

# Community

A photograph of Barack Obama, the President-elect, smiling broadly. He is wearing a dark suit, a white shirt, and a blue tie. In the background, the large, white, domed structure of the Tennessee State Capitol building is visible against a clear blue sky.

November 15, 2008

Volume I Issue 1

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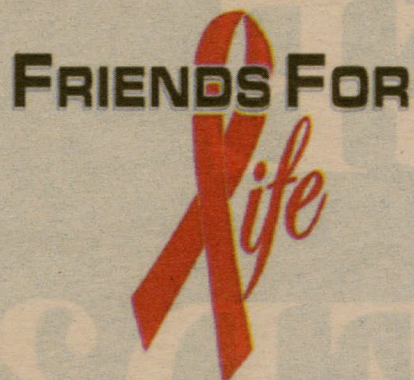
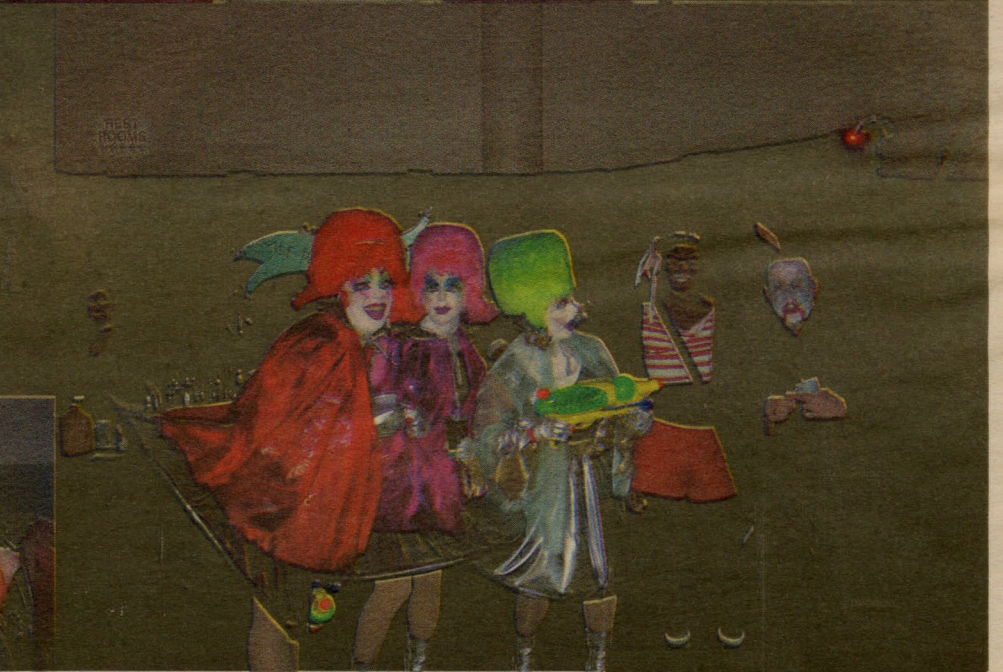
# CHANGE WE NEED?

*An independent newspaper for the GLBT community of Memphis*



# Costumes abound at Friends For Life Halloween Benefit

Memphis, TN; October 29, 2008 – Hansel and Gretel, Jack and the Beanstalk, Little Red Riding Hood and the Wolf – they were all there at *Once Upon A Time...Scary Tales!* Party-goers were greeted by a witch's castle as the stage, a haunted forest and incredible decorations at Friends For Life's annual Halloween costume benefit held Saturday, October 25. Preliminary figures show that approximately \$29,000 was raised to support the vital programs of Friends For Life, the Mid-South's oldest and most comprehensive AIDS service organization. The Wichiepoo castle (photos) from the 1970's television show, *HR Puffenstuff*, was designed and constructed by Joey McDaniel and Brent Delatte. To view pictures from the event, visit Friends For Life's web site at [www.friendsforlifecorp.org](http://www.friendsforlifecorp.org)



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### Community

41 S. Morrison St.  
Memphis, TN 38104  
901-864-1404

editor@community-memphis.com  
www.community-memphis.com

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#### Publisher/Editor

Darryl Rodgers  
editor@community-memphis.com

#### Technical Consultants

Steve Murphy  
William Carleton

#### Journalists:

Greg Tanner, Dru Phillips, Frosty, Larry Harvey,  
Sheila Huntley, John Holtzman,  
Dan Taylor, Will Renick, William Carleton

