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parties/into the 80s/parties/into the 80s
Students providing beat for others' dancing feet

By Laure Perlinger

Lincoln remains in step with the popular trends in music and lights, and several UNL students are involved in owning and managing sound system businesses of their own.

Dazzlin' Disco provides music and lights at high school and college activities, picnics, weddings and any other kind of party.

Jeff Engels, a computer science major, minoring in music, manages the business. Byron Schmidt, Gary Schmidt, Gary Shinn, Mike Harms, and Chris Barton are partners in Dazzlin' Disco, and all are originally from Fairbury, except Barton, who attends college there.

"We wanted to get the kids off the streets. Fairbury has nothing to do," said Byron Schmidt. "It was also a good way to go on road trips and meet people."

Engels said they are versatile, and work both indoors and outdoors. They also play what people will dance to, he said.

Engels said they use mostly albums, and some tapes. Pop, disco and country western are favorite requests.

Bootlegger Sound and Light System is a portable disco system managed by Dan Lindstrom, a sophomore Animal Science major from Loomis, and his brother Troy, a freshman, who is undeclared.

During the summer of 1978, the elder Lindstrom and two friends decided to get involved in the sound system business. One of his friends bought lots of good equipment and by January they were ready. The spring and summer were busy, but in October they quit the business.

The Lindstroms are now in the process of buying back the equipment.

Lindstrom said the base price for a four-hour dance is \$150, which is still about half the price of a band. They handle just about any type of dance, including Greek theme parties, and dorm floor and high school parties, he said.

The college groups want a good balance between rock and disco, he said. Usually they mix in some country and western, 50s, and even some polka music, depending on the crowd, he said. There is less demand for disco music here in Lincoln than there was even a year ago. However, disco is popular right now in the night clubs, especially with the older, post-college people.

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Nutritional snacks can be tasty, can also cut calories

By Lori Merryman

When making party snacks, alfalfa sprouts and yogurt can be used to make nutritional, tasty food.

Theresa Shaffer, extension specialist in food and nutrition, said these are better alternatives than the usual chips and dip.

Shaffer said chips are on her disaster list because of the high amounts of sodium, fat and calories contained in them.

Yogurt makes a good dip for crackers, vegetables or just about anything dipable, said, is seed sprouts. Alfalfa sprouts and bean sprouts are not the only edible sprouts, Shaffer said. Any seed that has not been treated for planting can produce edible sprouts, she said.

Sprouts are easy to prepare, Shaffer said: just wash and dry. They can be eaten alone, put in salads, used on sandwiches in place of lettuce, or used on crackers with cheese.

If seed sprouts and yogurt are too new for the taste buds, Shaffer said a lot can be done with fruit and vegetables.

With warmer weather here, she suggested trying a frozen fruit slush. To make, mix together various fresh fruits and add Seven-Up. Freeze the mixture in dessert dishes, and then allow to soften before serving.

Fresh pineapple cut and served in the half shell is also a good party snack, Shaffer said.

One other snack that can be fun to make, but more time consuming is homemade pretzels, Shaffer said. Using frozen bread, one can make eight of the large chewy pretzels from one loaf, she said.

To make, follow the package instructions on the frozen bread for thawing. Then divide into equal parts and form into pretzel shapes. Next, add one tablespoon of baking soda to two quarts boiling water and drop pretzels in this mixture for one minute.

Beat together one egg with a little water. After removing the pretzels from the water, brush egg mixture on top. Add salt or seeds, and bake at 350 degrees for 15 to 18 minutes.

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Shaffer said.

One dip that's easy and good, Shaffer said, is made by mixing a carton of plain or vanilla yogurt with small amounts of honey, to taste. For added contrast in texture and color, sesame or poppy seeds can be added, she said.

"Using yogurt as a base for a dip is fewer calories and less expensive, and it is just as versatile," Shaffer said.

A snack that has a lot of nutritional value, yet is crunchy and tasty too, Shaffer

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