

Rock the Guac



EAT, PRINT, LOVE

Joshua Dillen
Co-Editor-in-Chief

Can you rock the guac? More importantly, do you want to rock the guac? *Eat, Print, Love* is here to demystify and simplify the world of avocado love. Guacamole is by far one of the best college "meals" you may find. Affordable, easy and customizable, this "Guac Guide" is essential to the avocado loving college student.

Turning avocados into great guac is very easy and rewarding. It also has price tag that is comparable to that of most combo meals at your local fast food grab. One of the only grubbers cheaper is Cup Noodles.

Rocking out a batch of this green and tasty mana will make you the star of your own meal at the least. Or get you much respect and awe from your peeps as the bowl of "gourmet" guacamole disappears.

In other words, *Eat, Print, Love* is committed to making sure you get real nutrition at an affordable price. All accomplished without sacrificing very much of your valuable study time.

Simplicity is key. We all know foodies out there who like to use fresh ingredients and seasonings to bring it up a notch. That is awesome, well and good, and you know you love their guac along with their gourmet dip stock. This may not be what you are inclined to do. The brilliance and idiot-proof design of *Eat, Print, Love* has your back.

You too, can create avocado love, no matter what your culinary skills are. This recipe, my guacamole loving friends, could ~~perhaps change your life~~. It's almost an epiphany of eating ease and perfection. Welcome to the keep-it-simple guacamole recipe at your fingertips.

Rockamole

Ingredients
One avocado per person
One to two tablespoon(s) of your favorite salsa
(That's right, only two ingredients!)

First, wash your hands well. The trickiest part is getting the avocado out of the skin and separated from the pit. Carefully slice the avocado in half lengthwise. One half will have the pit still in it. The simple, albeit messy, method of removing the pit, involves scooping all of it out of the skin and into the bowl. Then, mush the pulp off of the pit. Scoop the other half into the bowl as well. Rinse your hands and mash into small chunks with the fork.

Add the salsa and mix thoroughly. You now have instant guacamole. Prep time for this is only about 10 or 15 minutes.

It is up to you pick out your favorite dipper for your fresh batch of Rockamole. For one person, made with one avocado, this can be called a complete meal. Packed with nutrients, healthy fats and a good dose of complete protein, one avocado's worth of guacamole is a guilt free meal.

Other options for your newly created emerald ambrosia are a sandwich spread with your favorite deli meat or a topper for breakfast. Don't forget to make a batch as a condiment on taco night. Also, burgers can instantly be made southwestern style with some guacamole on top.

Eat, Print, Love would like to help make it a better experience for our fellow students. Check back next week for more friendly food and don't miss our Halloween special recipes! Suggestions or comments can be sent to us via Facebook (@thelackamasprint) or Twitter (@thelackamasprint) using the hashtag #eatprintlove.

Geek dreams come true, comics considered literature



Joshua Dillen The Clackamas Print

Trevor Dodge and guest speaker Diana Schutz, a senior editor for Dark Horse Comics, stand in front of the Comics and Literature class on Tuesday. Schutz held a drawing for a graphic novel by Will Eisner "The Neighborhood: Dropsie Avenue," which was awarded to Kyle Davis.

Christopher Taylor
Arts & Culture Editor

BOOM! KAPOW! WHAM! Words and action fly off the pages of the comics as students read them for their nightly homework. That's right, comics as homework. With the comics as literature class on campus, students can immerse themselves into the art of comics and embrace their inner geek.

The Comics as Literature class is a special one-term class offered during the fall term where students take an in-depth approach to comics and observe the writing techniques, art and other elements like character development, plot line, continuity of comics like

'Watchmen' and 'Batman: Year One'.

"It's a really interesting class," said student Bryce Pierson. "I got to have fun and read comics for homework, which not many people can say they get to do. It's really cool."

When you think about it, who wouldn't want to spend time reading comics as homework? Sure, you have to take some notes, but come on, it's comic books. It gives you a chance to relax a little and unwind with a good comic or two, which sounds like bliss to the ever busy college student.

The class itself is taught by Clackamas English instructor and local author, Trevor Dodge, who has written a book of his own. This may seem like a strange class

for an English instructor to teach, but the way that he teaches it makes comics a more refined writing art and viable as an option for a writing teacher to, well, teach.