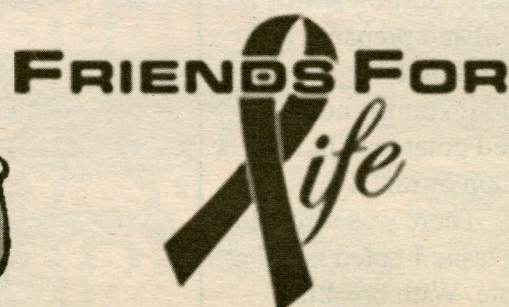
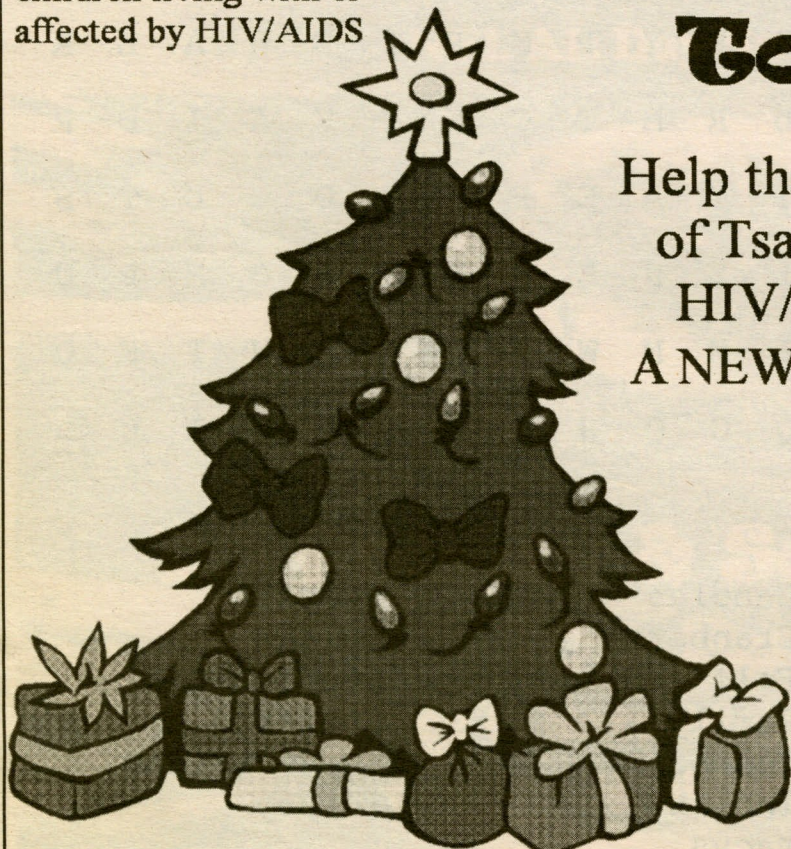


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# A Man Out & About In The Community

By: John Holtzman

To begin my first column in this first edition of Community, I wanted to express my appreciation to the editor for allowing me to write about my experiences at places to eat, drink and visit here the Memphis area. Now that I've expressed my appreciation (like the candidates in the presidential debates) let me get to the meat of the matter and we will be

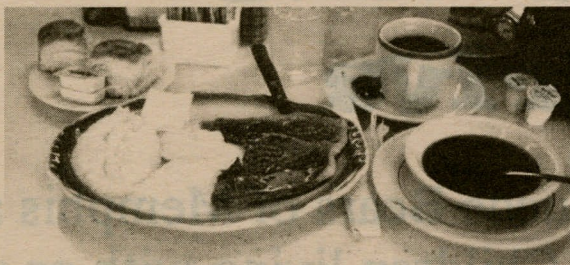


talking about meat – sorry vegans – I'm a man who likes my meat – go figure with my orientation.

