

Cooking with Julia: Classic Macaroni and Cheese



JULIA HANSEN

So, we're back! I'm in the last weeks of my college education, and honestly I think I need some comfort. Not only am I stressed because of all the work I need to cram in, but also I'm bummed to leave my friends, favorite teachers and college life in general. Don't get me wrong, I have a lot to look forward to in the future — like volunteering in Peru — but new things are out of my comfort zone, and I'm a little nervous for the

next steps of my life.

It seems that in college no matter what year you are, freshman through senior, there always is something to stress about. I know of two things that are sure to make you feel better any time: a hug from your mom and a heaping portion of comfort food. Nearly all people have a dish or two a parent makes on their birthday or their grandma makes when they visit that makes them feel warm, safe and good inside.

Personally, my comfort foods are my grandpa's apple pie, my mom's chicken noodle soup and my dad's chocolate chip cookies. Other common comfort foods are fried chicken and mashed potatoes, chili, meatloaf, ice cream, grilled cheese with tomato soup, chocolate, green bean casserole, pot roast, chicken and dumplings and macaroni and cheese. As I'm sure you can tell, comfort foods generally are salty or sweet and fattening.

So, if under a lot of pressure, try other stress relievers like working out or calling your best friend instead of eating comfort foods, unless you want to gain a lot more than the freshman 15. This weekend invite your friends over for a stress-free night to watch a funny movie, eat macaroni and cheese and, most importantly, de-stress.

Ingredients:

16 ounces dried elbow macaroni (4 cups)
3/4 cup yellow onion, chopped
4 tablespoons butter or margarine
4 tablespoons flour
2 tablespoons Dijon mustard or powdered mustard
1/4 teaspoon black pepper
1 teaspoon salt
5 cups milk
1/2 cup sour cream
6 cups shredded cheddar cheese (24 ounces)

Directions:

1. Preheat oven to 350 degrees. Cook macaroni according to package directions, drain and set aside.
2. Meanwhile, cook onion in butter until tender in a large saucepan over medium heat. Stir in flour, mustard, pepper and salt. Add milk and sour cream. Stir continuously over medium heat until slightly thick and bubbly. Add 5 1/2 cups of the cheese to the mixture, stirring continuously until cheese is melted. Stir in cooked macaroni. Transfer to a 13" x 9" pan.
3. Sprinkle the last 1/2 cup of cheddar cheese over the top. Bake uncovered for 25 minutes or until bubbly.



Mexican transportation provides a daily adventure

Although I love Mexico, I risk my life here daily. I don't encounter many dangerous people or walk through dark alleys alone, but I use public transportation.

One would think government-regulated chauffeurs would be safe escorts, but in fact they frequently are the most dangerous. The public buses range from darting "combis," which are like refurbished electrician vans and seat about 12 (or 18 when standing room is occupied), to larger "camiones" and "auto-buses." On some heavily-trafficked roads, these buses make up the majority of vehicles and cause most of the congestion. The combi fit between the faded (or unmarked) lanes while camiones monopolize the whole right lane, stopping at every bus booth or for any passerby with an outstretched arm.

The competition for passengers is fierce — if one bus gets ahead on its route, or the next bus gets behind, it becomes a cutthroat race for the lead. After all, whoever passes the stop first picks up the paying customers. I have spent numerous blocks gripping the sides of my seat while my combi raced its competition, with the race calling for such illegal moves as a left turn from the rightmost lane out of three, beating the green light and cutting off the other

cars before they had the chance to go.

Every driver's hand is poised over the horn, anticipating the opportunity to honk. This insistent action is not reserved for moments of crisis, but rather as an alert to let the world know "I'm ready to go now — hurry up." As soon as the crossing traffic light turns orange, the chorus begins. Drivers do not use dainty honks or brief, attention-getting honks. They blare their aggression in unison, shake their fists and squeeze their vehicles into every possible space to get ahead.

Daily, I look out the open window and see another car or bus close enough to lick, moving with us at 60 kilometers per hour. I hear the beep of the speedometer pierce through the mayhem every time we repeatedly exceed the maximum speed. I close my eyes as we careen around corners, the van threatening to tip over with its top-heavy load of standing passengers. Sometimes on exceptionally bad days I yell out for my stop a few blocks early, electing to save my spinning head and knotting stomach from the rest of the hellish ride.