"What I hope to accomplish with this class is expose people to different types of literature and broaden their horizons," said Dodge. "It also provides an opportunity for people who want to work in this field to start shaping their career path and get their hands dirty, so to speak."

Indeed, it seems many students who take this class come away either laden with knowledge of comics they didn't have before, or a more open mind about what they define as 'literature.' The class can also have other applications aside from comics or even writing.

"I took the class before, due to my geeky interest in everything comics," said student Zach Sherman. "It's also an interesting class to take for a potential director, as it's almost like looking at a well thought out story board, which is where my director's mind steps in and wonders 'How could I turn this into a movie?' It's a great class to take, even if you aren't into comics."

So it can be said that this class isn't just for the inner geek, but can also be used in more than one application. You could take it from an artist's perspective, a graphic designer, a writer's or just a geek who wants to embrace their 'nerdiness.' Whatever your angle may be, this class is sure to catch your attention in one way or another.

Apples: From core to peel, a seminar on use and preservation

Christopher Taylor
Arts & Culture Editor

There is an old saying: "An apple a day keeps the doctor away." While this may or may not be true, apples are still a fruit eaten by many every day, in several ways, including pies, shakes, butter on toast, or just as a regular old apple, straight off the branch.

The point is, a lot of people eat apples. Some people, with the rise of being green have begun to grow their own food and make their own food products out of it. On Oct. 23, your chance to become one of these people will come around.

At the OSU extension service on Warner Milne road in Oregon City, from 6-9 p.m., there will be a seminar on using apples to create pie filling, apple butter, or preserve apples, as well as new and interesting recipes on just what you can do with those apples.

"There's so much to be said about the applications and uses for these apples," said local resident and "green" farmer Heidi Stachelrodt. "Not to mention that, with some revisions to timing and such, you can use this preservation process for several other things."

This process could be used on fruits and vegetables alike, with certain modifications. The fact of the matter is that events like

these are on the rise.

"With the green movement that's been going around Portland, these types of events are becoming more and more popular," said Maddy White, a shopper at the local farmer's market. "The movement has spread, and I myself am starting my own vegetable gardens, and have started looking into how to can and preserve my hard work."

It can be pretty rewarding to eat the fruits of your labor by growing your own produce, or even knowing how to preserve it so you can enjoy it later, being 'thrifty' in the process.

"It's great to know you can save money with these programs being out there and available to the public," said White.

"I'm totally interested in signing up for it," said CCC student Richard Geere. "I'm not even really very 'green', or a farmer, but I'm interested in learning new things. After all, as an old man, all I have is time on my hands."

So if you have \$30 and some spare time, you should go check out the event. You may glean some new information, and maybe even find a new hobby or interest for yourself that you never knew you'd be in to.

If interested, you'll want to register soon. The cost is \$30, and space is limited. You must register by Oct. 19 if you wish to take part in this seminar. Call 503-655-8634 for details and/or to register.

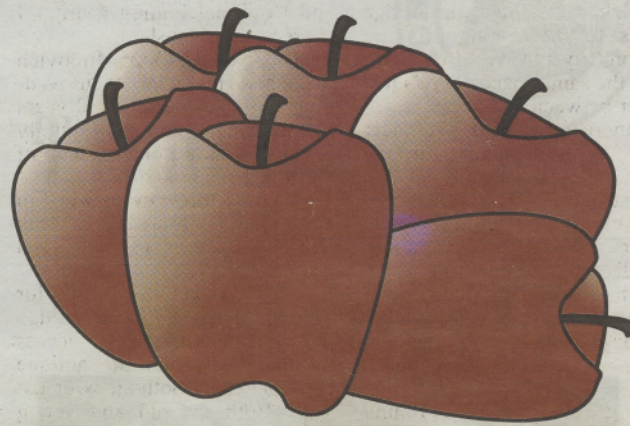


Photo illustration by Brian Steele The Clackamas Print

\$1 OFF Lunch Specials
to CCC students and staff with ID

Fresh Made Deli Sandwiches
Salads • Espresso • Smoothies
Pies • Pastries • Coffee

OPEN
Tuesday-Friday
7am-6pm

Saturday
8am-6pm

Closed Sun & Mon

Like us on Facebook



19273-C Molalla Ave
Oregon City, OR 97045
503.518.0110

www.justabitecafe.com

Local Delivery Available

Lunch Meeting Specials (fax your orders to 503.518.0082)