This Saturday I was having a leisurely day and I decided to have a late breakfast and dine at one of the midtown classic restaurants "Bob's

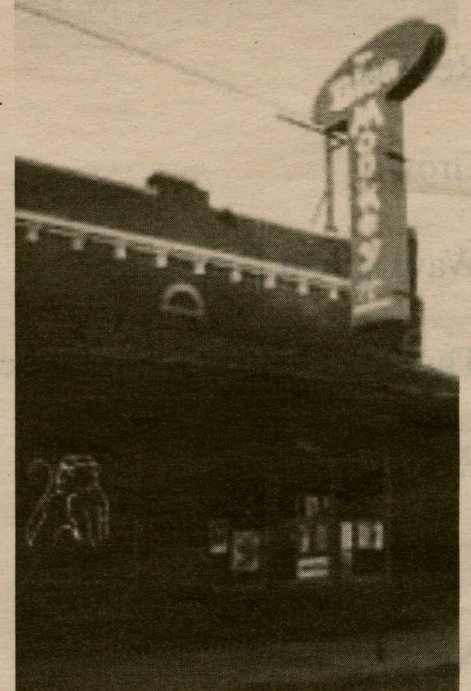
Barksdale Restaurant". It is rare that you can go into Barksdale's and not find the restaurant crowded. It reminds me of a diner in a small, country town. As I observed the crowd, you see people from all walks of life – older adults, college age and those somewhere in the middle. If you go to Barksdale's to be served on linen table clothes and fine china you will be disappointed. If you go with the desire to have a good old fashioned meal like your grandmother would make, then Barksdale's is your location. For those who do not know where the restaurant is located, it is at 237 S. Cooper St. here in midtown. The hours of operation are 6 a.m. to 2 p.m. seven days a week. The restaurant is closed various holidays. I have been in this restaurant many times and have had good dining experiences – especially when it comes to the breakfast menu. This time I ordered the two eggs with bacon that is served with choices of grits or hash browns and toast or biscuits. I selected the grits and the biscuits along with a side order of sausage gravy. Everything was served hot, my eggs I ordered scrambled and they were nicely prepared. I consider myself to be a connoisseur of grits and I was not disappointed. The grits had great consistency and taste. In the future I plan to share with my readers where the best grits in Memphis are served. The bacon was crisp and not overcooked. The sausage gravy was good. The biscuits were mediocre although I have eaten the cornbread and rolls when I have ordered lunch and I believe those are award winning. The prices at Barksdale's are very reasonable and my overall experience was very good. I look forward to my next meal at this local diner

Sunday after church a suggestion was made that we dine at the Blue Monkey because they offer a brunch menu and they open at 11 a.m. I have been to the Blue Monkey located at 2012 Madison Ave. in midtown on two previous occasions; however this time was my best yet. The brunch menu had items including eggs benedict, omelets, and on the special menu there was steak and eggs. There were items that were



offered in the menu as appetizers that included pancakes and biscuits and gravy. I ordered the steak and eggs requesting my eggs to be scrambled and this was served with roasted potatoes and a biscuit. One of the people at my table ordered the biscuits and gravy. This was served with two large open faced biscuits covered in sausage gravy. I tried a bite of this and the only complaint that I had was that the gravy was too heavy with pepper. The consistency was good, there was a generous amount of sausage in the gravy and the biscuits were good as well. Eventually the main entrees began to arrive. The presentation of all of the plates was fabulous and inviting. Good food can be pretty as well. The steak I was served was a 5 ounce portion which is small, but the meat was extremely tender, flavorful and prepared as I had ordered which was medium rare. The three scrambled eggs were perfectly prepared. The roasted potatoes – I could go on for hours about them. These were absolutely the best roasted potatoes I have ever eaten. The flavor was perfect. No need for ketchup or ranch dressing to cover up these potatoes – they were incredible. There was also a biscuit included in the meal. There was one service issue I noted and that being there was no margarine or butter on the table. With breakfast foods that include toast, muffins or

biscuits, I believe butter or margarine should be either presented on the plate with the food or available on the table. Bread does not stay hot very long and before the butter arrived; my biscuit was room temperature and did not cause the butter to melt. I am venting my own pet peeve. The rest of the meal was so good by far; this was just a minor inconvenience. Of special note, the Blue Monkey is a restaurant that allows its customers to smoke so be sure to bring your ID if you look like you are under 21 – I know about this – my daughter got "carded" however she is 22 so we were able to enjoy this great brunch. I understand the smoking issue and the positions restaurants have been forced to take, especially if they are considered more of a bar than a restaurant. However, it is a shame that families with children under 21 cannot enjoy this wonderful brunch which to date appears as the best Sunday brunch in midtown. The prices on the menu were moderate and I felt I received a good value for the money. I look forward to having brunch again and any entrée I order will include those marvelous roasted potatoes. I would highly recommend to all my readers to try Sunday brunch at the Blue Monkey.



