

This is not...

THIS ISSUE!

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- Hot Ninja Action
- Cold Sushi Action
- T.I.N. Top 5
- MAX!
and more...



FREE!
issue 1.5

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Warning: The following pages were created by a bunch of no-talent white boys. If you're looking for information on REAL Asian-American culture please check out giantrobot.com, modelminority.com, aamovement.net or asian-nation.org

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- \$1.51 (4 quarters, 4 dimes, 1 nickle, 6 pennies)
- Keys on ring (7)
- 1" girlfriend (on keychain)
- \$2 theater movie stub (The Royal Tenenbaums)
- wallet (leather)

Although we don't generally focus on "conspiracy theories", after reading this article I thought it was important that we run this as the main story for this issue. Though the citations may not always be as complete as some might like, there are numerous other alternative media sources that are reporting and supporting this information as well. We offer this article as an introduction to all the seemingly unrelated and unreported information that is available from non-U.S. mainstream media. Our thanks to Mr. Ruppert for allowing us to reprint the article here for you.

-Spackle

A Timeline Surrounding Sept. 11TH: If the CIA and Government Weren't Involved in the September 11 Attacks, What Were They Doing?

By Michael C. Ruppert,
Guest Editorial

FTW, November 2, 2001 – 1200 PST [Expanded and Revised February 11, 2002] — On October 31, the French daily Le Figaro dropped a bombshell. While in a Dubai hospital receiving treatment for a chronic kidney infection last July, Osama bin Laden met with a top CIA official - presumably the Chief of Station. The meeting, held in bin Laden's private suite, took place at the American hospital in Dubai at a time when he was a wanted fugitive for the bombings of two U.S. embassies and this year's attack on the U.S.S. Cole. Bin Laden was eligible for execution according to a 2000 intelligence finding issued by President Bill Clinton before leaving office in January. Yet on July 14th he was allowed to leave Dubai on a private jet and there were no Navy fighters waiting to force him down.

In 1985 Oliver North - the only member of the Reagan-Bush years who doesn't appear to have a hand in the current war - sent the Navy and commandos after terrorists on the cruise ship Achille Lauro. In his 1991 autobiography "Under Fire," while describing terrorist Abu Abbas, North wrote, "I used to wonder: how many dead Americans will it take before we do something?" One could look at the number of Americans Osama bin Laden is alleged to have killed before September 11 and ask the same question.

It gets worse, much worse. A more complete

timeline listing crucial events both before and after the September 11th suicide attacks, which have been blamed on bin Laden, establishes CIA foreknowledge of them and strongly suggests that there was criminal complicity on the part of the U.S. government in their execution. It also makes clear that the events which have taken place since September 11th are based upon an agenda that has little to do with the attacks.

One wonders how these events could have been ignored by the major media or treated as isolated incidents. Failing that, how could skilled news agencies avoid being outraged, or at least even just a little suspicious?

1. 1991-1997 – Major U.S. oil companies including ExxonMobil, Texaco, Unocal, BP Amoco and Shell directly invest almost \$3 billion in cash bribing heads of state in Kazakhstan to secure equity rights in the huge oil reserves in these regions. The oil companies further commit to future direct investments in Kazakhstan of \$35 billion. Not being willing to pay exorbitant prices to Russia to use Russian pipelines the major oil companies have no way to recoup their investments. [*Sources Testimony before the House International Relations Committee Feb. 12, 1998*]

2. December 4, 1997 – Representatives of the Taliban are invited guests to the Texas headquarters of Unocal to negotiate their support for the pipeline. Subsequent reports will indicate that the negotiations failed, allegedly because the Taliban wanted too much money. [*Source: The BBC, Dec. 4, 1997*]

3. February 12, 1998 – Unocal Vice President John J. Maresca - later to become a Special Ambassador to Afghanistan - testifies before the House that until a single, unified, friendly government is in place in Afghanistan the trans-Afghani pipeline needed to monetize the oil will not be built. [*Source: Testimony before the House International Relations Committee.*]

4. 1998 - The CIA ignores warnings from Case Officer Robert Baer that Saudi Arabia was harboring an al-Q'aeda cell led by two known terrorists. A more detailed list of known terrorists is offered to Saudi intelligence in August 2001 and refused. [*Source: Financial Times Jan. 12, 2001; See No Evil a book by Robert Baer (release date Feb. 2002)*]

5. 1998 and 2000 - Former President George H.W. Bush travels to Saudi Arabia on behalf of the privately owned Carlyle Group, the 11th largest defense contractor in the U.S. While there he meets privately with the Saudi royal family and the bin Laden family.

[Source: *Wall Street Journal*, Sept. 27, 2001. See also FTW, Vol. IV, No 7 – “The Best Enemies Money Can Buy,” - <http://www.copvicia.com/members/carlyle.html>]

6. January, 2001 – The Bush Administration orders the FBI and intelligence agencies to “back off” investigations involving the bin Laden family, including two of Osama bin Laden’s relatives (Abdullah and Omar) who were living in Falls Church, VA – right next to CIA headquarters. This followed previous orders dating back to 1996, frustrating efforts to investigate the bin Laden family. [Source: *BBC Newsnight*, Correspondent Gregg Palast – Nov. 7, 2001]

7. Feb 13, 2001 – UPI Terrorism Correspondent Richard Sale – while covering a trial of bin Laden’s Al Q’aeda followers - reports that the National Security Agency has broken bin Laden’s encrypted communications. Even if this indicates that bin Laden changed systems in February it does not mesh with the fact that the government insists that the attacks had been planned for years.

8. May 2001 – Secretary of State Colin Powell gives \$43 million in aid to the Taliban regime, purportedly to assist hungry farmers who are starving since the destruction of their opium crop in January on orders of the Taliban regime. [Source: *The Los Angeles Times*, May 22, 2001]

9. May, 2001 – Deputy Secretary of State Richard Armitage, a career covert operative and former Navy Seal, travels to India on a publicized tour while CIA Director George Tenet makes a quiet visit to Pakistan to meet with Pakistani leader General Pervez Musharraf. Armitage has long and deep Pakistani intelligence connections and he is the recipient of the highest civil decoration awarded by Pakistan. It would be reasonable to assume that while in Islamabad, Tenet, in what was described as “an unusually long meeting,” also met with his Pakistani counterpart, Lt. General Mahmud Ahmad, head of the ISI. [Source: *The Indian SAPRA news agency*, May 22, 2001]

10. June 2001 – German intelligence, the BND, warns the CIA and Israel that Middle Eastern terrorists are “planning to hijack commercial aircraft to use as weapons to attack important symbols of American

and Israeli culture.” [Source: *Frankfurter Allgemeine Zeitung*, Sept. 14, 2001]

11. July, 2001 – Three American officials: Tom Simmons (former U.S. Ambassador to Pakistan), Karl Inderfurth (former Assistant Secretary of State for South Asian affairs) and Lee Coldren (former State Department expert on South Asia), meet with Pakistani and Russian intelligence officers in Berlin and tell them that the U.S. is planning military strikes against Afghanistan in October. A French book released in November, “Bin Laden - La Verite’ Interdite,” discloses that Taliban representatives often sat in on the meetings. British papers confirm that the Pakistani ISI relayed the threats to the Taliban. [Source: *The Guardian*, Sept. 22, 2001; the *BBC*, Sept. 18, 2001. *The Inter Press Service*, Nov. 16, 2001]

12. Summer 2001 – According to a Sept. 26 story in Britain’s *The Guardian*, correspondent David Leigh reported that, “U.S. department of defense official, Dr. Jeffrey Starr, visited Tajikistan in January. *The Guardian’s* Felicity Lawrence established that US Rangers were also training special troops in Kyrgyzstan. There were unconfirmed reports that Tajik and Uzbek special troops were training in Alaska and Montana.”

13. Summer 2001 (est.) – Pakistani ISI Chief General Ahmad (see above) orders an aide to wire transfer \$100,000 to Mohammed Atta, who was according to the FBI, the lead terrorist in the suicide hijackings. Ahmad recently resigned after the transfer was disclosed in India and confirmed by the FBI. [Source: *The Times of India*, Oct. 11, 2001]

14. Summer 2001 – An Iranian man phones U.S. law enforcement to warn of an imminent attack on the World Trade Center in the week of September 9th. German police confirm the calls but state that the U.S. Secret Service would not reveal any further information. [Source: *German news agency “online.de”*, Sept. 14, 2001, translation retrieved from online.ie in Ireland.]

15. June 26, 2001 – The magazine *indiareacts.com* states that “India and Iran will ‘facilitate’ US and Russian plans for ‘limited military action’ against the Taliban.” The story indicates that the fighting will be

“A more complete timeline listing crucial events both before and after the September 11th suicide attacks establishes CIA foreknowledge of them and strongly suggests that there was criminal complicity on the part of the U.S. government in their execution.”



done by US and Russian troops with the help of Tajikistan and Uzbekistan. [Source: *indiareacts.com*, June 26, 2001.]

