

# Alcohol Awareness

### Reducing Your Risk For Alcohol Problems Is As Easy As Observing 0-1-2-4

**0** Research reveals that, under certain circumstances, alcohol use can be dangerous. Zero alcohol is the best choice if you are:

- On certain medications or have certain illnesses (check with your doctor).
- Behind the wheel or engaged in tasks that require full mental or physical functioning.
- Stressed or tired.
- Either the son, daughter or sibling of someone with alcoholism.
- Recovering from alcoholism or drug dependency.
- Violating existing laws or policies.
- Expecting, nursing or considering pregnancy.

By **OBSERVING** the times to abstain you can greatly reduce the risk of experiencing an alcohol related problem.

If you aren't in the 0 category and choose to drink, current research suggests:

- 1** No more than one drink per hour.
- 2** No more than two drinks per day.
- 4** No more than four days per week.

Research indicates that if we exceed these recommendations, we increase the likelihood for experiencing an immediate impairment-related problem, a longer-term health-related problem, or both. And, of course, the more you exceed the guidelines, the more you increase your risk.



From The Alcoholism and Drug Abuse Council of Nebraska  
The Advertisers On This Page Support This Message

Drinking and Driving Doesn't Mix... Have a Safe and Happy Holiday!  
From the Women of Phi Mu

'Tis the season to be safe. Have a safe holiday, don't drink and drive.  
From the Women of Alpha Phi

Stay Alive... Don't Drink and Drive.  
Kappa Kappa Gamma

Think before you drink. Use a designated driver to keep your holiday season safe and happy!  
From the Women of Alpha Chi Omega

Keep your holiday season safe... Don't drink and drive  
From the Men of Theta Xi

Celebrate Sensibly.  
From the Women of Delta Gamma

Drink Safe... Drive Sober.  
LIQUOR  
2702 South St.

Have a safe and happy holiday!  
Hitchin' Post

Life is too precious to drink and drive.  
nebraska spirit  
GREEK SHOP

Interfraternity Council asks students to drive responsibly over the holiday season.

GET THE PICTURE?  
Don't Drink & Drive

CableVision

'Tis the season, That's no reason Think before you drink.  
The Men of Sigma Nu

Don't let alcohol take its toll. If you decide to indulge, be responsible!  
Farmhouse Fraternity

Let Us Help Before You Have A Problem.  
Substance Abuse  
Anger Control  
Domestic Violence  
Counseling Services  
Multicultural Awareness Center  
1100 Military Road  
474-5231

Big Johns says:  
DRINK RESPONSIBLY!

Happy Thanksgiving  
Return to UNL safe, and don't drink and drive!  
UNL Athletic Department

477-4111  
477-4111  
477-4111  
(Yellow Cab)  
Please, No Drivin' While You're Drinkin'  
Mum's Liquor  
Brewsky's  
El Monterrey RESTAURANTE

Think before you drink!  
From the Men of Sigma Alpha Epsilon

Drive safely, responsibly... or don't drink at all!  
Pi Beta Phi

DON'T BE A JERK!  
Be Responsible... WALK  
From the Men of Kappa Sigma

The women of Gamma Phi Beta encourage you to be aware of the dangers of drinking and driving over the holidays!

Party Responsibly. If you drink, DON'T DRIVE. If you drive, DON'T DRINK!  
From the Men of Phi Kappa Psi

BE SMART! Designate A Driver This Holiday Season!  
W.C.'s 1228 P St. W.C.'s

Have a safe and happy holiday!  
From the Women of Chi Omega

Have a safe Thanksgiving. Be sensible!  
From the Men of Alpha Gamma Rho

STOP  
THINK BEFORE YOU DRINK!  
Chesterfield's  
Gunny's Building 13th & G St.

Get a natural high. Don't Drink and Drive!  
From the Women of Alpha Delta Pi

The brothers of Alpha Tau Omega would like to remind everyone not to drink and drive over the holiday season.

This holiday season drive sober!  
From the Women of Alpha Omicron Pi

Over the Holiday Season, please remember to drink in moderation!  
From the Women of Kappa Delta

Drive Sober!  
From the Women of Alpha Xi Delta

The Men of Lambda Chi Alpha hope that you don't drink and drive this holiday season.

UPC asks students to enjoy in moderation and have a safe and happy holiday!

Drink in moderation and don't drink & drive  
Herm's Liquor, 16th & P

Insure Your Future. Don't Drink and Drive  
ALLIED GROUP Insurance

The Daily Nebraskan would like everyone to remember this four letter word when they have been drinking... TAXI

P.O. PEARS  
Lincoln's oldest Designated Driver Program.  
322 South 9th

DID YOU KNOW... The legal penalty in Nebraska for DWI 1st offense is:  
• 7 to 30 days in jail  
• \$500 fine  
• 6 months revocation of driver's license  
ASUN Student Legal Services is a free legal service available to UNL students. Call for an appointment.  
ASUN Student Legal Services 335 Nebraska Union (402) 472-3350

If You Drink, Don't Drive. Have a Designated Driver. Your Friends at Sammy's Discount Liquor wish you a safe and happy holiday.

