

# OPINION PAGES

## Our VIEW

### Keep it together

*Panic over Y2K will only add to problems*

A wise pop-culture prognosticator of the late 1980s once suggested that everyone should simply "Don't Worry, Be Happy." Though radio stations will no longer play the song, its wisdom will be important in the coming weeks.

In 23 days, the most anticipated calendar change in history will finally arrive. The heavily hyped Y2K bug will finally crawl out of its cocoon and spread its wings across the world, and people will no longer be able to truly party like it's 1999.

And we'll still be here.

The greatest dangers in those first few days of the zero year will be irrational behavior and panic, not some dreaded computer coding mistake.

People don't really know if their toaster ovens will continue to work come Jan. 1, but it's important that people keep their heads.

We probably won't know the scope of any Y2K problems for a few days after the first, but you should not panic when faced with inconvenience.

There could be problems with the phones. After midnight on Jan. 1, many people may call their friends to wish them well. Some may call friends just to see if the phone still works.

Before long the circuits could be overloaded, and it will be tough to get through. That doesn't mean there is anything wrong; the phones are just busy.

There really is no need to worry, but everyone should be prepared with a few days' worth of supplies and a healthy dose of common sense.

Experts suggest preparing as if you were to face a three-day blizzard. Have some canned food and blankets on hand, and be prepared to purify water, if necessary.

While you're at it, put some new batteries in that flashlight and get yourself a good book.

Here in the Midwest we already know how to live through a storm. Whether tornadoes or snow, the scenario is about the same.

We've lived through it before, and this should be no different.

This could be a great chance to curl up for a few days and relax. Besides, you really didn't want to go anywhere after celebrating the new millennium. You'll probably need a few days to recover anyway.

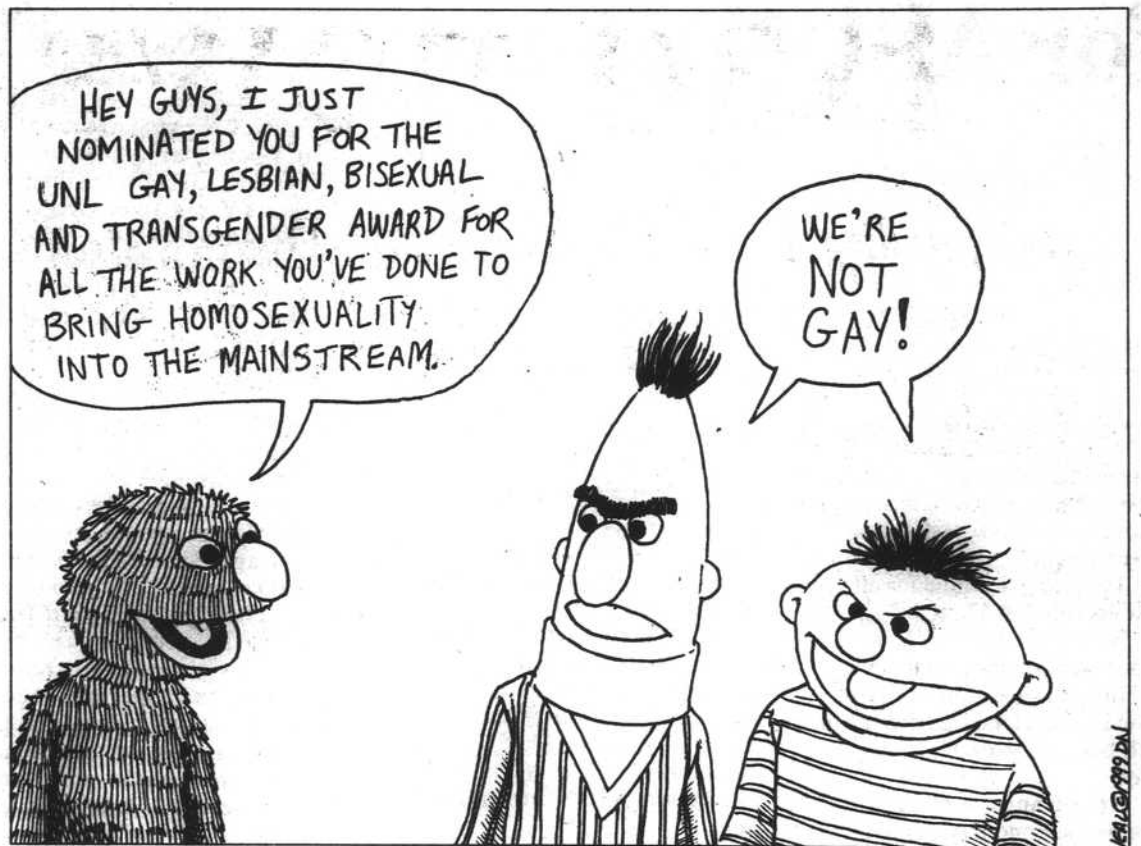
“ — People don't really know if their toaster ovens will continue to work come Jan. 1, but it's important that people keep their heads.”

