

# Rodeo royalty



Cottage Grove welcomed new royalty last weekend when the Cottage Grove Riders' Club named Briana Jones (left, middle) being named 2018 Rodeo Queen. Her court included senior princess Cassie Ferguson (left, right of Jones) and junior princess Dakota Braatz (left, left of Jones).



## Fuhrman

Continued from A4

nutrients that would allow them to grow larger. 3) Pomegranate is one of the few foods (mushrooms are another) that contain natural aromatase inhibitors. This means that they inhibit the production of estrogen, which can reduce breast cancer risk. 4) After treatment for prostate cancer, two studies have shown that pomegranate juice or supplements slowed the increase in PSA. Protection against heart disease:

5) Pomegranate phytochemicals reduce LDL oxidation (a contributor to atherosclerotic plaque development). 6) Pomegranate phytochemicals have blood pressure-reducing properties. 7) In a study of patients with severe carotid artery blockages, after one ounce of pomegranate juice daily for one

year, there was a 30 percent reduction in atherosclerotic plaque. In striking contrast, in the participants who did not take the pomegranate juice atherosclerotic plaque increased by 9 percent.

8) Pomegranate supplements taken before and after surgery prevented the post-operative memory dysfunction associated with coronary artery bypass or heart valve surgery. 9) In those with mild memory complaints, individuals drinking pomegranate juice daily performed better on a memory task compared to placebo and displayed increased brain activation measured by functional MRI.

Removing the edible arils from the pome-

granate is easy when you know how to do it. The easiest way is to cut it around the diameter, split it into two and then pound the back with the back of a large serving spoon. The flavor and health benefits of pomegranate make the effort well worth it.

Enjoy fresh pomegranates, especially when they are in season, and. When selecting pomegranates, look for a ripe, deep-colored fruit with a red to reddish-brown outer rind that is heavy for its size. Pomegranate season typically runs from October through February – it's nearly over now, but you can store some arils in the freezer or look for packaged frozen arils to get the health benefits of pomegranate all year round.

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