I know that both of my reviews have been very positive because in both cases I had great experiences. I know this is not always the case and when I have a bad experience, you, my readers, will be the first to know about it. So beware, you never know when I may come into your restaurant, bar or any other place to visit and you see a story about my experiences. Until the next time.... I am a man out and about in the Community.

## Thanksgiving

E Z J F B F A M I L Y S I Q  
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 D V R C M E T G E I E M O W  
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 Fall  
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## Dru's Sports Corner

By: Dru Phillips

I grew up a sports fan and as I have gotten older, I have noticed several things concerning football fans in the Mid-South. I want to begin by spotlighting the SEC fans! My fellow hog fans have their own oddities. A big plastic Hog Head complete with snout and tail bouncing around as they yell Woo Pig Sooie. Why do we do this strange thing? Ole Miss fans in the grove all dressed up and shouting Hottie Tottie. Are they Nuts? Tennessee Vols with a hound dog as their mascot with all that orange, orange and more orange. I think their coach will resign to become the spokes person for Nutri-System. What is up with the orange and white checkerboard? What color are the checkers?

Those committed Mississippi State Fans who are known as the Dawg Pound. I think that maybe their coach will find himself in the dawg house if things don't change soon.

They really have some great cheese! Alabama is called the Crimson Tide but have an elephant as their logo? Oh well, if you start out undefeated in the SEC you can call yourself anything you like. Auburn

is their in-state rival and harbor two mascots: The Tigers and the War Eagle. Maybe they change depending on which team they play. I wonder which mascot has the best record? South Carolina really intrigues me. Why would you have a fighting chicken as a mascot? Maybe because of Steve Spurrier! Those Florida fans are just boisterous. I guess you can be when you win as much as they do. I guess it must be the Gatorade! Poor Vandy, the last time they competed consistently in the SEC was when Lionel Richie was a Commodore. Maybe they have too much gray matter on their team. LSU fans are rowdy but those Cajuns sure know how to party. Man do they know how to tailgate. I personally hung out with some LSU fans one year in Little Rock and boy was it fun. The Georgia Bulldogs play in Athens between the hedges. They seem to always be close but just barely miss the big game. Maybe they should invest in some clippers to trim down the Hedges to get the national attention they deserve. Kentucky fans always show support for their football team but are just waiting for March Madness to arrive

All college football fans are fun. I cannot forget Michigan State Bob and his mean green machine; the Notre Dame gals with their jar of Klaussen Pickles; the University of Memphis fans who are just waiting for Basketball season to start along with the Red Wolves of Arkansas State University who had to retire Injun Joe. College football fans make up some of the most interesting people I have come to know. Keep rooting for your team and maybe your school will end up at the TOP!



## Times of the Pyramid

By: Greg Tanner

Greeting to all our new readers here at Community. I am Greg Tanner, TSARUS President, and I will be writing on the leather/bear community as well as night life news. It is very exciting and a privilege to be contributing to this new GLBT newspaper.

First of all a schedule of events. The 9th annual Leather reunion will be held Saturday November 29th at The Pumping Station. There will be raffles, shooters, boot shines and an after-hours party. The reunion is a special once a year event held by TSARUS every November. We invite all out of town associates as well as in-town associates and other bears and people of leather. It is usually our biggest club night of the year. We will be having our normal club night in December.



Now that I have the commercial out of the way, on to some substance. Lately, it's been both annoying and

frustrating to hear all the complaining by our community at large about the lack of gay social life in this area. I'm well aware this is not the 70's with bath houses and Stonewall, or the 80's with the new freedoms and the onset of HIV/AIDS, nor is it the 90's when most of us were Xing our brains out while dancing around in circles, but that doesn't mean the end of gay life.

We, as gay people have many more diverse opportunities to meet and socialize with like minded people. There are gay churches, sports groups, square dancing, even college groups for the younger generation. Of course there is also the internet, which I believe is the biggest factor to smaller crowds at the nightclubs and leather runs.

But we have to remember how times change. You have two choices: adapt or become extinct, as a bar employee and a leather club member, I have come to realize we have to change with the times. Internet accessibility, non-smoking area's and non-alcoholic drinks served with food in the bars hopefully will help to pick things up.

