

your guide

By now most incoming freshmen have been inundated with advice from older students or graduates on how to survive their first year.

Often times however, some of the most basic concepts are overlooked, as many well-wishers choose to focus on tried-and-true studying techniques or parking secrets. One thing

\$3.85 and is a blend of fresh-squeezed orange juice, non-fat yogurt, strawberries and bananas. The Juice Stop also offers drinks with different vitamin and herb blends such as the Smart Blend, which combines ginkgo boloba and ginseng. On Fridays students get 50 cents off any smoothie.

Just down the block from the Juice Stop is Brueggers Bagels, 12th and Q streets, which offers a number of different types of bagels and coffees.

good eats

LOCAL RESTAURANTS CLOSE AND CHEAP

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est 2000

to what goes down easy

freshmen and everyone else on the University of Nebraska-Lincoln campus can agree on is that at certain points of every day, hunger becomes a priority. Then the only real advice involves what kind of food is available and where one can find it.

Luckily UNL's Nebraska Union offers students a number of options for dietary consumption. But considering the amount of time one is bound to spend on campus, it is important to venture past the sanctity of the union's food court in search of the ever-elusive variety. A good place to start is Lincoln's downtown area.

In the topsy-turvy life of a UNL student, sleep is about the only thing that outweighs food on a list of priorities. Most students just don't have time to get up and have a bowl of Cap'n Crunch anymore and choose to start their days elsewhere.

One good place to get a head start on the day is at the Juice Stop, 1217 Q St. The Juice Stop specializes in fruit smoothies that are all natural and made with a combination of fruit, vitamins and herbs. Their most popular drink, the Grand Slam, is 24 ounces, costs

only for \$1.99 or egg, cheese and either sausage, ham or bacon for \$2.49. While Brueggers doesn't have any student discounts, the store does have a variety of daily specials.

Generally the size of breakfast determines the size or necessity of lunch. The union offers choice cuisine by Burger King, Subway, the Oriental Palace and Amigos, and within blocks of the union there is another Amigos, a Wendy's, a Runza and an Arby's. Of course just about everyone knows of the dangers of a steady diet of fast food, mentally and physically speaking, so once again variety becomes increasingly attractive.

Just a block or two from the battery of corporate-owned fast food joints are some places that are sure to spice things up. Doozy's, 101 N. 14th St., specializes in hot subs but also features pizza, salads, cheese sticks and cookies. The subs are all oven-baked and come on Doozy's special bread.

Across the street and down the block a bit is George's Gyros and Ali Baba Gyros, which serve a steady supply of Greek cuisine. Also, Main Street Cafe, 1325 O St., serves a variety of traditional and



Josh Wolfe/DN
The outdoor dining in the Haymarket offers a different atmosphere with high class food that can be a good change of pace from the everyday dorm or fast food.

non-traditional sandwiches, soups, salads and bread bowls with specials changing daily.

This brings us to dinner, a meal that can be very different each day, depending on how a student plans to spend the evening. For instance, if said student is finished with all

scholastic activity for the day and just got a loan refund check, it might not be a bad idea to stop in to BW-3, 1328 P St., for some hot wings and a beer, or to head down to the Haymarket and get a steak from Ruby Tuesday, 247 N. Eighth St.

Of course if there will be a long night of studying ahead, one may want to stick to something a bit lighter. For just \$3.49 Spaghetti Works, 28 N. 12th St., offers an all-you-can-eat salad bar. Also Yiayia's Pizza Beer and Wine, 1423 O St., is great for a filling but light dinner, with a unique style of thin-crust pizza and complimentary bread rolls. Not only that, but one can choose between foosball, billiards or a pinball machine for a break from studying while the pizza cooks.

Of course if one were to eat out for breakfast, lunch and dinner, one inevitably would be very broke in a matter of weeks, so it's best to choose times when eating out is a necessity. When there's time to run home for a meal, the best advice comes in the form of only three words - Super Saver supermarket.

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