16. August 2001 – The FBI arrests an Islamic militant linked to bin Laden in Boston. French intelligence sources confirm that the man is a key member of bin Laden’s network and the FBI learns that he has been taking flying lessons. At the time of his arrest the man is in possession of technical information on Boeing aircraft and flight manuals. [Source: *Reuters*, Sept. 13.]

17. August 11 or 12 – US Navy Lt. Delmart “Mike” Vreeland, jailed in Toronto on U.S. fraud charges and claiming to be an officer in U.S. Naval intelligence, writes details of the pending WTC attacks and seals them in an envelope which he gives to Canadian authorities. [Source: *The Toronto Star*, Oct. 23, 2001; *Toronto Superior Court Records*]

18. Summer 2001 – Russian intelligence notifies the CIA that 25 terrorist pilots have been specifically training for suicide missions. This is reported in the Russian press and news stories are translated for FTW by a retired CIA officer.

19. July 4-14, 2001 – Osama bin Laden receives treatments for kidney disease at the American hospital in Dubai and meets with a CIA official who returns to CIA headquarters on July 15th. [Source: *Le Figaro*, Oct. 31, 2001]

20. August 2001 – Russian President Vladimir Putin orders Russian intelligence to warn the U.S. government “in the strongest possible terms” of imminent attacks on airports and government buildings. [Source: *MS-NBC interview with Putin*, Sept. 15]

21. August/September, 2001 – The Dow Jones Industrial Average drops nearly 900 points in the three weeks prior to the attack. A major stock market crash is imminent.

22. Sept. 3-10, 2001 – MS-NBC reports on September 16 that a caller to a Cayman Islands radio talk show gave several warnings of an imminent attack on the U.S. by bin Laden in the week prior to 9/11.

23. September 1-10, 2001 – In an exercise, Operation “Swift Sword” planned for four years, 23,000 British troops are steaming toward Oman. Although the 9/11 attacks caused a hiccup in the deployment the massive operation was implemented as planned. At the same time two U.S. carrier battle groups arrive on station in the Gulf of Arabia just off

the Pakistani coast. Also at the same time, some 17,000 U.S. troops join more than 23,000 NATO troops in Egypt for Operation "Bright Star." All of these forces are in place before the first plane hits the World Trade Center. [Sources: *The Guardian*, *CNN*, *FOX*, *The Observer*, *International Law Professor Francis Boyle*, *the University of Illinois*.]

24. September 7, 2001 – Florida Governor Jeb Bush signs a two-year emergency executive order (01-261) making new provisions for the Florida National Guard to assist law enforcement and emergency-management personnel in the event of large civil disturbances, disaster or acts of terrorism. [Source: *State of Florida web site listing of Governor's Executive Orders*.]

25. September 6-7, 2001 – 4,744 put options (a speculation that the stock will go down) are purchased on United Air Lines stock as opposed to only 396 call options (speculation that the stock will go up). This is a dramatic and abnormal increase in sales of put options. Many of the UAL puts are purchased through Deutschebank/AB Brown, a firm managed until 1998 by the current Executive Director of the CIA, A.B. "Buzzy" Krongard. [Source: *The Herzliyya International Policy Institute for Counterterrorism*, <http://www.ict.org.il/>, Sept. 21; *The New York Times*; *The Wall Street Journal*.]

26. September 10, 2001 – 4,516 put options are purchased on American Airlines as compared to 748 call options. [Source: *ICT* – above]

27. September 6-11, 2001 – No other airlines show any similar trading patterns to those experienced by UAL and American. The put option purchases on both airlines were 600% above normal. This at a time when Reuters (September 10) issues a business report stating, "Airline stocks may be poised to take off."

28. September 6-10, 2001 – Highly abnormal levels of put options are purchased in Merrill Lynch, Morgan Stanley, AXA Re(insurance) which owns 25% of American Airlines, and Munich Re. All of these companies are directly impacted by the September 11 attacks. [Source: *ICT*, above; *FTW*, Vol. IV, No. 7, Oct. 18, 2001, <http://www.copvicia.com/members/oct152001.html>]

29. It has been documented that the CIA, the Israeli Mossad and many other intelligence agencies monitor stock trading in real time using highly advanced programs reported to be descended from Promis software. This is to alert national intelligence services of just such kinds of attacks. Promis was



reported, as recently as June, 2001 to be in Osama bin Laden's possession and, as a result of recent stories by FOX, both the FBI and the Justice Department have confirmed its use for U.S. intelligence gathering through at least this summer. This would confirm that CIA had additional advance warning of imminent attacks. [Sources: *The Washington Times*, June 15, 2001; *FOX News*, Oct. 16, 2001; *FTW*, Oct. 26, 2001, - http://www.copvcia.com/members/magic_carpet.html; *FTW*, Vol. IV, No.6, Sept. 18, 2001 - <http://www.copvcia.com/members/sept1801.html>; *FTW*, Vol. 3, No 7, 9/30/00 - www.copvcia.com/stories/may_2001/052401_promis.html]

30. September 11, 2001 – Gen Mahmud of the ISI (see above), friend of Mohammed Atta, is visiting Washington on behalf of the Taliban. [Source: *MS-NBC*, Oct. 7]

31. September 11, 2001 – Employees of Odigo, Inc. in Israel, one of the world's largest instant messaging companies, with offices in New York, receive threat warnings of an imminent attack on the WTC less than two hours before the first plane hits the WTC. Law enforcement authorities have gone silent about any investigation of this. The Odigo Research and Development offices in Israel are located in the city of Herzliyya, a ritzy suburb of Tel Aviv which is the same location as the Institute for Counter Terrorism which breaks early details of insider trading on 9-11. [Source: *CNN's Daniel Sieberg*, Sept. 28, 2001; *Newsbytes*, *Brian McWilliams*, Sept. 27, 2001; *Ha'aretz*, Sept. 26, 2001]

32. September 11, 2001 - For 35 minutes, from 8:15 AM until 9:05 AM, with it widely known within the FAA and the military that four planes have been simultaneously hijacked and taken off course, no one notifies the President of the United States. It is not until 9:30 that any Air Force planes are scrambled to intercept, but by then it is too late. This means that the National Command Authority waited for 75 minutes before scrambling aircraft, even though it was known that four simultaneous hijackings had occurred – an event that has never happened in history. [Sources: *CNN*, *ABC*, *MS-NBC*, *The Los Angeles Times*, *The New York Times*]

33. September 13, 2001 – China is admitted to the

World Trade Organization quickly, after 15 years of unsuccessful attempts. [Source: *The New York Times*, Sept. 30, 2001]

34. September 14, 2001 – Canadian jailers open the sealed envelope from Mike Vreeland in Toronto and see that it describes attacks against the WTC and Pentagon. The U.S. Navy subsequently states that Vreeland was discharged as a seaman in 1986 for unsatisfactory performance and has never worked in intelligence. [Source: *The Toronto Star*, Oct. 23, 2001; *Toronto Superior Court records*]

35. September 15, 2001 – The New York Times reports that Mayo Shattuck III has resigned, effective immediately, as head of the Alex (A.B) Brown unit of Deutschebank.

36. September 29, 2001 – The San Francisco Chronicle reports that \$2.5 million in put options on American Airlines and United Airlines are unclaimed. This is likely the result of the suspension in trading on the NYSE after the attacks which gave the Securities and Exchange Commission time to be waiting when the owners showed up to redeem their

put options.

37. October 10, 2001 – The Pakistani newspaper *The Frontier Post* reports that U.S. Ambassador Wendy Chamberlain has paid a call on the Pakistani oil minister. A previously abandoned Unocal pipeline from Turkmenistan, across Afghanistan, to the Pakistani coast, for the purpose of selling oil and gas to China, is now back on the table “in view of recent geopolitical developments.”

38. Mid October, 2001 – The Dow Jones Industrial Average, after having suffered a precipitous drop has recovered most of its pre-attack losses. Although still weak, and vulnerable to negative earnings reports, a crash has been averted by a massive infusion of government spending on defense programs, subsidies for “affected” industries and planned tax cuts for corporations.

39. November 21, 2001 – The British paper *The Independent* runs a story headlined, “Opium Farmers Rejoice at the Defeat of the Taliban.” The story reports that massive opium planting is underway all over the country.

“According to various Arab diplomatic sources, and French intelligence itself, precise information was communicated to the CIA concerning terrorist attacks aimed at American interests in the world, including its own territory.”

40. November 25, 2001 – The Observer runs a story headlined “Victorious Warlords Set To Open the Opium Floodgates.” It states that farmers are being encouraged by warlords allied with the victorious Americans are “being encouraged to plant “as much opium as possible”.”

