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Students sign petition

# Renovation plans anger CPN residents

By Colleen Kenney  
Daily Nebraskan Staff Reporter

Parts of a proposed renovation plan for the Cather-Pound-Neihardt complex has angered its residents and hall governments.

The main grievance, voiced on a petition, is about the possible change of the historical Neihardt blue television room into a partitioned study room.

Glen Schumann, UNL assistant director of housing said he proposed this plan to make use of "wasted space" and poor use of the complex's rooms. The proposal was written on a conceptual basis, with the plans being tentative, he said.

More than 90 students signed a petition against the proposed change. Many said they thought the complex has adequate study areas.

"I think the lounge is what separates Neihardt from an institution," said Neihardt resident Jill McCoy.

"I've heard not one person in favor of this change because there's no purpose for it," said Lora Monahan, another resident.

Matt Hruska, Neihardt council president, calls this part of the plan "a mistake." But he and Joe Petrick, the complex program director, said other proposals will benefit the students and the halls.

These include the relocation of the Cather weightroom to the Neihardt basement, the addition of study rooms to first floor of Pound and Cather, changing the Neihardt "Pumpkin room" into a divided computer room and the addition of new classrooms and student activity rooms to presently unused areas of Neihardt.

"I'm glad they're doing it because it will benefit the students, but there's a few things that they're approaching wrong," said Hruska.

Other proposed changes include changing Neihardt's Birch Room and blue parlor into a walled-off lounge and television room, respectively.

Petrick said he disagrees with these proposals because "these rooms are already meeting the existing needs of the students," he said.

Schumann said students are not using the rooms enough.

"I've been through them at many different times of the day, yet very seldom do I see more than four or five people in there," he said.

The final decision on the proposals will be made by Doug Zatechka, director of housing at UNL. He said he will make the decision sometime next semester

after consultation with students and CPN hall representatives.

Zatechka said he is opposed to partitioning the blue room. "We need halls that have that type of setting, but that doesn't mean that you can't change its uses," he said.

Zatechka said the proposal "is not etched in stone" and will need modification before any construction begins a few years from now.

A meeting is scheduled in the Neihardt complex at 7:30 p.m. Tuesday, concerning the changes. Zatechka will be there to listen to student opinion and to present his views.

## Caffeine 'boosters' OK if taken in right amount

You've done it again. It's the night before your 15-page term paper on Ernest Hemingway is due and you haven't even started. You also have to read five chapters of sociology and then prepare for a quiz in economics.

What do you do? Wash a No-Doz down with a can of Mountain Dew and head to the library for an all-nighter.

Caffeine found in beverages such as coffee, tea and soft drinks and in nonprescription drugs such as Dexatrim, Vivarin and No-Doz is often used by students who are looking for a stimulant to improve their alertness. Taken in the right amounts, it may not be as bad for them as once believed.

"I would say lack of sleep is more harmful than the caffeine consumption," said Dr. Nancy Betts, a registered dietician and assistant professor in human nutrition at UNL.

Becky Guittar, a registered dietician at Lincoln General Hospital, said, "Small amounts of caffeine are not detrimental, but larger amounts like a six pack of

