

## Beetnik brew beats the BRRR



EAT, PRINT, LOVE

Joshua Dillen  
Co-Editor-in-Chief

Beet lovers unite. Feel an incredible harvest soup that blows minds with groovy sweetness and a savory psychedelic slam to the taste buds.

*Eat, Print, Love* kicks it up a notch this week with a rich and hearty soup that can be customized for maximum cold weather yumminess. Spicy Italian or breakfast sausage (or your favorite vegan replacement) and pan roasted sweet veggies give this dish a complex gourmet touch, yet is easily prepared by the fledgling foodie.

This fool-proof fusion will have the pickiest eaters warmed to the soul. Beetnik soup is made for the bounties of harvest and delivers with a cornucopia of existential tastes.

### Sweet and Savory Beetnik Soup

Vegetable oil  
8 to 16 ounces spicy ground Italian or breakfast sausage\*  
1 cup beets peeled and cut into half inch cubes  
1 cup carrots cut into half inch cubes  
1 cup celery cut in to quarter inch slices  
1 medium sweet onion coarsely diced  
4 or 5 large kale leaves, de-ribbed and chopped into 1 inch pieces  
64 ounces chicken or vegetable stock  
2 cups water  
2 cups roasted delicata squash (or a 12 ounce can of plain pumpkin puree)  
Salt to taste  
Half cup local pinot noir or other red wine  
3 to 10 cloves crushed garlic (to taste obviously!)  
A few pinches of dried marjoram (optional)  
1 cup fresh spinach  
Chopped green onions, chives, mint or basil for garnish (optional)

Heat a medium skillet containing two tablespoons vegetable oil (no oil if sausage is fatty) on med high heat. When the oil shimmers, add sausage and brown until cooked through. Set meat aside and save pan with drippings (applies for vegan meat substitutes as well if pan frying).

While sausage is cooking heat a four quart or larger stock pot or Dutch oven with oil as above and add beets, carrots, celery and onion. Sauté these on medium to medium high heat for seven to 10 minutes, stirring every two minutes to caramelize the veggies and bring out their natural sweetness. This process is very important to develop the rich and sweet flavors from the vegetables. Stir in the kale and continue cooking for three to five minutes.

Add the stock and two cups water, increase heat to med high and bring to a low boil, then reduce to med low heat to gently simmer. Stir in the roasted squash or pumpkin. Salt to taste. Simmer until the next step is complete.

Cook the red wine in the pan with the drippings on medium high heat. Scrape the pan and continue cooking until the wine thickens and reduces by at least half. This concentrates the flavors left in the pan while creating new levels of flavor. Add this reduction, garlic and sausage to stock pot. Bring back to simmer and cook until veggies are tender. Stir in marjoram and spinach. Heat for a few minutes and serve with desired garnish.

Autumn food love is here; your mind and taste buds will never be the same.

## Rags & Ribbons shaking up Portland music scene

Christopher Taylor  
Arts & Culture Editor

In a day and age where everything is always on the move, trends rise and fall and music is a fast-paced ball of constantly changing energy, one band has managed to lift itself above the grime and stand out in more ways than one. Rags & Ribbons, a local band, is on the rise and could very well be the band to watch in the upcoming year.

Rags & Ribbons is an alternative rock band composed of former college students who all took music theory classes and use this knowledge to compose their music.

"We really strive to create something new, something interesting that can catch — and keep — people's attention," said Jon Hicks, one of the co-vocalists and pianist. "We use theory as a device to create new sounds, all while deriving from influences such as Muse, Arcade Fire, Queen and

more."

The band's music definitely has elements that hint at styles such as pop, rock and even a little bit of classical piano playing here and there, all while retaining an original sound all their own, giving them an edge unlike many other bands around.

"What we do, I think, is truly different," said drummer Chris Neff. "We take, adapt, mash and add until we have something that's all our own, which I think defines our sound."

Their recently released LP "The Glass Masses" shows just what this band is capable of. From guitar driven rock tunes like "Lady in the Midnight Sun" to piano driven pop tunes like "Let It Burn" and slightly indie tunes like "Even Matter" help to showcase their creativity and show that they aren't limited to one genre or one style, but can adapt and change as they see fit, while still retaining their own sound, which is hard for some bands.

"I think in the end, it's what makes us, us. We strive to create and change things up, all while thinking, 'Is this song us?'" said Neff. "And nine times out of 10, that's the case, and that's what you get from our LP — a collection of songs by us, showing who we are not only as individuals, but as a band."

Rags & Ribbons performed recently at the Doug Fir Lounge on Burnside in Portland, and the crowd was not disappointed by their performance.

"We put everything we have



Photo Contributed by Jon Hicks

Rags & Ribbons is a Portland band who promote and organize their own shows, tours and albums. Rags & Ribbons is on the rise and gaining popularity with the release of their new LP "The Glass Masses," which is available on iTunes.

into every show," said guitarist Ben Weyerhauser. "We give 100 percent because we know that that's what the fans want, the best show we can give. And we deliver every night."