Just remember things change and we must change with them. We're lucky to be here for the new generation, many of our friends are now absent. The ones of us fortunate enough to live that long can look forward to sitting in wheelchairs in some shady pines nursing home one day yelling "Hey Melina, Play hungry like the wolf again".

## Local Transgender man Murdered

By: Danya Bucchus

Duanna Johnson became a household name after a February jail beating was caught on tape.

Monday November 10, Johnson was the victim of a homicide. Murray Wells is Johnson's attorney. After the jail beating incident, he and his client sent demand letters to the city saying they were willing to settle for 1.3 million dollars. A lawsuit was never filed.

"We were waiting to have that coincide with a Federal indictment of Civil Rights Violation against Officer McCrae," said Murray Wells. Murray thinks an indictment against former Memphis Police Officer Bridges McCrae will come later this month. Wells says McCrae could face a federal civil rights violation. He doesn't believe Johnson's death will keep that from happening.

"They may have some proof issues now because they won't have Duanna to testify against officer McCrae but I think the civil rights violation speaks for itself and I think we feel pretty comfortable the United States will proceed with that," said Wells. Wells say a lawsuit against the city may still be filed. That's if Johnson's family pursues it. If so, wells thinks they have a good chance of winning.

"They would have to paint her in a negative light so the jury wouldn't like her and now to do that would be very tough for the city," said Wells. Until they know for sure, wells is hoping what happened to Duanna Johnson will have an impact in keeping it from happening again. "Because of what happened to her. The attention she brought to issues such as police brutality and the transgendered. A lot of really important issues she made changes in and that's what we'll try to remember."

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## In the Kitchen with Crudité

By: Dan Taylor

Happy Holidays! Whether you like it or not they're here again. We cleared Halloween, and Thanksgiving is only a week or two away. Many of us will attend a holiday meal with family and friends. Are you the blessed soul cooking a turkey or ham with all the trimmings, or did you get off easy by being asked to bring something (other than yourself). Either way, I wanted to fill my little corner of this fine publication with a "hints from Heloise-esque" column for those that may want to try something different this year and offer up SOME help with the basics to those that can't boil water.



### Thanksgiving 101

The best advice I can give anyone cooking a big meal for the first time is: Plan ahead, Keep it simple, and Follow recipes. Recipes are your friends and they are everywhere. They can be found not only in cookbooks, but also on-line, on food packages and at your favorite grocery store. This would also be a fine time to call grandma and tell her you love her and "Oh by the way what makes your green beans so Yummy?". Reading over recipes will help you decide on a menu and let you find dishes that you would feel comfortable in the kitchen with. Again, keep it simple. You will also be making your shopping list from these recipes. Don't expect to remember everything when you get to the store. Save time and money by checking your pantry before you leave the house. Now, with your shopping list in your back pocket, a pen behind your ear, and your mind on your budget and your budget on your mind, your going shopping. Don't worry I am there with you in spirit.

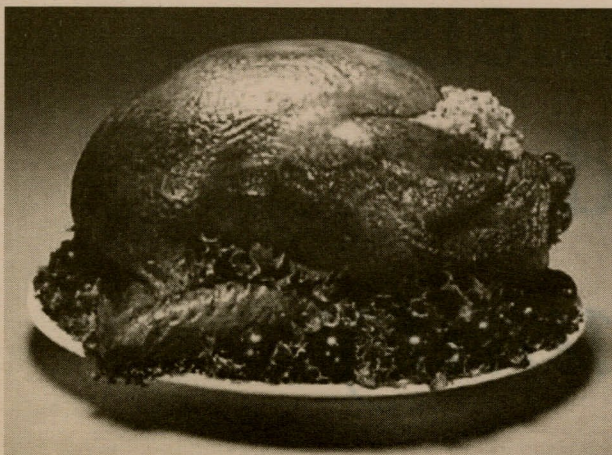
### Shopping hints

- Remember time is an important factor. PLAN AHEAD. That turkey won't thaw overnight!
- If you don't have measuring cups and spoons buy them. The big box will be cheaper than the grocer.
- If you find a better, easier, faster recipe on the self rising flour bag go with it.
- You brought a pen with you to make amendments to your list. Use it.
- The instructions on the turkey or ham are the best, second only to the brown-N-bag.
- Please follow the recipes to the letter.
- Don't skip an ingredient. You never know. Many "holiday" spices and seasoning are used heavily in ethnic cuisines.

