



Jay Calderon/DN

*"Six pack to go"*

Charity Turner, a volunteer for Youth Services Child Care, attempts to cross 16th Street with a sextuple of kids on their way back to the day care center.

# Athlete pleads no contest to sex charge

From Staff Reports

UNL student Christian Peter pleaded no contest Wednesday to a third-degree sexual assault charge in Lancaster County Court.

According to Lincoln police reports, Peter put his hand between the legs of a female University of Nebraska-Lincoln student last May at the Brass Rail bar, 1436 O St.

The report said that when the woman confronted Peter, he said, "What's wrong, don't you like it?"

Peter, a defensive lineman on the football team, touched her again about 20 minutes later and then left the bar, the report said.

The woman's friend identified Peter, and Lincoln police arrested him later. Peter was released on 10 percent of a \$1,500 bond.

Peter, who appeared Wednesday before Lancaster County Judge Gale Pokorny, will be sentenced on May 13 after a presentencing investigation is conducted.

Third-degree sexual assault is a Class I misdemeanor punishable by a maximum of one year in jail and a \$1,000 fine.

# Pharmacists: Using drugs as study aid not bright idea

## Energy stimulants do more harm than good

By Bob Ray  
Staff Reporter

It's midterm time, and many University of Nebraska-Lincoln students are pulling out all the stops when it comes to studying.

But specialists say students who use drugs or stimulants to aid their study may be doing more harm than good.

One common energy-producing drug is ephedrine.

Ben Brazer, a sophomore pre-medicine major, has used ephedrine when studying.

"It keeps me up, gives me an extra energy kick, but sometimes it makes me nervous," he said. "After the drug wears off I fall asleep quickly."

Joellen McGinn, a registered pharmacist at the University Health Center, said ephedrine was similar to an amphetamine. Even when taken at a therapeutic dose, she said, users may experience sensations of highness.

Ephedrine is used primarily as a decongestant, McGinn said. Even if the drug is taken properly, users can experience a sense of hyperactivity or highness. Ephedrine is sold over the counter and does not require any prescription to purchase.

Ritalin is another drug some students use to help concentrate on studying, but it can have serious side effects.

Jim Oehm, chief pharmacist at the University Health Center, said Ritalin was used to place a calming effect on hyperactive children.

People with severe attention disorders and

problems with focusing on aspects of importance are susceptible to the prescription of Ritalin, Oehm said. Ritalin results in increased motor activity, mental alertness and sometimes a mild euphoria, he said.

Oehm said a person's reaction to Ritalin depended on that person's frame of mind. If the user is stressed or agitated, effects most likely are negative.

The user may experience a sense of instability, frustration and confusion. In the worst possible scenario, Oehm said, the individual could have convulsions.

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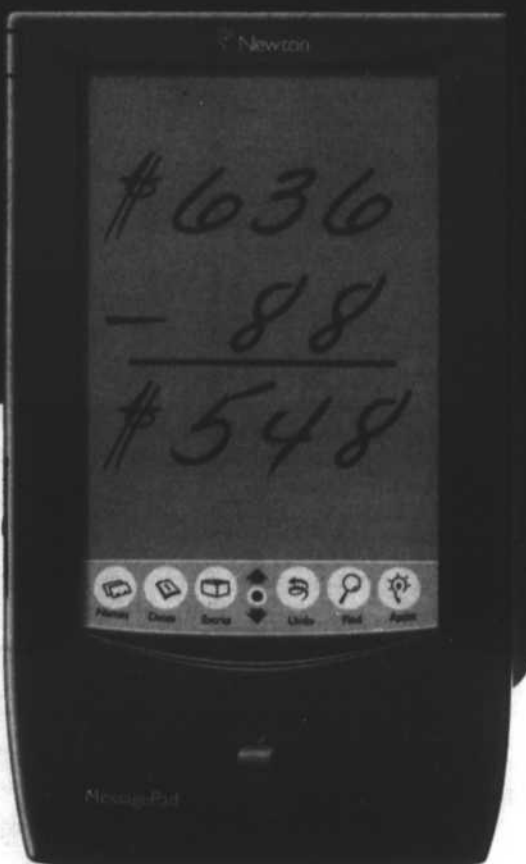


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