

Daily Nebraskan

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Weather: Sunny and warmer today with a high of 48 (9C). Tonight not as cold with a low of 27 (-3C). Increasing cloudiness and warmer on Thursday with a high in the mid-50s (13C).

Bob Brubacher/Daily Nebraskan

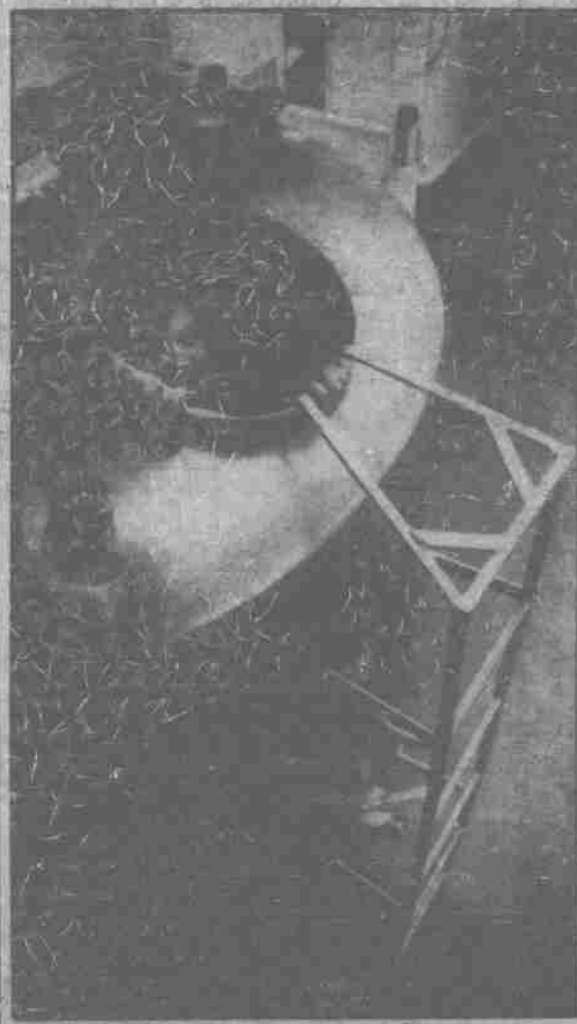
Glory the Galoot has seizure... Page 8

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Above, Denise Wiedel, a research technologist for the food science department, prepares flaked and formed breaded beef sticks for a

freezing test. Below, Mary Winkler, a junior food science major, climbs out of a huge ice cream holding tank which must be cleaned from the inside.



Researchers try to improve foods

By Lauri Hopple and Dave Gocken
Staff Reporters

Lowell Satterlee, director of the Food Processing Center on UNL's East Campus, would like to change the ingredients of Le Menu frozen dinners.

He wants the company, which produces the dinners in Omaha using other states' food products, to use Nebraska vegetables.

The Food Processing Center is working on a solution for that and about 39 other food processing puzzles.

The center, which opened in 1983 as a joint venture between UNL, the state Department of Economic Development and private industry, studies different ways to process food that was grown or raised in Nebraska.

Satterlee said the center's current 40 projects include one that would help pre-process vegetables grown in Western Nebraska's sandy soil for use in frozen food packages, such as Le Menu.

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Individual fitness motivates students to take PE classes

By Lauri Hopple
Campus Editor

UNL students are running in step with their fitness-conscious counterparts at other United States schools. And to keep pace, UNL fitness instructors have updated their classes.

According to a story in this month's Newsweek On Campus, more college students are getting into shape, thanks to improved physical education classes. Nearly 78 percent of the students Newsweek polled said they exercise at least once a week to keep physically fit. Fifty-two percent of these students thought college students should be required to take PE classes.

Most UNL colleges have not required PE classes since the 1960s and '70s. But instructors say that interest in classes has increased, especially in individual fitness classes.

The department has responded by emphasizing more of individual fitness classes and fewer competitive sports classes.

Tom Wanzilak, assistant professor of health, physical education and recreation, said the department began emphasizing individual fitness classes such as weightlifting, swimming and running after the fitness movement began in the 1960s. People became more interested in their health and appearance, Wanzilak said, and classes developed from this consciousness.

Before this, competitive sports classes weren't popular, he said. Not everyone can play competitive sports well, so they naturally avoided these classes, he said.

But students can see their improvements more easily in individual fitness classes, and like them better, Wanzilak said.

The department's most recent way of promoting individual fitness is the Center for Healthy Lifestyles in the Coliseum.

The center's classes teach students about aerobic fitness, good nutrition and stress management, and helps them apply those things to their everyday lives, he said.

John Scheer, who was the center's director when it opened in 1981, said the number of people enrolled in the

center's classes has increased.

"We expected 15 students, but had 70 the first semester," Scheer said.

