

BEYOND 9 TO 5



• Open early
• Open late
• Open weekends

kinko's
13th & R
and 48th & Vine

Fresh Turkeys \$1.15/lb.

Sponsored by the Animal Science Grad. Student Assoc.

to order call:
472-5237

Orders taken thru Friday, November 15

Wanted: variety, nutrition

Food services cater to the health-conscious

By Molly Adams
Staff Reporter

University Food Services and local restaurants are following the growing trend toward healthier eating habits, officials say.

Criticism from students has prompted reduction of the amount of fried foods that are served in university housing, and local restaurants are featuring menu items more acceptable to nutrition-wise customers.

According to Douglas Rix, assistant director of Housing Food Service students are becoming more aware of the need for variety in their daily menus and want the chance to select healthful foods. He said food service employees have tried to remove several fried foods from the menu.

"We're cutting down on frying and featuring more baked foods and casseroles," he said.

Rix said students' complaints about food service partly stem from the frustration and boredom of eating in the same place all the time.

"Students, especially freshmen, often suffer because they're not used to the impersonal institutional environment of a larger food service, so much of the criticism stems from these feelings and is not directly related to the food itself," he said.

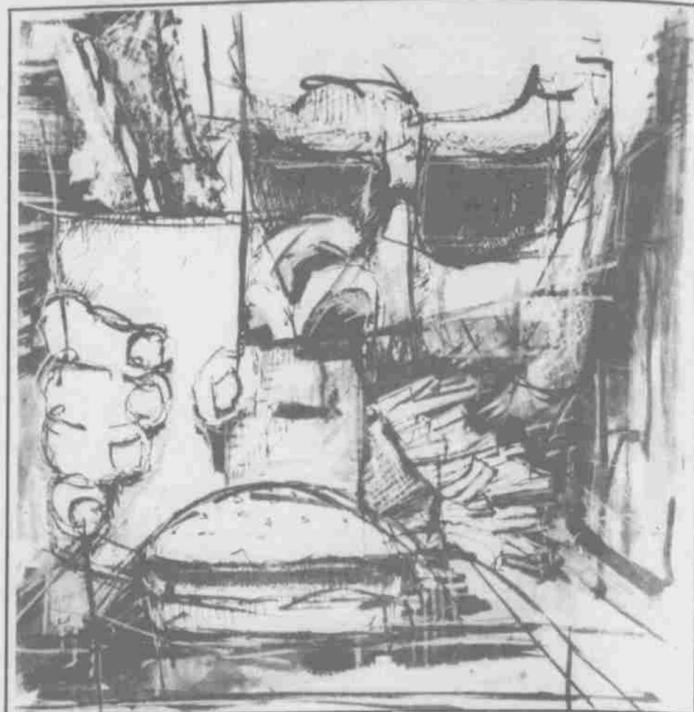
Kathleen Lehr, registered dietician at the University Health Center, said she also is seeing a trend in student's nutrition awareness.

"I see a difference each year in the number of students who come in to see me, and I've seen more students in the last five years," she said.

Although Lehr didn't have records available about the number of students she sees, she said she has a full schedule.

Rix said students who express a need for personalized diets are referred to Lehr because food service cannot offer individualized meal plans.

"In a large food service like this, the primary concern is economics, and



Kurt Eberhardt/Daily Nebraskan

from there we try to offer as nutritionally balanced meals as possible," Rix said.

Rix said it is important for students to adopt healthy eating habits now because habits they form now most likely will be the same 30 years from now.

Local restaurants also are switching to healthier foods.

Bridge's Restaurant has foods that are low in salt and fat and contain no sugar, said manager Grady Hamm.

"Our whole mission as a restaurant is to offer more healthfully prepared food that is fresh and low in calories," he said.

"We're very much aware that people

are focusing on better nutrition, and our trends in sales reflect that," said Darlene Knudson, owner-manager of Pontillos Pizzeria, which serves pizza and sandwiches. Knudson said they have whole wheat buns and have sold more tuna, turkey and vegetarian hoagies than in the past.

Valentino's will have a reduced calorie option on its buffet beginning Friday. Patty Vaughan, marketing director, said the Lifestyle menu will be available in their Lincoln restaurants only.

The Lifestyle menu features a low-calorie pizza sauce for pastas, two low-calorie salads and a low-calorie pizza made with a whole wheat crust.

TUESDAY AND WEDNESDAY

THE MODEL CITIZENS

ORIGINAL ROCK FROM MINNEAPOLIS

OCT. 29, 30 9-1:00

THE ZOO BAR 136 NO. 14TH

BLOOD WHO NEEDS IT? WE ALL DO?

Please give at the
ACACIA BLOOD DRIVE
OCT 30
Regency Suite-City Union

Police Report

- Two incidents of vandalism were reported to UNL police Monday. A window was reported broken at the Kappa Sigma Fraternity house, 519 N. 16th St., and a car windshield was reported broken in Parking Area 12 near 21st and Vine streets.
- Two bicycles were reported stolen

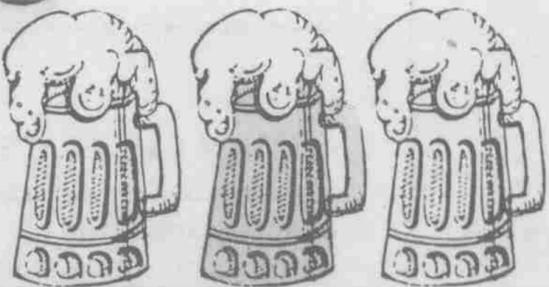
Monday. One bike worth about \$100 was reported stolen from a bike rack near Sandoz Hall, and a mountain bike was reported stolen from Love Library.

• Other thefts reported to UNL police include a backpack and contents from Abel-Sandoz food service area and a wallet from the Coliseum.

Godfather's Pizza

Wednesday & Thursday
Specials

5¢ Pitchers



Buy any small, medium or large pizza and for a paltry nickel more, get a pitcher of Beer or Pop.

Available for Eat - in orders only. 12th & "Q" Location only

Not valid for use with any other promotion, offer or coupon. Limit one five cent beverage pitcher per pizza purchase. Customers must be of legal age for beer purchase and/or consumption & be able to provide proper I.D.

TONIGHT

IF YOU'RE 18 AND OVER
The Place To Be Is 9th & "P"

KJ-95 / STOOGES HALLOWEEN PARTY #1

Costume Contest At 11 PM

PRIZES ARE:

WATERBED - Waterbed Liquidation Center, 1700 West "O" Street;
COLOR TV - Cari Rentals, 27th & Holdrege
10 SPEED BIKE - Cycle Works, 27th & Vine

Free Popcorn & Pop From 7 - 10 PM
Plus Hourly Drawing For Albums, Free Drinks & More!

TOMORROW NIGHT

COORS / KJ-95 / STOOGES
Annual Halloween Party & Costume Contest

DRINK SPECIALS
95¢ Pitchers Of Coors Light 7 - 9 PM
25¢ Draws . . .50¢ Mixed Drinks . . . 7 - 10 PM

COSTUME CONTEST AT 11 PM
Prizes Are:

WATERBED - Waterbed Liquidation Center, 1700 West "O" St.
COLOR TV - Cari Rentals, 27th & Holdrege
10 SPEED BIKE - Cycle Works, 27th & Vine

STOOGES 9th & "P" 474-2777