Their sound was just like their record — if not better. The vocals were strong, with harmonies that were tight and precise, the lyrics were relatable and thought provoking and their instruments all meshed and blended together, all

while standing on their own, to create intricate layers to their diverse set of tunes. Friendly and down to earth guys, who are more than willing to talk and share about their experience as musicians and as a band, it may be well worth the time to give them a listen. [www.ragsandribbons.bandcamp.com/](http://www.ragsandribbons.bandcamp.com/) or at [www.facebook.com/RagsRibbons](http://www.facebook.com/RagsRibbons).



RAGS & RIBBONS  
THE GLASS MASSES

## ZOO: Pachyderm pregnancy promises early holiday present

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By fall of 2013, the new elephant enclosure is expected to be completed with the construction starting after this year's Zoo Lights celebration. What is more exciting for the elephants however, is that elephant Rose-Tu is expecting her second baby. Her due date is anytime between Halloween and Christmas according to

Oregon Zoo volunteer Wendy Doerner.

"You could kind of take a shot and say early December, but we don't really know yet," said Doerner.

Doerner volunteers by observing animals and making notes about their behavior when she is not debuting as an elf for the holiday festivities. The zoo is currently hoping to

publish an ongoing study to help determine an elephant's behavior before she is due to give birth. This would help those working with elephants to better determine when they will be delivering.

The mystery involved in finding the precise due date for the delivery is so intriguing that according to the Oregon Zoo website there is an ongoing Facebook contest. The person who guesses closest to the actual delivery date will get to be first in line at the baby elephant's debut.

Elephant pregnancies last between 20 and 22 months, the longest for any mammal.

Currently, the main method of determining a delivery date is to do a blood test. Three days before a mother elephant will give birth her blood-progesterone levels drop considerably.

The hope is that by finding a way of determining an elephant's behavior before she is due to give birth will help those working with elephants predict the delivery date sooner than three days prior.

Rose-Tu is the fifth elephant in this study which collaborates with Taronga Zoo in Sydney, Australia, where three elephants have given birth since 2008.

Doerner also helps to observe other animals to determine if and how the ongoing construction in the zoo is affecting their behavior.

"We are doing a videotaping study that will last seven years," said Doerner. "We video tape three or four times a week."

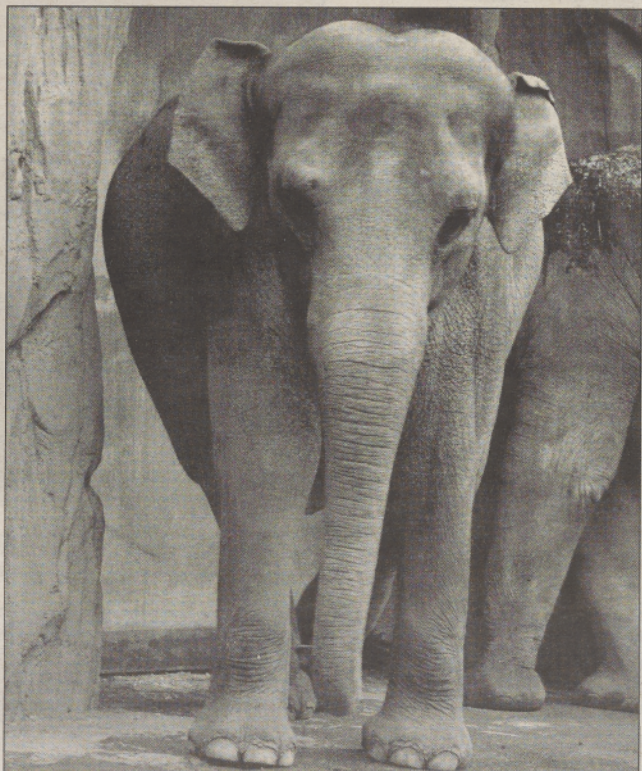
These videos are available for the zoo keepers to refer to so they are aware of how the renovations are impacting the animals who live in the zoo.

Another ongoing observation project is geared to constant supervision of the African wild dog exhibit. Previously, the habitat only had male dogs. However, the zoo recently introduced a female dog into the exhibit. As a result the male dogs are competing to become the alpha dog. To prevent fights, volunteers watch the exhibit so they can warn zoo keepers of any signs of aggression. If a fight does need to be broken up, the keepers will use a food incentive to distract the dogs.

Malia Coleman came with her parents to visit the zoo on Sunday despite the rainy weather because it "sounded funny" and she enjoyed seeing all the animals. Her favorite animal at the zoo is the otters but horses are also her favorite. As she observed the elephants, Malia pointed to Rose-Tu and gave her insight. "You can tell because of her tummy," said Malia.

She thought the elephant having a baby was "cool." While she obviously enjoyed the huge animals pacing around just a few feet from her in their enclosure.

The annual Zoo Lights celebration will begin Friday Nov. 23. Gates open at 5 p.m. and close at 8:30 p.m. and the event runs through the Christmas holiday. Learn more about the Oregon Zoo by visiting [www.OregonZoo.org](http://www.OregonZoo.org).



Rose-Tu is expecting a baby, and the zoo is very excited. The due date is expected to fall somewhere between now and Christmas. Anyone who can guess the precise date will be first in line to see the new baby elephant.

Joshua Dillen The Clackamas Print