Arequipa, and also in Yanqui and Tacna, pueblos that are in different states or departments than Arequipa. And we have an invitation to build an oven in Aquas Calientes, a two hour walk from Macchu Picchu. We will be able to be there May 16 - 20. These twelve ovens don't include the seven that we have in our workroom, one of which we keep disassembled so we can show the people who come (it seems like somebody comes every day to see the ovens) how we build them step by step. Although we've sold three ovens and the majority who are interested in them wish to buy, we've decided not to sell any more. Instead, we're telling the people that if they gather the materials, we will help with construction. This way, people learn the construction for themselves. So far we can count eight people who know how to build the ovens and have told us that they will teach others. And we've sold or given away dozens of brochures on how to build them. The project is rolling and it pleases us to know that it will continue after we leave. In the direction of the sun I hope.

Mark S. and Andy M. with their Solar Cookers Arequipa, Peru Spring, 1994

As well as building ovens, we're demonstrating that it is possible to cook every day using the sun, which is an enjoyable part of our work. With the several ovens we have at our disposal, we're able to cook a lot more than we can eat. A lot of times we invite people into our room for lunch and we're usually able to impress them with what we can do with the sun. It's fun to surprise people. I've been cooking with the sun for three years, and I am still delighted, amazed, when I'm able to take something cooked out of a solar oven. But the important thing is that to think we've been able to express some of our enthusiasm to other people, especially in the mountain village of Yanqui, where people seemed eager to learn how to build them. Now, three people have ovens there and know how to build them, including two nuns, Antonia and Sara. Before, they relied on a small primus stove to do all their cooking. A *campesino* (Andean farmer) named Felipe is using a solar oven in his *chacras* (fields) to cook lunch, which saves time searching for a diminishing supply of firewood. If we're doing nothing else, we're encouraging others to look a second time at the sun, to recognize perhaps this powerful and miraculous thing we have around us, this creation.

Well, that's about the bulk of our news, except that we were able, on a particularly bright day, to fry eggs, which pleased us to no end. Oh yes, another bit of news. Using our same model, I've built an oven using scraps of tin for the outside box and for the reflectors, small pieces of mirror that glass stores were going to throw away. It pleased me to use something, that was going to be thrown away and to not have to rely on aluminum foil, which is a quite destructive product. The oven is functioning well. So long and thanks again for giving us this opportunity. Mark

Mark and Andy returned safely from Peru in June. We are happy to have them back, and greatly excited about the success of their project.

Rockcastle Resource Center

Our Center is in transition from a demonstration center of what has been accomplished in the past to a research center that focuses on new developments. Hopefully, in time local individuals will have examples of show case projects that can be seen by visitors. In turn ASPI will try to blaze new paths in Appalachian appropriate technology. For instance, the herb garden is not so much an area to see, but one where research occurs, namely, growing a great variety of native herbs under differing conditions to determine which are best suited for an alternative cash crop.

Lewis VanWinkle and his brother Eugene, besides staining buildings and concreting the pavilion floor, have upgraded and expanded the two on-site outhouses to dry composting toilets -- and constructed an additional

indoor one in the Dome. The tank in each is a formed $30 sheet of fiberglass (3 foot by ten foot) imbedded at the bottom in concrete. The greatest cost was about $60 worth of PVC pipe and a $60 solar fan, fitted to the outlet end of the pipe to create a positive flow of air during daylight hours. The economy is partly realized by operating each toilet only on a half-year basis and closing down the other half for complete composition (close down time may be shorter depending on season of year). This entire redesigned unit can be built for less than $300 of materials, a far cry from the Clivus Multrum that cost twelve times that amount a decade ago. We are happy to discuss the design with interested parties.

Due to possible liability problems the ASPI Board has decided to officially (but temporarily) close the Nature Trail pending clarification of the insurance situation and awaiting some redesigning of the steeper portions of the Trail. We will continue the development of a Nature Trail handbook with Janet Melton's work.

