

Rebecca Rants on MTV VMAs

Rebecca Brodney, Staff Writer



photo via bilerico.com

Just as Kentucky Fried Chicken has evolved to become KFC, MTV's Video Music Awards have become The VMAs - because it's not about the music anymore. During the event, music and pop culture junkies tune into MTV to see their favorite musicians perform, to be introduced to the music stars of tomorrow, and to gather ideas for Halloween costumes based on Lady Gaga's outfits. The show is the perfect excuse to rant about various celebrities, their outfits, and their music, from the good or the glamorous to the bad or the downright "What were you thinking when you got dressed this morning?"

Perhaps the most irritating facet of the show was Chris Brown. It's insulting to women that he was allowed to be present, to perform, or to be nominated for any sort of award. I am not a fan of Rihanna, but I'm also not a fan of violence against women. Brown could have at least used choreography didn't include punches, which couldn't have been good for his PR - although he did get to fly.

Lady Gaga may have stolen the evening by dressing as her male alter ego, Jo Calderone, who looks eerily similar to Ralph Macchio from "The Karate Kid" (wax on, wax off, Gaga-san.) It's too bad that she doesn't cut out the over-the-top staging and the overly synthesized pop music, as she is a true musician blessed with a powerful voice that really only needs a piano accompanying it. It would

be a better message to relay to her fans than decorating herself with stuffed frogs or raw meat.

Speaking of which, no awards show would be complete without some heinous outfits. Katy Perry and Nicki Minaj took the cake in this department. Perry not only managed to sound like a moron while accepting awards, she did it with pink hair (I have no choice but to conclude that the bleach went to her brain.) Nicki Minaj committed an equally horrible fashion crime by modeling a dress made out of cone-shaped mirrors, accessorizing with a facemask that made me wonder whether she's related to Hannibal Lector or had become infected with SARS.

My favorite part of the night though was Russell Brand. Although he made the mistake of marrying someone who has nothing going on upstairs (Katy Perry), he made a touching speech about the recently deceased Amy Winehouse. Having been a close friend of Winehouse, as well as someone who conquered addiction himself, he reminded the audience that help with addiction is available to those who need it.

Despite the crazy outfits, this wasn't my favorite VMAs show. It definitely seemed to cater to a society that appreciates shock value over substance and fashion over passion. Luckily, Russell Brand was there to add some substance.

Hassle-free Risotto

Collected by Shanna Alley, Staff Writer

Risotto is a classic dish that can be difficult and expensive to make, but this recipe for Mock Risotto is affordable and a great dish to make any time of the year. It is perfect for leftovers and would go well with a salad. This recipe is from Delish.com.

Mock Risotto

Serves 4
Total time: 40 minutes

Ingredients

1 Tbsp Extra-virgin olive oil
1 medium onion, diced
¼ Tsp salt
2 cup(s) instant brown rice
4 clove(s) garlic, minced
2 ½ cup Vegetable or reduced-sodium chicken broth
1 pound asparagus, trimmed and cut into 1/4 -inch pieces
1 red bell pepper, finely diced
1 cup frozen peas, thawed
4 ounces reduced-fat cream cheese (Neufchatel)
½ cup grated Asiago or Parmesan cheese
¼ cup minced chives, or scallion greens

Directions

1. Heat oil in a large nonstick skillet over medium-low heat. Add onion and salt and cook, stirring often, until soft and just beginning to brown, 4-6 minutes. Add rice and garlic and cook until the garlic is fragrant, 30 seconds to 1 minute. Add broth and bring to a boil; cover, reduce heat to a simmer and cook for 5 minutes.
2. Remove cover and spread asparagus and bell pepper on top of the simmering rice—do not stir into the rice mixture. Replace cover and continue simmering, adjusting the heat if necessary, until the liquid is almost absorbed and the asparagus is bright green but still crisp, about 5 minutes.
3. Add peas and cream cheese; stir until the mixture is creamy and the cheese is incorporated. Return to a simmer and continue cooking until the liquid has evaporated and the asparagus is tender, about 5 minutes more. Stir in ½ cup Asiago (or Parmesan). Serve topped with chives (or scallions) and additional grated cheese.

Nutritional Information: (per serving)

Calories 368	Sodium 665 mg
Total fat 14 g	Total Carbohydrate 51 g
Saturated fat 6 g	Protein 13 g
Cholesterol 29 mg	



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