States each year and nearly 1 trillion bags overused both in the United States and used in nearly every store are detrimental plastic bags for groceries and other purchases encouraging you to bring your own bag. The to take a beer with you to Hy-Vee. I am to BYOB. No, I am not encouraging you

From Vegas to Vegas
Franklin Cline

U.S. culture invades British telly

Ecstatic about my first week of classes and being introduced to the exciting activities during Freshman Week, I spent much of the weekend learning how to navigate cable television. Some may call it a learning experience, but I call it an essential task as someone who is an American! The TV was so foreign to me and I was determined to figure it out. The process was never easy, but I managed to figure it out before the show ended. For those who are interested, I’ll provide a brief overview of the British culture.

One of the most significant differences between American and British television shows is the amount of advertising. In America, television commercials are a common occurrence, whereas in Britain, they are less frequent. This is likely due to the fact that British television is mostly funded by the government through a tax on television licenses, a cost that is lower than the cost of buying a television in the United States. However, there is still some advertising, such as product placement, where brands are paid to be featured in TV shows. This is more common in the United States than in Britain, but it does happen.

In conclusion, British television is a fascinating world that offers a unique perspective on culture and society. While there are similarities, there are also significant differences that make it a rich and rewarding experience for anyone interested in exploring new cultures and ways of life.

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Lasagna

Ingredients:
- 12 ounces egg noodles
- 1 15-oz. tub part-skim ricotta cheese
- 1 1/2 cups grated zucchini, thawed and thoroughly drained
- 1 10-oz. package frozen spinach, thawed and thoroughly drained
- 3 cloves garlic, minced
- 1 tablespoon olive oil
- 1/2 cup grated carrots
- 1/4 teaspoon pepper
- 1/2 pound ground turkey or ground beef
- 1/2 cup grated parmesan cheese
- 2 cups mozzarella cheese
- 6 ounces “no cook” lasagna noodles
- 8 ounces spaghetti sauce
- 1/2 cup mozzarella cheese, shredded

Directions:
1. Preheat oven to 375 degrees.
2. In a Dutch oven, add ground turkey or ground beef with garlic, oil, carrots, zucchini, and pepper. Mix well. Stir until well combined.
3. Spread two cups of spaghetti sauce to cover the bottom of a 13x9" baking pan. Top with three lasagna noodles, making one single layer.
4. In a large bowl, combine ricotta cheese, egg, salt and pepper. Mix well. Stir ricotta cheese mixture into the vegetable and ground meat mixture and cook three minutes. Place all vegetables in a bowl and set aside.
5. In a 12" x 15" baking pan spread two cups of spaghetti sauce to cover the bottom. Place lasagna noodles on the sauce. Spoon one cup of ground turkey mixture over the lasagna noodles.
6. Add third and final layer of lasagna noodles. Spread remaining ricotta-vegetable mixture over noodles. Cover with remaining one cup of spaghetti sauce.
7. Bake for 30 minutes or until cheese is melted. Let the lasagna cool before serving.

 julia hansen

Lasagna

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