

## Super Vegan

Gehn Shibayama earned the nickname “Super Vegan” in 2018 by eating a vegan diet for the entire 188 days it took him to hike the Pacific Crest Trail. He’s an organizer of VegNV, a Reno-Sparks vegetarian group, and runs the Reno Vegan Chef Challenge, along with vegan nutrition expert Kelly Farrell. The month-long event started in Sacramento in 2011. For the Reno version, chefs at 33 restaurants will add vegan dishes to their menus for the month of April. Diners are invited to rate these dishes at [renovegancheftchallenge.com](http://renovegancheftchallenge.com) through April 30.



PHOTO/KRIS VAGNER

went to 15, 16 restaurants and talked to the chefs, took a lot of pictures of their menus and foods. I showed the pictures to chefs in Reno, and it really helped them to see how seriously restaurants [in Sacramento] are taking Vegan Chef Challenge.

### What were some of the foods you showed them pictures of?

Some Mexican food, vegan tamales and also vegan curry, tofu scrambles, artichoke hearts.

### After a chef signs up, does your group work with them on recipe development? Or do you provide them with any info or resources?

They’re on their own. ... A lot of restaurants actually told me they get vegan requests all the time, so they already have some good vegan

dishes which are not on the menu. So, they just need to expose those good vegan dishes.

### Would you list some dishes that chefs came up with in Reno?

Moroccan cauliflower couscous served with harissa. Vegan chocolate cake with strawberry confit and coconut chantilly.

### You hiked 2,650 miles on the PCH, eating only a vegan diet. What was your favorite food to eat during that trip?

My favorite food was coconut milk powder. ... My typical dinner was dehydrated rice plus dehydrated vegetables, which I cook in my pot, and I add a protein called TVP, or textured vegetable protein. I use this to make a soup. But it’s just a soup. It doesn’t really taste good, so I put the coconut milk powder in it, and it makes the soup really rich and creamy. Every night, I looked forward to it.

### If people in Reno want to learn more, where should they look?

Go to the website. I wrote a FAQ. A very common misunderstanding is, it’s like an Iron Chef, where chefs come to one event location and just cook, and only selected guests can eat those dishes. That’s not Vegan Chef Challenge at all. Vegan Chef Challenge menus are offered at each participating restaurant, and everybody can go to those restaurants and taste it, and then rate those dishes. ... So everybody’s a judge. □

## NOTES FROM THE NEON BABYLON

BY BRUCE VAN DYKE

## The rest of the report

It happens once in a while. I’ll read my column when it comes out in the physical paper and immediately realize I blew it. Blew it in the sense that I left something important out. This instance, I’m referring to last week’s piece about the outrageous prison sentence given to Elko county teacher Tennille Whitaker. Because as soon as I read it, two words leaped into my mind’s eye, two words that had they been included would have more completely made my whole point. Those two words being “Jeffrey Epstein.” If you know the story of this Floridian sex creep, you know exactly what I mean.

Of course it sucked that Mueller didn’t bust Trump and his asshole children. Enormously! If Vegas had established an over/under line for a total of Mueller indictments of Prez Capone, with the number set at 10, I would have taken the over.

All day long! Slam dunk, dude. So, yes, I’m lucky no such action was available. Saved me some kaish!

Mueller quote. “...while this report does not conclude that the president committed a crime, it also does not exonerate him.” Clear, plain and to the point. Right? So how does Dum Dum respond? Predictably, he lies his lying ass off. And tweets about total exoneration. He can’t stop himself. He can’t help it. The jerk of jerks.

Obviously, there’s one thing that must be done. The Mueller Report needs to be released to Congress. And to us. Period. It’s the *only* way to settle this dust up. It’s the *easiest* way to settle it. It’s the  *way. Turn the table, Trumploidytes. If President Hillary had received this dumbed down Cliff Note from her attorney general Chuck Schumer, and had instantly and loudly proclaimed her complete exoneration, you*

Repubs know you would have screamed bloody murder until you got the full report. There’s no way you’re gonna trust Schumer’s condensed interpretation, right? So how do you expect us Dems to trust this slop from Barr, who applied for the AG gig last summer by writing some fawning memo to Trump about how a president can’t be popped for obstruction because he’s such a stable genius or some such shit. Trump scarfed it up, and gee, lo and behold, nine months later, look who’s the AG of the USA? Gosh, how totally convenient!

It’s total fuckin bullshit. In the meantime, we’ll amuse ourselves with Tales of Individual One. And Deutschebank. And the Moscow Trump Tower. And emoluments. And the ridiculous Trump Foundation. And the sexual lawsuits. And the neverending torrent of lies, lies, lies. □



## WARNING:

QUITTING SMOKING NOW  
GREATLY REDUCES SERIOUS RISK  
TO YOUR HEALTH.

## CIGARETTES PREMIUM BRANDS

Marlboro Red	\$6.38 pack	\$62.84 carton
Camel Box/99s	\$6.30 pack	\$61.99 carton
Winston	\$5.85 pack	\$57.54 carton
American Spirit	\$7.34 pack	\$72.44 carton
Nat Sherman	\$8.55 pack	\$42.25 carton

## CIGARETTES VALUE BRANDS

L. Ducat	\$3.98 pack	\$38.75 carton
Eagle 20	\$4.21 pack	\$41.10 carton
Sonoma	\$4.13 pack	\$40.28 carton
King Mountain	\$4.48 pack	\$43.83 carton

## Smokeless Tobacco

Copenhagen	\$5.15 can	\$24.17 roll
Skool	\$4.85 can	\$22.67 roll
Grizzly	\$3.70 can	\$16.96 roll
General Snus	\$5.12 can	\$23.77 roll

## Alternative Products

Zyn	\$4.03 can	\$17.72 roll
Vuse Vibe	\$19.95 device	\$9.99 refill cartridge
My Blu	\$19.95 device	\$8.99 refill cartridge
Mark Ten	\$6.99 device	\$7.99 refill cartridge

## VAPOR PRODUCTS & DEVICES

JUUL Devices & Pods / Revolve / Suorin / Omni / Voodoo

## CBD PRODUCTS

CBD Vapor Liquids / Tinctures / Assorted Products



Reno: 90 Auto Center Dr. 852-4010  
Behind Mercedes Benz of Reno

Reno: 2001 E. 2nd St. 329-0275

Reno: 901 Golden Ln. 329-6299

Sparks: 1962 Pyramid Way 353-2140

Verdi: 1-80, Exit 2 345-2620

Spanish Springs: **NEW LOCATION!** 7655 Pyramid Way 424-4165

**We strictly enforce no sales to minors.**

Ask about our **Low-Price Guarantee.**

Prices subject to manufacturer change without notice.