

Pulse Editor:
Jacquelyn Lewis
jacquelynlewis@dailyemerald.com

Pulse Relax



On Thursday
Listen: Pulse
rocks the
music scene

Tuesday, May 6, 2003

Escape the college diet with tasty, toasty pies

This is my idea of a relaxing Sunday morning: Wake up early. Make coffee. Eat breakfast. Read *The New York Times*. And finally, go to the store three damn times just to bake an apple pie.

But it was worth it. I've been feeling culinary lately. I watch the Food Network obsessively and have been proudly proclaiming my goal to pack on the chub — not out of any desire to look Zoftig, but out of pure gluttony. Thin is not doing much for me, so I might as well enjoy a little licentious excess. Apple pie isn't exactly the epitome of extravagance, but it beats the hell out of Top Ramen.

My dietary indulgences, I think, are symptomatic of my feelings toward my lifestyle. I'm growing tired of eating like a college student. I don't want to cook out of a microwave or box. I don't want to open the refrigerator to bare shelves because someone with drunken hunger pains ate all my bread. I no longer want to eat over the sink or in front of the television. And there's something inherently depressing about Albertsons-brand macaroni and cheese. In short, I must be growing tired of being a college student.

Just as I don't have the time to waste making a meal, I don't have the free time to do any of the projects I want. Instead, I'm wasting my time on homework — busy work that has no real bearing on what I want or need.

What I want is the freedom to be leisurely, and good cooking begs leisure. My endeavor took nearly three hours. Instead of studying, I baked.

Granted, it shouldn't have taken that long. I consistently fail to read directions or check to see if I have integral ingredients. For instance, I found out that pie pans are kind of important for baking pies. I'm now tight with the express line lady.

On a side note, grocery stores on Sunday mornings are fascinating places. They're populated by old people yelling for peanut butter and crusty, whiskey-scented couples shopping for breakfast products. Who needs coffee when you can just get tossed?

My lazy efforts, though, rewarded me with some rad baked goods. Apple pie is the ultimate in comfort food. Plus, it smells incredible. The aroma of baking apple pie is supposedly both an aphrodisiac and an aid in selling houses. It makes a place feel homey and encourages people to buy.

It definitely reminds me of home — apple pie baking has a strong history in my family. We have a tiny orchard in our yard and used to bake mounds of pies every fall. My dad, in fact, is famous for his pie recipe. When he got remarried last year, he baked apple pies instead of having a wedding cake. Yet again, I'm

