

Spice up your Lyfe



Evanston's new Lyfe Kitchen promotes good and healthy eating with locally sourced ingredients | Lyfekitchen.com

by Anna Ferguson

There's only one question to consider when deciding whether or not to eat at Lyfe Kitchen: how much money am I willing to spend on good food?

The food at Lyfe Kitchen is consistently high quality and delicious, but comes with a hefty price tag.

Three entrées, two drinks and an appetizer rang, in at \$60, a high price for what looks and feels like a casual dining experience.

The process of ordering is similar to that of Noodle and Co. and Panera, in that you order at the register, choose a table and wait until a server brings out the food.

The staff was friendly, helpful and more than willing to go out of their way if the food was in any way dissatisfying.

Lyfe Kitchen promises a filling and healthy meal at under 600 calories, consisting of locally sourced ingredients that can be adapted to any dietary needs or preferences the diner might have.

Their dishes are all low in saturated fat, sodium, and high in fiber. The chefs who created the menu banned butter, cream, and corn syrup.

Because of these restrictions, the food at Lyfe Kitchen is resourceful and creative. Rather than serving the normal fried tortilla

chips that you're bound to find at any Mexican restaurant, their tortilla chips are baked and served with guacamole and salsa made from local avocados and tomatoes.

However, I noticed two faults with their version of this common appetizer, the first is the brittleness of the chips, which could not support a scoop of guac. The second is that the serving size is small, providing you with only five chips with an order of guac.

Continuing with the healthy theme, Lyfe Kitchen offers flatbreads in place of pizzas and makes them with exclusively whole wheat crusts. The roasted mushroom and goat cheese flatbread has a fantastic mixture of flavors and textures and the pomegranate-balsamic drizzle is to die for.

The only fault I could find with it was that the whole wheat crust tasted like something between cardboard and stale bread.

The food at Lyfe Kitchen provides a broad range of varieties of food, spanning from Mexican to Italian to Thai, which was manifested in the Thai curry bowl.

The curry was spicy and there was a nice ratio of vegetables and grain. On the negative side, the basil overpowered most of the other flavors so the entire dish tasted like basil rather than curry.

Although in general their ethnic dishes weren't the most authentic, they were all creative and tasty.

The "unfried" chicken continued the healthy motif and was served with brussel sprouts and squash with dried cranberries topped with a Dijon vinaigrette.

The chicken was in fact breaded and baked and could be substituted for a vegan meat substitute. The brussel sprouts and squash were well cooked and paired nicely with the Dijon vinaigrette, although the dried cranberries seemed out of place with the rest of the dish.

The decor of Lyfe Kitchen is somewhat reminiscent of a 1970's home with couches used as dining chairs and a color scheme of orange and chrome.

There is a decent selection of music that sounds like something out of Lollapalooza, playing a bit too loud. The open dining space is nice to look at, but creates an echo through the room that makes conversation difficult.

Lyfe Kitchen achieves their goal of producing high quality food, but this food comes at a high price. If you're looking for a good meal that can adapt to any of your dietary needs or preference and are willing to pay a little more than your typical casual restaurant, Lyfe Kitchen is the place for you.

Lyfe Kitchen is located at 1603 Orrington Ave in Evanston. It's weekday hours are 7:00 AM- 9:00 PM, and their weekend hours are 8:00 AM- 9:00 PM.

In with the old, out with the new

by Charlie Clarke

What do the two classic sci-fi series "Jurassic Park" and "Star Wars" have in common? Besides the fact that most fans agree that both films take a major quality drop in later installments; both had a trailer for a new film come out recently.

So what fans are now wondering is if these two new films can live up to the fame of the original movies.

One certainty is that the trailers for these movies are getting people's hopes up for what is to come. From a triple bladed lightsaber in "Star Wars" to Chris Pratt riding a

the Millennium Falcon flying through the desert to the original "Star Wars" theme; many people were excited to see a new lightsaber with wrist guards and a new type of droid.

Some of the more hardcore fans complained that all of these new features in the trailer did not keep with the original spirit of the movies.

The "Jurassic World" trailer had almost the opposite problem, leaving many people complaining that the trailer paid too much homage to the original movies and was too afraid to be its own film.

But just like the original films, there were angry paleontologists



New Star Wars and Jurassic Park coming soon to theatres | Starwars.com

motorcycle with velociraptors in "Jurassic World," if the movies are anything like the trailers, they should attract a lot of positive attention.

Unfortunately, it is rare that a movie actually lives up to the trailer. Many fans are skeptical of the idea of a new movie happening at all, saying that they cannot live up to the legacy set up by their predecessors.

Others say that because of all of the time that has passed since the last installments of the movies, the directors and writers have had time to see what they did wrong and correct themselves.

