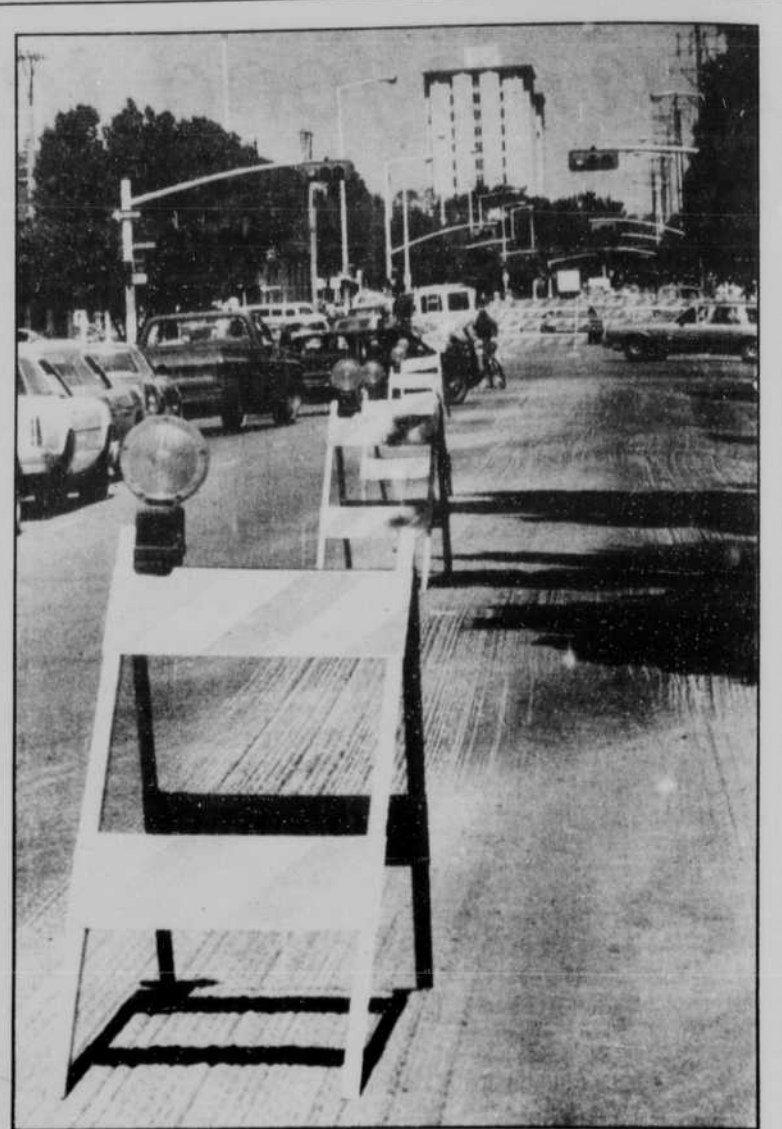


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Tammy Kaup/Daily Nebraskan

Barricades close off lanes along 17th Street so the Public Works and Utilities Construction Engineering Department can work on a storm sewer project. A department representative said the street should be open by Saturday's UNL football game.

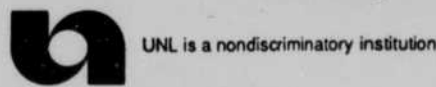
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City street construction may be near completion

By Adam T. Branting
Staff Reporter

Construction on Lincoln streets may have turned some intersections into obstacle courses, but transportation officials say repairs should be completed by the end of this month.

Workers tried to finish major streets before school and football started, but this year there were "quite a few," said Kelly Fieckmeyer, a city transportation traffic engineer.

Since the beginning of June, city crews have repaired 33 streets. Ten projects remain to be completed, leaving about four to five miles of streets closed, Fieckmeyer said.

These projects range from street resurfacing to curb reconstruction and the widening of major arterials and intersections.

Major repairs and underground work near the University of Nebraska-Lincoln city campus should be completed within the next week, Fieckmeyer said. On O Street, from 17th to 19th streets, the underground storm sewer is being widened.

Water pipes are being laid for the new Lied Center for the Performing Arts on R Street between 13th and 17th streets.

The amount of street repairs is about the same as last year, said Tom Cast, project engineer for the city of Lincoln.

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Alternative to junk food: zapped nutritional nibbles

By Libby York
Staff Reporter

Students on the go often don't take the time to consider the nutritional value of the things they eat.

UNL students ate nearly 75,000 Snickers candy bars last year, said Gene Meerkatz, university systems manager of the vending department.

"To supplement a meal, a candy bar is good," Meerkatz said, "but I wouldn't recommend students buying them instead of a meal."

Scottie Misner, assistant professor of human nutrition and food service management, said nutrition-conscious students have many alternatives to vending machines and fast food.

Prepackaged soups, for instance, can be prepared in any one of several microwave ovens located near vending machines on City and East campuses.

Single-serving foods, such as fruit cups, yogurt, juices, puddings, tuna, and frozen egg rolls and burritos can be purchased at local grocery stores, Misner said.

Slices of cheese or salami are easy to carry and keep well unrefrigerated for two or three hours, she said.

Delicatessens provide carry-out service and are often cheaper than fast food, Misner said. Combined with a carton of milk, she continued, a deli sandwich contains the four food groups.

Dorota Mituro, a sophomore fashion design major, said vending machine snacks may, her vending and are faster and more convenient than restaurants. Mituro is one of many UNL students whose meals come from vending machines.

Nutrition, however, is not something Eric Lane takes lightly. Lane, a senior advertising major, has severe hypoglycemia — a condition where the blood is sugar-deficient. He said he thinks students' carefree attitudes about eating are a nutritional hazard.

Since being diagnosed, Lane researched food and nutrition.

"The consequences of our excessive intakes of alcohol, caffeine and fatty foods are devastating. I'm a living example of someone who followed that lifestyle for too long," said Lane, who is now on a strict macrobiotic diet, which allows no meat, poultry, dairy products, sugar, caffeine or alcohol.

Lane said he has noticed that poor eating habits have a "large impact on grades and daily life. Some people have to take naps just to get through the day."

Misner said other consequences of poor nutritional diets include fatigue, apathy, lethargy, irritability, anemia and vitamin deficiencies.

"We have a better sense of well-being with a good diet," Misner said.