

Lean, green, healthy bean

By Anna Axelson
Associate Copy Editor

Green beans, string beans, snap beans; whatever you want to call them, you don't have to climb up Jack's beanstalk to get them.

Though green beans are available year-round, their season peaks between May and September, making now the perfect time to pay special attention to the produce aisle of your local supermarket. When selecting the perfect green bean, you'll want to look for a long, stiff yet flexible bean that gives a nice snap sound when broken (hence the alias "snap beans").

In addition to being quite tasty and the most popular edible pod bean in the United States, green beans have numerous nutritious factors that make them that much more appealing. The green bean is a source of

many members of the vitamin alphabet (including A, B and C) as well as several antioxidants, fiber and minerals like iron, calcium, magnesium and potassium. They're also free of fat, saturated fat, sodium and cholesterol. Could you really ask for a better vegetable?

Green beans are so much more versatile than your traditional Thanksgiving green bean casserole. They are sold canned, frozen and fresh and have been battered, fried, dried, canned, pureed and even used in tempura dishes.

Boiling, steaming, baking and even microwaving are popular methods of cooking green beans; however stir-frying preserves the best qualities of the fresh and healthy bean. Green beans can be cooked whole, cut crosswise, diagonally or French-cut (lengthwise); though if you want sweet-tasting, crisp beans, cut them as little as possible.



Anna Axelson Clackamas Print

Instructions:

1. Begin by rinsing the green beans under cold water and breaking off each end.
2. Bring a pan of salted water to a boil and in handful-sized batches, blanch the green beans for four to five minutes or until tender. Drain green beans thoroughly, rinsing under cold water to halt the cooking process. Mince the garlic.
3. Over medium heat, preheat a frying pan and pour in a tablespoon or so of olive oil, moving the pan around to coat the bottom well.
4. Add the garlic to the hot oil. When the garlic has slightly begun to sweat and take on a little color, add the green beans to the pan. Sprinkle salt and pepper to taste and cook, stirring frequently until green beans begin to blacken.
5. Remove from heat and transfer your simple yet yummy creation to a serving platter. All that's left is to stand back and enjoy the "oohs" and "aahs" that emit from your family and friends as they set their eyes and stomachs upon this beautiful side dish.

Recipe: Blackened Garlic Green Beans

Ingredients:

- One pound of fresh green beans
- One or two cloves of garlic
- One tablespoon of olive oil
- Salt and pepper to taste

Student Special

10 tans for \$30

Bottom Line
PRINTING COMPANY
(503) 850-1744
10000 NE 28th Ave, Portland, OR 97219

wp

i wonder ...

WARNERPACIFIC.EDU

what is my next move?

Ranked as one of the best values and best baccalaureate colleges in the West by U.S. News & World Report 2010, Warner Pacific is an urban, Christ-centered liberal arts college in the heart of Portland. With 27 undergraduate majors, you can choose from hundreds of career options.

WARNER PACIFIC COLLEGE 2019 SE 68th Avenue • Portland, Oregon 97215
(503) 517-1020 • (503) 517-1540 • warnerpacific.edu

Are you in the know about H₂O?

By John William Howard
Associate Sports Editor

You're walking from one class to another on a rare sunny day and, quite without thinking, stop by the student store to quench your thirst with an icy bottle of Coke. A few hours later, the Coke bottle is balanced precariously on the edge of a recycling container and you aren't at all satisfied. In fact, you're even thirstier than before. The reason behind your dissatisfaction is that your body desperately needs water to function properly.

Water is perhaps the most important thing in your body. You'll die from hunger after four weeks (on average), but without water you're finished in only three days. Water is responsible for cooling the body and transporting almost everything it uses to survive. This means that the amount of water you have in you needs to be carefully maintained in order to stay healthy, especially when exercising.

According to track and field coach Keoni McHone, even the athletes, who should be the healthiest of the bunch at Clackamas Community College, don't do the best job at staying hydrated.

"I feel most of our athletes are dehydrated but don't know it since they have never been chronically dehydrated," said McHone, who also mentioned

that watching the color of your urine and staying away from 'super yellow' was the best precaution to take. "The two symptoms I see are cramping or headaches. My solution is to tell them to drink more water or their performance will continue to suffer."

While most of the people on campus aren't athletes, the same rules apply. We burn energy for every motion that we make, and so our bodies have to sweat in order to maintain a good body temperature. In addition to that, we use water to wash waste away and also use it in our blood, muscle cells and even our brain.

"Since sweat is mainly water, we need to replace that water that was lost as sweat to maintain our (body temperature)," said Lillian Mayer, who teaches biology at Clackamas. "The best way to do this is to drink water."

Mayer continued to point out that dehydration doesn't just cause dizziness. If lack of water gets dire enough, it can cause a loss of blood pressure, heat stroke and even death. She says that the most important thing to do is to listen to what your body tells you it needs.

It also turns out that pure water isn't all that our bodies need to stay healthy after exercise. "If you are really working out and doing a lot of strenuous exercise, you will also start depleting your elec-

trolytes - ions like sodium and potassium normally found in foods and salt," said Mayer. "Salty water is not very tasty, so oftentimes companies will add sugar and flavorings to sport drinks. In some cases these are fine to drink, but you only need small quantities of electrolytes and lots of water."

"If you drink too much Gatorade or other sport drinks, you tend to stay dehydrated because of the added ingredients. If there is a higher percentage of those sugars and electrolytes in your sport drink than in your body's cells, then it can actually dehydrate you more. It is best to drink just a small sport drink and then a small, plain water."

On Mayer's list of things not to drink for hydration, alcohol was number one. "Alcohol prevents your body from reabsorbing water in your kidneys and this can result in further dehydration, especially if one has been exercising or working strenuously, she said."

If there is one thing that you take away from this, let it be that your body has needs. Your body understands what it needs to work properly. That's why your stomach growls when you're hungry and you start to nod off when you're exhausted. Your body is constantly giving off signals for what you need to do to stay alive and well; all you have to do is listen.