



Julia Hansen

I don't know if it's the biting cold weather or the fact that I have countless tests, projects and other things to take care of, but lately, grocery shopping has been at the very bottom of my list. This might seem like a problem, but I have found that with a little bit of organization and creativity, the grocery store can be visited quite infrequently.

Throughout my four years of college, I have found recipes and foods that are quick to make, cheap and never become boring to eat. Since I have recognized my favorite foods and recipes, I grab the non-perishable and frozen ingredients necessary to make them when I go to the store, then next time I'm looking for something to cook I have several options for things I already know I like. I also have found that having foods that are non-perishable

Cooking with Julia: Adam's Pasta Bake

or frozen is beneficial to my wallet and my daily schedule. Hence, two of my best friends in the kitchen are the pantry and the freezer. Because I know I like vegetarian chili, I keep cans of beans, corn, diced tomatoes and vegetable juice in the pantry. Ground turkey, chicken breasts and frozen vegetables always can be found in my freezer. I also always keep spaghetti, spaghetti sauce and a box of brownie mix in my pantry in case friends stop by and are hungry for dinner or a treat.

I made this recipe one evening last year when my boyfriend and I were hungry for dinner and feeling adventurous in the kitchen. We searched in the pantry, cabinets and freezer and thought the ingredients would go well together. It turns out, they did. We love this pasta bake, and I have made it many times at my parents' house, his parents' house and even at a fantasy football draft party for about 15 hungry guys. Every time I make this pasta bake, I change it up depending on what I can find around the kitchen. So when you make this for yourself, take a peek around the kitchen, find ingredients you think would go well together and experiment. Following this recipe ingredient-by-ingredient is not necessary. Who knows, you might surprise yourself with a brand new recipe that no one ever has dreamed up before!

Ingredients:

1 large onion, chopped
4 tablespoons oil or butter
1 lb. ground beef or turkey (optional)
16 oz. bag mostaccioli pasta
16 oz. bag frozen vegetables- (California Blend)
1 15 oz. can whole kernel corn
1 26 oz. jar marinara sauce or Alfredo sauce
1 8 oz. bag shredded cheese



Directions:

1. In a large pot put water on to boil and preheat oven to 325 degrees. When water boils cook the entire bag of mostaccioli pasta, drain water and set aside.
2. In saute pan cook chopped onion in oil over medium-high heat for about three minutes.
3. Add thawed ground beef or turkey and cook five more minutes.
4. Add about half the bag of the frozen vegetables and about half of the can of corn to the pan and cook another five minutes or until there is no pink left in the meat.
5. Season the onions, meat and vegetables with salt and pepper to your taste and set mix aside.
6. Combine the vegetable-meat mixture and the pasta in the same pot the pasta was cooked in.
7. Add about half of the jar of the marinara or Alfredo sauce to the mix. Continue to add the sauce to your liking.
8. Dump mix into a 9 x 13" baking pan and cover with cheese to your liking.
9. Bake uncovered 20 to 25 minutes. If you're feeling fancy you can even broil the cheese on the top for the last minute or two in the oven to get a brown, bubbly top.



Franklin Cline

Europe's cities earn varied rankings

I just had one of the most incredible, exhausting, expensive and informative weeks of my life. In eight days, my buddy John and I traveled to Florence, Venice, Zurich and Paris — three countries total. We were able to do this because our university, Edge Hill, in all its splendor, offers a Reading Week, which is basically like Reading Day times seven.

We did a lot of walking and visiting the typical tourist locations: art galleries, statues, churches, government buildings, monuments, etc. We also strenuously committed ourselves to both growing beards and exploring the city at night, occasionally with a (legal!) open container of a delicious beverage. It was fantastic — but some cities were better than others. As a critic for the Index during past semesters, I feel as though I am qualified to review the four cities I had the good fortune of seeing.

Due to the inherent space constraints of writing for this fine newspaper, they will have to be short, so let's get cracking:

Florence, Italy: 5 out of 5 stars

The only thing this beautiful city doesn't have is food that extends beyond Italian (obviously), Chinese and McDonald's. From the Uffizi gallery, which houses some of the greatest art of all time, to the Gallerie D'Academie, which has about 40 of Bartolini's sculptures and Michelangelo's "David," to the plaza named for Michelangelo, which offers a breathtaking view of the city's rooftops and one-of-a-kind architecture, this city was the best of the bunch. Also, the beer was pretty cheap and high in alcohol content.

Venice, Italy: 4 out of 5 stars

Yes, this city is super-cool because it's built almost entirely around the Canal Grande, there are no cars

because everyone either gets around on foot or by boat and we found a shop that sold wine for 2 euros to the liter, but Florence beats it out just

barely because of the glory of Michelangelo's plaza. Other than that, Venice has a few incredible landmarks — the San Marco church is maybe the most ornate building I've ever seen, and the view from the Rialto Bridge is very nice. (Really, I'm just mad at Venice because it rained, and I didn't have an umbrella. Otherwise, it probably would have been five stars too.)

Zurich, Switzerland: 2 out of 5 stars.

My former roommate Ryan really advocated our decision to visit this city, but I pretty much regret going there. The only really cool thing we saw there was the grave of author

James Joyce, and that took all of about 30 minutes. It's an expensive city, and its primary museum, the Kunsthau, is only so-so. There are a few beautiful buildings, specifically the Grossmunster church, but I wish I would have visited a city in Germany or even Geneva or Interlaken instead.

Paris, France: 3 out of 5 stars

Hear me out here. Yes, Paris is Paris. There is the Eiffel Tower, the Arc de Triumpe, the Louvre, the Grand Palais, Champs-Elysses and all of that other good stuff, but it's also terribly mapped out, full of panhandlers and swindlers and dirty. The rail system is cheap, efficient and easy to navigate, making it the city with the best public transportation of any of the four we visited. Paris was nice to visit, but I wouldn't want to live there.

And there you have it. I learned much more about the various cultures than I let on here, but I tried to hit a few of the main points for y'all. Next week: the difficulties of growing a beard in England!

"As a critic for the Index during past semesters, I feel as though I am qualified to review the four cities I had the good fortune of seeing."



Whitney Agency, Inc.
660-665-5678
800-TWENTY-1
(800-693-6891)



Century 21 Whitney Agency, Inc.
is ready to get you on your way to living on your own!

If you are ready to sign a lease for the 2009-2010 school year, then give us a call! We have apartments and houses, 1 bedroom units to 4 bedroom houses, some very VERY close to campus!

Call Tracy at Century 21 Whitney Agency, Inc.
660.665.5678
and check out the listings on our website.

www.c21kirksville.com

GO GREEN YouTube Competition

Part of Global Entrepreneurship Week, November 17-23

Make a video that raises environmental awareness by showing how you can make a difference. Post your video on YouTube.com on Monday, November 17th for your chance to win \$750!

Win Green By Going Green!

First Place: \$750
Second Place: \$500
Third Place: \$250



Judging will take place Friday, November 21st

For more information or to enter, visit <http://sife.truman.edu/home>

Sponsored by The School of Business in conjunction with SIFE



WWW.TRUMANRENTALS.COM

Providing affordable student housing for more than 22 years.

Boardwalk • Waterworks • Park Place • States Avenue • St. James Place • New York Avenue

Four Horizons Realty
703 N. Marion St.
Kirksville, MO 63501

660-665-RENT

www.4horizonsrealty.com