



Amy Gleaves/Index

Drew Kramer lets bands use space in his store Vintage Grooves, above, for recording and practicing for \$5 an hour. Shelves of old records, left, line the walls of the music-lovers' haven.

Local businesses cater to students

BY SHANNON WALTER
Staff Reporter

In small towns like Kirksville that are characterized by the presence of universities, students are important to growth. They contribute to the economy, bring entertainment to the University and add vitality to the towns. Many locally owned businesses offer services just for students such as study spaces, relaxing atmospheres, friendly smiles and much more.

Vintage Book Shoppe

Beverly Powell opened the Vintage Book Shoppe with her husband six years ago when she entered retirement.

"I loved going in little bookstores, and I decided a few years back [that] I thought it would be fun to own a little bookstore," Powell said. "I'm a big reader. I like to read all kinds of books, and I usually have three or four books going at a time. I laughingly say, 'I have a book in the car, a book in my purse, a book at home and a book in the store.'" Powell said that three years before she re-

tired, she started traveling around the country researching with her husband by visiting different bookstores to get ideas for her own shop. She researched her customer base and decided the type of books she wanted to carry, and the store took off.

"I was just going to have my little store and be open when I wanted to be open," Powell said. "It became so successful that it surprised me, and it just grew. I've expanded three times now."

Powell said she reaches out to students by having a corner with poetry books, a puzzle table and a chess set. She buys books from reading lists she receives from Truman professors when possible, she said.

"I think what the students like is that they can come in here, and their dollar will go a lot farther," Powell said. "We are welcoming to students."

Powell said her customers can buy, sell or trade used books at her store.

Vintage Grooves

Drew Kramer opened Vintage Grooves three years ago. Vintage Grooves sells vinyl

records and locally roasted coffee, repairs music equipment and provides a practice space for local bands.

Kramer said he bought the store while he was a graduate student at Truman. He said he needed a way to make money, but after a while, Vintage Grooves became more fun than staying in school.

"I basically started with no money and no real idea what I was doing," Kramer said. "... This is more fun than anything else I've done at this point."

He recently started renting the stage in the main store out to local bands for \$5 an hour to practice, record or perform a show.

"[My new goal] is to have a live stage webcast to the Internet," Kramer said.

He said he wants bands to be able to showcase their music through his Web site, where he also could sell the CDs local bands produce, locally roasted coffee and repaired instruments. He wants area bands to be showcased in his store selling their music.

"So I kind of see this as a place for all types of bands to come together," Kramer said.

Edna Campbell's

"The store with more," also known as Edna Campbell's (next to Washington St. Java Co.) has been owned by Liz Srnka and her husband for the past 48 years. Srnka sells Missouri pottery, children's books and cookbooks, fashion jewelry, purses, food items and more.

"I like to think of our store as unique for Kirksville," Srnka said. "I try to have a good variety of people and price. [We are] friendly to the community and the students and whoever comes in."

Srnka said she reaches out to students and Kirksville by donating to the University, student organizations and the Kirksville Arts Association.

"We really appreciate the students very much," she said. "And we don't like the summer because it's too quiet here."

Recently, she has been trying to incorporate Missouri artists' products into her store, she said. She and her husband travel to markets throughout Missouri searching for one-of-a-kind products to provide in the store, she said.

Cooking with Julia: Sauerkraut



Julia Hansen

Das ist gut! That probably is what you will be saying after you try this easy sauerkraut recipe. "Das ist gut" means "that is good" in German, which definitely is true of this and many other German recipes. In preparation for writing this week's column, I thought for a few days about what to say about sauerkraut. "What can I really say?" I thought. "It's just cabbage." After some thought and very few interesting ideas, I turned to the Internet for some help and information that would inspire an interesting column. Lo and behold, when I Googled sauerkraut the first Web site that popped up on my browser was www.sauerkraut.com. "Oh, my," I thought. "This is going to be odd: a Web site about fermented cabbage." I

ended up finding the Web site to be very interesting and amusing.

The Web site has sauerkraut recipes, nutrition information and a free 12-page e-book called "The Story of Sauerkraut." I couldn't help but chuckle at myself when I read the book and even joined the Sauerkraut Club. When I read "The Story of Sauerkraut" I learned many things about sauerkraut. Did you know sauerkraut is very healthy? It is a flu fighter, digestive aid, cancer fighter and immune system booster. I also learned that although sauerkraut typically is thought of as German, it was invented in China almost 2,000 years ago when the Chinese fermented cabbage in rice wine to feed workers who were building the Great Wall.

According to the Web site, to make sauerkraut one must shred cabbage, add salt, place the mixture in a sealed container and place something heavy on the container to induce pressure. Over days, the cabbage ferments naturally because the salt drains the water out of the cabbage, and it ferments in its own liquids. This process takes one to two weeks.

This recipe is a simplified, yet delicious version of a classic sauerkraut recipe because you don't need to wait weeks for the kraut to ferment. You just buy cans of it at the grocery store. Adding an apple into the mixture takes out much of the bitterness of the kraut. Serve it with mashed potatoes, and you are sure to have guests saying, "Das ist gut!"

Ingredients:

- 1 16-oz package Polska Kielbasa
- 2 14-oz cans sauerkraut (recommended: Frank's Kraut)
- 1 medium apple, peeled and cut into 8 slices
- 2 cups water

Directions:

1. Place medium-sized pot on stove, and turn burner to medium-high heat. Cut Polska Kielbasa into 1/4- to 1/2-inch slices, and place in pot. Sauté kielbasa for about five minutes until slightly browned. Remove kielbasa from pot, and place in bowl. Set aside.

2. Open cans of kraut, and dump them into pot. Do not drain them. Drop apple slices into pot, add water, and cover with lid. Simmer kraut mixture over medium-low heat for 20 minutes. Add kielbasa back into pot, and simmer for another 30 minutes until apples have completely softened. Serve with mashed potatoes.



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