WILDFLOWERS AT ASPI

COMMON NAME	SCIENTIFIC	SEASON
Mosses and Ferns		
Bracken	*Pteridium latiusculum*	SPR, SUM
Christmas Fern	*Polystichum acrostichoides*	EVR
Ebony Sleepwort	*Asplentium platyneuron*	EVR
Maidenhair Fern	*Adiantum pedatum*	SPR, SUM
New York Fern	*Thelypteris noveboracensis*	SPR, SUM
Rock Clubmoss	*Lycopodium porophilum*	EVR
Shining Clubmoss	*Lycopodium lucidulum*	EVR
Wildflowers		
Allegheny Spurge	*Pachysandra procumbens*	SPR
Alum-root	*Heuchera villosa*	SUM
Bedstraw	*Galium aparine*	SUM
Bellwort	*Uvularia perfoliata*	SPR
Bird's Eye	*Veronica persica*	SPR
Black-Eyed Susan	*Rudbeckia hirta*	SUM
Bloodroot	*Sanguinaria canadensis*	SPR
Blue Phlox	*Phlox divaricata*	SPR
Bluets	*Houstonia caerulea*	SPR
Calico Aster	*Aster lateriflorus*	FAL
Columbine	*Aquilegia canadensis*	SPR
Common Chickweed	*Stellaria media*	SPR
Common Cinquefoil	*Potentilla simplex*	SPR
Coreopsis	*Coreopsis auriculata*	SPR
Crested Dwarf Iris	*Iris cristata*	SPR
Crown Vetch	*Coronilla varia*	SUM
Cut-leaf Toothwort	*Dentaria laciniata*	SPR
Dandelion	*Taraxacum officinale*	SPR
Dittany	*Cunila origanoides*	SUM
Drooping Sedge	*Carex crinata*	SUM
Dwarf Cinquefoil	*Potentilla canadensis*	SPR
Dwarf Larkspur	*Delphinium tricorne*	SPR
Dwarf-Dandelion	*Krigia biflora*	SPR
Early Buttercup	*Ranunculus fascicularis*	SPR
False Solomon's Seal	*Similacina racemosa*	SPR
Fire Pink	*Silene virginica*	SUM
Four-leaved Milkweed	*Asclepias quadrifolia*	SPR
Goat's Beard	*Aruncus dioicus*	SUM
Goldenrod(s)	*Solidago ---*	SUM
Broadleaf	*flexicaulis*	
Early	*juncea*	
Grass-leaved	*graminifolia*	
Wreath	*caesia*	
Hairy Beard-Tongue	*Pensteman hirsutus*	SPR
Hawkweed	*Hieracium venosum*	SPR
Heal-All	*Prunella vulgaris*	SUM
Heart-leaved Aster	*Aster cordifolius*	FAL

COMMON NAME	SCIENTIFIC	SEASON
Henbit	*Lamium amplexicaule*	SPR
Hoary Mountain-Mint	*Pycnanthemum pycnanthemoides*	SUM
Honeysuckle	*Lonicera japonica*	SUM
Hop Sedge	*Carex lupulina*	SUM
Indian Pipe	*Menotropa uniflora*	SUM
Jack-in-the-Pulpit	*Arisaema atrorubens*	SPR
Jacob's Ladder	*Polemonium reptans*	SPR
Jewelweed	*Impatiens pallida*	SUM
KY Bluegrass	*Poa pratensis*	SPR
Large Coreopsis	*Coreopsis major*	SUM
Lg Flower Bellwort	*Uvularia grandiflora*	SPR
Lg. Wood Sorrel	*Oxalis grandis*	SPR
Little Brown Jug	*Asarum arifolium*	SPR
Long-Spurred Violet	*Viola rostrata*	SPR
Lyre-leaved Sage	*Salvia lyrata*	SPR
May-Apple	*Podophyllum peltatum*	SPR
Mistflower	*Eupatorium coelestinum*	SUM
Mock Strawberry	*Duchesnea indica*	SPR
Ox-Eye Daisy	*Chrysanthemum leucanthemum*	SUM
Panicled Bellflower	*Campanula divaricata*	SUM
Pipsissiwa	*Chimaphila maculata*	SUM
Rattlesnake Plantain	*Goodyera pubscens*	FAL
Red Clover	*Trifolium pratense*	SUM
Robin's Plantain	*Erigeron pulchellus*	SPR
Rue Anemone	*Anemonella thalictroides*	SPR
Sessile Trillium	*Trillium sessile*	SPR
Short's Aster	*Aster shorti*	FAL
Short-Sepal Beard-Tongue	*Penstemon brevisepalus*	SPR
Slender Toothwort	*Dentaria heterophylla*	SPR
Solomon's Seal	*Polygonatum biflorum*	SPR
Spring-Beauty	*Claytonia virginica*	SPR
Star Chickweed	*Stellaria pubera*	SPR
Stonecrop	*Sedum Ternatum*	SPR
Sweet White Violet	*Viola blanda*	SPR
Trailing Arbutus	*Epigea repens*	SPR
Umbrella Sedge	*Cyperus strigosus*	FAL
Violet Wood Sorrel	*Oxalis violacea*	SPR
Virginia Bluebells	*Mertensia appendiculatum*	SPR
White Clover	*Trifolium hybridum*	SUM
White Violet	*Viola striata*	SPR
Wild Geranium	*Geranium maculatum*	SPR
Wild Carrot	*Daucus carota*	SUM
Wild Garlic	*Allium canadense*	SPR
Wood-Betony	*Pedicularis canadensis*	SPR

Notice: **The 1995 Simple Lifestyle Calendar, *Hands of Appalachia* is now available at last year's prices. See the enclosed brochure.**