

**Squashing stereotypes**



**EAT, PRINT, LOVE**

**Anna Axelson**  
Co-Editor-in-Chief

Aside from the classic pie, the traditional carving, the roasting of seeds, the subject of late night delinquent vandalism and the sinking, rotting remains lingering on doorsteps the first week of November, what good are pumpkins?

Not only is *Eat, Print, Love* here to tantalize your taste buds, but we're here to inform you. So first, how about a few facts, eh?

A pumpkin is a vegetable, a cucurbitaceae to be exact, and resides in the same family as other fruits and vegetables such as cucumber, squash and cantaloupe. Pumpkins are easily one of the most cultivated field crops due to their fast growth rate and seasonal popularity.

Like its fellow orange root vegetable the carrot, pumpkins are high in vitamin-A, in fact higher than most others in the same family. Pumpkin also contains a healthy dose of other vital goodness like vitamin-C, vitamin-E, carotenes, folates, niacin, thiamin, calcium, potassium and a slew of other nutrients that do the body good. All that, and less than 30 calories per cup of puree.

If you aren't impressed yet, try this on for size: pumpkin seeds are awesome for you too. High in protein, minerals, dietary fiber, iron, zinc, tryptophan and (your heart thanks you for this) monounsaturated fatty acids.

Now that you are fully educated in the benefits, it's time to share its versatility.

This time of year, you can find a can of pureed pumpkin on sale for a buck and some change (Libby's is the brand most of us know and love), but would you be surprised to learn that you can do more than just make pie with the contents of that can? Brought to you by *Eat, Print, Love*, here's an offering that will inspire you to keep a can of that creamy orange goodness in your pantry in case of emergencies.

**Pumpkin Butter**  
1/4 cup brown sugar, packed  
2 tablespoons granulated sugar  
1/4 cup water  
1/4 teaspoon nutmeg  
1/2 teaspoon cinnamon  
1 1/2 cups canned pumpkin

Combine everything but the pumpkin in a microwave safe bowl and zap on high for three minutes, then stir. Mix in the pumpkiny goodness and microwave on high five more minutes. It will be bubbly! Once the pumpkin butter has cooled enough to handle, load into clean, airtight containers to store for future use. When completely cool, refrigerate. This will keep several weeks in refrigerator or can be frozen for longer storage.

This spread can be used on everything from toast, to oatmeal, a dip for fruit or even a dessert topping. Give it a try and enjoy yet another incarnation of this super-veggie. The best part? The average serving tops out at around 25 calories - sugar and all. How nifty is that?

A note to parents of picky kids: if you have trouble getting your rugrat to eat their veggies, take a page from the book "Deceptively Delicious" by Jessica Seinfeld (wife of that one comedian guy). This cookbook reveals some time tested secrets about covert ways of deceiving your child into eating healthy. It's simple: mix in some pureed fruits or vegetables like - get this - pumpkin!

Visit *Eat, Print, Love* on *The Clackamas Print* website for a savory pumpkin soup recipe and be sure to check back next week for our Halloween special packed full of ghoulish recipes! Suggestions or comments for *Eat, Print, Love* can be sent to us on Facebook ([thelackamasprint](http://thelackamasprint)) or on Twitter ([@clackamasprint](http://@clackamasprint)) using the hashtag #eatprintlove.

# Fright Town sure to strike fear into your heart

**Breanna Craine**  
The Clackamas Print

If you are looking for a scary haunted house this Halloween season, Fright Town at the Rose Quarter in Portland is the place to go. This year they had an option of three different houses to attend in the same night.

The themes for each house were different than the next. They include The Black Box, The Baron Von Goolo's Museum of Horror and The Contagion. One was a museum-like haunted house that had creepy, fictional bugs, a doll room and of course, a clown room.

I went on a Thursday night, which is the best way to go if you don't want to wait in lines for more than an hour just to get the entry ticket. This night, though, was a 2-for-1 night so the crowd was huge.

At first, the lines were very short. Walking right into the building to get your tickets and get in line for the haunted houses was a breeze. Within an hour, the place was filled. Lines started becoming longer and longer.

I was in line for the second haunted house for about an hour and decided not to wait in line for the third house. We went about a half an hour after it opened and parking was not even close to being full.

Last year's performance made it to where Fright Town is considered the best haunted house in the Pacific Northwest.

