



Julia Hansen

One thing I have discovered as a college student is that cooking a nice meal does not have to be expensive, complicated, ingredient-heavy or time consuming.

The meal I have mapped out only has six ingredients. They are all healthy and cheap.

A good resource for finding other meals like this is the Internet. There are millions of recipes and Web sites. My favorite Web site is foodnetwork.com. There are recipes for all levels of cooks and all taste buds.

Quick Fix Meals with Robin Miller and Semi-Homemade Cooking with Sandra Lee are two shows on the Food Network that provide great recipes fit for any rookie cook or college student. I whipped up this recipe one evening for a date with my roommate. Just like Robin and Sandra, anyone is capable of creating a cheap, simple and quickly prepared meal. So invite your roommate for a healthy meal.

Cooking with Julia: *Marinated Chicken* *And Oven-Baked Potatoes*

Marinated Chicken

Ingredients:

2 skinless, boneless chicken breast halves
1 cup Italian dressing
2 tablespoons olive oil

Directions:

1. About 24 hours before you plan to cook the chicken, place it in a Tupperware container with the Italian dressing. Using a fork, poke holes in the chicken allowing dressing to flavor it. Place Tupperware back in refrigerator and after 12 or so hours flip chicken over in Tupperware to flavor other side of chicken.

2. When ready to cook, put oil in frying pan over medium-high heat. Place chicken in frying pan and brown on both sides for 1 to 2 minutes each. Pour marinade into frying pan and simmer chicken for 9 to 10 minutes or until the center is no longer pink.

Oven-Baked Potatoes

Ingredients:

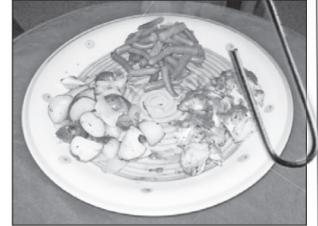
1 pound baby red potatoes,
quartered
1 medium onion, chopped
3 tablespoons olive oil
salt and pepper to taste

Directions:

1. Combine potatoes, onion and olive oil in a plastic bag or Tupperware and shake until well coated.
2. Spread ingredients on a cookie sheet.
3. Bake at 400 degrees for 45 minutes.
4. Season with salt and pepper to taste.

For another vegetable side, a can of green beans is a cheap and delicious finish to the meal.

Recipes courtesy of Robin Miller and Semi-Homemade Cooking with Sandra Lee



Distance demands sacrifice, strength

Considering that we attend a school in the middle of nowhere, I would venture to guess that a great number of students at the University are in a special kind of relationship. It involves lots of phone calls, e-mails and "I miss you," and frequently inspires such remarks as "How do you do it?" or "That must be so difficult." This is the (sometimes) hardy, (hopefully) love-conquers-all, long-distance relationship.

I have had about a cumulative year and a half of long-distance experience. With my life spanning the Midwest to the East Coast, it actually would be impossible for me to maintain any other kind of relationship for more than a semester. I've felt the elation of hearing, "You're worth the distance." I've known the despair of wishing that my hand would be about a thousand miles closer to his hand so it wouldn't feel so empty. I've questioned if the struggle was too much for me to take. I've given up before, but I've also realized these relationships really can work.

Before beginning a relationship

that stretches across a distance, be it 20 miles or half the world, it's important to consider the answers to certain questions. First and perhaps most simply: Why would two people want to do this? Is it because they are already dating and don't want to break up, or is it the result of an impulsive night at the end of summer? Was the change discussed, or did both parties just assume they'd keep going because they were afraid to bring it up? It is romantic to think high school sweethearts can maintain the same dynamic when they are far apart, but the truth is it's difficult, and it is not a burden I would wish upon the faint of heart.

The second question to ask is: What must be done to make this work? Relationships, even ones contained to a single residence hall, cannot function without invested effort and time. For two people who can't be near each other, added attention must be given to the relationship to ensure it is getting the care it needs to survive. Time that would be spent hanging out or going on dates

has to be replaced with other activities. Personal favorites of mine are phone conversations (which I previously had never been able to tolerate for more than 20 minutes), letters, small surprises in the mail and multi-hour games of Scrabble online. The couple must be able to spend time together to nurture their bond or it will fade away.

A third question is: Is an end in sight? If two people are together on breaks from school but apart during the rest of the year, how long do they plan to continue this way? Or, in the case of a difference in age, will they join each other at the same school in the future? It isn't always necessary to have every step planned out, but knowing a general plan can relieve some of the stress on the couple and provide a mutual sense of purpose and anticipation. In my case, making plans became a double-edged sword. Part of me needed to know there would be an eventual end, so I was figuring out what to do to get to the end of three years and not be alone anymore. However, it was

always impossible to know what would happen so far in advance, and coming up with solutions put a strain on my relationship. Also, three years seemed so infinite and impossible that I was filled with hopelessness, and that brought me to question why I was putting myself through it all in the first place.

For all those who are in happy, healthy long-distance relationships, there still are dangers. Jealousy, temptation and neediness can sabotage something that has the potential to be very special. The key, as always, is communication. Talking about worries or needs and supporting your boyfriend or girlfriend through difficulties is the most meaningful way to show you care.

The end result can be a truly amazing connection. Nothing compares to the excitement of seeing a sweetheart after a long time apart, and nothing shows the strength of love like the sacrifices made and special moments shared by two people who are willing to wait for each other.



Kelly Schute

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to talk

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