

Strawberries do the body good

By Joshua Baird
Arts & Culture Editor

The best thing about springtime is the abundance of fruits and vegetables that come into season and become so much more affordable than during the frigid months of winter.

Strawberries are a favorite of the springtime and summertime berries with a great deal of them being turned into strawberry topping for shortcakes, jams and many other things.

One reason for them

being so popular is their distinctive flavor, but what most people don't even think about when they drop that plump, juicy berry into their mouth is that they are amazingly high in vitamin C as well as antioxidants.

Another thing that is great about strawberries is that they are rich with fiber, which is an important part of a balanced diet that the majority of Americans do not get enough of. They also help your body weight as well as aid in preventing heart disease, cancer and diabetes.

Recipe: Strawberry salad with feta and walnuts

Ingredients:

- One bag baby spinach
- One carton of fresh strawberries
- Two ounces of feta cheese
- One small handful of walnuts
- One and a half ounces of extra virgin olive oil
- Half an ounce of syrupy balsamic vinegar

Directions:

- 1) Rinse the berries and baby spinach before preparing. Rip the spinach into halves and place in a large sealable bowl.
- 2) Slice the stems off of each of the berries and discard. Slice the berries thinly and place on top of the spinach. Toss the walnuts into the bowl with the berries and spinach.
- 3) In a separate bowl, vigorously stir the extra virgin olive oil and the vinegar together and then pour the mix over the spinach, berries and walnuts.
- 4) Seal the lid onto the bowl and shake until all of the ingredients are coated in the vinaigrette. Remove the lid and crumble the feta cheese into the salad, serve and enjoy.

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Workout your brain before toning up for summer, fitness myths are everywhere

Fitness myths can be harmful to your well-being; know the difference between myth and fact

By Robert Morrison
Sports Editor

With the summer so close to us it's time for fitness myth busters. There are many myths that people believe when it comes to fitness but rarely are any of them even close to being true. There are myths on everything from swimming and cardio to sweating.

One of the common myths is about swimming. The myth is that swimming is a great way to lose weight. While it is a great way to help work out your lungs, it doesn't help you lose weight in any timely way. It can be a great workout, but if you're looking to lose weight you'll have to do it for hours at a time.

"Because the buoyancy of the water is supporting your body, you're not working as hard as it would if, say, you were moving on your own steam - like you do when you run," said Eric Harr in an interview with WebMD. Harr is the author of "The Portable Personal Trainer: 100 ways to Energize Your Workouts and Bring Out the Athlete in You."

The midsection is one of most common places that people want to lose extra body fat. Many of those people use an abdominal machine or do crunches to help them. According to James Rillo, this isn't really the way to go.

"Working out with ab machines strengthens your muscles in your stomach but will not help you lose fat in your midsection. You need to work with a plan that has both cardio and strength activities to burn your fat. You basically have to work your whole body," said Rillo. Rillo has been a personal trainer for the last five years and doesn't plan on stopping anytime soon. He has worked at 24 Hour Fitness but

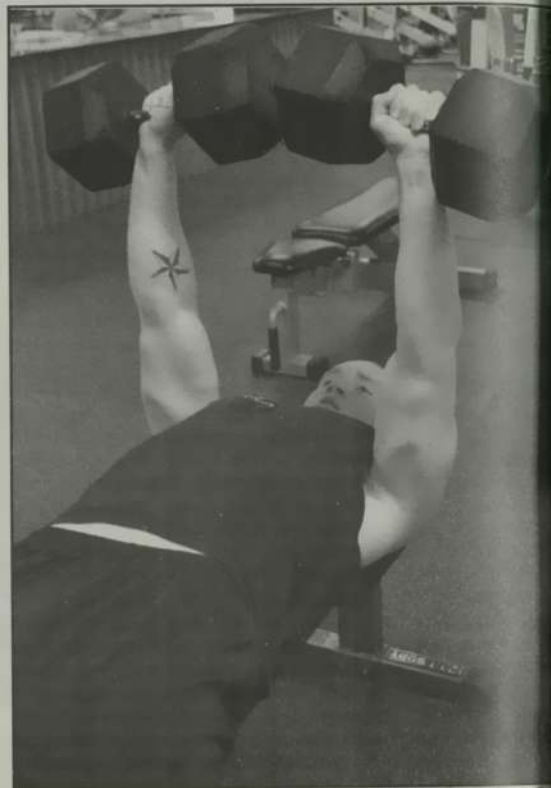
now runs his own personal training programs.

Sweating is a way the body cools itself off. Another common myth is that if you are not sweating you are not working hard enough. This myth is exactly that, a myth; a person can burn calories even by walking to the bathroom.

"I have always used sweating as a way to determine if I'm working hard enough," said Christian Williams. "That is my fault I guess. I would have worked harder or sped up my running speed if I wasn't working up a sweat. It's good to know that it doesn't affect it. Good way to get hurt, I would say."

Williams is a new member of his local gym in Milwaukie. He just graduated high school and was looking for a workout program.

There are many, many more myths of fitness. Each person who plans on getting a workout plan or wanting to get toned should all look up the common myths. If you don't know these myths you or a friend could end up getting seriously hurt.



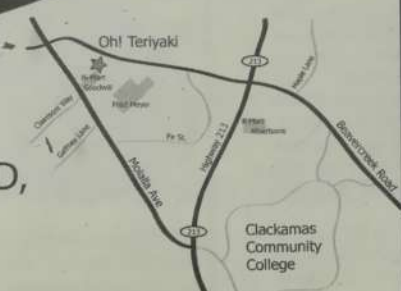
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Adam Carroll, a Clackamas Community College student, works on toning up in the CCC weight room.

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5. Tofu \$5.75	
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7. Chicken with Egg Rolls \$7.50	2 Pc Egg Roll \$6.96
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	Steamed Veggies \$2.00
Yakisoba Plates	Lunch Special \$5.50*
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11. Beef \$7.25	*During promotional period.
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