CHEAP BEER!

Always only 10% above our cost

Warm & Cold

Plus a wide selection of wines

ALMADEN MOUNTAIN WINES

SEE US FOR ALL YOUR PARTY NEEDS

JAX BEVERAGES

on the corner of 48th & Van Dorn (beer prices good at 48th St. Store only)

For the Perfect Party . . . Springtime Partyware

Hallmark

Pretty springtime partyware and accessories make a Happy Easter celebration!



See our selection of: tablecloths, invitations, decorations, napkins, plates, cups, favors graduation party goods

BARB'S



Van Dorn Plaza 48th & Van Dorn Streets 483-2941

YES!

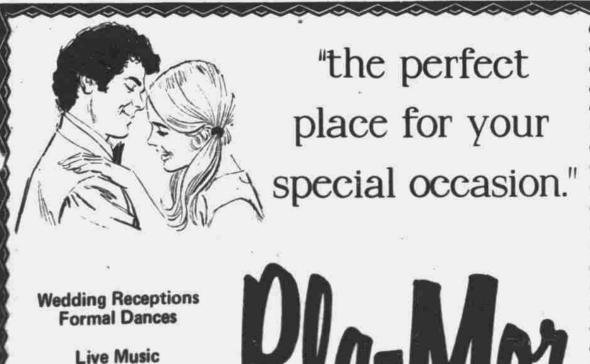
You can rent the entire facility for your racquetball party.

> For more information call: 475-3386

WALLBANGERS



330 West P Street



Large Dance Floor

Call 475-4030

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

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

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 people.

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 fourhour 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

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 al-

ternatives 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,



Shaffer said.

One dip that's easy and good, Shaffer 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.

value, yet is crunchy and tasty too, Shaffer 15 to 18 minutes.

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

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. said, is made by mixing a carton of plain or . 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 A snack that has a lot of nutritional salt or seeds, and bake at 350 degrees for

Invite the Colonel to your Party!

CATERING 50 to 1500

It's nice to feel so good about a meal.

Four Convenient Locations

North 2100 N. 48th 464-7469

72 & "0" 464-0572

South 12th & So. St. 476-0250

South 48th & Van Dorn 489-2326