Since then, the number has more than tripled. In 1982-83, more than 600 students used the center through classes such as PE 102B, PE 112B and a three-credit-hour healthy lifestyles class.

HPER, through programs such as the center and other healthy lifestyles classes, hopes to help students achieve long-term fitness, Scheer said. Classes that are self-paced or emphasize individual activity are the best way to achieve long-term fitness, he said.

"Personal fitness goals are more motivating for long-term fitness, which is what we're really after in HPER," he said. "We hope students wouldn't end their fitness programs after one semester."

But students don't have to take HPER classes to get in shape — and many don't. According to Vicki Highstreet, director of aerobic conditioning classes offered through the University Health Center, between 400 to 500 students enrolled in each of the six-week sessions last semester.

"People are becoming more aware of what they need to do for themselves," Highstreet said. "I don't think it's a fad and I don't think it's popularity."

The health center offers three kinds of classes: aerobic conditioning, body toning and aerobic dancing. Highstreet said the conditioning classes are the best attended.

Another well-used option is campus recreation. Paul Erickson of the recreation department said that from July 1984 to December 1984, 14,196 men and 2,113 women used the Coliseum weightroom during open recreation hours. During the same period, 1,518 men and 1,321 women swam in Mabel Lee Pool during open rec hours.

The numbers could be higher if the department had more places for students to work out and more open hours for them to do it in. Erickson said campus recreation at UNL ranks lowest in the Big Eight for availability. That's because UNL doesn't have a recreation center for students and open recreation has last priority here.

"I can't think of another large university other than us that doesn't have a rec center," he said.



Legislature Briefs

State senators voted 26-20 Tuesday for first-round approval of a bill that would eliminate all K-8 grade schools by 1989.

Lawmakers voted in favor of LB662 after about three hours of debate in front of packed galleries in the rotunda.

If the measure wins two more votes in the Legislature and receives the governor's blessing, K-8 schools will have until March 1989 to voluntarily merge with a neighboring K-12 district or to fuse with a high-school-only district. The state would force noncomplying schools to merge by November 1989.

Gov. Bob Kerrey has signed a bill that will allow branch banking across Nebraska.

The Legislature voted 33-13 Monday to send the measure to Kerrey, who signed it hours later.

LB 295 allows any bank or bank holding company to buy an existing bank anywhere in the state and operate it as a branch institution. A bank can now hold 11 percent of the state's total deposit.

Gov. Kerrey told the Revenue Committee Monday that he felt alone in his support of LB715, which would raise sales tax revenue by eliminating a number of exemptions. One man who testified against the bill delivered petitions against it signed by more than 12,000 people. He said barbers had circulated the petitions.

"I guess I'll have to go to Iowa to get my hair cut," Kerrey said.

Sen. Vard Johnson of Omaha informed Kerrey that Iowa also taxes barbers and suggested that he travel to Colorado for a trim. Colorado is the only bordering state that has no such tax.

Compatibility dance to match students with similar interests

By Maryann Dominski
Staff Reporter

On a first date are you a) comfortable b) self-confident c) scared to death or d) not concerned?

The Student Alumni Association and UPC-Video Presentations is giving students an opportunity to discover who feels the same way they do.

"Find an NU Date," a compatibility dance scheduled for April 4, will give students a chance to meet 10 men or women on campus they are most compatible with.

Students must fill out a questionnaire that will appear as an advertisement in the March 13 Daily Nebraskan. They should return the answered forms by March 13, 14 or 15 to representatives of

SAA or UPC at a booth that will be in the Nebraska Union.

The forms then will be entered into a computer and the participants' 10 most compatible men or women will be listed along with their telephone numbers and addresses.

On April 14, from 7 to 11 p.m. in the union's Centennial Ballroom, a video dance will be held and entrants will be able to meet the people on their list.

The dance will feature videos by artists such as Madonna, Ashford and Simpson, U2, Cyndi Lauper, The Time, Klymaxx, The Fixx, Talking Heads and Frankie Goes to Hollywood. The videos will appear on a 14-foot screen with the music encompassing the room by way of four large speakers.

Jay Wieseler, Chairman of the event for SAA, said the group is hoping for a

turnout of 1,000 people.

"It's going to be really good," Wieseler said. "When UPC did it themselves last year, they had a turnout of about 600 people, so we're hoping for about 1,000."

Wieseler said the idea for a video compatibility dance came up when the group had to replace the annual Oozeball event because of bad weather.

"We know students like Oozeball, but we thought they might like a change," Wieseler said.

Wieseler said students who don't want to attend the dance still can get their lists by going to the booth in the union the day after the dance.

The cost of the dance and/or the list will be \$2. Proceeds will go to the Financial Aid Foundation, which will use the money to set up scholarships for students.