41. December 4, 2001 – Convicted drug lord and opium kingpin Ayub Afridi is recruited by the US government to help establish control in Afghanistan by unifying various Pashtun warlords. The former opium smuggler who was one of the CIA’s leading assets in the war against the Russians is released from prison in order to do this. [Source: *The Asia Times Online*, Oct. 4, 2001]

42. December 25, 2001 – Newly appointed Afghani Prime Minister Hamid Karzai is revealed as being a former paid consultant for Unocal. [Source: *Le Monde*]

43. January 3, 2002 – President Bush appoints Zalamy Khalilzad as a special envoy to Afghanistan. Khalilzad, a former employee of Unocal, also wrote op-eds in the Washington Post in 1997 supporting the Taliban regime. [Source: *Pravda*, Jan. 9, 2002]

44. January 4, 2002 – Florida drug trafficking explodes after 9-11. In a surge of trafficking reminiscent of the 1980s the diversion of resources away from drug enforcement has opened the floodgates for a new surge of cocaine and heroin from South America. [The *Christian Science Monitor*, Jan. 4, 2002]

45. January 10, 2002 – In a call from a speaker phone in open court, attorneys for “Mike” Vreeland call the Pentagon’s switchboard operator who confirms that Vreeland is indeed a Naval Lieutenant on active duty. She provides an office number and a direct dial phone extension to his office in the Pentagon. [Source: *Attorney Rocco Galati; court records Toronto Superior Court*]

46. February 9, 2002 – Pakistani leader General Musharraf and Afghan leader Hamid Karzai announce their agreement to “cooperate in all spheres of activity” including the proposed Central Asian pipeline. Pakistan will give \$10 million to Afghanistan to help pay Afghani government workers. [Source: *The Irish Times*, Feb. 9, 2002]

Now, let’s go back to the October 31 story by Le Figaro – the one that has Osama bin Laden meeting with a CIA officer in Dubai this June.

The story says that, “Throughout his stay in the

hospital, Osama Bin Laden received visits from many family members [There goes the story that he’s a black sheep!] and Saudi Arabian Emirate personalities of status. During this time the local representative of the CIA was seen by many people taking the elevator and going to bin Laden’s room.

“Several days later the CIA officer bragged to his friends about having visited the Saudi millionaire. From authoritative sources, this CIA agent visited CIA headquarters on July 15th, the day after bin Laden’s departure for Quetta...

“According to various Arab diplomatic sources and French intelligence itself, precise information was communicated to the CIA concerning terrorist attacks aimed at American interests in the world, including its own territory.”...

“Extremely bothered, they [American intelligence officers in a meeting with French intelligence officers] requested from their French peers exact details about the Algerian activists [connected to bin Laden through Dubai banking institutions], without explaining the exact nature of their inquiry. When asked the question, “What do you fear in the coming days?” the Americans responded with incomprehensible silence.”...

“On further investigation, the FBI discovered certain plans that had been put together between the CIA and its “Islamic friends” over the years. The meeting in Dubai is, so it would seem, consistent with ‘a certain American policy.’”

Even though Le Figaro reported that it had confirmed with hospital staff that bin Laden had been there as reported, stories printed on November 1 contained quotes from hospital staff that these reports were untrue. On November 1, as reported by the Ananova press agency, the CIA flatly denied that any meeting between any CIA personnel and Osama bin Laden at any time.

In the most ironic twist of all, FTW has learned that Le Figaro is owned by the Carlyle Group, the American defense contractor which employs George Bush Sr., and which had as investors – until they sold their stake on October 26 - the bin Laden family.

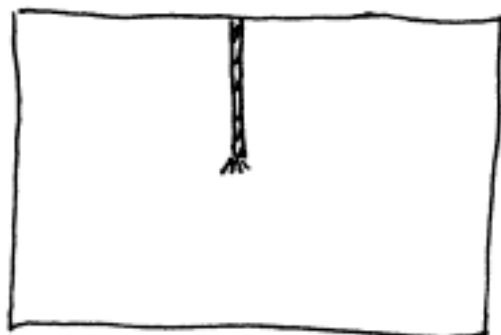
Who do you believe?

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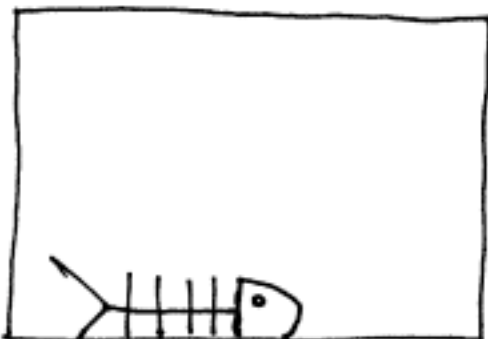


The Adventures of
MAX
Pleistocene Fish

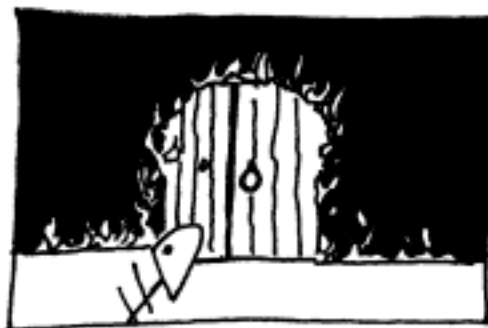
Hell, Hades, Wal-mart
Lay-away... whatever you
want to call the Underworld,
Claire had been sent there....



And it was up to me
to bring her back.

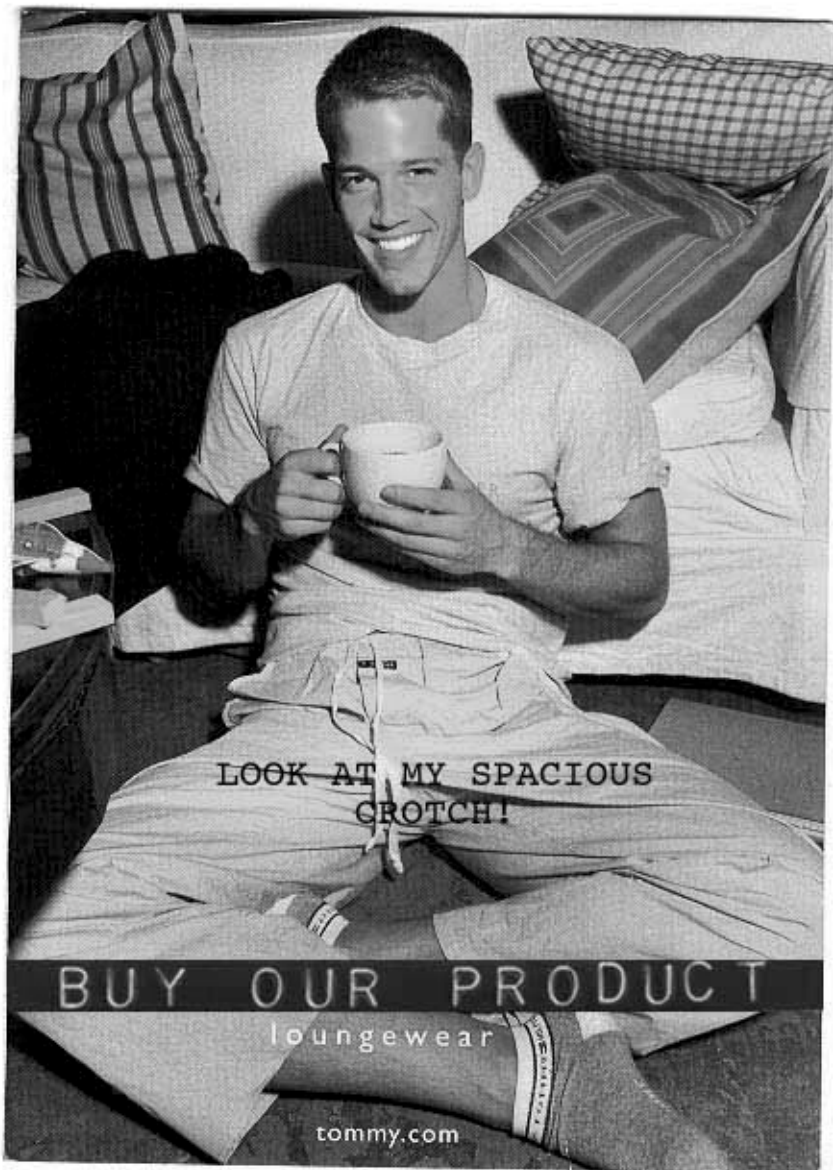


This was going
to be tricky.





- \$12.00 (1 ten, 2 singles)
- 1 key (connected to carabiner, car alarm and 8 meg ram stick)
- wallet (with attached money clip)



LOOK AT MY SPACIOUS
CROTCH!

BUY OUR PRODUCT

loungewear

tommy.com

As night is just a day

STORY & ART
FREEDOM

I can't forget the first
time I met her...



I was lost and alone in my wanderings.

I was closed off in my solitude & apathy,
like an iron box of isolation & introspection.
Hadn't had any goals or causes for
a long time. I was restless & stagnant
like a moldy silkworm whose time to
emerge was long gone...



