

# Students tone abs for bikini season

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takes two weights at about 15 or 20 pounds and leans from side to side or holds the weights up to his chest and twists to each side. "It's great if you don't want to do crunches, and there's no neck or back pain," said Minsein.

Casey Curry, a Work Study student who works in the gym, claims that an increasingly popular abdominal workout is using stability balls. Stability balls can be used in abdominal workouts a number of ways. One way to use a stability ball in your workout is to sit on the edge of the ball and lean backward and forward, which makes you hold your abtight. Another workout with a stability ball is to lie on your back and hold the ball with your feet, grab the ball and repeat.

Clackamas Community College offers a stability ball class each term to give students the opportunity to learn how to use stability balls in their workouts.

According to Curry, the abdominal muscles are the only muscle you can't strain, which allows for more types of workouts for the muscles. "There are so many exercises for abdominals, it's unreal."

With bikinis and Speedos around the corner sometime soon, now is the perfect time to begin adding abdominal workouts to your workout routine.

that time again. Swimsuits are display at every clothing store and we someday soon, we can start wearing shorts and going swimming in. But, for those who feel they are not be ready to wear those alluring bikinis, there is hope.

Abdominal workouts are great for toning the stomach and just strengthening the abdominal muscles. Many students working out in the school weight room said that abdominal workouts were a regular part of their routine.

Gethany Teixeira said that she does abdominal workouts to "lose the extra stuff" and make herself appear leaner. As a cheerleader and volleyball player in high school, Teixeira she has always done abdominal workouts in her workout routine. Her favorite thing is seeing results. It's "so nice," she said.

Brandon Minsein began doing abdominal workouts six months ago and views his core as important because, "with a strong core, the body will be stronger."

Instead of doing traditional sit-ups, Minsein uses weights to tone his abdominal muscles. He



Hillary Cole Clackamas Print

Tessa Ouchida works her abs on April 8 in the Randall weight room. She was participating in the Weight Circuit class that Clackamas offers, taught by Keoni McHone.



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## Fava beans: food of champions

"I ate his liver with some fava beans and a nice Chianti" - Hannibal Lecter, "Silence of the Lambs"

You may have heard of fava beans by another name, broad beans, but whatever you call them they are still just as nutritious. Fava beans are very popular in the Mediterranean and parts of northern Africa. These beans have a huge part in various celebrations of the dead throughout Italy and Greece.

Fava beans are high in protein and relatively low in fat, sodium and calories with each cup containing nearly 13 grams of protein. If you know anything about nutrition, you know that protein is the building block of muscles which help to shred fat; it has been a well known fact that more muscle equals a higher ability to burn fat.

Another area that fava beans are potent is in foliate, which aids in cell growth. They provide 44 percent of your daily need. Although due to high quantities of tyramine people who use an MAO inhibitor should avoid eating fava beans.

### Recipe:

8 ounces of fava beans  
2 tablespoons olive oil  
Shaved parmesan  
Fresh ground pepper  
Salt to taste

Remove the outer husk of the fava bean and place the shelled beans into a bowl and set aside.

Add the fava beans to boiling water for about six minutes or until softened.

Remove the beans with a slotted spoon and place them into a bowl and add the olive oil, ground pepper and salt.

Serve the beans with a pinch of parmesan and enjoy.