

Local restaurant cooks up authentic flavors at student friendly prices

Shingo Izumi
THE CLACKAMAS PRINT

Does delicious Mexican food, enough to satisfy the appetite in terms of quantity and quality, exist for under \$5 outside of fast food joints like Taco Bell?

Yes, and it's only a 5-minute drive down Molalla Avenue to a little place called Panaderia Mitzil.

I noticed the difference with just one bite, and realized that I've never eaten such a tasty Mexican meal. Its simple but spicy taste made me feel at home. I wasn't able to tell the difference compared to the authentic taste in Mexico, but I could tell the difference in terms of the quality. They used much more distinctive ingredients for their meal than other Mexican restaurants I've visited.

According to manager Paul Salinas, Mitzil uses organic vegetables for all their dishes, as well as fresh milk, eggs, cheeses and meats. Almost every element—seasonings, side dishes, etc. is homemade, including salsa, oil, breads and desserts.

"We never use frozen ingredients; we use quality instead," said Salinas.

Of course, the cost of fresh ingredients is higher than buying them frozen; however, they try to offer good quality while maintaining a reasonable price.

"We are seeking the balance



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From left Paulo Salinas, Luz Martin, Flavia Marquez and Manuel Hernandez create the delicious food and friendly atmosphere at 'Panaderia Mitzil.'

between price and quality," said Salinas. "I don't like to just care about the money side; I [also want] to care about quality."

PRICE: Under \$5
NUMBERS: Open 8 a.m.-8 p.m. Monday-Saturday.
Located at 212 Molalla Ave.
Phone 503-655-7197
ATMOSPHERE: Friendly

The food isn't just Mexican style; they also display their own original style, incorporating other cuisines, such as Chinese and French into their menu.

"My mom loves to create different styles, not just cling to Mexican cuisine," Salinas said.

Mitzil opened for business just under a year ago, on April 4, 2003. Since the beginning, the restaurant has attracted many Latino customers, but Americans of all races

come to partake in the fare, with occupations ranging from ordinary housewife to the mayor of Oregon City.

"Our customers are very diverse and 95 percent of them are repeaters. I remember them by name," said Salinas.

Their customers come not only to eat, but to enjoy conversation with Salinas and Luz Martin, who is not only the head chef, but also the owner and Salinas's mother.

"[Our] foods are very fresh and homemade and it's not just different, it's very good," Martin said.

"Furthermore, they are very friendly," added customer Duane Micheltesch.

Part of Salinas's goal for the restaurant is that customers would take the time to enjoy their meals as long as possible.

"America goes to fast food places like McDonald's or Burger King and eats in just ten minutes. I think now is the time to change [that pattern]," he said. "My hope and idea is to familiarize [the public] with the slow food movement."

Currently, Mitzil is offering CCC students a special discount—just \$4.25 for their lunch special (regular price \$4.95), so be sure to bring your student ID and enjoy your meal.

This meal includes horchata (drink), flan (pudding), enchiladas pobres (entree) and tres leches (cake).



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Monday nights aren't just for sleeping

Isaiah Creel
A & E EDITOR

Since the dawn of the five-day work week, Mondays have been considered the beginning of the end for all that is enjoyable.

After partying all weekend, many people are less than thrilled by prospects of returning to their daily drudgery. Nobody likes getting up at the crack of dawn after the lackadaisical Sunday afternoon and the vigorous exhilaration of Saturday night.

It is high time the working world took back Monday for what it is—the birth of a new week. In other words, it's the week's birthday. Like most birthdays, Monday is a chance to celebrate, make merry and enjoy oneself.

In order to say "Happy birthday, Week!" I've taken it upon myself to provide the public at large with some alternatives to moping about, mourning the death of the weekend. So forget about homework (ah, the joys of procrastination), let go of the workplace turmoil, and go pay homage to the best day all week. This up-coming Monday is the perfect chance to brush up on those bowling skills most people haven't used since freshmen P.E.