My mind was attacking
me!

I was losing my ... Dreams!



and then she
APPEARED

Looks like a geisha,
moves like a
master

She pierced the box... slashed the hasp & kicked open the lid!
& like a whirlwind,
let in the scent of
her jasmine musk, and
all the colors of the world
as spring fresh air. Of course
I fell, and she would leave...
Sometimes life kicks you in the head
to make you fight harder & live.
Sometimes it's a girl with
hazel eyes. As I make
my journey, I can't
forget her.

Float AWAY,
Little Moth -



-out!

the semi-VEGAN reVIEWER



by
John Wayne's
Ghost

After witnessing his own autopsy, lifelong meat eater, John Wayne has returned from the grave to review vegetarian-friendly restaurants in Northern Colorado (though he spends most of his time in Fort Collins). Please send restaurant suggestions to johnwayne@ssdpres.org

Welcome back folks. In this issue we have a lot to cover, first we will have a not so short, but hopefully informative, Q&A then we'll be moving onto a sampling of sushi from around Fort Collins. To help with the tasting I have a group of friends joining me to offer their expertise and opinions in a panel tasting. Now, let's get the question and answer out of the way.

This month's question comes from Steven K. Hayes, Master Ninja (**cue theme song**).

Q. Mr. Wayne's Ghost, is sushi vegan?

A. Steve, I'll assume your question is asking, "*CAN sushi be vegan?*" If you were asking if all sushi is vegan I'd have to tell you to get your head out of your tabi.

The short answer: Yes.

Now, let's address a better question that might yield a better answer: "What is sushi?"

The primary ingredient that distinguishes something as sushi is not actually raw fish - it's the rice. Although ancient sushi (nare-sushi from around the 7th century) was created by packing raw fish between layers of rice and salt pressed under heavy stones for months at a time, the sushi rice as we know it didn't evolve until around the 17th century in Edo (modern day Tokyo). Modern sushi rice is made by combining rice wine vinegar, sugar, salt and steamed rice. Although if you're lazy like Spackle you can just buy a bottle of sushi rice vinegar and sprinkle it on some steamed rice. But as you might guess, true sushi preparation is an art form. Before the demand for sushi chefs skyrocketed with popularity, sushi chefs were expected to train for up to 10 years before actually making sushi for patrons.

Although sushi is used as a general term, it actually takes many different forms. Here is a list of the most common sushi types I found at www.eveything2.com. (*A possibly important distinction is that many sources use the spelling 'zushi' when referring to individual types of sushi, but I am sticking with 'sushi' because this is an ignorant layman's explanation written by an ignorant layman. - JWG*)

Maki Sushi - Maki sushi is a "rolled sushi" with narrow strips of seafood and crisp vegetables or pickles layered on a bed of vinegared rice and spread on a sheet of nori (seaweed), so it is also often called "nori-maki sushi". Nori-maki is the most well known sushi in the U.S. because just about any ingredient can be rolled into the center without using any raw fish.

Nigiri Sushi - Nigiri sushi is a hand shaped sushi (not wrapped in nori) commonly served at sushi restaurants around the world, usually taking the form of a slice of raw fish on a bed of sushi rice, although it can also consist of vegetables. Nigiri sushi is representative of Tokyo food.

Oshi Sushi - The rice merchants of Osaka (once the financial capital of Japan) developed “oshi sushi” or pressed sushi. For pressed sushi, vinegared rice is packed into a mold and covered with strips of marinated fish. The whole is then firmly pressed under a wooden lid. When unmolded, the resulting loaf of sushi is cut into bite-sized pieces.

Chirashi Sushi - The easiest type of sushi to make, made in all Japanese kitchens, is “chirashi sushi” or scattered sushi. Chirashi sushi is simply seafood, vegetables, and other ingredients in or on vinegared rice. Chirashi sushi without raw seafood often makes an appearance in bento (lunch) boxes.

Maze Sushi - There are many other types of sushi that fall into the lunch or snack food category of maze sushi or “mixed sushi”. Several examples are inari sushi and fukusa sushi. Inari sushi consists of deep fried tofu (bean curd) pouches stuffed with mixed vinegared sushi rice. Fukusa sushi or “silk-square sushi” uses a square paper-thin omelet to wrap the vinegared sushi rice.

With this understanding, let’s use the term sushi to include all of these and get back to the original question. Yes, sushi can be vegan, or at least “semi-vegan”. Most restaurants will offer at least one house veggie roll or item; often there will be a few. Depending on the restaurant and how much they cater to vegetarians, you will occasionally find a menu full (relative to one or two) of veggie items. Plus, any restaurant worth their soy sauce will allow you to request custom veggie rolls if they aren’t on the menu, after all, they are made to order. A personal favorite in my group of ghosts is cucumber and avocado rolls.

Since finding something veggie to eat generally isn’t a problem, I find it more important to find a sushi restaurant that has a comfortable atmosphere where I can sit back, relax and enjoy my meal and good conversation with friends.

One word of warning, if you are also getting miso soup, make sure you ask if there is fish sauce, or broth, in it. A hint: bonito = fish. Other than that, order some sake and warm up those chopsticks!

The Tasting

So now that you have all that sushi knowledge (most of which is probably true) floating around in your noggin’, let’s put almost none of it to use. As I mentioned for this issue, we have a semi-blind panel tasting of sushi from around Fort Collins. First of all I would like to apologize to Nimo’s (1220 W Elizabeth Fort Collins) for not being included in this tasting, we didn’t realize they weren’t open on Mondays. Unfortunately we’re a busy group so no rescheduling was possible. (*By the way, Nimo’s, if you want a review, we do take bribes.*) Instead we substituted in Wild Oats Deli Sushi, probably not the best replacement but we needed a stand in.

For the tasting I arranged the sushi from different sources around Fort Collins on unlabeled plates to attempt to avoid biases. Once the tasting was complete, I revealed the names and the panel discussed their thoughts.

The Panel



Space Ghost - *Talk Show Host and Intergalactic Superhero* - We met at a mandatory defensive driving class a number of years back and anyone who knows him knows he loves his sushi. Also, he was available on short notice.



Shakespeare's Sister's Ghost - *Author, Poet and Celebrity Wrestler* - We tried to get Bill to join us, but his schedule keeps him rather busy as you might guess. Instead we're joined by his sister; at least she answers the phone.



Casper the (Mostly) Friendly Ghost - *Security Guard and Former T.V. Personality* - Although we hadn't seen each other since the Regan Administration, the years just melted away while we were auditioning for Celebrity Boxing recently. (I'm not sure why he casts a shadow either.)



The Ghost of Christmas Past - *One Third of the Boy Band Super Group, The Dickens, and International Playboy* - What can I say? Who passes up an opportunity to party with the GCP?

The Restaurants



Mt Fuji - *4020 S. College Ave., Fort Collins*

Wild Oats - *200 W Foothills Pkwy, Fort Collins*



The Sushi

House Veggie Roll (*varies*)
Cucumber and Avocado Roll
Inari (*little tofu pouch stuffed w/ rice*)



Suehiro - *223 Linden Street, Fort Collins*

Spackle's Homemade Sushi - *Casa de T.I.N.*



The Discussion

- Veggie Roll -

SG: WOW! Spackle's pulled at my taste buds like an eighteen-wheeler. It had an impressive presentation like a rolling convoy, yet some amount of subtlety that reminded me of CB static. I give this roll a free shower with a fifty gallon tank of gas. Suehiro's on the other hand, when I popped this piece of sushi into my mouth, I had a flashback to my infamous, "All these Gordita wrappers! What have I done?" incident. While initially tasty, this roll's unyielding tough texture combined with cloying sweetness made the experience get worse until I felt I had to chew my way to freedom. Just like the Gordita incident. Shudder. I give this roll a spit into my napkin.

SSG: Unlike Space Ghost I felt Suehiro's was my favorite. First of all I liked the more unique presentation, with the rice on the outside, and the more traditional Japanese vegetables. I'm not entirely sure what they were, but I liked the crunchy texture. The counter point being the Wild Oats' veggie rolls. The nori was a funny yellowish green and there was baby corn in it. Not sure I'm a fan.

CTFG: What you talkin' 'bout Space Ghost? Although Spackle's is fresh and crunchy, it was sort of bland. And Suehiro's, you Philistine, is my overall favorite with it's variety of veggie flavor and definite presence, though I couldn't eat too much of it. However, I'll take bland any day over Mt. Fuji's idea of vegetarian. Since when is imitation crab not meat!? Pollock (the fish, not the dripper) is decidedly not going into my mouth.

GCP: Once, celebrating the glories of Christmas Past, my beard caught flame on the votive candles, and I spent Christmas Eve greasing first and second degree burns. These rolls tasted like the way I smelled that night. Or else the sushi chef put out his cigarette in the rice. (*We think he was talking about Mt. Fuji - JWG*)

JWG: I agree with Bill's sister about the Suehiro veggie roll, good presentation and good texture. I could eat these all day.. well maybe not ALL day. And I also agree with Casper about the Mt Fuji fiasco.. Makes me think I might not want to go there again.

