

Papaya pleases with perks

By Joshua Baird
Arts & Culture Editor

Come in, world weary traveler, and try something for your sweet tooth; you will be glad that you did.

Papaya is commonly believed to help your body with the digestion of food

and has been eaten as a dessert for more than 500 years by those native to the islands that Christopher Columbus "discovered."

The succulent flesh of this tasty fruit is yellow-orange in color and is flavored like a beautiful citrus fruit which tempers really well with the sweetness that it brings to the table. Once you slice open a papaya you will see proof of that beautiful color, you will also find a number of

little black seeds that you should not eat.

Among one of the tastiest digestive aides on the planet, papaya is also packed with a plethora of vitamins and nutrients, chiefly vitamins A and C, and is action-packed with antioxidants.

While it is not necessarily considered a "superfruit," papaya has so many reported health benefits that it is hard to argue with those ancient indigenous men and women who essentially estab-

lished that it is. It is said that papaya is used as an anti-inflammatory and is good for protecting against emphysema, colon cancer and heart disease. In fact, it is even believed to assist women with menstrual irregularities.

Dried papaya can be found in the bulk foods section.

One common use for papaya in Peru and other South American countries is to use the fruit as a beverage for breakfast.

Recipe: Jugo de Papaya

Instructions:

Ingredients:

- Flesh of one half papaya (skinned and seeded)
- A handful of ice cubes
- One banana
- Two cups of milk

- 1) After seeding the fruit, use a paring knife to carefully remove the green peel.
- 2) Roughly chop the fruit and place in a blender.
- 3) Add the banana, milk and ice cubes and blend at a low speed, progressively increasing the speed of the device until a smoothie-like texture is accomplished.

An even healthier option to the traditional jugo is to add a scoop of protein powder to the mix. This will boost your energy and will also help to make this a more complete meal for any time of day.

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Does this make my butt look big

By Robert Morrison
Sports Editor

With the bikini season right around the corner, people are asking the age old question: "Does this make my butt look big?"

Many people around this time of year try to exercise and get to that "ideal weight." But there is the ideal weight that doctors say you should be at via your height-weight ratio and then there is your personal ideal weight.

According to doctors, there is an ideal weight that each individual should be at, based on height. At that weight, they are considered in the best health and at a lower risk for problems compared to someone who has extra baggage. There is a target weight for both men and women. Each target weight also has a window of about 15 pounds. For example, a man who is 6 foot 1 inch has a target weight of 171 pounds and as high as 192 and still be considered within that target

weight bracket.

"I don't think that the ideal weight should matter," said CCC student Sherill Wilson. "Each person should just be at what weight they feel comfortable at. If you think you look good than that's all that matters." Wilson is an older woman who said she works out on occasion but not as much as recommended.

For those who aren't around their doctor-recommended ideal weight but feel their weight is ideal, even small steps can be a stepping stone to a healthier life in general.

"I would be happy just to lose 20 pounds before summer," said Rachel Jamison. "I want to be healthier, but I'm quite a bit away from what I'm supposed to be. Maybe it will help me in some way."

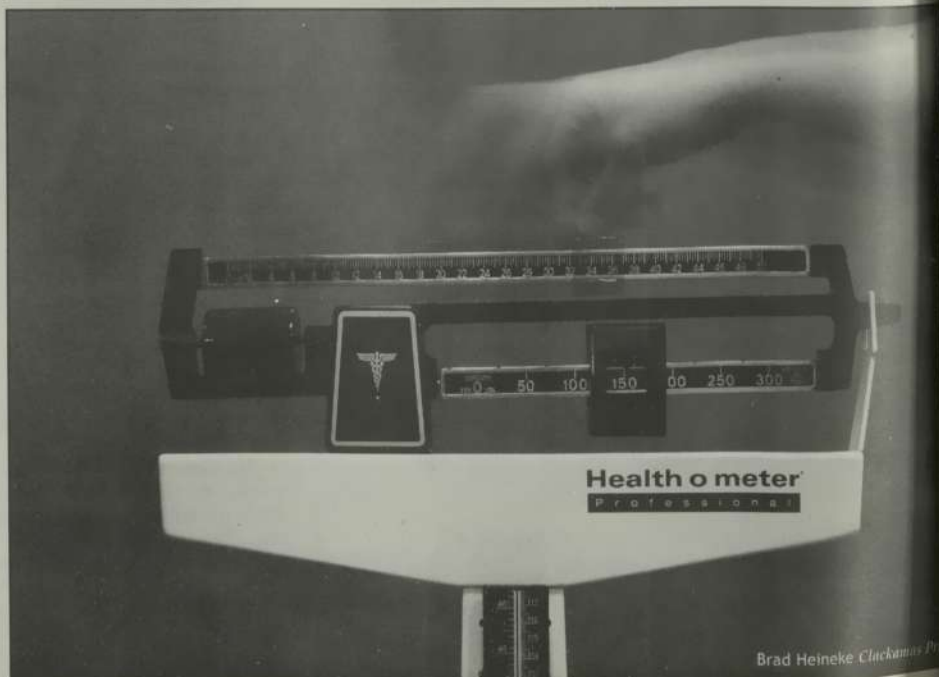
Jamison has been working out at 24 Hour Fitness for three years. She said that she weighs about 190 pounds, though for her height, her ideal weight should be 140 pounds. If she lost 20 pounds she could be well on her way to a healthier life

physically.

Sometimes losing weight is harder than it seems. It is a fact that muscle weighs more than fat. People trying to lose weight come across the problem that they are losing fat but gaining muscle, returning, reflecting a lack of progress on the scale.

"I love working out. It helps me gain muscle and makes me healthier just being out here losing weights," said Jake Owens, a 19-year-old who played basketball in high school. Owens said he cares more about his percentage of body fat than his weight.

A person's ideal weight can mean a wide variety of different things to different people. Some people will follow doctor's orders while others will just set their own target weight. There are also people like Jake Owens, who worry about their body fat percentage any or all of these things help an individual become healthier and in better shape for their future.



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