



MATT WAITE/DN

HUNDREDS OF LINCOLNITES have flocked to the Ice Box to join the ice skating trend.

## Lincolnites chill at skating rink

SKATE from page 1

400 people at one session.

Each two-hour session costs \$2.50, with skate rentals for \$1.50.

The Ice Box seems to attract people of every age group and experience level. Bill Hawkins, who has skated for about 20 years, has been going to the Ice Box about four times a week since it opened. He said going to the rink is "clean, refreshing fun."

Jill Nielsen has been going to the Ice Box once a week for beginning figure-skating lessons. She said she bought her own ice skates and intends to keep practicing.

She said she was surprised by the number of people who were as attracted to skating as she was. Nielsen said she was surprised by the large crowds at the Ice Box.

Ten-year-old Amber Talbot stepped onto the ice for the first time last week. Her first night skating was not without setbacks.

"It was fun but it hurt," Talbot said, referring to the blisters she got on her foot.

Judy Cobb is the president of the Lincoln Ice Skating Association and gives skating lessons at the Ice Box.

"Ice skating is one of the most positive things we've had in a long time. We've seen a lot of people interested in the sport," she said.

Cobb said the Ice Box offers the U.S. Figure Skating Association's basic badge program, which has six different levels of lessons for skaters taught by eight instructors.

Lessons cost \$65 for an eight-week session that meets once a week for an hour and a half at a time. Sixty skaters are now enrolled for lessons.

Even with the growing numbers of skat-

“  
It was fun but it hurt.”

AMBER TALBOT  
10-year-old first-time skater

ers at the Ice Box, lakes around the city are still seeing a steady number of die-hard sports buffs who brave the cold air to skate outdoors, said Kim Williams, an office assistant for Lincoln Parks and Recreation.

These outside arenas are available to the public at no cost.

Lincoln lakes have been closed for the season, however, because of warm temperatures, Williams said. There is a chance they will open again for ice skating if the water refreezes from four to seven days, she said.

Local sports shops are seeing an increase in sales of ice skates and other skating equipment, according to sales representatives from Play It Again Sports and The Stick Shack.

Dan Trausch, manager of Play It Again Sports, 6450 O St., said sales of ice skates have increased almost 40 percent at the store. Play It Again Sports offers used skates for those who want to have fun at a low cost and new skates for more experienced skaters, Trausch said.

Glen Newell, a manager at The Stick Shack, 3865 South St., said the trend is growing. The store's sales of skates have increased every month since the shop opened in October.

"It's not just Lincoln," Newell said. "Skating — both in-line and ice skating — are, according to current statistics, the fastest-growing recreational activities in the U.S."

should be cured with coffee. It actually makes the person feel worse.

"Your brain cells are actually irritated further by the caffeine," she said. "Drinking coffee is not the best thing to do."

Duke Engel, director of the alcohol program at the Independence Center and alcohol counselor for 24 years, said some hangover symptoms could become dangerous if the drinker doesn't limit his or her consumption.

The body has a natural point of overdose, he said. Drinking a little alcohol is accepted relatively well by the body, but if the drinking continues, it can lead to alcohol poisoning.

"The toxins get inside your body and cause you to begin to dehydrate yourself by over-urinating," Engel said. "If you drank the same amount of water that you drank beer, you surely wouldn't make the same amount of trips to the bathroom."

Drinks like Gatorade rehydrate the body and could lessen the hangover if drunk throughout the night, Engel said.

Unfortunately, if people wait until the morning after drinking too much, nothing will prevent a hangover, he said.

They can only try to relieve the symptoms that come with it, Engel said. Some just take aspirin to help the headache or a cold shower to wake themselves up.

Engel had only one suggestion for a sure prevention of hangovers.

"If you drink until you feel good, stop," Engel said. "The absolute cure for hangovers is don't drink so much."

## Supporters of Internet bill spam senators with e-mail

INTERNET from page 1

nized politically and can only speak with individual voices," he said. "The issue is of great importance to the Internet community."

"I will feel terrible if my encouragement has been counterproductive."