- Cucumber and Avocado -

SG: Suehiro's reminds me of eating Peeps in July. Yes that's a good thing, because I'm rather nervous about sushi. But I'm never nervous about the Easter Bunny; except at night when the lights are out and he's carrying a switchblade, and I can hear him hopping closer. Anyway. Stale Peeps are good because they're crunchy, chewy, and sweet all at once. And that's what this roll does, yum! I give this roll a switchblade glimmering in the moonlight. But Mt Fuji's, Ugh! This roll had a strange and smoky flavor, and while the smell of napalm in the morning is fine and good, I found that eating this was very discombobulating. If I wanted strange and smoky flavor, I'd go back to playing with matches underneath Zorak's bed. I give this roll a kick in the shins.

SSG: I personally liked the unique flavor of the Mt. Fuji roll because it distinguished it from the others. I believe the sesame seeds is what gave it a sort of "smoky flavor", but don't expect to find cucumber/avocado rolls on the menu. The rolls from Wild Oats were also unique because they were made with brown rice which gave it a different texture that I liked.

CTFG: The brown rice in the Wild Oats rolls put me off, it made the texture too hard and chewy and was too hard to swallow. Although I usually prefer Cucumber and Avocado rolls I was over all unimpressed with this group because the seaweed was too tough and chewy in all of them with the exception of Suehiro's, which were not chewy and had exceptionally ripe and flavorful avocado.

GCP: Come in man, and know me better! This sushi roll brought the best of Christmas Past together with all

the hope of Christmas to Come. A few more rolls like this might make me give up my morning mutton.
(*Spackle's - JWG*)

JWG: Suehiro's Avocado was really fresh and tasty and the brown rice in the Wild Oats rolls was, well, strange, but over all none of these rolls jumped up and grabbed me by the collar. I think the years of eating steak in my living life trained my palate to appreciate less subtle flavors in my sushi.

- Inari -

SG: It all tastes the damn same to me. ... Stop looking at me!

SSG: Mt. Fuji, yet again, comes through with an interesting aftertaste, this time however, I'm not a fan. Spackle's was good though because I love ginger. Yum!

CTFG: These were all very similar. Mt. Fuji's had a good consistency and a dab of wasabi that was a pleasant surprise which made it my over all favorite inari. I'm sure Spackle was trying to kill us with the sticky rice in his though.

GCP: Very, very unassuming. A little moist. Moist. Moist. Moist. I don't think I like that word very much, but this was passable sushi, and when you consider the alternative (a live squid fighting its way out of the roll and out of your mouth) is something of a compliment in sushi-land. (*Wild Oats - JWG*)

JWG: Ok, maybe inari wasn't the best choice for a taste test. They all tasted pretty close to the same, though some looked better than others. I did like Spackle's the best probably because it had the ginger (no he isn't even paying me for the article, much less the compliment) and Mt. Fuji's was pretty good because it had the wasabi surprise. On the bad side, the Wild Oat's one looked sort of deflated.

The Rankings

SG: 1) *Spackle's* - The Blue Plate was heaven on chopsticks--well, at least it was overall goodly and inoffensive. I give it the Optimus Prime seal of approval.

2) *Suehiro* - The Paddle had both the thrill of victory and the agony of defeat. I give it the Rodimus Prime seal of approval.

3) *Mt. Fuji* - The Black Plate was a riven taste purgatory, driven back late by post haste purging. I give it the Britney Spears seal of approval.

4) *Wild Oats* - This one was not exceptionally bad, just blandly exceptional. Luckily the flames of this hell taste of wasabi. I give it the N'Sync Haircut seal of approval.

SSG: 1) *Suehiro* - The veggie rolls won me over to make this my over all favorite. Everything seemed well balanced and tasty.

2) *Spackle's* - I'm a big ginger fan, so I really liked this plate because of the hint of ginger in the veggie rolls and the inari.

3) *Wild Oats* - This was my first time trying grocery store sushi - I think it was fairly respectable and I did like the brown rice.

4) *Mt. Fuji* - The cucumber and avocado roll just couldn't save this one. Even though I liked that one the best, the really really unimpressive veggie roll ranks it over all last.

- CTFG:** 1) *Suehiro* - Overall favorite.
2) *Spackle's* - Although this wasn't my overall favorite, it is good to know exactly what's in the rolls and where it comes from. This is the way to go if you have the resources.
3) *Wild Oats* - Not the best, but still good.
4) *Mt. Fuji* - Don't even get me started.

- GCP:** 1) *Spackle's* - A delight to the senses, like Christmas with the Cratchits, after Scrooge's conversion. God bless us, every one!
2) *Suehiro* - Yummy, sushi poppers, like Christmas with Elton John during the cocaine years.
3) *Wild Oats* - Ranch dressing, Blanche's Crotch, Mitch the Witch. Think of all these words along with MOIST, and you will understand why these rolls were like Christmas with the in-laws, after their daughter left you to sell herself in exchange for Elton's coke.
4) *Mt. Fuji* - Smoke flavor belongs with jerky, bbq chips, and Mitch the Witch. This roll was like Christmas alone, with no way to hang your head that doesn't hurt, in the arctic circle, after you found out that elves were really just poorly paid migratory workers.

- JWG:** 1) *Suehiro's* - Over all I dug this the best. Good presentation, good flavor. I might have been a little biased since I knew which was what and *Suehiro* is my favorite place in town. Mostly I like to sit in the tea room and get lit on sake.
2) *Spackle's* - I've had *Spackle's* sushi before and this wasn't his greatest work. These rolls looked good this time but the rice was too sticky. Compared to the others though it still ranked high as it was.
3) *Wild Oats* - All and all not too bad. Who knows how long it had been sitting there before we bought it. The brown rice in the cuc/avo rolls was a little odd, but I'd be willing to eat it all again.
4) *Mt. Fuji* - If I wasn't looking for vegetarian on this the results may have been better, but imitation crab is definitely a no-no. I think that put us all off from the start.

Thanks for joining us again this issue, we had a lot of fun eating too much food for your enjoyment. However, we've all decided it's much more fun to eat sushi when you aren't keeping score because it interferes with the conversation. Not sure what we're doing next issue, but we'll see you then.

Coffee House Review Update!

So as I was finishing up this months review, I just so happened to be sitting in the Wired Bean while I was doing my laundry, and one of the baristas came up to me and started talking to me about my coffee house review last issue. She told me it made a number of people rather unhappy and told me after the review the owner and employees decided to make some changes. She told me that they changed the satellite channel for the music (we were listening to cool jazz while we had this conversation) and that they set up some extra training for some of the crew so that they could ensure better, more consistent, coffee. I really appreciate that the barista was concerned enough about her place of work to confront me directly. I hope this encourages future feedback, both good and bad. After all, I try to be here for both the consumer and the proprietor because I enjoy promoting businesses that care about their customers. Thanks Natalie, I'm sure I'll be back. - JWG.

Disclaimer: As always, if you are eating out you are most definitely not eating vegan.
A rule of thumb: If you don't want to know, don't ask. If you do want to know, don't eat out.



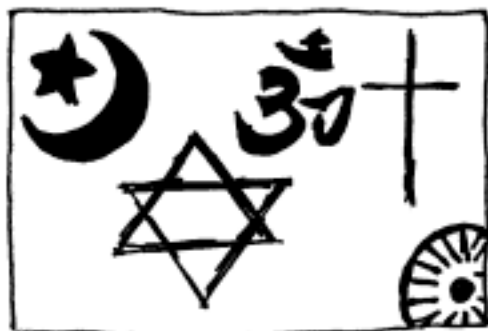
- \$0.47 (1 quarter, 2 dimes, 2 pennies)
- keys on hook (7)
- 2 pens (1 uni-ball, 1 fine point sharpie)
- random piece of crumpled paper (5)
- mini candy bar (dark chocolate)
- plastic sprinkler cap (yellow)
- address/calander book (2 years old)
- sketchbook (leatherbound)
- checkbook (in plastic cover)
- wallet on chain (homemade)

The Adventures of
MAX
Pleistocene Fish

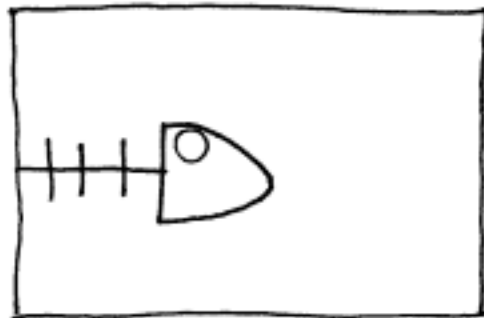
Most traditions maintain
that getting to hell
is easier than not.



