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## Message from the editor

OH MY GOD, it is already a month into the fall semester? I am already working on my first major project? Don't these people realize we are human beings – young human beings and not robots being trained for their version of adulthood? Can't I at least have one more afternoon at the pool? It's still hot outside!

OK, I have that out of my system. The fall semester is kind of like the lift-off stage of the academic rocket, the winter break that moment of radio silence and the spring, the rocky descent back to earth. Right now, I'm just getting used to weightlessness, to floating in the space of the semester. I'm trained; I'm ready and even if I'm not, I'm here.

Still would like another afternoon at the pool, though.

Yours,

Thomas Waring  
Editor, Up Magazine



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# Fashion Do's and Dont's

By Thomas Waring



Spring is just around the corner and clothing styles are about to change. With warmer weather on the way, cold weather will still be among us. The perfect solution to this seasonal problem is pants! The real dilemma is whether to wear khaki or brightly colored pants. Typically, men overlook this issue and put little effort into thinking about what to wear. However, I am here to tell you that men should wear khaki pants over brightly colored pants. Khaki pants have a long history of being either pants to wear to work or pants to wear to causal events. Brightly colored pants stand out a little too much and should be reserved for more formal events like church services or garden parties. Khaki pants go with anything while brightly colored pants need to match the whole outfit. Khaki pants have a casual look that will look good no matter what the occasion is, all the while being acceptable to almost every event. Overall, this spring men should wear khaki pants over brightly colored pants.



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# Tiger Deaux-Nuts

You can't get up early enough for dreams. I show up around six in the morning but Jeff Herman of Tiger Deaux-Nuts has been there for two hours already because he has a dream about doughnuts.

Herman counts off the unglazed donuts on his racks, figuring out how many of each kind to make. Tiger Deaux-Nuts doesn't specialize in gourmet doughnuts, its all he makes. currently he makes a maple bacon, bananas foster, chocolate mint, chocolate peanut butter, s'mores, apple pie, key lime pie and, my favorite, a vanilla jalapeno. "I have to keep six aside with just maple for one of my regulars. " At this phase, Tiger Deaux-Nuts is a very personal business. It's only open Saturday mornings on the backside of a nondescript strip of shops on Jones Creek Road, just north of the intersection with Coursey. One doesn't wind up here on accident.

"I'd like it to be where a hundred people walk in and I know what seventy-five of them are going to order." Herman has a ways to go, but he has the dream and he has the product. These are the best doughnuts within a hundred miles. The donut itself has a heft and crispness you just are not going to find in a place that has to deal in volume, and each one is hand decorated to ensure it is a culinary experience to its fullest. I know this for a fact because after I confessed to a stint working in a doughnut shop in high school, Herman orders me to scrub up and puts me to work.

"We have to work quickly because the vanilla glaze hardens quickly," Herman offers as I start plugging the centers with marinated apple chunks for the apple pie donuts and then drizzling them with the thick juice of the marinade. Doughnut making is a weirdly antiquarian business, one where you apprentice with a doughnut cutter before you are left to work the dough and the fryer and the icing bags yourself. Herman learned his way by watching every YouTube video he could on the subject and then hanging out in area doughnut shops, peeking through the kitchen door to glean what he can.

"When you start conceiving of a business, you have to look five years, ten years down the line," says Herman as he lays out handfuls of crumbled bacon on a tray of maple-glazed bounty. He looked at places like Voodoo Donuts in Portland, places where the foodie hunger for the next thing meets the eagerness of the entrepreneur. "I don't just want to be in the donut business," Herman explains. "I want to be in the business-starting business."

That said, there are donuts to fill. I am tasked with pushing jalapeno slivers into the icing while his sister Nicole steps in to spread melted marshmallow on the s'more ones. Herman is off to the side carefully tending to a commercial grade mixer. "I think I have a perfect meringue going here."

