

Cooking with Julia



Julia Hansen

Ever since I became interested in cooking, I have discovered one of the best parts of cooking is finding and sharing recipes. For years, I have raided my family and friends' recipe boxes, writing down recipes that sound delicious or unusual. During Midterm Break I went on a fabulous road trip with my boyfriend down to Texas to see friends and family. In Austin, we went out with friends and had very tasty Tex-Mex food. In San Antonio we had Texas barbeque that was messy and fun to eat along the San Antonio river walk. Although I enjoyed all the meals we ate out, I found I most enjoyed the food my aunt Kathy fixed. There really is nothing like good home cooking, is there? Surely the sweetest woman in all of Texas cooked up a storm for my boyfriend and me. She baked cookies, an apple pie and one particularly good meal with asparagus, rice and salmon with herbed mayonnaise (don't worry, it's an upcoming recipe). My favorite food she baked up for us, however, was the fruity and sweet Morning Glory Muffin. Aunt Kathy actually got this recipe from her daughter, my cousin Sarah, so talk about passing a wonderful recipe around!

Now, it's your turn! I would love for anyone who reads this column to share their favorite recipe with me. Also, I would love to hear feedback about the recipes I have been including in my columns. Are they too easy? Too hard? What recipes would you like to see in the newspaper? Please share — I promise I will look into anything suggested. Feel free to e-mail me questions, comments or your favorite recipe at jmh159@truman.edu. My recipe box can always be expanded!

Aunt Kathy's Morning Glory Muffins



Ingredients:

- 2 cups flour
- 1 1/4 cup sugar
- 2 teaspoons baking soda
- 3 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 1/2 cup finely grated carrots
- 1 1/2 cup finely grated apples
- 3/4 cup coconut
- 1/2 cup chopped dates
- 1/2 cup chopped pecans
- 3 eggs, beaten
- 1 cup vegetable oil
- 1/2 teaspoon vanilla

Instructions:

In a large bowl, sift together flour, sugar, baking soda, cinnamon and salt. In another bowl combine carrots, apples, coconut, dates and pecans. Mix well. Add eggs, oil and vanilla to carrot mixture. Mix well. Stir into dry ingredients until moistened. Spoon into greased muffin tins. Bake at 375 degrees for about 20 minutes or until toothpick comes out clean. Enjoy!

Theorists develop own viewpoint

with Mark Hardy



that's what I said

Many people assert that I am a conspiracy theorist. This is not correct. Rather, as per the mission of any true higher educational institution, I examine factual sources in order to evaluate for myself whether or not crazy dinner stories concerning terrible oppression and plans to enslave the human race are true. I find it ridiculous that people do not believe that there are people in the world who are so focused on money they will cheat, lie, exploit and murder other human beings in pursuit of greater wealth. Yes, to some people, control and wealth are more powerful than lives.

For example, did you know that Germany could not have purchased the fuel to bomb London in World War II if not for loans from American and British banks? Or that at least seven of the 19 terrorists who flew planes into the World Trade Center are still alive?

To readers who already have shut off their minds and disregarded the previous sentences, thinking, "No way that could be true," this column is for you.

How many times when you read or hear something seemingly preposterous do you actually bother to check if it's true or not? Generally, people dismiss conspiracy theories entirely,

without realizing the important role they play in society.

You see, by making outlandish statements of possible ways in which ambiguously tyrannical regimes could further encroach upon the freedom we purport to enjoy in this fine country of ours, conspiracy theorists educate the general public in the hopes that the likelihood of our eventual enslavement is diminished, even though the possibility always will be present.

Although you might not believe a conspiracy theory to be true, to decide that any statement beyond pure gibberish is entirely devoid of any truth is dangerous. Perhaps a better approach would be to step outside yourself and

consider the reasons someone else might consider a story you label conspiracy as truth.

It does not matter what your family, religion or government tells you because until you learn for yourself what the real truth is

(which, by the way, is much more complicated and possibly more depressing than clear-cut conspiracies), you will never know.

Did you know that Michael Moore is actually a tool of right-wing propaganda designed to make all liberals look like annoying, whiny fat people?

Now carefully consider that

"Labeling a hypothesis a conspiracy theory is a refusal to think about an issue at all."

Bad habits lead to sleeping disorders

Sleep, one of the most basic human needs, allows the body to rest and restore energy. Depriving the body of sleep can result in impaired memory and thought processes, depression, decreased immune response and greater risk of high blood pressure. If you often feel restless, tired or have trouble sleeping through the night, you might have a sleep disorder, which can be managed and treated once diagnosed by a doctor. With the help of your physician, you quickly can get back on the path to a full night's sleep.

Sleep disorders, which can be caused by physical, psychological or external issues, occur when one cause repeatedly interrupts the

normal sleep cycle. A person's lifestyle also can contribute to sleep problems. For instance, people who regularly smoke cigarettes or drink coffee or alcohol are more likely to have sleep problems. Medication, depression or anxiety also can contribute to sleep problems.

Common sleeping disorders include:

- **Snoring:** a problem in which inhaled air rattles over the tissues of the throat. In some cases this can be a sign of sleep apnea.
- **Sleep apnea:** a condition in which the upper airway becomes completely or partially blocked, interrupting breathing

during sleep. Severe sleep apnea is associated with high blood pressure and a high risk for heart attack or stroke.

- **Insomnia:** a problem in which people do not get enough sleep at night due to trouble falling asleep. Ten to 15 percent of adults say they have chronic insomnia.

- **Restless Leg Syndrome (RLS):** a disorder that causes people to feel the need to move their legs or feet, often delaying the onset of sleep and causing people to wake up during sleep.

- **Narcolepsy:** a brain disorder that causes excessive, constant sleepiness during the day. Although television often shows narcoleptics falling asleep in the

middle of everyday tasks, this only happens to a small percentage of people with this condition.

All of these sleep problems can be triggered by various issues. For example, insomnia might start as a side effect from stress or medication, but because people can become conditioned to insomnia, it might last far longer than the condition that initially caused it. Snoring can be caused by allergies. Sleep apnea can be caused by abnormal breathing during sleep and often is associated with being overweight.

Because of the wide variety of possible causes, sleep disorder sufferers might need to try several treatment options or a combina-



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tion of treatments to effectively treat the problem. Treatments for sleep disorders include behavioral therapy, medication or alternative therapy. Behavioral treatments often include relaxation exercises, such as mental or breathing exercises. Stimulus control, another behavioral treatment, makes the bedroom into a space for sleep and little else, conditioning the person to sleep when in the bedroom.

Medicines for sleep disorders widely vary and usually are prescribed only for short term use because they can be habit-form-

ing. Alternative therapy includes regular exercise, relaxation and meditation, all of which are shown to help deepen sleep for people with or without sleep disorders.

It always is best to discuss any sleep problems with your doctor, who can diagnose sleeping disorders and create a treatment plan tailored to your specific problems and needs. See your doctor if you are having trouble sleeping, waking up or you are falling asleep during the day. For more information on sleep disorders, contact Dr. Usmani at (660) 626-2189.

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