People don't really know if their toaster ovens will continue to work come Jan. 1, but it's important that people keep their heads.

We probably won't know the scope of any Y2K problems for a few days after the first, but you should not panic when faced with inconvenience.

There could be problems with the phones. After midnight on Jan. 1,

## Obermeyer's VIEW



## DN LETTERS

### Normal Reaction

I have no logical justification or reasoning behind what I am about to say, but I think that it is safe to say that Planarian Man sucks ... bring back The Norm.

Evan Trofholz  
sophomore  
finance

### Pro Team

I would like to respond to the people who have written about the protein diets (Kerber, DN, Dec. 2 and Wilson, DN Letters, Monday).

Thank you, Mr. Kerber, for your comments. However, I have to dispute some of Mr. Wilson's comments.

First of all, registered dietitians do understand what is happening to the body by restricting carbohydrates.

R.D.s must have a minimum of a four-year degree with four semesters of life sciences, four semesters of chemistry and numerous classes in food science and nutrition therapy.

In addition, R.D.s apply for competitive internships before they can

sit for a national exam, which they must pass before they can practice dietetics. Many also acquire advanced degrees.

I would say that the problem is not that R.D.s don't know about food and the way in which the body works, but that there are too many people who are not qualified to give food, nutrition and weight loss advice but give it anyway.

This adds to the \$33 billion (and growing) diet industry.

Having said that, I want to say something about the high-protein (low-carbohydrate) diet.

You are right, Mr. Wilson, when

you say it's a low-calorie diet. That is why people lose weight. Most of the high-protein diets out there are low in calories.

High-protein diets are also dehydrating. If the body does not get enough carbohydrates (the preferred source of energy for the body), it burns protein next - but not very efficiently.

The break-down products of protein must go through the kidneys, causing an increased need for fluid to help flush the kidneys.

What is not discussed in the low-carbohydrate propaganda is the fact that we have years of research that tells us a diet high in fat and saturated fat and low in fruits and vegetables can lead to some chronic diseases.

We also know that there is no single "perfect diet" for everyone; some people do a little better on a higher protein diet, some people need lower protein, some people do just fine with the food guide pyramid.

In conclusion, weight regulation and healthy nutrition is best left to qualified registered dietitians.

If you are someone

who wants to give that kind of help to individuals, jump through the hoops and get the supervised experience to become qualified to do it.

Kacie Smith  
senior  
dietetics

Student Representing the  
Student Dietetic and Restaurant  
Management Association  
(SDRMA)

