

# Heyns strikes Atlanta gold

*Husker swimmer edges American in both races*

From staff and wire reports

Cal Bentz has seen the fire in Penny Heyns' eyes.

The University of Nebraska-Lincoln swim coach has seen Heyns, now a double-gold medal winner, work and train hard.

So for Heyns to go and win two golds in Atlanta, it comes as no surprise to Bentz.

"She has the ability to focus on what she wants to accomplish," Bentz said from his car on the way to Sterling, Colo. "Tremendous worker, no doubt about it."



**Athletics**

Heyns, the NU swimmer competing for the South African swim team, took two gold medals in Atlanta this week. She first struck gold in the 100 meter breaststroke, then took gold in the 200 meter breaststroke.

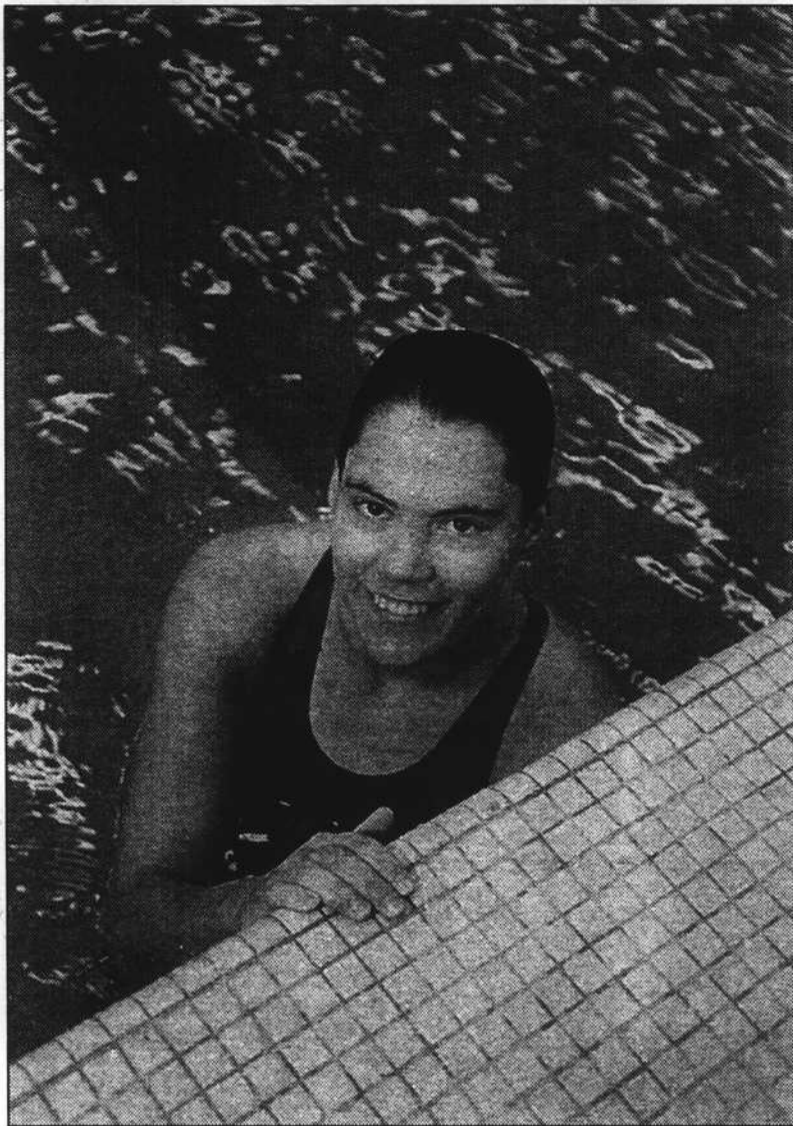
Heyns came to Nebraska in January after competing in the Barcelona games in 1992. Bentz said she was then one of the top 40 athletes in her event in the world.

Now she stands on top. Bentz said there were three things that kept her in the top class of athletes:

"Her ability to work. Her ability to focus and her ability to see that what needed to get done got done."

In Atlanta, Heyns beat out 14-year-old American phenom Amanda Beard in both medal races. In the 200, Heyns was only .34 seconds ahead.

"I don't mind that much," Beard said with a smile at a post-race news



Tanna Kinnamar/DN

**Penny Heyns, an NU swimmer competing for the South African Olympic team, won two gold medals in Atlanta this week. She won the 100 and 200-meter breaststroke.**

conference in Atlanta. "I just came here to race and I wanted a medal real bad. Silver's a perfect medal for me. I don't really care what color it is."

Heyns had equally congratulatory comments for Beard.

"I think Amanda's a terrific girl and I think she's swimming brilliantly," Heyns said in Atlanta.

She said she would like for the two of them "to go out and party after this."

## Ice Cream

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that has complicated matters more is the topping.

Toppings seem to be the emphasis in yogurt stores, with both TCBY and I Can't Believe It's Yogurt serving 24 of them.

According to Jill Johnson, supervisor at TCBY, 6450 O St., sprinkles, gummi bears and nerds are the most popular for children.

Crelyne Warner, general manager of I Can't Believe It's Yogurt, 70th and Van Dorn Streets, agreed, adding that adults go for more of the candy, such as Heath Bar and Snickers, and fruit toppings.

Not that adults always opt for the healthier route.

At Maggie Moo's, 1601 Q St., "toppings" are referred to as "mixins," with 33 being offered.

"There is something for everyone," said Christen Cate, the manager.

Here the adult favorite is the "mixed-up Maggie Moo," which is hard-packed ice cream hand-mixed with one or more choice toppings.

"There are hundreds of possibilities," she said, "which could really get pretty dangerous calorie-wise."

For the calorie conscious, here are the facts:

- Traditional ice cream, according to the "Great American Ice Cream Book" by Paul Dickson, is a blend of sugar, flavoring, sometimes eggs, federally approved additives and air. For a 1/2 cup serving of vanilla ice cream, there are 130 calories and seven grams of fat.

- Frozen yogurt contains cultured, pasteurized, skim milk among other additives and preservatives. For a 8.7 fluid ounce serving, which is a regular size at TCBY or I Can't Believe It's Yogurt, there are 261 calories and a little more than six grams of fat for the original variety. The nonfat and nonfat with artificial sweetener varieties contain 195.75 calories for the same size.

The decision making process doesn't get any easier when one finally makes a choice between yogurt and ice cream. How it is served remains.

There is a lot more to it than just the traditional cone or dish.

To name a few, there are shakes, malts, sundaes, freezes, floats, banana splits and so on.

Just an ice cream cone? Well, there's regular, sugar, or waffle cones in most stores. Maggie Moo's serves seven different types of waffle cones,

with each dipped into a different flavor. The one dipped in sprinkles is the feature flavor this month, and is popular with kids, according to Cate.

So the competition becomes not ice cream vs. yogurt, but instead variety vs. variety.

To make it even more difficult, all merchants listed said that anything can be made with ice cream that is made with yogurt, and vice versa.

Only Maggie Moo's mixes are limited because the ice cream is firm enough to hold the fruit, nuts or candy mashed into it, while the yogurt is too soft.

Not that the difference causes too many restraints.

Tammy Moore is a regular at ice cream shops, and has shaped her own philosophy toward the choice dilemma.

"I just try something new everytime I come in," she said.

To make matters even worse, if one can't choose between ice cream or yogurt, cone or cup, there is an alternative.

Snowflakes, 107 N. 27th St. offers their specialty — snowcones. And there are 87 different flavors, ranging from peanut butter to strawberry cheesecake.

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