### Pimp Yo' Turkey

For someone that's cooked more turkeys than they have fingers and toes, I know that Holiday food can be boring and contrite. Let's be honest. Some of this food you only eat during the holidays because its the holidays. Don't be afraid to try a new recipe, a new version of an old stand by, or to tweak a classic. Maybe you

have a person coming over that is vegetarian or vegan. Maybe you've gone off on some crazy health kick. This is the perfect time to try something new. I personally think there is something wrong if three pounds of butter has not been used in the production of the holiday meal. Aren't we suppose to get so full we can't stand ourselves. However converting dishes to low-fat or low-carb ver-



sions is easy and it's fun to expand your repertoire and test your abilities. I was vegetarian for ten years. Let me assure you (nay swear on a stack of Vegetarian Times magazines) that vegetarian food is easy and accommodating, and it's tasty, too.

I am going to be honest. "Health" foods taste different. That's the point. But it doesn't have to be boring, bland, or weird. If your going to eat a diet that is without Flesh, fats, or carbs you can't get those flavors elsewhere. That's why these foods taste bland or weird. Tofu comes from beans, from a plant, that grew in the dirt. To be as straight-forward as possible, it will never have the "ocean" flavor of some thing that swam in the sea or the hint of iron rich blood from something that use to have a beating heart. Only milk and butter taste like milk and butter. Corn bread and overly processed rice and flour aren't going to taste like their low-carb nutrient rich whole grain cousins. That's kind of the point and while some of these foods will taste over seasoned or have different flavors. It's part of the joy of cooking. Embrace it, own it, and refine it!

### Healthy Holiday Tips

- Check out a cookbook or magazine specific to the style of cooking your going to try.
- Cook with Olive Oil. It is adaptable and lends a great flavor.
- Replace Whole Milk and Cream with 2%, Skim, or my favorite Butter-milk.
- Add more vegetable dishes and don't destroy the vitamins and nutrients in your food by cooking it to death. The fresher the better!
- Use vegetable broth instead of chicken or beef broth.
- Prepare a fresh salad with a fall influence.
- If you are not eating carbs altogether, try a whole grain or rice dish.
- Eliminate refined or processed sugars.
- Make your own cranberry sauce and try a fruit dessert instead of cake or pie.

### Vegetarian 101

You should have a pretty good overview of vegetarianism by now. Now lets get down to food. Plenty of vegetables are good for anyone, but its not going to cut it for a vegetarian meal. You as the host need to look at three things: do your guests eat eggs and dairy or are they vegan (no



animal products), vegetarian protein options that are available to you, and resources like veg mags, cookbooks, and websites. The average meat and potatoes persons meal is not complete without meat and potatoes. This is true for vegetarians. They call it quality protein and food combining. If applicable macaroni

and cheese or quiche would suffice, or maybe simple food combining like a bean and rice dish. It's the holidays, though, so let's talk tofu. Besides tofu you could choose tempeh, TVP, seitan, or a proprietary meat substitute. These all can be found in the produce or frozen section of any grocer today. Most of these products have the same amount of protein as chicken or fish. They also can be cooked the same way by grilling, sautéing, baking, et cetera. Try to adapt something you normally prepare, but use one of these products, or find a vegetarian recipe that sounds interesting and appealing to you.

Eat well, boys and girls and gender rebels. Happy holidays!!!

Dan Taylor is a renegade chef who now bartends at the pumping station. He is happier now and cooks now and again just to get it out of his system. He rarely knows where he is or what he's talking about, but cooks like a demon and pours drinks like your irresponsible uncle. He is a member of Tsarus and is madly in love with a turtle.

Despite what I said earlier about measuring, most amounts are approximate in these recipes. Any product or ingredient notes and hints are give after the ingredient lists.



### Cranberry Sauce

It's cheap and easy. Serves 8-10.

One bag or pound of fresh cranberries  
One cup of water  
One cup or less of sugar or alternative  
One teaspoon of salt  
Cinnamon, fall spices, chili powder, and or Chinese 5 spice to taste

Bring water and rinsed cranberries to a boil in a small or medium sauce pan and cover. Listen. you will here the cranberries pop. As the popping subsides remove the lid and add sugar, salt and seasoning. Reduce heat to a simmer and let the sauce thicken to your liking. stir frequently to prevent sticking or scorching. Serve hot or chilled. If cooling in the fridge or on the countertop, stir regularly to speed the process and insure even cooling. Salt accentuates sweet. Use it! Season this however you will for your taste.