But I wanted to
cover my bases -



13 prostitutes, 4 brahman
cows, 2 whole pigs, 6 liters
of vodka and 1 portrait
of God later, I was starting
to feel alright.....





Excerpted Review of *The Mystic Arts of the Ninja: Hypnotism, Invisibility and Weaponry* by Stephen K. Hayes

an exclusive three part review starring **SNAKE-EYES**

Stephen K. Hayes was a student of Grandmaster Dr. Masaaki Hatsumi and is presently the western world's foremost instructor in the arts of Ninjustsu (*At least according to his 1985 book. - Spackle*). In order to test the techniques described in his book we flew Snake Eyes (of G. I. Joe fame) in from the West Coast. Here we present a T.I.N. Exclusive: excerpts from Hayes' book alongside Snake Eyes' commentary.

(Stephen K. Hayes, pictured, presumably c. 1985, in front of what must be his prized backyard gate. This gate appears in most of the "splash photos" in the book - Spackle)



(Snake Eyes, posing with a copy of Stephen K. Hayes' book. He confided in me off camera that he was happy to hear from us because the professional wrestling gig hasn't been paying off too well since his retirement from the G.I. Joe Team. - Spackle)

(Before you try this at home, remember: Snake Eyes is a master ninja and you are not. You have been warned. - Johnny)

Chapter 5: In-ton - Concealment and Camouflage for the Ninja

"Physical skills of invisibility are essential in cases where infiltration, exfiltration, insertion or extraction are required to protect the lives of loved ones or those for whom we are responsible. As an all-around warrior, the ninja trains to be able to use nature as a combat ally whenever possible. Darkness, with its concealing qualities, is first friend to the shinobi warrior." - Hayes

“In this example of gaining access to a building under the cover of concealment, the ninja moves up a steel staircase beneath the steps rather than take a chance on being spotted in the more conspicuous topside position. (It should be noted that for reasons of presentation clarity the photographs were taken during daylight hours. In actual application, night’s darkness would aid the climber in his need for invisibility.)” - Hayes



Snake Eyes says: “I used this technique breaking into Cobra Commander’s headquarters in old Springfield, only the undersides of the staircases were all lined with razor blades and laser alarms. In a perfect world I prefer HALO aerial insertion, but this can be a useful lowtek solution to a high tech problem.” *(O! Snake Eyes sometimes has trouble with the railings though. - Spackle)*



“In this example of Togakure ryu ninjustsu’s shoten no jutsu “vertical surface running,” the ninja climbs to the roof of a building by means of an elevated escape ladder that has been mounted in such a way as to prevent access by the average person. Never one to settle for the average, the ninja is able to use his skills and knowledge of balance, momentum, and timing to carry his body twice the distance of his height onto the ladder. Once he has a firm grip on the ladder, the ninja continues his ascent upward, being aware of staying flat against the climbing surface and of continually scanning his surroundings to check for others who might spot him.” - Hayes



Snake Eyes says: “Surface running had seen a lot of screen time thanks to the masters of the Hong Kong cinema. But they use wires. And trampolines. And minimum wage stuntpeople from Hong Kong. In the real world, surface running is less glamorous, less impressive and a lot more painful.”



“In another example of clandestine movement, the ninja uses the angling on his body joints to facilitate silent access onto a rooftop as a means of escaping hostile pursuers. Though unenlightened critics of the shinobi arts are quick to claim that such skills are easily adapted to immoral purposes, in truth the question of morality is outside the reality of training one’s body to operate efficiently at one’s command. It is difficult to imagine any parent who would not want their child to have the ability to physically vanish from the path of brutal and animalistic pursuers chasing them, regardless of the fact that it could be possible for other persons in other places to misuse such evasive skills for immoral personal gain.” - Hayes



Snake Eyes says: “Cobra never could figure this one out. You are there one moment, and the next, you are gone, slipping up the side of the building and into the night, Mission Accomplished . . . with maybe a brief detour to peek in Baroness’ boudoir.” *(It’s amazing how well this works in reverse too! - Spackle)*





“Ninjutsu covert climbing skills involve the scientific use of the body’s mechanics and dynamics for efficient scaling. In this example, the climber uses outstretched limbs for movement, as opposed to tightly bent joints that tax and tire the muscles too quickly. Three points of contact are maintained at all times as the fourth limb is moved to seek out a new firm anchor. Breathing rhythm matches muscles contraction and relaxation. It is also important to be aware of keeping the body flat against the climbing surface at all times to avoid having to tense the muscles at awkward moments to prevent falling back. Wall hugging also produces a less noticeable silhouette should a casual observe glance at the climber during the night.” - Hayes

Snake Eyes says: “Let’s be honest: it doesn’t take a ninja to stand on these sorts of walls. So we upped the ante by having Hawk hang from my belt. Recent Pentagon cutbacks haven’t been good on Hawk, but what the hell. Go Joe!”



Next Month:
Snake Eyes returns in Part Two, to review Hayes’ Shuriken and Blade Techniques.
Stay Tuned!



T.I.N. Top 5

Melchior - *Top Five Lists I Thought About Doing, But They Actually Sucked*

5. Top five signs of a semiotic post-modern literati conspiracy
4. Top five ways to geek out
3. Cobra Commander's top five plans to destroy G.I. Joe that were incredibly lame
2. Top five things in the office that I never use
1. Top five top five lists I thought about doing, but they actually sucked

John Wayne's Ghost - *Things I'd Eat if I Weren't Dead and a Converted Vegetarian*

5. Steak with sauted onions and mushrooms
4. Hotdogs at the ballpark
3. Canadian bacon and pineapple pizza
2. Beef jerky
1. BACON!

BWS - *Engrish Snacks Gathered From engrish.com (your guess is as good as ours)*

5. Baked Chunk
4. Porky Pork
3. Naturot
2. Chocolate Collon
1. Angel Sweets Asse

Vaginagirl - *Random Thoughts While Finishing the Iliad*

5. Book 17 - Should I start a collection of antique vibrators?
4. Book 17 - Can you imagine calling your genitals by the opposite gender pronoun?
3. Book 18 - Snacks while hiking are awfully nice. Especially oranges and trail mix.
2. Book 23 - Where is my brain wandering that I can put in my top 5?
1. Book 24 - Who are all these guys? Are they all dead yet?

Spackle - *Things to do to Remind Myself I'm Alive.*

5. Drive somewhere like Wyoming, for no reason, in the middle of the night
4. Get really drunk with friends every once in a while
3. Listen to music REALLY loud and scream along
2. Ride my scooter (sometimes better if it's 20 degrees, or below, outside)
1. Decide to eat something like monk fish liver even though I'm "mostly vegan"

saditurn - *Human Desires / Environmental Realities*

5. Speed / Oil
4. Protection / Extintion
3. Indulgence / Overpopluation
2. Convenience / Packaging Waste
1. Manifest Destiny / Spiritual Excuse



- keys on a carabiner (3)
- lip balm (medicated)
- Watch on a hook (Hello Kitty)
- folded piece of paper (with telephone number)

Letter to the Editor

Dear editor,

Pale, birdchested, and impotent fellow citizens, how long are we gonna feel guilty about eating meat? Were we born with this guilt? We feel guilty when we kill birdies and squirrels; yes this is true. But we have to be taught to feel guilty about having delicious filet. Now don't tell me

that there is any one of you out there who doesn't still think wonderful things when you smell burgers or steak on the grill. Bar-B-queing is a Platonic form. We cannot necessarily articulate the mysterious seductions of a country-style rib, but its "tasty-ness" is unmistakable to our collective jowls. Know why? Genetics. Cooking out is timeless. It is our prehistoric legacy. It is a flesh-tacular testament to how we've kicked and scraped our way up the food chain, developing spears, then guns, then automatic weapons. And cookouts are no longer necessary or even practical, kinda like marriage, but they are still our right. When we smell savory blood smoke it is the past calling to remind us of the old ways. We have earned the right to have burgers and ribs, hot damn! Come to the grill and let's get freaky!

It is fine to try vegetarianism, even if you hypocritically exclude only red meat. But my friend, I will tell you now, you'll be back. After trudging through five or ten unhappy, empty, joyless years out on the flavor tundra, they all come back. It starts with a chicken sandwich or a turkey dog, cause your body misses the kill. And pretty soon you'll integrate ground beef into a taco or start to indulge in the meaty juices like green chili or soup stock. It's okay.

What does your dog most like? To make you happy, right? Well it is the same with animals that we eat. This has been proven time and time again. They all have their own karma and we have ours. Their fate is that they taste good. Our fate is that we are arrogant and love to eat burgers. But God made us both. He gave us free will and gave cows sirloin. Now don't get me wrong, eating a lot of fat makes you a cow, but eating a lot of nuts and berries can turn you into a creature resembling an elfin muppet from the Dark Crystal movie.

