not change the policy on access to individual rooms.

The proposal includes three different methods for implementation.

One method would simply enforce the change on all co-educational floors beginning in the fall of 1981.

The second method would allow each floor the option of voting on the change at the beginning of every school year, with either a simple majority or 90 percent affirmative vote necessary for passage.

Waverly claims top FFA honors

Waverly High School students beat students from about 140 other schools when it won the sweepstakes award in the annual Future Farmers of America vocational agriculture judging contests this weekend on East Campus.

The 13 contests were designed to allow students to show what they have learned in FFA, according to contest coordinator and UNL agricultural faculty member Lloyd Bell.

Bell said the results of past contests indicate a yearly improvement in the students' performances.

The final method would implement the proposed next fall on two Abel floors selected by the Housing Office. An evaluation of the program would then be conducted during the school year.

Rolfes said the proposal has already been taken through the Housing Office, to Dr. Richard Armstrong, vice chancellor for student affairs, and finally, to the NU Board of Regents. At that point, however, Abel 7 residents sponsoring the proposal were told that more student involvement was needed to support it.

With RHA's official support, the proposal now goes back before the regents May 16.

The second issue concerns the establishment of special study floors in Cather and Pound Halls.

Both Cather and Pound chose to let housing officials decide which floors would become study floors, since no general consensus could be reached in the hall government.

The floors chosen by Housing are Cather 4 and Pound 10.

RHA passed a motion to look into these choices, and to examine criteria used by the Housing Office, making sure that major renovations, and the number of returning floor members were taken into account.

In other business, Mike Kratville spoke to the council about establishing a six-member committee to draft a position paper on the proposed State Student Association.

The council turned down the proposal, however, and voted instead to bring in both pro and a con speaker on the issue, and then draft a stand on the issue together.

Finally, RHA allocated \$700 to cover expenses for movie night during FINK Week in the fall.

Last year's allocation was \$450, but the council decided that this year RHA should be responsible for a larger share of the expense than the individual hall governments.



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