

## Tournament push

A win tonight at Kansas should lock up an NCAA Tournament berth for NU women's basketball team. PAGE 7



## Where it's at

Omaha, that's where. Grammy-nominated and highly acclaimed artist Beck announces an April 14 performance at Mancuso. PAGE 9

February 26, 1997

HERE WE GO AGAIN

Blowing snow, high 33. The same tonight, low 17.

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## Senators receive message overload

Legislature

BY ERIN SCHULTE  
Senior Reporter

Nebraska's senators have been spammed. Internet Nebraska Corporation users took advantage of senators' e-mail addresses and loaded their mailboxes — a process known as "spamming" — with hundreds of messages supporting LB786. The bill, heard Tuesday by the Transportation Committee, assures the state would not regulate Internet services.

Senators, who said they usually welcome feedback from constituents, said they did not appreciate the gesture. Sen. Gerald Matzke of Sidney called Steve Reichenbach, president of Internet Nebraska Corporation, an "electronic bully" for suggesting that his subscribers mass e-mail senators. Reichenbach opened a web page on the bill to inform Internet users about the bill's implications and encouraged them to e-mail their representatives.

Many e-mailed one message over and over; many messages were anonymous.

Reichenbach apologized to senators during the hearing:

"(Internet) providers and users are not orga-

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## Ice skating grows into popular fun

BY AMY KELLER  
Staff Reporter

With temperatures dropping this winter, a chilly new pastime is heating up in Lincoln.

Ice skating is fast becoming a favorite activity with Lincoln residents, drawing hundreds of skaters to the ice this winter.

While outdoor lakes were flooded with people, a new indoor skating rink added to the popularity of the sport, and the effects have been evident in the sales of ice skates in local stores.

Lincoln hasn't had an indoor skating rink since the 1970s. Even then, only winter skating was available in Pershing Auditorium.

That changed this winter. The Ice Box, 1800 State Fair Park Drive, opened last November, with 100 people at the first session. Facility Manager Chris Goodman said. He said the number of skaters has risen steadily since, with a record count of

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## BEER

FROM A PINT TO A KEG, A TRADITION FOR 6,000 YEARS

### Beer could be recreational way toward RDA

BY KASEY KERBER  
Staff Reporter

Beer is not nutritious, but it does have nutrition.

It can prevent heart attacks, too.

Various studies have found that beer and alcohol consumed in moderation can be linked with higher levels of good cholesterol. This cholesterol has been shown to protect the body from heart disease.

But nutritionists and the American Heart Association warn against such findings because they haven't been proven.

Instead, some health officials say beer might help prevent heart attacks in another way — as a stress reducer.

Judy Driskell, University of Nebraska-Lincoln nutritional science and dietetics professor, said beer might have a stress-relieving effect, but only if consumed in moderation.

Moderation, Driskell said, is one 12-ounce can or bottle of beer daily for a woman of average height and weight; two cans or bottles daily for a man of average height and weight.

Beer also provides a small amount of nutrients, Driskell said.

She said a 12-ounce serving of generic beer provides 3 grams of fiber, traces of zinc, sodium and potassium and a small amount of B-vitamins.

Driskell also said some locally-brewed beers might be higher in B-vitamins because of sediment that accumulates during their brewing process.

Although this sediment contains a higher percentage of B-vitamins, it is a relatively low amount compared to the daily recommended percentage of B-vitamins.

Instead of drinking 30 bottles of beer to get your vitamins, Driskell instead recommends fortified cereals, bread, meat, eggs, beans and peas.

And 30 bottles of beer would not qualify as moderation.

The American Heart Association says excessive drinking can raise blood pressure, increase the level of fats in the body, and has been known to cause cancer in the liver, pancreas and nervous system.

For an informational graphic about how to home brew, please turn to page 6.

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PHOTO ILLUSTRATION/DANIEL LUEDERT

## Vitamin B, citrus, water ease pain of hangovers

Editor's note: This is the third in a five-part series about beer: when to drink, where to drink and how to make your own.

BY SARAH BAKER  
Staff Reporter

Almost everybody has experienced it one time or another.

The headache. The nausea. The wish that the seventh beer had been the last.

The unmistakable traits of a hangover, and students at the University of Nebraska-Lin-

coln are no strangers to these ill affects of alcohol.

Jacob Crabb, a junior theater major, had one such bad experience while living in the residence halls.

"I had too much to drink one weekend and I woke up in the middle of the night and ended up puking in front of my SA's door," Crabb said. "One other time my friend's roommate drank too much and puked over the side of the loft, almost directly hitting my friend's

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