27th and Stockwell (5 blks north of hiway 2 on 27th)

## NU survives USC's Miner threat

By Nick Hytrek  
Senior Editor

The Nebraska basketball team's young lineup gained a season's worth of experience as the Cornhuskers pulled off a 93-84 win over highly-touted Southern California Monday night.

A crowd of 13,620 fans at the Bob Devaney Sports Center watched an inspired Husker team break to a 5-0 lead, which eventually grew to a 19-point advantage shortly into the second half, and then withstand a late Trojan charge.

Nebraska Coach Danny Nee said the win was very important to the younger members of his team.

"I think tonight really helped our young players get some confidence," Nee said. "It was a big game, a big-time crowd, Big Eight competition, and we rose to the level that we had to find a way to win."

"I don't think we did anything pretty but we found a way to win."

Carl Hayes led six Huskers who scored in double figures. The senior co-captain scored 18 points, including three three-point baskets, and pulled down a team-high 11 rebounds.

Hayes has turned into a quality leader for the Huskers, Nee said.

"We haven't had that (leadership) in a long time," Nee said. "He's keeping his composure. I think Hayes did a remarkable job."

Hayes said he was just doing what he has to do.

"I'm a senior and I'm one of the leaders," Hayes said. "That's what I'm going to have to do day-in and day-out."

Nebraska also withstood a 43-point performance from USC guard Harold Miner, a player mentioned by many for post-season honors. The 43 points were a Sports Center record for total points by any player in one game.

"It was a quiet 43, if there's any such thing," Nee said. "But he's a magnificent player. We were trying to stop him, but I thought, we were guarding him respectable."

Both teams opened the game firing.

Sophomore point guard Jamar Johnson opened the scoring with a turn-around jumper in the lane and Hayes hit the first of his three-pointers from the top of the key for the early 5-0 lead.



Nebraska forward Eric Piatkowski shoots over USC's Phil Glenn during the Cornhuskers' 93-84 win Monday night. Piatkowski scored 12 points, one of six Huskers to score in double figures.

See USC on 11

## Volleyball team to begin early trek to nationals

By John Adkisson  
Staff Reporter

According to the Nebraska volleyball team's calendar, the road to the national championship begins a week-end early.

That weekend will kick off Friday night at Omaha's Civic Auditorium, when the 23-4 Cornhuskers face Iowa State in the first round of the Big Eight Tournament. Nebraska will be attempting to win its eighth conference tournament in nine years.



Pettit

Nebraska Coach Terry Pettit said the conference tournament is really an extension of the national championship tournament, which begins the first weekend in December.

"We're going to prepare for it just like we would prepare for the national championship," Pettit said.

If Nebraska had been as successful in the NCAA tournaments as they have been in the Big Eight Tournament, the Cornhuskers already would have a huge collection of national-championship banners.

Since the conference tournament began a four-team format in 1982, Nebraska has run up a 15-1 record, losing only to Oklahoma in 1987.

But Pettit said this year's field, which includes 23-8 and probable-NCAA entrant Colorado and 23-7 Kansas, is as strong it has ever been.

"It's a very strong field," Pettit said. "Both Kansas and Colorado have over 20 wins, and Iowa State has had a good year."

Colorado Coach Brad Saindon agreed, and said the tournament field gets stronger every year.

"All of the teams play an exciting brand of volleyball," Saindon said. "I think that the tournament will be as exciting as the regular season."

Last season, the same four teams were in the tournament, with Nebraska taking the crown with victories over Kansas in the semifinals and Colorado in the final.

Pettit said Nebraska will face a dangerous first-round foe in Iowa State. The Cyclones beat Missouri in straight games last weekend to clinch the final spot in the tournament over Oklahoma.

"They had to win a critical match, and they did that," Pettit said. "They've

Nov. 29-30		Big 8		Omaha Civic Auditorium	
<b>Volleyball Tournament*</b>					
#2 COLORADO (23-8, 10-2)	5:30 p.m. Friday	#3 KANSAS (23-7, 6-6)	7:30 p.m. Saturday	#1 NEBRASKA (23-4, 14-0)	7:30 p.m. Friday**
#4 IOWA STATE (15-11, 6-6)					

Big Eight Champion and NCAA Qualifier

\* Televised by Prime Sports Network. \*\* Or 40 minutes following the end of match one.

got to be motivated coming into the tournament."

Pettit said his team will not worry about experimentation during the tournament.

"I don't think we'll use any combinations that we haven't used in the past," he said.

Saindon, whose Buffaloes have played Nebraska close in two three-

game losses this season, said his team would love to have another shot at Nebraska should the two teams meet in the final.

"All of our goals revolve around beating Nebraska," Saindon said. "That is paramount with us."

Saindon said having played Nebraska twice before may work as an advantage for the Buffaloes should the two teams meet on Saturday night.