

# Daily Nebraskan

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## Hill opposes financial aid formula changes

By Victoria Ayotte  
Senior Reporter

University of Nebraska-Lincoln students may receive less money from the State Student Incentive Grant program if the formula for calculating the aid is permanently changed, said Bryan Hill, chairman of the Government Liaison Committee.

Hill listened to a report made by legislative staff to the Nebraska Legislature's Education Committee Friday on LR390, a resolution to make an interim study of financial aid and to make recommendations for change to the

Legislature based on findings.

Hill did not testify Friday, but said Sunday he is interested in LR390 because he wants to make sure the committee does not recommend keeping the formula change.

The original method of calculating SSIG funds is based on Pell Grant funds the institution received the previous year, Hill said.

He said the state appropriated \$750,000 for the SSIG program last year. That money is matched by federal funds.

Those who support the formula change want Supplemental Educational Opportunity Grant money to be included with Pell Grant funds in

calculating the SSIG funds the institution receives.

Sue Gessner, director of the Nebraska Coordinating Commission for Postsecondary Education, said Sunday the commission adopted the formula change this semester.

The problem with this approach is that Pell Grant funds are based solely on need, while SEOG funds are based on the institution's grantsmanship capabilities in the early stages of the application process, Hill said.

The Pell Grant is an entitlement program, while the SEOG program gives a specific amount to an institution, regardless of the

amount of needy students.

"It's a skewed formula," he said, and not the "most accurate" way to allocate SSIG money.

Hill said such a formula shifts funds to more expensive institutions.

"That would be very negative for an institution like UNL," he said.

Funds should be used for those students who can't attend any college without financial aid, he said.

"These students (at higher-cost institutions) would get grant money at the expense of those

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## UNL students serve others at dinner time

By Larry Peirce  
Staff Reporter

Instead of dining out Saturday night, three University of Nebraska-Lincoln students served dinner to others.

Monte Kyes, Laura Nettland and Greg Baldwin arrived at The Gathering Place, 1448 E St. at 4:30 p.m. to set tables, make coffee, heat ham and bean soup and cut pies to serve to some of Lincoln's needy. After 13 people dined free of charge, the three volunteers washed dishes and went home.

The group, part of UNL's United Ministries in Higher Education, serves twice a month at the food kitchen soup supper. The supper is served daily from 5 to 6 p.m.

The students said that by serving, they get the satisfaction of helping others less fortunate than themselves.

Nettland, a senior animal science major, said she doesn't like to see people go hungry.

"It's something that's always bothered me . . . seeing people not having enough to eat," she said, "I don't want to stand by and do nothing."

Saturday's meal was the third that Nettland and Kyes have served at The Gathering Place. Nettland said the experience has changed how she looks at poverty and hunger in Lincoln.

"The Gathering Place has made it more real to me," she said. "I wish others on campus could see this."

Baldwin, a sophomore sociology major, ladled soup into bowls from a five-gallon pot in the kitchen. He said he was serving at The Gathering Place for the first time, and expected a "1930s community hall" setting instead of the large house with finished wood floors and mirrored cabinets. In the ground-floor dining room, eight tables with centerpieces were set for 25 people.

Baldwin said poor people are easy to think of as statistics and not people. Poverty is a problem, he said, that needs to be addressed by the public. The Gathering Place is addressing the problem, he said, even if it helps only a few of the thousands of needy people in the United States.

Baldwin said his involvement has a lot to do with United Ministries.

"We're just here to worship God and help His causes all we can," he said.

Kyes, a senior meteorology major, said a variety of people come to the soup suppers. Some don't have homes, he said, and some are trying to make what little money they have go as far as possible.

Nettland and Kyes said they noticed that many people who come are lonely and need contact with other people. They said people are "humble," and appreciate the food they receive.

One man, who ate at The Gather-

See GATHERING on 15



Emily Turek, a 7-year-old from Lincoln, pickets for Amendment 402 Friday at the Federal Building.

## Rally leader wants informed voters

By Jeff Beals  
Staff Reporter

Nebraskans need to be better informed about Initiative 402, a referendum on Tuesday's election ballot which would pull Nebraska out of a five-state, low-level radioactive waste compact, said Nell Eckersley, leader of a pro-402 rally.

"People don't know enough," Eckersley said. "We're trying to inform; even to make a few people more aware of 402 would be fine."

Eckersley and about 25 other members of the student group, Early Warning, demonstrated Friday on the east side of the Federal Building along 16th Street between P and O

streets.

Proponents of 402 want Nebraska to be withdrawn from the compact. Eckersley said if 402 is not passed, "Nebraska would be stuck with everyone's waste."

Nebraska has been chosen as a host state for the storage facility.

Students held signs saying "Dump the dump," "Vote for Nebraska's future" and "What is low-level waste?" Some of the demonstrators distributed flyers to motorists stopped at red lights.

Andy Upright, a member of Early Warning, said he hoped the demonstration would help pass Initiative 402.

"I think this rally will cause people to think about the issue," Upright

said. "There are many people who are for it. We want to support them and give them more information."

Opponents of Initiative 402 are well-financed by out-of-state groups who want the storage site in Nebraska, Eckersley said.

Other states have invested more than \$1.5 million to defeat 402, Eckersley said.

"No one wants the waste site near them so they are willing to spend a lot of money to keep it away," Eckersley said.

Upright said the amount of money spent on advertising bothers him.

"The ads are not representative of what is happening," he said. "They downplay the importance of the issue."

## Exercise promotes one's self-image

By Jannette Bush  
Staff Reporter

Running can be used as therapy to improve one's self-image and self concept, said a research project coordinator from the University of Maryland.

Michael Sachs, a sports psychologist who spoke on East Campus last Thursday, said non-competitive exercise will improve mental and physical health which will reduce anxiety and improve one's self confidence. But encouragement from self, family and friends is needed, Sachs said.

Sachs said a healthy mental image of "self" comes before exercising.

He said individuals must think about what self means to them. There are four versions to self which include real self, perceived self, ideal self and observed self.

Each version of self affects the way individuals feel about themselves. Individual feedback is important to give the support that one needs for a positive self-image, Sachs said.

Friends can act as "change agents" to offer reinforcement, but as individuals change, so might their friends, Sachs said.

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—Sachs

"As you make changes . . . you may get a new circle of friends," Sachs said.

He said self-motivation is difficult, but it is easier to become motivated to participate in non-competitive sports when friends are willing to participate.

Sachs said being with friends alleviates the strain of being alone.

In order to continue to exercise, one must be able to see the benefits of exercising, Sachs said. But before a person can receive the benefits of exercise, he or she must master small goals and make sure those goals are realistic.

"It takes a level of discipline to get to that point," Sachs said.

He said people may begin exercising five to 10 minutes a day or running eight to 10 miles a day. Once that goal has been achieved then people may feel good about that accomplishment and want to continue each day.

"Achieving (your goals) makes you feel good about yourself as a result," Sachs said.

Running is good therapy because it helps the runner relieve stress. Sachs said people are stressed in different areas of their lives at one time or another.

"Exercising and running is not going to cure all ills, but it makes for improvements," he said.