

Regents keep insurance plan

By Sarah Scalet
Staff Reporter

At an emergency meeting Thursday, the NU Board of Regents voted to have the same company continue covering the employee health plan, an official said.

Although bids from other companies were considered, Joe Rowson, director of public affairs for University of Nebraska, said the Mutual of Omaha still will cover the plan.

Coverage will remain the same,

said John Russell, assistant vice president for administration.

"There (was) no contemplation of changing benefits in the health plan," he said.

The bids are reviewed occasionally to make sure the plan is still competitive, Russell said. The last review was in 1983.

The only change in the health plan for those eligible — faculty and staff who work at least half time — would have been a different company sending claim checks, he said.

Finney

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Finney studied and performed jazz dance and ballet in theaters in Colorado, New York and California.

"I had always wanted to dance," Finney said. "In Lincoln and in the Midwest, I didn't know how to pursue dance and due to lack of cultural orientation, my interest stayed focused on sports."

An involvement in dance and athletics spurred his interest in health, physical education, kinesiology and sociology, Finney said. In the late '70s, he worked at fitness clubs in California, developing an exercise program.

Since then, Finney has appeared as a guest fitness and conditioning expert for ABC's Wide World of Sports, PM Magazine and Good Morning, Houston.

As a lecturer and trainer, he has worked with John Denver, Kirstie Alley, the Harlem Globetrotters, the San Diego Chargers and the 1981 Men's and Women's World Championship Racquetball Teams, among others.

He also has written a book and produced a video promoting his program, "The Finney Method."

The program, which he developed in 1979 and brought to Lincoln in June, is sponsored by Lawlor's Sporting Goods and includes workshops for students, sports teams, hospitals and corporate-wellness programs.

His program emphasizes the management of substance abuse and

stress, but it also includes methods for stretching and conditioning, which are his forte.

Despite his current success, Finney's road back to Nebraska has not been smooth.

After he left UNL in 1973, Finney said, cocaine abuse led him off course. It really became a problem, though, when he was in California.

"I remember moments in my past when I had the cars and the money, but I did stupid things and lost it," he said. A priest once told him, "Once you lose something, you never really had it."

— " " I remember moments in my past when I had the cars and the money, but I did stupid things and lost it. — " "

Finney

"I guess I didn't have a grip on the moment," Finney said.

But, last June, Finney completed rehabilitation and volunteer work at a center in Newkirk, Okla. Now, he said, he has control of his life.

"I want to be a positive attribute to society, my community and my planet," he said. "I don't plan on sitting on the bench."

While spending four months at the center, Finney said he realized that his emotional support came from his business, his life, the pursuit of his goals and his relation-

ships. "I'm at a place and time where I've made a decision to finish my education, and this education is being reinforced by some very good friends," he said.

Finney attributed some of his success to Drs. Gregory and Margaret Kontras-Sutton, who have encouraged him to return to school, get a degree and be productive in the work force.

"I connect these two people to my success," Finney said. "They know things about me and my past and support me both indirectly and directly."

Other friends and family also have played a role in his success, Finney said.

"When I think of family, I think of individuals who have made an impact on me and my life," Finney said. But, he said, "It was up to me to change, and others believing in me."

Finney said his decision to return to UNL has been beneficial in that achievement of his goals will be a long process.

After finishing general classes in human relations at UNL, Finney said he plans to transfer to Doane College to get his degree.

And someday, Finney said he hopes to use his experiences, language skills and motivational teaching method to develop a drug and alcohol-abuse program to help those suffering as he did.

"I want to earn a living and be productive in society, and I want other people to have this same opportunity — to be competent," Finney said.

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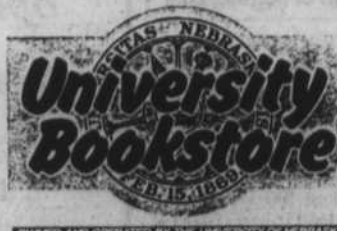
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Lights

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house fixtures in the core of campus are being replaced with newer, brighter fixtures, he said.

"Everything comes down to funding," he said. "Money is not allowing us to do much right now."

All questions or comments regarding lighting on either campus should be directed to landscape services, he said.

Cable said that although lighting was inadequate in some areas on campus, the areas were safe. He said the police patrolled more on foot in those areas at night.

"I personally don't feel we have an unsafe campus," Cable said. "We haven't had any physical crimes reported to us anywhere in the interior campus so far this year, and we haven't had that many in past years. You may not feel safe, but you are."

"But as long as there is the perception that there is a problem, there is a problem."

Cable said he planned to walk around campus within the next few nights to determine where more lighting was needed and to report to facilities management where lights weren't working.

Rich McDermott, director of facilities management, said light bulbs were replaced as quickly as possible when they were reported out, generally within a few days.

"If there is a special part that is needed or it's out because electricity has been cut for construction or something, it could be out longer," McDermott said.

In most cases, he said, there was a maximum wattage bulb that could be placed in each fixture. For that reason, putting in brighter bulbs was not always possible.

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