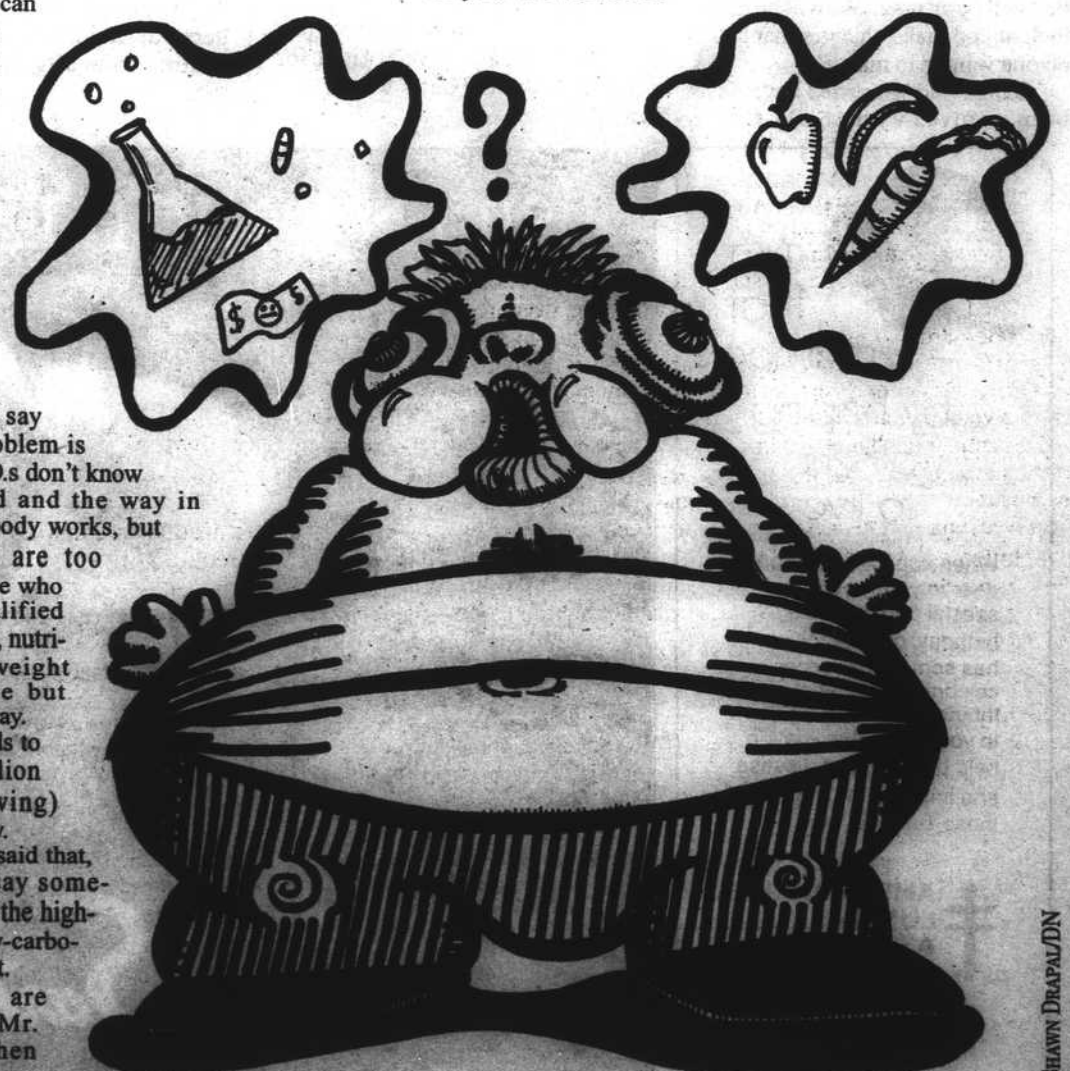
### Straight (and Narrow)

Let me get this straight. UNMC wants to conduct medical experiments on the tissue of purposefully killed unborn babies.

And people actually think this is a good idea.

I guess we really are not so different from Nazis after all.

Thomas Eads  
Information Services



### Editorial Policy

Unsigned editorials are the opinions of the Fall 1999 Daily Nebraskan. They do not necessarily reflect the views of the University of Nebraska-Lincoln, its employees, its student body or the University of Nebraska Board of Regents. A column is solely the opinion of its author. The Board of Regents serves as publisher of the Daily Nebraskan; policy is set by the Daily Nebraskan Editorial Board. The UNL Publications Board, established by the regents, supervises the production of the paper. According to policy set by the regents, responsibility for the editorial content of the newspaper lies solely in the hands of its student employees.

### Letter Policy

The Daily Nebraskan welcomes brief letters to the editor and guest columns, but does not guarantee their publication. The Daily Nebraskan retains the right to edit or reject any material submitted. Submitted material becomes property of the Daily Nebraskan and cannot be returned. Anonymous submissions will not be published. Those who submit letters must identify themselves by name, year in school, major and/or group affiliation, if any. Submit material to: Daily Nebraskan, 20 Nebraska Union, 1400 R St. Lincoln, NE. 68588-0448. E-mail: letters@unl.edu.