Matzke said the excessive e-mail prevented his other constituents from contacting him easily because his staff had to spend so much time wading through repetitive messages.

"It takes real arrogance to come before this committee and ask for support for this bill," Matzke told Reichenbach.

Sen. Jon Bruning of Omaha said he was "incredibly incensed" over the spamming and subsequent apology by Reichenbach, which he said was a thinly-veiled lecture.

"(This) got my blood pressure up significantly," Bruning said. "I welcome public opinion. I'll put that on a banner on my door."

"What I do not welcome is my constituents not being able to contact me because I have 600 anonymous e-mails."

Sen. George Coorsen of Hebron said the situation could cast a pall over future e-mail correspondence.

"It creates a negative image on members of

the Legislature with respect to e-mail," Coorsen said.

Coorsen and Bruning both said e-mail was an excellent way to keep in touch with constituents and that e-mail provided interaction not available in other avenues.

Two other Internet providers spoke in favor of the bill. Two providers spoke against it, saying Internet providers could start up unregulated telephone companies.

Rod Johnson, chairman of the Public Service Commission — which regulates telephone services — said he was not interested in regulating the Internet, but providers could easily act as unregulated telephone companies.

"Where the rubber meets the road is where they start offering telephone services," he said. "That aspect should be treated equally."

Sen. Jerome Warner of Waverly, who introduced the bill, said government should get used to bills similar to LB786.

"I'm sure the committee understands this is a new area," Warner said. "We will be discussing federal regulations of various kinds."

The bill is modeled after a federal communications bill. The bill would ensure competition between Internet companies to keep access fees low and prohibit government regulations.

## Dead man's words may be used to convict suspect of murder

OMAHA (AP) — A judge heard testimony Tuesday on whether statements made by a man now dead are admissible in the first-degree murder trial of another man in the Kenyatta Bush death.

Deputy Douglas County Attorney Leigh Ann Retelsdorf wants to use statements made by Adam Barnett to police, attorneys, acquaintances and to a jail cellmate before he hanged himself while in jail.

Bush was killed Sept. 23, 1992. Her body was found in rural Washington County 10 days later.

Police arrested Sheets, a 22-year-old Navy

seaman stationed in Lisbon, Maine, and Barnett, 24, of Omaha for the crime. Barnett hanged himself Nov. 13 in Washington County Jail. He was to be the state's key witness in the case against Sheets.

Barnett made the recorded statements when police sent one of his friends to visit him in jail while wearing a wireless transmitter. Barnett also later gave statements to homicide detectives and made untaped statements to his uncle and to a cellmate, Retelsdorf said.

Judge James Buckley is expected to rule later on whether Barnett's statements will be allowed as evidence against Sheets.

"The world is like a book, and those that never leave home read but one page"  
-- St. Augustine



### Peace Corps Is Coming To UNL!

Government, Non-Profit Career Fair  
Thursday, February 27th  
Nebraska Union

PEACE CORPS:

The Rewards Are Endless!

800/424-8580 Ext: 130



## Nurse reveals hangover 'cures'

HANGOVERS from page 1

head."

Other side effects of drinking can be much worse.

A senior public speaking major, who wished to remain anonymous, had another bad experience.

"I woke up one morning after throwing up eight times and the blood vessels around, and in, my eyes were popped," she said. "People thought that I had gotten into some kind of an accident."

There are many so-called "cures" for those suffering the morning-after overindulging. Some people have their own strange cures, like scarfing down three Amigo's tacos or guzzling a Mountain Dew.

Fortunately, for those less brave, some methods can help relieve the pain.

Mickey Seefeld, a registered nurse at the Lincoln General Hospital's Independence Center, offered a way to get over the hangover.

"There is some truth to the suggestion of taking Vitamin B to relieve a hangover," she said. "The vitamin helps to wash the alcohol out of your system and can also help calm jittery nerves."

Seefeld also suggested eating fresh citrus fruit, like lemons or grapefruit; but not to excess.

"Lemon water helps you get rid of any fluids that you might be retaining, as do fruit juices," Seefeld said.

Seefeld dispelled the myth that a hangover