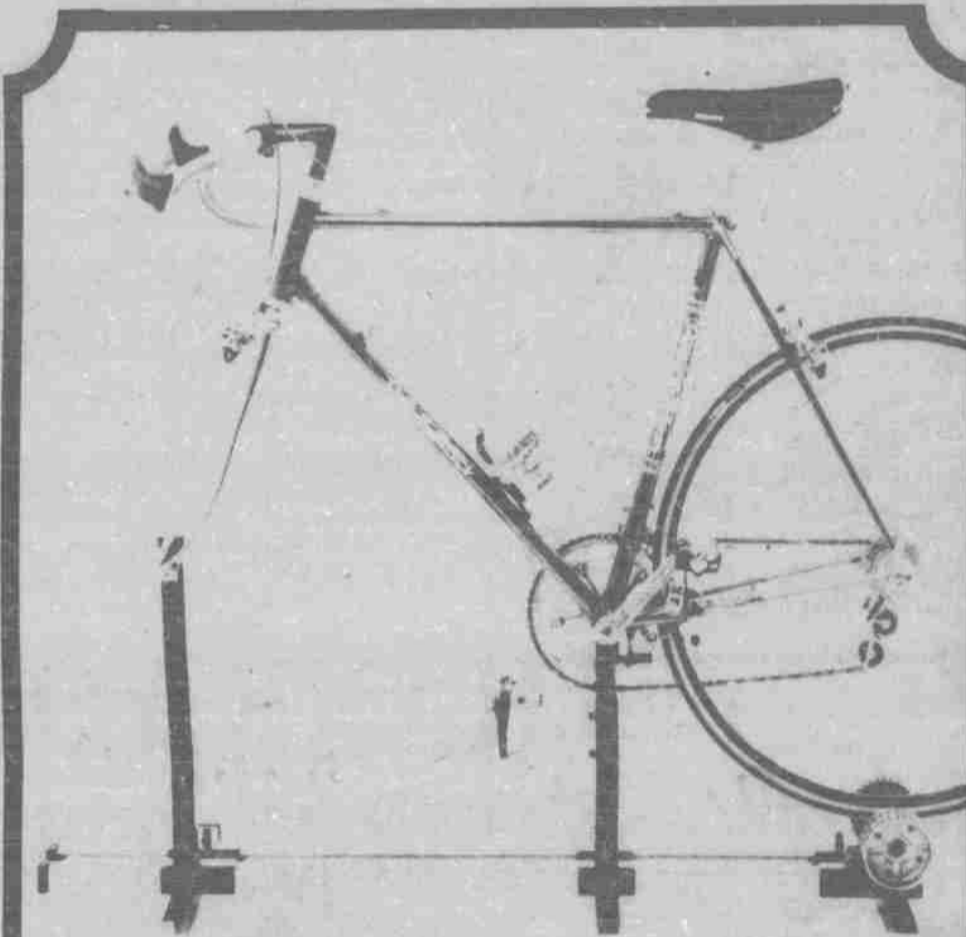
pop or 10 cups of coffee a day can have detrimental effects."

According to studies done by the American Council on Science and Health, caffeine usually is consumed in amounts equalling less than 300 milligrams a day. The evidence suggests that higher levels, around 600 milligrams a day, may cause health problems including chronic headaches, sleep disturbances, rapid heart beats, anxiety and stomach upsets.

Six hundred milligrams of caffeine is equal to the caffeine found in six cups of brewed coffee or 10 to 12 cups of instant coffee, 11 Mountain Dews, 15 Coca-Colas or three Vivarins.

According to the study, approximately 11 million people in the United States consume at least this much caffeine daily, causing a condition called caffeineism.

Guittar suggests that people who daily drink a six-pack or more of pop dilute the amount of caffeine consumed by drinking a can of caffeine-free pop between cans of regular pop.



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## Who's News

The first Hardin Distinguished Graduate Fellowship has been awarded to Michael Peterson of Lincoln, who is completing his master's in plant physiology with emphasis on turfgrass.

The new \$2,000 fellowship, named for Clifford Hardin, former

chancellor of UNL and past U.S. Secretary of Agriculture, was established as an endowment through the NU Foundation. Its purpose is to support research on genetic mechanisms influencing plant responses to stress conditions.

R. Burt Maxcy, a professor and researcher in the UNL department of food science and technology, was honored recently by the UNL Faculty Senate, which awarded him the James A. Lake Academic Freedom Award.

The award recognizes university people who have given special support to academic freedom.

Five engineering students at UNL have received Irene and George Holling-Fund scholarships.

Recipients of \$650 scholarships include Michael Holling, Elkhorn; Rodney Roth, Lincoln; Ronald Swanson, Glenwood, Iowa.

Receiving a \$500 scholarship was James Volf of Wood River. Clarence Wolfe of North Platte, received a \$150 scholarship.

The Omaha couple established the annual scholarship fund in 1978. Both are 1925 graduates of UNL.