The whole reason he is working out of this location is because he's partnering with a catering business that works here the rest of the week. He wields an icing bag, pushing in the aforementioned perfect meringue into holes in the side of the doughnut shells destined for the key lime variety. "I'd like to move into mid-city or maybe over in the Perkins overpass area." He talks of a bistro, of partnering with other businesses, of more things this doughnut business can become.

Now, before we get all starry eyed with possibility, let us address the product at hand. His doughnuts are amazing, and not in a way that subs for clever or inventive, but straight up amazing. There is the tiniest crunch to the doughnut holes, the glaze carrying a toothiness that you just don't find elsewhere.

His maple bacon is the big seller, a tag-team of rich sweetness with just a nod of salt from the bacon. The chocolate mint and peanut butter ones are exercises in restraint. There is just enough topping piped in on these to get the flavor across without becoming too much.

The apple pie, bananas Foster, and key lime varieties are architectural feats. "I like to think of them as deconstructions," Herman offers as he balances chocolate graham crackers with lime slices fresh from the mandolin. Almost as much thought goes into them as does work.

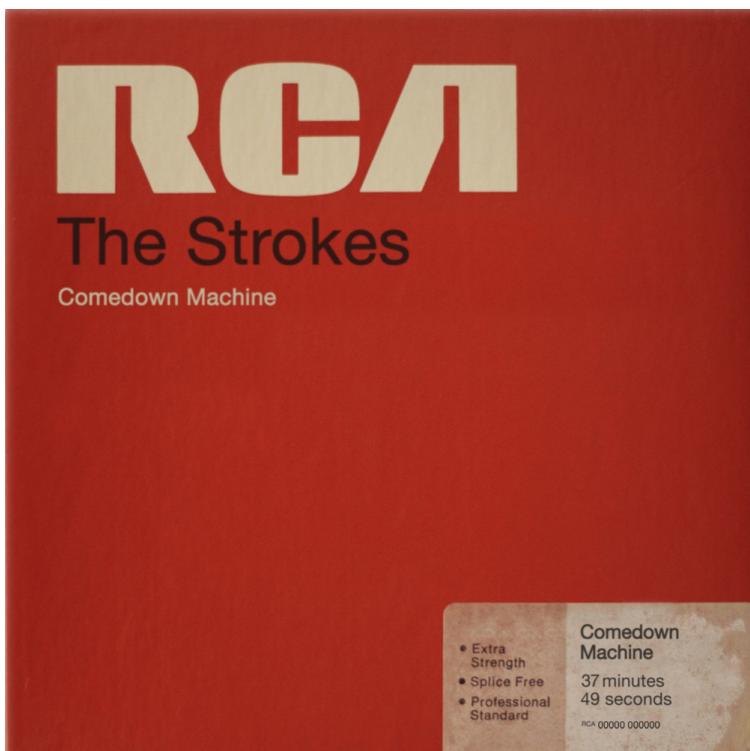


The vanilla jalapeno variety is probably the simplest in structure, but to my taste, the most inventive of the bunch. The peppers are seeded and cut into moons, offering a twinge of heat to bounce off the vanilla icing, tickling every flavor profile on the rebound. "That heat comes on quickly and then disappears before you get the burn," he smiles as I steal a bite.

Eight a.m. rolls around just as the last of the peanut butter has been piped, the final row of apple pie has been dusted with crumble, and Herman changes into a light purple Oxford. He sets a table up by the door with his meticulous, dream-filled bounty behind him as he updates Facebook to tell the world he's open. Then, with a slight exhale, he looks to the door, ready for whatever opportunity comes through.

Photo taken by Alex V. Cook

# The Strokes Comedown Machine



By Annie Weldon

The Strokes mixed old and new sounds for their fifth album, "Comedown Machine" which was released March 22, 2013. The first song "Tap Out" is a pop electronic beat, but it's by far one of the better songs off the album. But the rest of the album is just the same sound from their earlier albums. The first song released "All the Time" is loud and punchy, but it's by no means interesting.