Turn to **Carlson**, page 6



Nika Carlson
D.I.Y. living

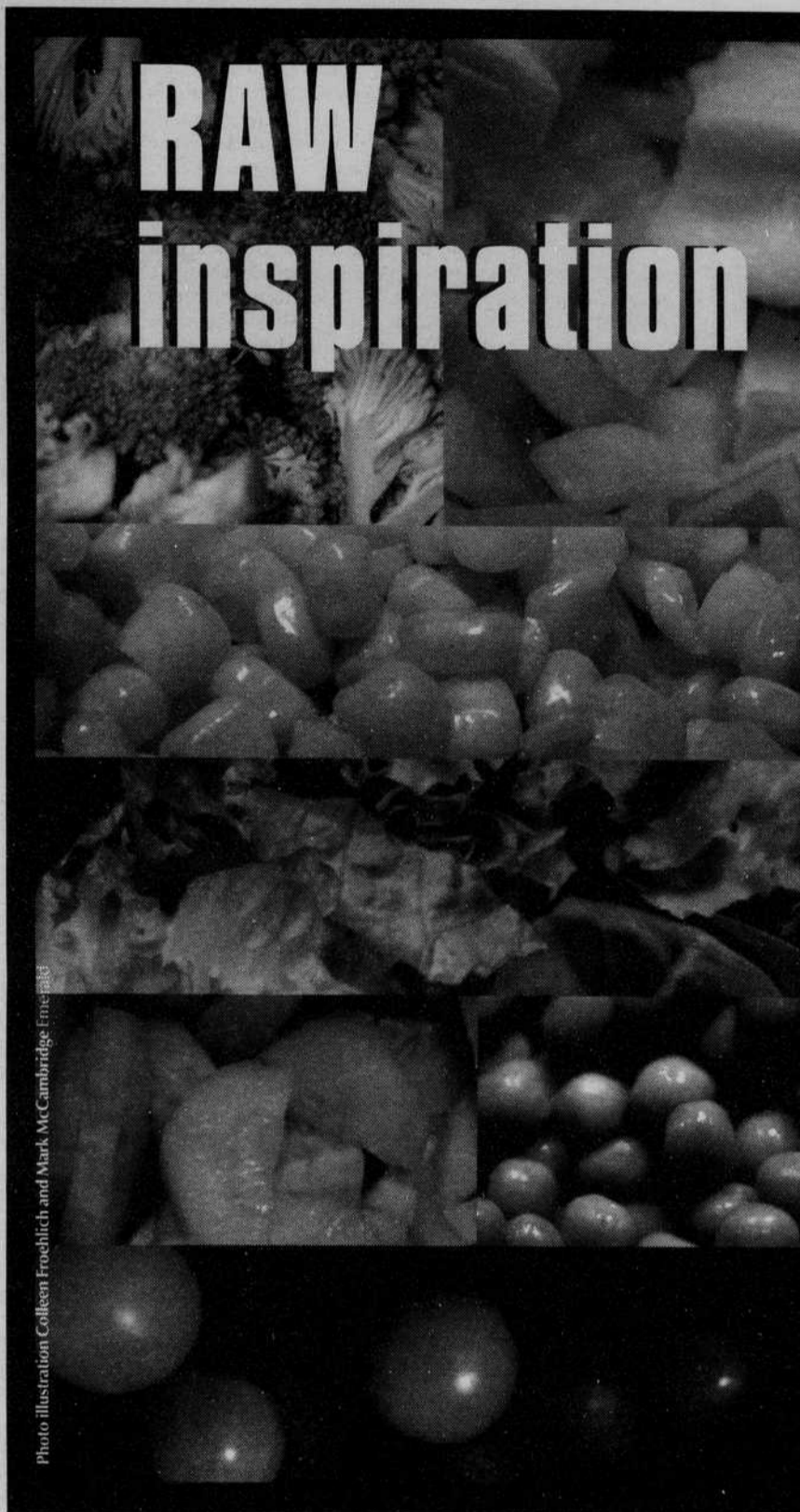


Photo illustration Colleen Froehlich and Mark McCambridge Emerald

The new raw food movement, known as living foods, avoids conventional cooking methods and focuses on enhancing the body's absorption of nutrients

Mark Baylis
Pulse Reporter

There is an assortment of abandoned ovens and microwaves lined up on the curb.

Or at least there could be, if the popular raw foods diet continues to win approval among Eugeneans. Within just a few years, the raw food movement, also referred to as living foods, has moved from the fringes of vegetarianism to the cutting edge, attracting a sizable Eugene community to its constituency.

Raw foodists don't eat any food that has been cooked, heated, processed or is not organic. They believe these processes diminish the nutritional content of the food and the body's ability to digest it. Those who adhere to the diet also avoid standard cooking methods in favor of soaking, blending and dehydrating to create their cuisine.

"You can tell the difference right away," said Rachel Mitrani, co-owner of the Conquering Lions restaurant. "When you eat raw, you feel lighter and your body isn't concerned with digesting."

Raw foodists blame rampant health problems such as obesity, heart disease and cancer on the consumption of cooked foods.

"The typical American diet is the product of all the technology (that industries) have used to mass produce their product," said John Duran, formerly a culinary chef and now a raw food cuisine chef.

"I wouldn't have admitted it even a year ago because I was in on it," he said. "But nutrition has no place in culinary arts. It's remarkable — but only to your senses."

Turn to **Raw**, page 7

Oregon trails challenge hikers with treks into volcanoes, water falls

Nearby parks present a range of difficulty levels that allow hikers to explore everything from Crater Lake to wild rose meadows

Ryan Bornheimer
Senior Pulse Reporter

Countless books have been published examining the unparalleled backpacking terrain of the Pacific Northwest. Oregon alone draws thousands of hikers each year in search of that one defining trek through unspoiled wilderness. And on the right day, a backpacking excursion can be closer to a religious experience than a simple hike. From day hikes to overnights, this part of the country gives backpackers plenty of reasons to strap on their strongest pair of boots and hit the trail.

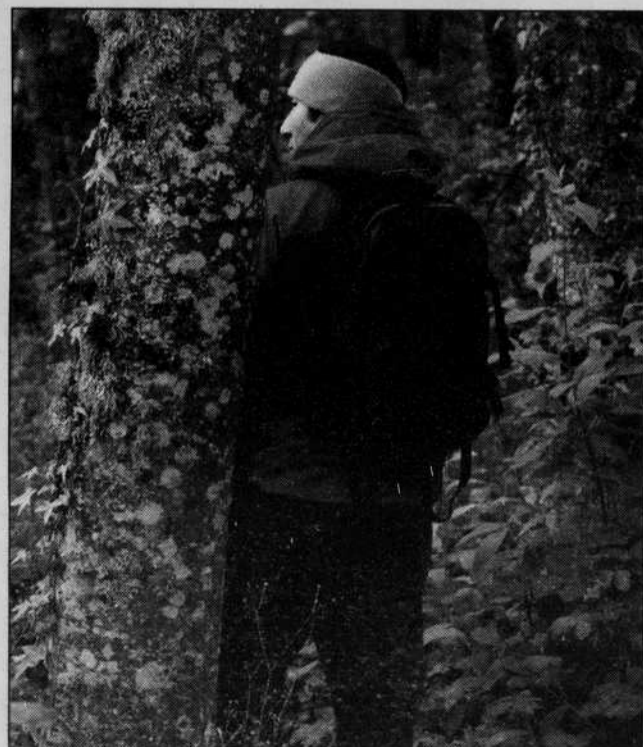
For example, there are more than 90

miles of trails leading into the backcountry of Crater Lake National Park. Resident Naturalist Interpreter Luk Ander likens the trails at Crater Lake to terrain one might find in the Grand Canyon — the farther in a hiker ventures, the less traveled the region is likely to be.

Ander accompanies groups into the park to help visitors put the science of the surroundings into the context of everyday life. He said many of the trails of Crater Lake are suited to day hikes, but some backpackers make a few days of it, adding that most stay out for a maximum of three days and two nights.

He also said it's hard to pick a favorite trail, but mentioned Watchman Peak and Mount Scott as particularly memorable destinations. Watchman Peak is a 1.4 mile round-trip hike with an 8013-foot overlook of Crater Lake. Mount Scott is a

Turn to **Trek**, page 6



Danielle Hickey Photo Illustration

Warm summer weather brings hikers to Crater Lake National Park to explore the more than 90 miles of backcountry trails.