Kellogg Bowl in Milwaukie offers \$1 bowling, \$1 shoes and \$1 beer on Monday evenings from 7 to 11 p.m. Is there any better way to start the week?

Bowling is one sport that has been in existence in one form or another throughout the history of humanity.

According to the Nebraska Young American Bowling Association, Sir Flinders Petrie, British anthropologist, discovered a collection of objects in a child's grave in Egypt in the 1930s that appeared to be a crude form of bowling. If Petrie was correct, bowling traces its ancestry to 3200 BC. Throwing a rock at a bunch of sticks is a concept near and dear to the primitive ancestry of man, and accordingly helps reconnect with our most basic need for entertainment.

This Monday, join in the celebration at Kellogg Bowl, located at 1306 SE Main St in Milwaukie. For the cost of \$1 per game, this is a very affordable way to reclaim the joy of Mondays. Bowling shoes are required, but at the low rental cost of \$1, this requirement is not necessarily a

burden. The lanes are usually full at 7 p.m., but \$1 beer and corn-dogs can help pass the time until lanes are available.

The latest popular music hits are played non-stop throughout the evening, providing even more of a party-like atmosphere, and a friendly staff helps keep spirits up even when scores are down. A clean environment, a classic game and ridiculously low prices are all designed to help break the Monday stereotype.

So grab a couple of comrades, a few bucks and that hideous bowling shirt that's been hanging in the closet for decades, and come celebrate the death of the weekend ... I mean the birth of the week!

Mac Dre macks DVD scene with 'Treal' release

Nic Delzell
THE CLACKAMAS PRINT

Mac Dre takes his counterpart to the next level by turning the Thizzelle Washington character into a ghetto news reporter that narrates the DVD and effortlessly wraps the viewer up in over two hours of turbulent hip-hop amusement.

The underground Vallejo, Calif., hip-hop legend, hit local record stores once again with the December 2003 release of "Treal TV" the DVD, hosted by Thizzelle Washington-Dre's alter ego.

"Treal TV" contains concert footage, stunts, street brawls and extreme sideshows, forming 35 chapters of pure, uncut, raw hip-hop product. An amateur free-style chapter is sure to make onlookers fall out of their seats with laughter. Locals might recognize the glimpse in the concert footage of the July 2003 show at the Roseland Theatre in downtown Portland.

The highlight of the DVD appears in the Special Features section, which is chock-full of rare Dre music videos.

"The video for the classic Dre cut 'Fire' is sho'nuff genius. Mac Dre is pimp. He's on a level that no other rapper could ever achieve," hollered one loyal Dre fan.

The DVD also takes the hip-hop devotee on a ride through one of Dre's many Vallejo homes, proving

that even an underground rap star can parlay a 14-year career into riches and luxury for his whole crew.

During one chapter, Dre explains that every time he turns around, he's back in jail. He goes on to say that every time he gets out, he buys a new "whip" or vehicle. The most impressive whip he shows off is a 1967 Mercury Cougar on gold Dayton 100 spoke rims. Gangsta! Gangsta! Gangsta!

Dre started his career in 1989 with the release of the EP "What's Really Going On?" and has worked on or produced an album every year since then. His album catalog contains over 20 titles, all released without major label backing.

The Special Features section also contains a brief Dre biography with his account of an early '90s incarceration for conspiracy to commit bank robbery.

While serving his prison bid, Dre recorded "Back in Da' Hood" and "Young Black Brother" over the phone. Dre was the first rapper to record an album this way. According to "Treal TV," the album "Back in Da' Hood" sold over 40,000 records on word of mouth alone.

"Treal TV" is guaranteed to please even the average music fan.

"Treal TV" is available online and at independent record stores all over downtown Portland, so don't go looking in the mall for this one.

And remember-keep it "treal."



INTERNET PHOTO

Mac Dre, a.k.a. Thizzelle Washington, shows off his fresh threads and platinum piece.

DJs

WANTED

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