Frontman Julian Casablancas singing in falsetto is strained in "One Way Trigger" but surprisingly it works rather well, mainly because of the mix of rock pop sound. Casablancas displays a wider range and sounds the best on this track.

"Welcome to Japan" is probably the most fun song on the album. With its mix of rock, pop and electronic, it's upbeat and the lyrics anything but forgettable. Favorite lyric? "We've got to get to work now/Sliding it off your shoulder/As we're falling over". The song is clever, and is the best on the album coming across as positively addictive.

The rest of the album is pretty basic and switches from hard on "Partners in Crime" to a softer "Chances", which is probably the most romantic sounding ballad on the album.

The album is decent, but it's not necessarily their best. If the band wanted to evolve, this was not the album that proved it. In any case, it's worth a listen, just for the few addictive and impressive songs that tune out the boring ones.



Janene M. Grodesky Ph.D  
Co Owner, One Heart Yoga Center  
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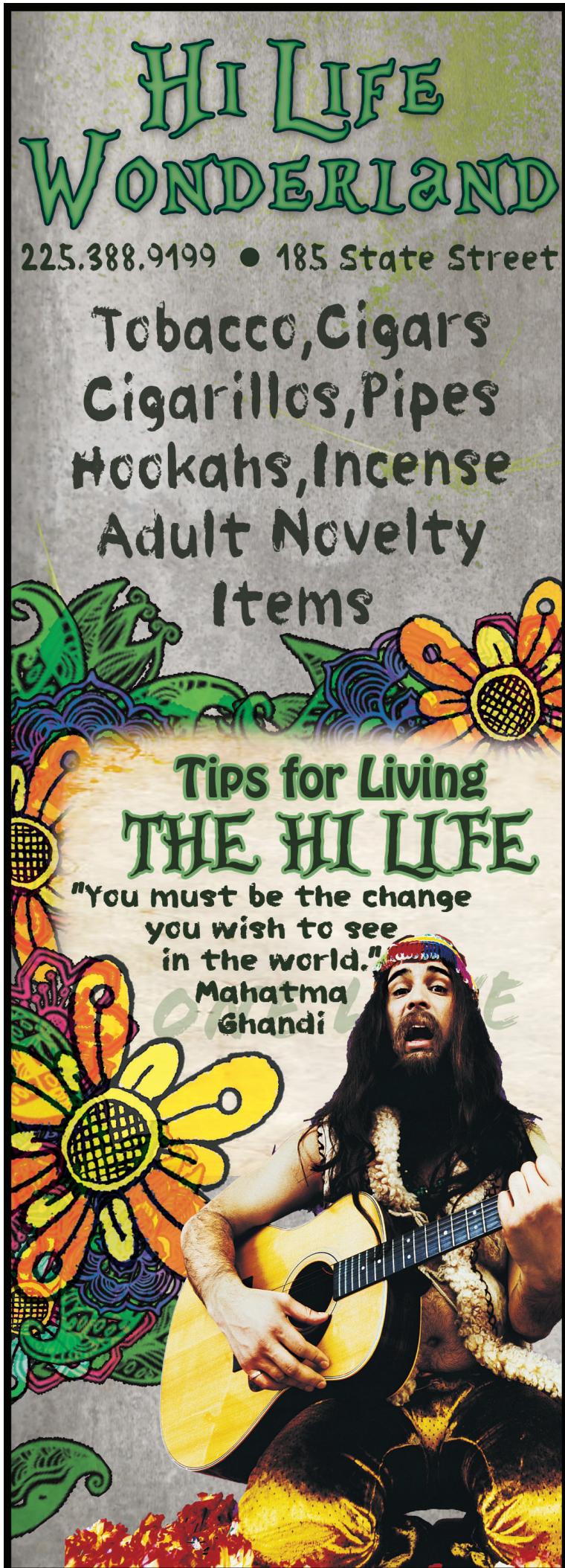
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