

CFA votes to increase fees for Nebraska Union's budget

By Colleen Kenney
Staff Reporter

Students will pay \$1.59 more in student fees next year to support the Nebraska Unions. Each student will pay a total of \$22.06 each semester. The Committee for Fees Allocations voted last week to approve this 7.8 percent increase over last year's union budget. Next year's union budget is more than \$1 million. Student fees support 25 percent of the total budget. The rest comes from its businesses. However, the union budget will be lowered by \$5,000 if the proposal to

consolidate the Culture Center with the newly acquired Commonplace Building meets Union Board approval. Besides approving the union's major budget requests, CFA allocated about \$25,000 extra to cover the costs of opening and operating the Commonplace Building. CFA allocated \$9,000 for utility costs. Utilities costs will be cut to \$4,500 if the consolidation occurs. The unions were allocated \$12,000 for the salary of a new staff member, who will coordinate information and marketing efforts. "We feel students aren't adequately informed of the services that their stu-

dent fees can offer," said Daryl Swanson, director of Nebraska unions. The new position, which will open in July, will publicize union programs, including its food and recreation services, Swanson said. The union's request for a 22 percent increase in operating expenses was cut to 11 percent to comply with a request from UNL Chancellor Martin Massengale. The cut represents about \$8,700. Direct labor benefits also were decreased 3 percent, or more than \$39,000, from the requested figure. It was cut to "keep this in line with what our other fund agencies received," said CFA sub-committee member David Cox.

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UNL workshop helps farmers handle stress

Times are tough in agriculture. These rough times can mean severe stress to farmers and small-town business owners. This month, counselors, clergy, social workers and crisis intervention personnel at or near UNL can learn how to help farm stress. Herbert Lingren, UNL family life specialist for the Cooperative Extension Service, will conduct a 5-hour training workshop on stress management. Last year, Lingren led more than 30 farm stress workshops in Nebraska. His training workshop will share teaching methods to use for individual stress counseling. The workshop will be Wednesday from 9 a.m. to 3:30 p.m. at the Nebraska East Union.

Lingren will discuss what stress is, the aspects of family stress and how to identify stressors. He will focus on helping individuals evaluate how they handle their stress, and considering if they use overeating or drinking to cope with stress. "Farmers face a continual lack of control over their surroundings," Lingren said. "They've always had to face uncertainty in weather and prices and now one of the safest aspects of their life — the banks — are failing. Couple these concerns with land values decreasing and it's no wonder that some farmers feel like someone's pulling the plug out from under them." People under severe stress reduce it by removing things that cause it. "This is part of an individual plan of action," he said. "Some farmers may not want to admit it, but there are some stressful things in their life that they can remove."

They also can change negative attitudes to handling stress. "We call this 'negative self talk.' Saying things like 'Oh, ain't it awful!' is a major cause of severe stress, researchers say," Lingren said. "Instead of accepting the situation, people tend to blame someone or something," he said. "We need to channel that energy used in blaming into something constructive," he said. Learning constructive ways of coping with stress can also help, Lingren said. These methods include learning communication skills, how to handle conflicts and how to make tough decisions.

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