Some disastrous rides have led to rather humiliating experiences. I quickly learned that as soon as you have both feet on board, it's time to take off — whether you're holding on,

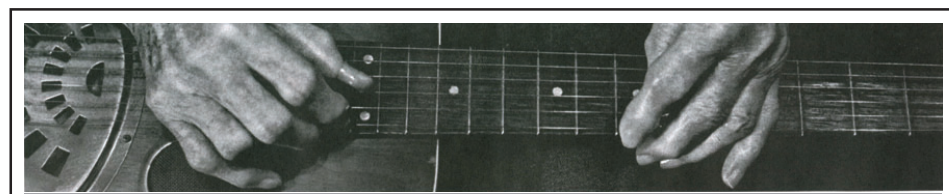
seated, standing or still counting out your fare of 4.5 pesos. One afternoon the bus took off as I was still making my way to a seat, the sudden jerk landing me in a businessman's lap. Flustered, I apologized repeatedly, but his silence and awkward stare made it much worse than it already was. Another day the girl next to me hit her head against the window bar — I immediately empathized. When she assured me that she was alright, just embarrassed, I smiled and said "Oh, don't worry, it's happened to me plenty of times, too."

Despite the countless problems I've encountered with the public transportation here, it really is convenient. There are buses to my university, to the historic downtown area, to the bus station, to the mall, to the grocery store — really anywhere I want to go. The cost is equivalent to 30 cents, and you can ride around for hours, seeing the city, which I did unintentionally when I tried to take the same route home as I did to my destination — I got lost and spent two and half hours on Route 14, which, although clearly not the one I should have taken, taught me a little lesson and gave me a scenic tour of Puebla during rush hour. For those willing to take the adventure, there couldn't be a better option.



Kelly Schute

La Chica rupia
Design by Design Staff/Index



New Harmonies

CELEBRATING AMERICAN ROOTS MUSIC

Performances

Fridays at 7pm, Sundays at 2pm

Unless Otherwise Noted

March 20... Opening Reception

5-7pm | Kirksville Arts Center

March 27... Kirksville Community Chorus

7pm | First Presbyterian Church

March 29... Gospel Sing-A-Long with

Special Guest Soloist Vee Suits

2pm | First Baptist Church

April 2... Kirksville High School Pre Contest Concert

7pm | Kirksville Arts Center (note: Thursday)

April 3... Workshop by Pat Humphries

Emma's Revolution

"Keep Singing Loudly"

(Call Kirksville Arts Association for time/location)

April 3... Pat Humphries "Emma's Revolution"

7pm | Kirksville Arts Center

April 5... Hoe Down Square Dance

2pm | Jackson Stables | Caller: Steve Young

April 10... Blue Voo Doo

9pm | Il Spazio (note: later start time)

April 17... Truckstop Souvenir

7pm | Kirksville Arts Center

April 19... Keota "Acoustic with Attitude"

2pm | Il Spazio

April 24... Kirksville High School Jazz Band

7pm | Kirksville Arts Center

April 26... Greater NEMO Area Community Jam

2pm | 111 S. Franklin St. (downtown Kirksville)

May 2... Jeni and Billy

7pm | Kirksville Arts Center

May 3... Rhonda Vincent and The Rage

2pm | Rotary Park (rain site: Baldwin Hall)

Lunch and Learn

Wednesdays at noon

Located at the Kirksville Arts Center

New Harmonies Lunch and Learn sessions are catered by Il Spazio/Central Kitchen. Tickets are on sale at the Kirksville Arts Center and Edna Campbells for \$10 each or 5/\$45

April 1... Researching Musical Roots

Dr. Marc Rice

Truman State University

April 8... Farming Communities

and their Music

Paul Niehaus IV

Truman State University

April 15... Blues on the Harmonica

Dan Comstock & Friends

April 22... Vincent Family History and

Blue Grass Music

Carolyn Vincent, Mother of

Rhonda Vincent

April 29... Music and Battles of the

Civil War in Kirksville

Larry Stephens

Supporting Exhibits

Kirksville Exhibits with Images, Artifacts and Recordings

Located at the Kirksville Arts Center

■ Children's Book Illustrations About Music for the Smithsonian Institution

■ Historic Phonograph and Locally Produced Records Display

■ Novinger Coal Miner Music for Accordion

■ Public School Music - Porter Rural School and Kirksville High School

■ Fiddle/Violin Display - The 100-Year History of an instrument

■ Local Gospel Music

■ Opera Houses and Performers from the Past and Present

■ Local Blue Grass Music - The Vincents

Gallery Hours

Mon - Thurs 9:00 - 5:00

Friday 5:00 - 7:00

Saturday 1:00 - 5:00



What do you get when you cross glow sticks and fundraising at night?

the third annual
Glow Stick It to Cancer!

Come on out to Stokes Stadium at Truman State University on Tuesday, April 7 at 8:30 p.m. for a two mile fun run/walk.

All profits will be donated to the American Cancer Society on behalf of Truman's Phi Epsilon Kappa Relay for Life Team.

Visit our website for a registration form at www2.truman.edu/~kan4887 for more information.

Pre-register to secure your glow-in-the-dark t-shirt!

Public service announcement