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Books

Dining Naturally in the Pacific Northwest: A Guide to Vegetarian and Natural Food Restaurants
 By Merilee Pruitt and Thomas Yesberger

© 1978 Dining Naturally
 \$2.95 paperback, 87 pages.

When it comes to food, Americans are learning to take chances.

Ordinary salt and pepper has been supplanted by kelp and cayenne. Honey has beaten out sugar. Carbonated beverages (even the word beverage!) have been replaced by juice. Not just orange juice or tomato juice, but apple-strawberry juice and canteloupe-pomegranate juice. Creative juices.

A veritable network of vegetarian and natural food restaurants has sprung up. And why not? The time has come when decent folks from all walks of life occasionally prefer a home-made

bagel paired with a ripe tomato and cream cheese over a chicken-fried steak.

This trend toward more health-conscious eating habits is reflected in the publication of *Dining Naturally in the Pacific Northwest: A Guide to Vegetarian and Natural Food Restaurants*.

Written by Merilee Pruitt and Thomas Yesberger, who dined at over 65 natural restaurants from Vancouver, B. C. to Klamath Falls, the book is designed to present an "alternative guide for a natural-food conscious traveler."

Included in the guide are Eugene's own Zoo-Zoo's, the Homefried Truckstop (Mama's), Gertrude's, the Nice Cream Parlor and the Vegetarian. Omitting the Fountain of Juice seems like an error. Amazingly enough, the prices are current and the menus are accurately represented. And that's really about all any guide can do, besides letting you know that a restaurant exists.

However, the particular political flavors of Eugene's natural food restaurants aren't captured in the book. This omission is too bad, because for many people, places like Mama's and Zoo-Zoo's are much more than natural restaurants, they are spiritual refuges. But perhaps politics are irrelevant. Tourists don't eat tofu anyway, do they?

In short, it's a good unpretentious book but it suffers because the authors deliberately downplayed their roles as critics and remained as inoffensive as possible.

Besides, whatever happened to that old-fashioned natural way of finding a restaurant in a strange town? You know stopping someone on the street and asking, "Where's the nearest decent place to eat?"

Dining Naturally is available in local bookstores for \$2.95 or by writing to Dining Naturally, 8806 218th S. W. Edmonds, Wash. 98020. By Peter Leibik

Art

Northside Gallery
Ceramics
Bob James and Richard Wanderman

If you haven't jogged or bicycled along the bike path between Franklin Boulevard and the Willamette River, you probably aren't aware of the Northside Gallery. In fact, even if you have traveled the route you still might have missed it.

Just west of the bike path, the inconspicuous Northside Gallery opened in January. Its smaller size provides an intimate campus alternative to the University art museum and the Fine Art Gallery in Lawrence Hall.

"Northside is an opportunity for people to display their art in smaller, less formal, more innovative atmosphere," says Laurie Kovac, one of the students involved in making Northside a viable gallery.

"It's impossible for undergraduates to show their work in the museum and the Lawrence gallery is used for extensive MFA and BFA efforts," Kovac adds. "We see Northside as a place where students can more readily show their work."

Under the direction of weaving instructor Barbara Setsu Pickett, students Kovac, Lisa McDowell, Theresa Boock and Holly Hutton currently provide the physical sustenance for the new gallery. With funds typically scarce, these four women, who also comprise the gallery's selection committee, have had to occasionally contribute some of their own money to supplement the money earned through sales and other fundraising activities.

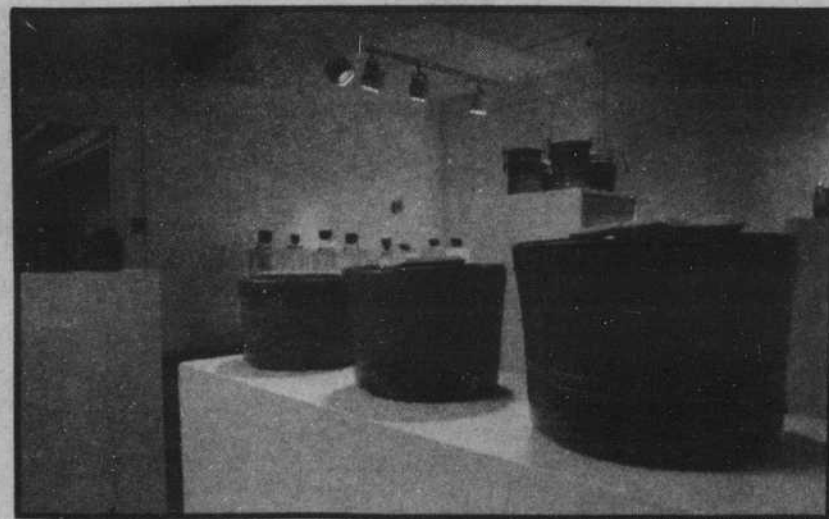


Photo by Steve Dykes

"We're in the process now of planning a winter term benefit party to raise money for both the Northside and Lawrence galleries," remarks McDowell. "We want to become self-sufficient."

Fiscal restraints notwithstanding, Northside supporters concede one of their main problems is exposure. A former anthropology quonset north of Franklin Boulevard isn't exactly high visibility real estate.

"We want students to know the gallery is not exclusively for art students," McDowell emphasizes. "We encourage any student doing presentable art to come over and talk with us; we're open to suggestions. And although faculty members do exhibit here, we want to stress priority for student work."

The variability of past Northside exhibitions reflects the gallery's encouragement of innovation. In addition to more traditional media, Northside has featured edible art works.

A ceramics show featuring Bob James, former fine arts department chairman, and graduate student Richard Wanderman, is currently exhibiting at Northside.

James' pieces, his first work in years, are small and fragile. Unglazed, hand sculpted and mounted on found materials of wood and string, they exude an analytical simplicity, creating spaces that complement Northside's intimacy.

In contrast, Wanderman's covered pieces are more elaborate in their utilization of Raku and salt-fired processes. His incorporation of such modern material elements as Perlon and Gortex — both mountaineering equipment materials — present interesting aesthetic questions to be resolved by the viewer.

Northside hours are noon to 5 p.m. Monday-Friday. Persons interested in exhibiting at Northside should call Barbara Pickett at 686-3658. By Richard Lee

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