The "Star Wars" trailer features

complaining about the scientific inaccuracies of the dinosaurs.

While these two trailers were well made, what the fans real problem is whether these trailers are actually conveying what these movies will be like, or if they were made just to get nostalgic fans to go to a sub-par movie.

The original "Star Wars" movie was released in 1977 and made \$35,906,661 in its opening weekend on Feb. 2.

"Jurassic Park" on the other hand was released in 1993 and made \$18,620,145 in its opening weekend.

"aa" becomes the new "Flappybird" at New Trier

by Brendan Gridley

The new app "aa" has taken New Trier's halls by storm. Although "aa" first made its appearance in the App Store on August 11, 2014, it has gained popularity among the NT student body within the last month.

The basic idea of the app is to shoot long pins into a rotating ball without the pins hitting each other.

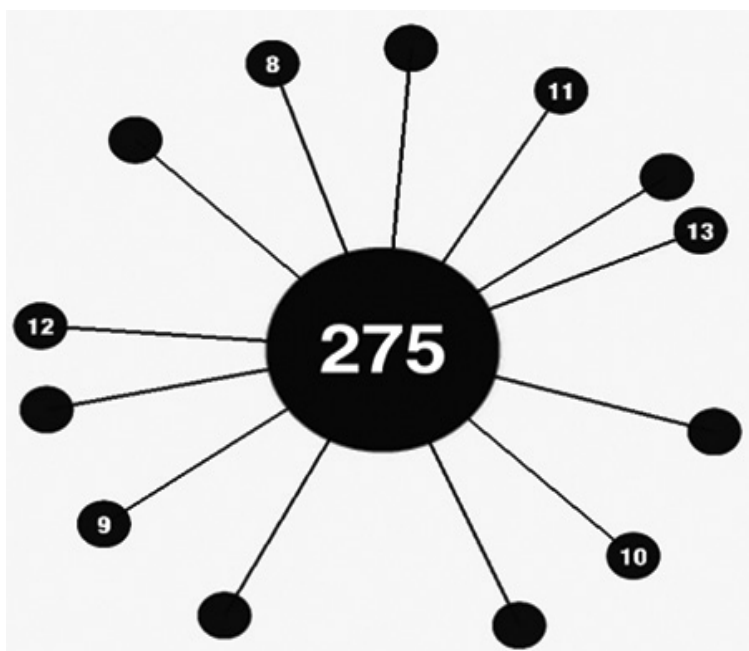
The app's developer, General Adaptive Apps Pty Ltd, describes it as a fun and addictive game without too many flashy features.

"From level one, it'll be clear that the ethos whereby a game should be entertaining, engaging, fun but sometimes tough at a stripped back level shines through without unnecessary theming or a needless story line," says the website.

Students have responded both positively and negatively to the app's "tough" side.

Sophomore Chloe Jacobs said "I'm not super obsessed with it but I've gotten a little too invested in some of the more difficult levels."

She also stated that one of her friends beat 100 levels in one day.



"aa" levels become increasingly challenging | App Store

Users of the app have the potential to traverse 600 levels, some seemingly impossible. Some of the more difficult levels include the dreaded level 49 and also level 99. Jacobs is still stuck on 49. She

downloaded the app when she noticed a lot of kids in her classes playing the game during class.

Senior Zack Vlahandreas started playing for different reasons. He started playing the app because his

little sister kept pestering him to beat the levels for her.

He claims he's "no pro" at the game because he's only at level 32, but he's still a strong supporter of the game because "everyone needs something to do while standing in the hallway awkwardly with no one to talk to other than swiping left and right or pretending to text someone."

Vlahandreas also stated "The game is more of an antisocial game that he uses when he doesn't want to talk to people, more of a Monday morning game."

Junior Sophie King is currently at level 218, an impressive feat. She began playing not unlike many other students by seeing her friends play it. 218 levels later, she said "honestly, the game is just to amuse myself and see how far I can get, it's just a fun game."

As one of the better players at New Trier, King is often recruited to beat some of the lower levels. Junior Ben Armour was stuck on level 6 until he was helped by a friend.

Some of the other apps that General Adaptive Apps Pty Ltd include "uu", "ff" and "rr", all with

similar concepts to "aa", but with a different or interesting spin on the game.

Despite the fact that there are so many similar games, something about the simplicity of "aa" attracts people.

"The game is more of an antisocial game."

-Zach Vlahandreas

Junior Emma Hermanson describes her feelings toward the game as a love/hate relationship. "Whenever I lose with one or two [pins] to go I always get so mad, but somehow I still find myself playing it during Physics class all the time," said Hermanson.

As the app gets older and older, and more people become stuck on levels, people begin to get frustrated with the game and stop playing. If this trend continues, only a select few people will continue to play "aa" as the novelty wears off on others.