### Creamed Cauliflower

A tasty low-carb alternative to mashed potatoes or yams. It can be made without leeks and garlic, or seasoned with what ever you use in your potatoes (chipotles, wasabi, mustard, curry...). Serves 6-8.

Florettes (little trees) of two heads of Cauliflower  
One bunch of Leeks or a bunch of Scallions  
One tablespoon Garlic  
Butter or Olive Oil  
One Cup Milk or Soy  
Salt and White Pepper to taste

Boil cauliflower in a medium saucepan until fork tender. Drain and set aside. While the cauliflower is cooking, Sauté rinsed leeks and garlic over medium heat until soft. Add milk or soy and allow to reduce. Add leeks and milk to cauliflower and blend. Thicken if need be over very low heat or with corn starch. Season to taste. The best method for blending this recipe is in the sauce pan with an immersion blender. Blenders, food processors, and potato mashers get the work done, too. If soy milk is used silken tofu is needed to replace the density of whole milk or cream. Chop it and add it to the mix before you blend.

This recipe is very adaptable. Dairy or dairy free works the same way. White pepper is not just classy; its easier to digest and better for your plumbing.

### Savory Sage Seitan

Seitan is a meat substitute made from wheat gluten (naturally occurring protein in whole wheat). It can be worked like dough into various textures and has a mild, well, bread flavor. It can be found at the health food store or at grocers with an extensive health food section water packed like tofu in the produce section or frozen. I use a canned seitan called mock-duck from the Asian market. Tofu or tempeh can be cooked by this method or flip the tables and use chicken or turkey breast instead.

Approximately 32 ounces of Seitan Sliced {(as best you can) you'll understand soon}  
One sliced Yellow Onion  
Half a stalk of Celery Cut on the bias  
One Tablespoon of chopped Garlic  
one Tablespoon of rubbed Sage  
Salt and Pepper to taste  
Half Cup of Veggie Broth  
One Tablespoon of thickener (cornstarch, flour, arrowroot...)

Again Season this to your liking. You can always add more, but you can't always take it out. A dash of white wine with the broth is a nice touch.

Brown the seitan in a pan with oil on medium high heat. Add the onion and celery and cook until tender. Add the garlic and sage last as not to

burn it. Salt and pepper to taste. Raise the heat and deglaze the pan with the broth and or wine and reduce by half. Stir regularly to loosen food and yumminess from the pan and prevent burning and sticking. Remove "meat" and vegetables and thicken the sauce (yes, it's veggie gravy!)

### Fall Grain Salad

This salad can be slung together in about ten minutes if need be. Just cook the rice or grain and squash ahead of time. Combine and heat it up in the microwave and its ready.

One peeled and seeded Butternut Squash cubed small  
One sliced Yellow Onion  
One teaspoon Nutmeg  
Four cups of Rice, Barley prepared as indicated on its package  
A half cup of Dried Cranberries  
A half cup of Toasted Pecans  
One bunch of parsley chopped



Preheat oven at 375 degrees. Toss the squash and onions in a bowl with the nutmeg, salt, and pepper with enough oil to coat it well. Roast this in the oven on a lined pan for 25 or 30 minutes. On the stove top prepare the rice per package directions with cranberries (they will re-hydrate best here). Substituting veggie broth for water will make the final product much more rich and savory. The pecans can also be toasted on the stove in a dry pan at med to low heat. If they burn, throw them out and start over with a clean pan. Transfer the rice to a bowl. Stir in pecans. Lastly add the squash and onions from the pan with the oil that cooked off. Mix and season again to taste. Garnish with parsley.

Prepare a tossed green salad to round out this healthy alternative holiday meal. Suggestions are spinach or arugula mixed with sliced fennel, shredded carrots, sun-dried cranberries or blue berries, and toasted walnuts or pecans. Toss in a dressing made with olive oil, lemon juice, salt, pepper, and chili powder.

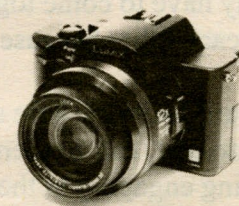
# Community

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without who this paper  
would not be possible



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