"Who'd have thunk that one of the best haunted attractions in North America would be located in the basement of a giant sports complex in Portland, Oregon, of all places? ... Chilling, creative and well thought out, Fright Town is one of the best haunted attraction experiences I've ever had," stated author and former Editor-in-Chief of *Rue Morgue Magazine* Jovanka Vuckovid in a press release.

This year, the designers tried making the haunted houses even better than last year. The make-up of the actors is fantastic. It looks so real, they look like they could be in Hollywood movie. You can hear the screams of the terrified children, and some occasional parents from the waiting lines. It brings more and more suspense for when you finally enter the haunted house.

In a lot of haunted houses, they have scary zombies or brides jumping out at you, or screaming in your face. Then there are the rooms that are completely black. You cannot see an inch in front of your face and you are forced to trudge on and wait for the next thing to pop out at you.

This being my first haunted house I have been to since I was a little kid, I was really nervous to go but I had a great time. The lines are a little long but the adrenaline of not knowing what is going to happen next made it all worth it.

Fright Town will run through Halloween, 7 p.m. to 10 p.m. Sunday through Thursday and 7p.m. to 11p.m. Friday and Saturday. Visit [www.frighttown.com](http://www.frighttown.com) for more details.



Photo contributed by Fright Town

*The Black Box is one of the many attractions at Fright Town. This year the Black Box contains a large assortment of ghoulish creatures, scary monsters and many new unspeakable horrors that are sure to tantalize and titillate anyone's fear receptors.*

## Scream at the Beach is 'hauntingly' good family fun



Photo contributed by Scream at the Beach

*The Nevermore Castle Ghost Hunt is one of the bigger attractions at Scream at the Beach. Scream at the Beach has been a long running tradition in Portland. It is also one of the more family oriented haunted houses.*

**Hannah Duckworth**  
The Clackamas Print

Scream at the Beach is a popular haunted attraction here in the Northwest. From the Clark County Fair to the Portland Rose Festival, they show up any place where people will pay to get scared and they don't just do haunts anymore.

They also cooperate with companies such as Fabulous Davis Shows Northwest carnival, to add to your nighttime excitement. Dee Prentice and Jessica Bequette have both been working for Scream at the Beach for a few years now.

"We've been working with them on and off for about four years," said Prentice. "It's like a friendship thing."

"We work with different companies every year," Bequette added. Bequette came down to Scream at the Beach to volunteer a couple of years ago and ended up working for the company.

"Now I just come back every now and then to help out," said Bequette.

Scream has five haunted attractions: the Nevermore Castle Ghost Hunt, the Nevermore Graveyard, the Twisted Circus, the Haunted Gold Mine and the Black Forest. Like all good haunts, the things inside play on your worst fears. I ventured through one, the Gold Mine, and I was definitely unsettled.

The Haunted Gold Mine is set up like an underground cave system. This haunt has it all: mechanical spiders, fog and strobe lights, and one section that is pitch dark, where we had to follow the wall to get out.

'Clyde the Miner' is the mine's resident spook, and his full-length black cloak with a hood made it easy for him to sneak up on us,

“**I knew there was someone there, but I couldn't see them.**”

**Adam Permetti**  
Canby High School Student

especially since we weren't in the mood to do much looking around. And even though he was the only one literally peeking over our shoulders, I was never sure if anyone else was going to show up.

The Black Forest is a fog-filled tangled-up tree mess, filled with animals and mutated people and a severe lack of paths. I chose not to go into that one; after I was able to walk around without looking over my shoulder, I realized I had just gone through the tamest haunt on the premises. However, I was able to talk to someone who did.

"The main thing was that I couldn't see," said 17-year-old Adam Permetti, a senior at Canby High School. "I knew there was someone there, but I couldn't see them."

"If you're not that into haunted stuff, it's a good place to go. If you want to get terrified, go somewhere else," added Permetti.

If you're planning on visiting Scream at the Beach during the Halloween season, you'll need to get in soon. They are set to tear down at the end of the month.

Scream at the Beach will run from Oct. 24 to 31, 7 p.m. to 10 p.m. Sunday through Thursday and 7 p.m. to 11 p.m. Friday and Saturday. Visit [www.screampdx.com](http://www.screampdx.com) for locations and more details.

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