Look around. What is it that you notice about vegetarians — physical and psychic anemia, right? The body is saying, "Hey, what's with the self-denial — the bean sprouts, the lentils?" Well, I know a secret. What would a psychiatrist say about somebody who just wouldn't let themselves have fun? Well, this neurosis is connected to self-worth and shame. And this is a more complicated problem than can be solved at the dinner table, but vegetarians are neurotic. First, it was sex, but now eating is becoming dirty. Americans should feel guilty—about MSWindows being a bloated bundle of crap, about gaudy engagement rings, about boring car design, not about taking what our body has always wanted — delicious flame-nipped meatlets.

Stop your suffering. God wants you to be happy. And so do the animals.

Felony Angstrom Soap Box





- \$0.01 (1 penny)
- keys on a carabiner (6)
- sunglasses (plastic)
- wallet (leather)
- cell phone (doubles as home phone)

coatprediction (YOU'LL BUY WHAT WE TELL YOU TO BUY)



Obsession: Coats black wool single-breasted reefer coat, 2-14, also in military, 595.00. In Coats. To order, call 1-800-55M-ONEY. #N944.

blooming hell

some vegan recipes from
spackle's kitchen

Dirt, Grass and Very Small Pebbles

To stick with the loose theme of this issue I'll be giving pointers on how to make white boy veggie sushi. I was initially taught how to make sushi by the Japanese-Brazilian Grandmother of an ex-girlfriend. That was about 11 years ago. After about a 7-year hiatus, I've made veggie sushi about a dozen and a half times in the last four years. This all boils down to, I am NOT an expert at this, but I have a little experience. John Wayne's Ghost also included some definitions of different types of sushi in his article, so reference that if you want a little bit of more information. If you need more, which you very well may, check out some books or do a search on the Internet. Remember, just because you are a vegetarian/vegan doesn't mean you have to be scared of technology.

First of all you will want to gather the following items before you start, you won't need all of them depending on what you're making but keep them all in mind when shopping. You can find most of these things at an Asian market type store. I usually go to East West Imports because... well that's just where I've always gone. There are a few others in town, look them up in a phone book to see which are close to you. I think there is one on the corner of Riverside and Magnolia connected to a gas station. You can also find the "tools" at the Fort Collins Food Co-op, The Cupboard, Wild Oats and a few other places around town.

Non-food Items

Rolling Mat: Basically this is just a mat slightly smaller than a place mat that is made of a series of rounded bamboo sticks connected together by string. You will use this to help you roll the sushi rolls. The woman at East West talked me out of a \$12 rolling mat because she said the \$2 ones are just as good, I've had no trouble with it. And the Fort Collins Food Co-op has what seem to be pretty nice ones for just a few dollars.

Rice Mold: If you want to make something other than rolls this is a good idea. There seems to be a few different kinds of molds, some are long boxes, some are a series of little boxes connected together and others are individual boxes or shapes that you pack with rice then press. You can then use these molds to make little beds of rice to put veggies on or actually press the veggies into the top of the rice (this is called oshi sushi). If you were really talented you could make nice hand molded beds, but I'm not.

A Few Various Sized Bowls: You will want to have a large finger bowl size bowl on hand filled with water to rinse your fingers and to wet the knife when you are cutting the rolls. You will also probably want some little bowls for holding your soy sauce. Anything will do for these, but I spent a few dollars and bought little soy sauce dishes specifically for this. Also, depending on the method you chose to make the vinegar (I'll talk about this in a bit) you will also need another bowl to mix some ingredients in.

Chopsticks: Yes, you can use your fingers for this, but it has a lot more style if you have chopsticks available for everyone who is going to be eating. You can buy single sets that range from pretty cheap to rather expensive, or you can buy a pack of chopsticks for reasonably cheap. I bought a big ass bag of plain, coated, black ones a while back so I always have plenty and I don't have to worry about trying to match them. I also bought a slightly nicer pair for myself because I end up using chopsticks about once every two weeks for my normal cooking (stir-fries and such).

Chopstick Rest: I don't actually have any of these but they are little stands for your chopsticks so they don't touch the table when you set them down. I read that is considered very rude to stick your chopsticks into your rice or food to rest them. Luckily my friends and I are a bunch of unknowledgeable gaijin so we don't care ourselves, but it is cool to know something resembling proper etiquette in case you ever need it.

A Large Pot for Cooking Rice or a Rice Cooker: I would totally love to own a rice maker but until that raise kicks in I've just been doing it the old fashioned way. Read the directions on your bag of rice for water to rice ratio. Generally speaking as long as you keep it covered and keep the heat really low after it boils your rice will come out fine. Don't keep looking at it, just set the timer and try to ignore it until it beeps.

A Medium Pot for Boiling the Inari Pouches: If you are making Inari (I'll explain this in a moment) you will likely need to boil them before you fill them with rice. Again, read the instructions.

A Sharp, Flat Bladed Knife: After you have rolled your rolls, you will need to slice them up for eating. A long, non-serrated knife works best for me.

A Cutting Board: Use this to prep your veggies, clean it of before the rice is done so you can spread the rice out to cool a little after it is done cooking.

Food Items

Rice: Almost any store will have sushi rice these days. You might need to look in the Asian food section if you are at a normal grocery store. Sushi rice is very short grain white rice, if you can't find any I've had fine results with normal or even long grain white rice.

Vinegar: There are a few ways to make sushi vinegar. The way I was originally taught was to take 3 parts rice wine vinegar, 2 parts sugar and 1 part salt, slowly heat them up in a pot until the mixture goes clear (you don't need to COOK it, just heat it up). I have come across different ratios and instructions for this and have had varying success with this method. Lately I have found if you buy a bottle of Sushi Chef (brand name) Sushi Vinegar from the store it saves time and headaches, plus it gives rice preparation instructions on that bottle.

Nori: These are the seaweed sheets that you will use with your rolls. You can find this at some grocery stores, but you can definitely find it at an Asian market or at the Co-op. Keep it dry unless you are specifically wetting it down for some reason. The moisture from the rice will be plenty to soften the nori when you roll it. If it seems a little dry still, dab some water on after it's rolled, otherwise it will shrink and do strange things when you are hoping it will just behave. Some brands seem to be tougher or have a stronger seaweed flavor, so you might want to try some different brands. Personally I haven't made enough to find a brand I like best. If for some reason you have tried the nori, and just don't like it, the rice molds might be a better choice for you.

Pickled Ginger: This is that pink stuff you see on the side of the tray at sushi restaurants that I think sort of tastes like soap. Some people love this stuff and over the last year or two I have come to really enjoy it, but I used to hate it. I like to put a little bit of it into my rolls occasionally or mix it into the rice I use in my inari. I believe it's used primarily as a palette cleanser. Although this is sometimes a little harder to find, I have always been able to find it in the refrigerator section at East West Imports.

Wasabi: This is the heavenly green play-doh that you find on the tray at sushi restaurants. It is a form of horseradish and is VERY hot. It is sometimes inside of sushi, either inside the roll or between the rice bed and the veggies or meat. Many people also mix a little into their soy sauce. It is considered bad form to make "wasabi soup" with your soy sauce because it will overpower the taste of the sushi. Personally, I love wasabi soup, but try to control myself. Still, if I don't have to slam my hand down on the table with tear filled eyes at least once while eating sushi I feel cheated.

Soy Sauce: For some reason I do my best to avoid the big brand name soy sauce makers and instead go for the lesser known or organic brands. I also tend to prefer Tamari, which is wheat free soy sauce, to normal soy sauce. They are all pretty close, but if you are paying attention you can definitely tell the difference between different types and brands.

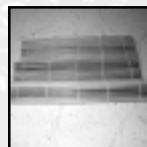
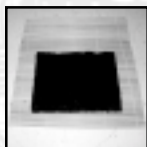
Veggies: This is up to you. I have had good luck with some combination of cucumber, avocado, carrot, blanched asparagus, shitake mushrooms, sprouts and Japanese pickled goodies. Just prep them while the rice is cooking by cutting them into thin slices, either flat and a little wide for the press or julienned (long and thin) for rolls.

Inari Pouches: These are little pouches of tofu that you generally boil in the bag then cut open and fill with vinegared rice. These are the easiest to make and in my opinion one of the tastiest types of sushi to make. You can find these at East West and probably most other Asian markets.

Sesame Seeds or Flavoring Shakes: If you want to add a little extra something to your sushi you can add sesame seeds or other flavorings to your rice or into your rolls. Besides straight sesame seeds you can also find little jars of flavorings that have sesame seeds, salt, seaweed crumbs and other things in lots of combinations at many Asian Markets. Beware though that many of these have fish or other animal products in them.

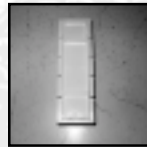
Ok, now that you have some idea what all these items are, let's get onto actually discussing how to make sushi.

