

# Daily Nebraskan

Tuesday, September 20, 1983

University of Nebraska-Lincoln

Vol. 83 No. 16

## UNL considering installing computers in residence halls

By Laurie Moses

The computer age has arrived and UNL, hopping on the computer bandwagon, is considering installing terminals in selected UNL residence halls by the end of this academic year.

"We are in the middle of talking about it right now," said Doug Zatechka, director of the UNL Housing Office.

"We have to buy terminals and select the halls which have the greatest possibility of usage," Zatechka said. "Abel Hall is one possibility. The usage would be high there. The residence hall government also has mentioned an interest in having them placed there."

Roy Keller, chairman of the computer science department, said putting terminals in residence halls would require a central computer which could handle the load.

"One would like to have terminals hooked up all over campus," he said. "To do this, small central computers must be put up to cover a region. If a smaller region is covered, then compu-

ters can be placed in the dorms," he said.

Zatechka said after choosing which halls will get the terminals, the next steps will be room selection and running phone lines from the terminals to the central computers.

"Locating a room (for the computer) will not be that difficult," he said. "It has to be one with a good climate, and quiet."

"This is" hopeful, not a promise," Zatechka said. "We will know more in late November or early December."

Keller said new central computers (VACS) now are being installed around campus. This would be the first step in getting the terminals placed in the halls.

"It (the central computer) will be operating in six months," he said. "After it's connected, 600 to 700 terminals will be able to operate from it."

Union College in Lincoln is the first liberal arts college in the country to install computer terminals in every residence hall room on campus, according to the October 1983 issue of Ms. Magazine.

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Staff photo by Craig Andresen

## Travel treats

Jill Grenseman, a member of UNL's Alpha Delta Pi Sorority, serves a sandwich to Rick Houck on an LTS bus Monday. Passengers on select buses will be treated to bite-size sandwich samples this week, compliments of LTS and Lincoln's Little King Restaurants.

## Why so tense? Nutritionist reveals side effects of too much caffeine

By Kema Soderberg

Caffeine probably will not carry you off to the coffin they carry you off in according to an assistant professor of Human Nutrition and Food Management Service at UNL.

Nancy Betts said caffeine isn't a serious problem for most moderate users, but could be a problem for those who consume mass quantities.

Based on her information, 300 milligrams of caffeine per day is a moderate amount. This equals three cups of brewed coffee, four or five cups of instant coffee, eight to 10 cups of tea, five or six 2-ounce servings of some colas or three tablets of some over-the-counter drugs. Those who ingest 600 milligrams of caffeine or more may be consuming too much caffeine, she said.

Betts said on the average caffeine reaches the brain 15 seconds after ingestion and shows up in all tissues within five minutes. She said caffeine's effects can be seen for three to five hours after consumption.

Although the Food and Drug Administration classifies caffeine as a "safe" food additive, it does produce physiological effects, Betts said. Most people experience these as "caffeine jitters" or "coffee shakes." She said it is also considered a diuretic because it causes water loss.

While these side effects may be inconvenient, Betts said there is no confirmed evidence that caffeine causes long-lasting physical problems. She did say that people who have gastro-intestinal prob-

lems such as ulcers, who are nervous in nature, or suffer from insomnia, should probably limit caffeine intake. She said there are tests pending as to the effect of caffeine on pregnant women and the elderly.

"I really don't understand why there is so much talk about caffeine," Betts said. "I really don't think there's that much of a problem."

### Americans consume 35 million pounds

Even so, Americans consume 35 million pounds of caffeine a year. They receive about 90 percent in beverage form and about 10 percent from over-the-counter drugs.

People in the United States drink half of the world's coffee, or 160 billion cups a year. But, colas have replaced coffee as the nation's number one drink and most also contain caffeine. The difference between the two beverages is that the caffeine in coffee is naturally present while, according to Betts' data, 95 percent of the caffeine in colas and "peppers" is added.

Betts said caffeine is added to colas for flavor and as a stimulant. Her information states that Coca-Cola originally included cocaine until it was outlawed as a narcotic. The company switched to caffeine in order to retain sales and stimulation for customers.

The October 1981 Consumer Reports shows the number of milligrams of caffeine per 12-ounce can of many leading soft drinks. Sugar Free Mr. Pibb and Mountain Dew contain the most caffeine, 52 milligrams. Mellow Yellow contains 51 milligrams. The magazine lists regular and Diet 7-Up, Sprite, RC-100, Diet Sunkist Orange, Patio Orange, Fanta Orange, Fresca and Hires Rootbeer as containing no caffeine.

In the last few months some new caffeine-free colas have entered the market.

Dick Hudson, president of Pepsi Cola in Lincoln, said the company's two new caffeine-free colas make up about 10 percent of their business.

"I think it's neat that the American public is becoming health conscious," Hudson said, "but I don't think you should run scared (after every claim) without taking a risk analysis."

Hudson said traces of arsenic are found in potatoes and green beans but no one worries about it because it is not a big risk. He said he thinks caffeine content in soft drinks must be analyzed in this manner.

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## Culture Center move depends on input

By Teri Sperry

Student input is essential to the success of the Culture Center relocation task force, members of the Mexican-American Students Association were told Monday night.

MASA held a special meeting to discuss concerns about the center with members of the task force and other UNL students and personnel. Vice Chancellor of Student Affairs Richard Armstrong, Dean of Students David DeCoster and Ennio Quevedo, director of the task force, were present.

Quevedo said the main option being considered is to buy the building at 1630 Q St. and renovate it to accommodate the Culture Center on the first floor and two or three UNL service agencies upstairs. The Office of Multi-Cultural Affairs, the Learning Center and possibly the Counseling Center will be moved from Seaton Hall to the new Culture Center building, should the NU Board of Regents decide to make the purchase, he said.

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