

# Cooking with Julia



Julia Hansen

Gimme some Sugar!  
Hands down, my favorite store in Kirksville is Sugar, a gourmet food shop just off the square on Washington Street. This cute little store is just a few minutes' walk from campus and it carries fun, unusual and tasty foods not found in conventional grocery stores. The store always has pleasant music playing, interesting items to look at and lots of free samples. You can find marzipan, Indian spices, foreign chocolates, Italian pasta and countless other foods (like Julia Marie cookies, which must have been named after me, of course).  
Not only is the food selection fabulous, the woman who owns the store, Sue Wandel, is a darling. Every time I visit the store, I find myself chatting with her for a long time. Quite

a worldly lady, Wandel is smart, sassy and enthusiastic about practically everything — especially her store. Last Saturday, I met up with a couple of my friends at Washington Street Java Co., and after we had a nice long chat and some coffee I suggested we go to Sugar because they had never been there before. As expected, we had a lovely time in the store, sampling foods, singing along to the Madonna mix that was playing and having a friendly chat with Wandel. After we left, my friends were fans of the shop and of the owner. I left with ingredients to make this easy yet delectable meal. So next time you're looking for something special or different to cook on a Saturday night, swing by Sugar on Washington Street where you are sure to find something unique and tasty.

## green curry chicken & curry rice



### Green curry chicken ingredients:

1 1/2 pounds chicken breast  
A Taste of Thai brand Green Curry Paste packet (found at Sugar)  
1 13.5-ounce can light coconut milk (found at Sugar)  
1 medium onion, sliced  
1 red bell pepper, cored and sliced  
2-3 tablespoons oil

### Instructions:

In a skillet over medium-high heat, cook chicken breasts in oil until done all the way through. Slice chicken into strips or cubes and set aside.

In the same skillet add one tablespoon of green curry paste and can of coconut milk on medium heat. Stir with whisk until paste is blended into coconut milk. Add uncooked onion and bell pepper and then bring to a boil. When it boils, reduce heat to medium and simmer for four minutes. Drop in cooked chicken and continue to cook for two more minutes.

Serve chicken over rice.  
*Chicken recipe modified from recipe found at atasteofthai.com.*

### Curry rice ingredients:

1 1/2 cups Jasmine rice (found at Sugar)  
1 13.5-ounce can light coconut milk (found at Sugar)  
1 1/2 cups water  
2 tablespoons curry powder (found at Sugar)  
1 small onion  
1-2 tablespoons oil  
Salt and pepper to taste

### Instructions:

Heat oven to 350 degrees. Grease the bottom only of a 9x5-inch loaf pan.

Combine all ingredients except chocolate chips and walnuts in a bowl. Blend well on medium speed of mixer. Stir in chocolate chips and walnuts. Pour batter into loaf pan.

Bake 60-65 minutes or until toothpick inserted in the center comes out clean. Cool 10 minutes in pan. Remove from pan. Cool completely.  
*Recipe from Hershey's Kitchen Recipes*

Design by Andrea Bailey/Index

# New guy versus little time creates doubts



Lauren Miller

I have always said the recognition of true potential in a guy is an exciting moment. Whether meeting in class, having talked a bit here and there or just running into some wonderfully random person at Hy-Vee who happens to also be buying roasted garlic hummus, that realization creates little butterflies that seem to say, "Oh hey, look at this. ... He's really cool. We have a lot in common."

However, there are two sides to every coin, and sometimes the recognition of potential creates a lot of nervous butterflies. OK, great — you have similar interests, hopes, dreams and religious and political views. You both love your grandparents. You both love the outdoors, especially hiking or biking or whatever. You both own bright green sneakers. You both really like roasted garlic hummus. Despite whatever it is that makes you see an instant connection, something like true potential can also make you pause ... and rewind.

My good friend Joel said it best. "Even the perfect mate can appear at the perfectly wrong time or under the perfectly wrong circumstances."

More often than not, at least with me, I think that perfect mate does appear at the most inconvenient of times and under some of the oddest circumstances. And more often than not, even if it's exactly what you want, this is what causes that mental pause that makes you ask, "Is this really going to be worth it?"

Here we are, once again, in the last month of school, and I'm faced with this question. All I ever can answer is "Lauren, seriously ... What the heck? Why?"

Responding to a question with a question is not the most effective means of answering anything at all.

It's funny to me how right when you get used to flying solo again, you meet someone. This is why I think I constantly ask myself "Is this really going to be worth it?"

And there is no answer because each good always comes with some bad. I really like being the little spoon,

but I hate sharing my bed. I really love having someone to talk to, but I hate it when his problems become my problems. I like going to dinner, but I hate dealing with the who pays debate. I love it when he pays, but I hate feeling like I owe something to anyone. I love having someone to meet at the bars, but I hate feeling like I have to choose between him and friends.

**"But you can't be 110 percent certain about anything. It's hard to be 100 percent certain about anything."**

I love, love, love feeling comfortable enough with someone to share stories and secrets and fears, but it scares me that someone now knows those things about me.

Basically, sometimes someone just throws a wrench in your routine. I've gotten used to being single. Sometimes I think it might be my natural state of being.

Then I go off and meet someone and have to consider all these factors. Although I love being single, I do love having someone. It's just a question

of walking that line between nothing and something, especially this close to graduation. And that's what causes these "what the heck?" thoughts in my head.

I mean, I really, really like being the little spoon.

Looking back at a list of all the guys I have dated and in whom I clearly saw potential, I remember asking myself that very question for each one. And looking back on all my relationships' ends — whether it was good, bad or ugly — I still can't answer with 110-percent certainty if it was worth it or not.

But you can't be 110 percent certain about anything. It's hard to be 100 percent certain about anything.

However, only when you give someone a real shot can you even begin to ponder whether it was worth it. Depending on what you take away, I am pretty sure that any real potential can be worth exiting your own meal-buying, sleeping-alone, single lifestyle just to give it a chance to see if something casual can become something serious ... or at the least, something fun and new.

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