

Bad habits, addictions affect healthy living

BY KANNA TAYLOR
Staff Reporter

Some bad habits are just too hard to kick.

They can range from something as insignificant as biting nails to something as serious as a drinking problem. They can affect people's jobs, relationships and other activities. Bad habits usually start off small and gradually seep into a person's everyday life, and before most people know it, they have developed a habit they just cannot quit.

Joe Nedelec, instructor in justice systems, said he thinks that the source of most bad habits is the initial need for a distraction, which then develops into a behavior pattern over time. There are certain bad habits that students pick up in the classroom, such as packing up before class is over, texting, having laptops in class and not being well rested for class, Nedelec said.

Nedelec said he is not afraid to admit he has his fair share of bad habits as well.

"The biggest one for me is procrastination," he said. "[It] is by far my worst habit outside the classroom. I'll go three or four pops a day. ... I'm [also] addicted to green tea, ... [and] I watch too many movies."

He said he also gets off-topic in class sometimes, especially with things that he's really passionate about.

"And that's a habit that I'm not too sore for having," he said. "Procrastination is the one I'm not happy about at all. ... My organization skills are lacking."



Joe Nedelec, instructor in justice systems, reads in a Barnett office earlier this week. Nedelec's bad habit is procrastination, yet he prefers to refer to it as "progressive procrastination." By sticking to a schedule he can stay on top of things despite a lack of focus.

Nedelec said he thinks there are some bad habits, such as procrastination, that can affect all areas of one's life. Nedelec said that by making to-do lists, keeping a schedule and following it, he has been able to stay on top of things despite his tendency to procrastinate.

Like Nedelec, junior Nikki McMa-

Mahon said she attempts to make schedules to keep on track, but has difficulty following through with them. McMahon said it takes her longer than most people to get things done or get ready — sometimes twice as long as her friends.

McMahon said she thinks people develop bad habits because it makes their day easier, especially if they're really

stressed out. Biting nails, kicking desks in class, yelling at people while driving and having loud conversations across a room full of people are just a few habits that irritate McMahon in and outside of class.

"Sometimes people do things subconsciously and don't realize they're doing it," she said.

Melissa Blagg Holcomb, assistant

professor of nursing, said she has patients with bad habits that face considerable health risks.

"As an OB nurse, ... I have definitely seen complications in smokers," she said. "Choosing unhealthy foods regularly and being sedentary ... complicates any kind of healing."

Jay Self, assistant professor of communication said he has successfully overcome some of his bad habits. He said most of his habits started in graduate school, such as biting his nails and drinking too much soda.

For Self, the solution is easy. He said when he realizes that what he's doing is hurting him physically or psychologically, he begins to look for cheaper and healthier alternatives.

"I used to bite my nails," Self said. "I don't do that anymore. ... I just stopped doing it. I had to make a conscious effort. Every time I would go to do it, I would pull my hand back."

He said he also has a slight caffeine addiction and that sometimes he gets into the habit of skipping meals. He said he does not consider the caffeine addiction to be too big a problem, especially when he looks back at how he was in graduate school.

"I was drinking about a 6-pack a day of diet soda," he said. "I looked at that and went, 'Wow, that's expensive, and it's really bad for me.' So I had to cut back and, boy, there were some miserable headache days. ... Ask anyone who's ever tried to quit caffeine. It's a miserable time."

Buon giorno! Let's travel about 5,000 miles from Kirksville to the lovely country of Italy. Because I have never been there before, I suppose I have stereotypical thoughts that Italian people sit around drinking wine and eating spaghetti and meatballs with their big, loud and very fun families. One of my stereotypical thoughts changed, however, when I recently read that Italian people don't actually eat spaghetti and meatballs. (The wine and family stereotypes I have yet to confirm.) Spaghetti and meatballs actually are an Italian-style meal that has been completely Americanized. Nowadays, Italians often eat some sort of pasta for a first course and a meat as a second course, but apparently they don't eat them together. Well, as far as I'm concerned, Italian or not, spaghetti and meatballs are simple and delicious! Typically made with beef, pork or veal, I made these meatballs with ground turkey, which is a much healthier choice. If you prefer another meat, simply swap it in for the turkey. For the sauce, I bought a jar of marinara sauce and



Julia Hansen

added one can of diced tomatoes to make it thicker. Although the idea of making your own meatballs could be intimidating, I found making these very easy. In honor of Italian-American cuisine, I say this recipe is very good, or molto buono!

Cooking with Julia

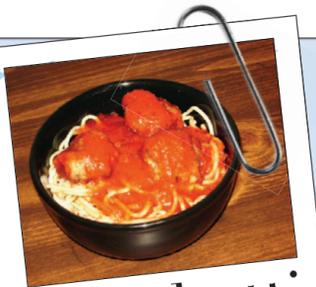
Ingredients:

Meatballs:
1 lb. ground turkey
1 egg
1/4 cup Parmigiano-Reggiano cheese
1/2 cup Italian bread crumbs
Small handful of coarsely chopped parsley
A few dashes of pepper
A few tablespoons of olive oil (optional)
1 lb. spaghetti
1 jar of marinara sauce
1 can of diced tomatoes, drained (optional)

Instructions:

Preheat the oven to 425 degrees.

Place the ground turkey in a bowl and season it with dashes of pepper. Add the egg, Parmigiano-Reggiano cheese, bread crumbs, parsley and oil if necessary to moisten the meat. Mix these and form into meatballs of the desired size. Bake the meatballs about 15 minutes or until there is no pink inside. While the meatballs cook, heat the water to a boil and cook the spaghetti according to package instructions (about 10 minutes). Drain the pasta, take the meatballs out of the oven and serve with marinara spaghetti sauce.



spaghetti and meatballs

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