Making the Vinegared Rice: As John Wayne's Ghost mentioned, it is actually the sushi rice that defines sushi, so this is an important ingredient. If you are taking the manual route and making your own sushi vinegar take a small pot and mix the 3 parts rice wine vinegar, 2 parts sugar and 1 part salt, and heat it up to get it ready before the rice is done cooking (which of course will probably be perfect because you followed the instructions and didn't touch it until it was done, right?). Otherwise, pull the sushi rice vinegar bottle out of the cabinet and set it on the counter. Once the rice is done you will need to mix in the vinegar mixture. There are at least two ways to do this. One source told me to spread the rice out on a wooden board or low wooden bowl (it says specifically not to use metal. I personally use plastic because that's what I have), then sprinkle a little of the vinegar mixture on to the rice, fold it in and repeat. I will often sprinkle the vinegar mixture onto the rice while it is in the pot, fold it in, repeat, and then spread it on my cutting board. The amount of vinegar mixture to add to the rice does not appear to be an exact science. I usually add enough to make the rice good and sticky, but not wet or too pungent. My ex-girlfriend's grandmother only told me "use enough", what ever the hell that means, but the back of the sushi vinegar bottle says to use 1/3 cup of vinegar for every 3 cups of rice, I usually end up using a little less. As I mentioned you can also add in sesame seeds or other flavorings if you choose, but straight up vinegar rice is always good. Once you have the rice ready you are all set to proceed.



Making Rolls: This is all I ever made until recently when I decided to branch out a little. Before you start I would recommend having all the filling, rice, nori and utensils within reach. Once you start things can get a little messy. I usually do it close to the sink too because I end up washing my hands multiple times while doing this because the rice gets REALLY sticky. First take your rolling mat and place a sheet of nori on it (if you are brave, or experienced, use less than a full sheet), with either a paddle or your hands spread a thin layer of rice

on across the end of the nori closest to you. The rice strip only needs to be about an inch and a half to two inches wide. Make sure to leave an exposed strip of nori at the far side so that it can stick to itself when you make the roll. Once you have the rice spread out place your veggies, or what ever filling you are using, lengthwise across the middle of your rice, then fold the front of the mat up and over, curling the fillings into the middle. Then lay the end of the mat that was closest to you onto the far end of the mat and roll the contents away from you without moving the part of the mat that is touching the counter. While you are rolling it you also want to pack the contents back in on itself to make tight compressed rolls. Once the roll is completely rolled into itself open the mat back up and you should have a sushi log. I will sometimes wet the exposed nori strip a little right before I roll it so it sticks to itself better, otherwise I need to wet the nori a little after it has been rolled. Place this log to the side and make another one, they get easier with practice. After you've rolled all your filling and rice grab another clean dry cutting board and the knife I mentioned earlier. Wet the blade of the knife and cut the log into little rolls. Arrange them on a plate to be served. I will sometimes just eat the ends or place them to the side for leftovers so only the good-looking rolls make it to the plate. Your friends probably won't give a shit if you don't arrange the sushi well, but if you take a few extra minutes to make it look nice you will likely get an ever better reaction than just the joy of free food.



Using a Mold: Honestly I've only used a mold, well, twice. With the mold I've made two different types of sushi, oshi sushi and nigiri sushi (sort of). For the oshi sushi I used wide strips of veggies and asparagus sliced in half lengthwise. Depending on what type of mold you have this might be done a little differently, but you're smart, you can figure it out. My mold is an eight-inch rectangular box with a removable top and bottom. If you are using a mold similar to this take the mold and first place the veggies in (this will be the top eventually so put the good side down). Then pack the box with rice and place the top on and press it firmly. Mine has knife slots to show where to cut, but if yours doesn't just open the box and cut the large rectangle into little rectangles. As a variation, to add some flavor and structural integrity, you can place in veggies, then a thin layer of rice, a cut sheet of nori, more rice, and then press.

To make nigiri sushi I just used the mold to press the rice and cut it into little beds. Before hand I cut a number of about ½ inch wide strips of nori and set them aside. I also mix up some wasabi to have on hand. The veggies I use for this are about one and half to two inches long and don't need to be cut into thin strips. Take a little rice bed, place a little dab of wasabi on it, and top with the prepared veggies. Then take a strip of nori, wet it down and wrapped it around the bed of rice and veggies to hold it all together. I think these look great, but are a little harder to eat because there is a lot of rice and little structure.

Making Inari: As I mentioned Inari is one of the easiest types of sushi to make in my opinion. Read the instructions but you will probably need to boil the inari pouches before you can start to prepare them. Once they are boiled and your rice is prepared, take a pouch in hand with the opening facing towards you. Open the pouch and stuff it with rice. Some people will only fill them about ½ way, and then sort of roll them into a mini log; others will pack it to the brim. In either case that's all there is to it. As a variation so can also dice up some pickled ginger very fine and mix it in with the sushi rice. Some people add sesame seeds to their rice as well.

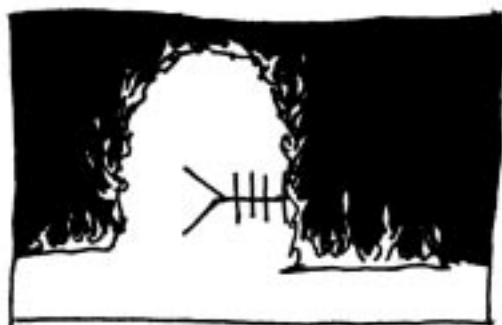
Well this should give you a good start to making your own veggie sushi. Although this seems like a lot of work, you can easily pull off a ton of sushi in just over an hour. Cleanup, however, can be a little tough sometimes. And as always, remember cooking is for enjoying both the process and the results.



- \$152.83 (1 hundred, 2 twenties, 1 ten, 2 singles, 2 quarters, 2 dimes, 2 nickels, 3 pennies)
- keys on hook (6 with King Soopers Card and bottle opener)
- lighter (cream colored)
- pipe (blue glass)
- plastic bag (unknown)
- picks (3 purple, 2 gray, 1 red, 1 black)
- random crumpled pieces of paper (2)
- business card (his "asshole landlord's")
- security badge (work)
- wallet (knit pouch)

The Adventures of
MAX
Pleistocene Fish

Immediately past the
infernal gates, was
Clifford, the demonic
3-headed dog of gigantic
proportions.



Make that
3-legged.



1899 - 1902 ¹



200,000 Filipinos dead.

1980 - Present ²



75,000 El Salvadorans dead.

1955 - 1973 ³



500,000 Laotians dead.

1992 - Present ⁴



3000 Yugoslavians dead.

1953 - Present ⁵



200,000 Guatemalans dead.

The T.I.N. Ballistic Report

by Warrior Poetess and Bagboy

The 5th of May celebrates the Battle of Puebla, in which 4,000 Mestizo and Zapotec Natives defeated a technologically superior French army twice their size. In battle marked by Mexican brilliance and French arrogance, General Diaz managed to split Emperor Napoleon's army, then stampeded cattle over the French foot soldiers, beginning a tradition which would carry through World War II. If you're in favor of indigenous resistance or are just looking for a chance whup on some French, this is the holiday for you! *(It should be noted that Cinco de Mayo shouldn't be mistaken for Mexico's Day of Independence which falls on September 16. - Johnny)*

In honor of Cinco de Mayo, Bagboy and I are going to rate some of the less successful instances of indigenous resistance against foreign powers (e.g. the United States). Moralizing Note of the Day: If we are really going to hunt terror, we might as well start at home!

¹ In February 1899, the Filipinos rose in revolt against American rule. It took 70,000 American soldiers, marines and sailors three years to brutally crush the rebellion.

² Some of the highlights of the American trained death squad activities included the assassination of Archbishop Oscar Romero, the execution of six Jesuit priests along with their housekeeper and her daughter, the rape and execution of four American church women, and the mass execution of some 800 civilians at the village of El Mozote.

³ The CIA created its famous "Arme Clandestine" (totaling 30,000, from every corner of Asia) to do battle, while the US Air Force, between 1965 and 1973, rained down more than two million tons of bombs upon the people of Laos, many of whom were forced to live in caves for years in a desperate attempt to escape the monsters falling from the sky.

⁴ Weapons of mass destruction used by U.S.-dominated NATO forces included cluster bombs, depleted uranium missiles, fuel-air bombs, napalm, cruise missiles and other so-called "smart bombs."

⁵ A CIA-organized coup overthrew the democratically elected and progressive government of Jacobo Arbenz, initiating 40 years of military government death squads, torture, disappearances, mass executions and unimaginable cruelty; the US continues to arm and train the Guatemalan military and carry out exercises with it; and key provisions of the peace accord concerning military reform have not been carried out.

Next Issue: It's a surprise!



- \$0.13 (1 dime, 3 pennies)
- keys on hook (9)
- pocket tool (Leatherman)
- lip balm (unlabelled)
- lucky nail (anti-flat tire totem. stamped with the number 37)
- prayer beads (present from mom)
- wallet on chain (homemade)
- cell phone (work required)

