

Topical tropicals

Acai — a rare exotic fruit — may be our next superfood

BY JASON ASHLEY WRIGHT
World Scene Writer

Move over, pomegranate — the acai berry is today's top banana. Now billed as a super food, along with things like pomegranate and leafy greens, acai products have been huge sellers at Whole Foods, said Sharon Stroud, a certified nutritionist at the market, 1401 E. 41st St.

Acai is a rare tropical fruit grown in virgin soils. It has high mineral and antioxidant content, said Anner Stone of Anner's Wellness Works in Tulsa. She and partner Jill Wallis provide a "share bag" of organic fruits and veggies to customers once a week, along with a newsletter and information on how to cook what's in the bag. Among their offerings, which also include condiments, snacks and supplements, are a few items with the acai berry.

Those familiar with MonaVie have known about acai for a few years. For the uninitiated, MonaVie develops and markets nutritional products with a blend of the acai berry, according to information on the company's Web site.

The berry has also been mentioned on "Oprah," with the talk show queen and dermatologist Dr. Nicholas Perricone touting the fruit as a super food. It's full of antioxidants, amino acids and essential fatty acids, Perricone claims on the Oprah Web site (see tulsaworld.com/oprahacai).

Grown in the Amazon rainforests of Brazil, acai berries are similar to blueberries and blackberries, said dietitian Cassie

Anner's Wellness Works

This local food coop, owned by Anner Stone and Jill Wallis, provides its customers a share bag once a week with organic fruits and vegetables.

Customers order on Monday, then pick up their bags on Thursday. In addition to the produce, Stone and Wallis include a newsletter and suggestions on how to cook the food found in the bag. They also offer side products, like condiments and supplements.

You can contact Anner's to try it out before joining. Just call 592-4421; send an e-mail to anner@organictulsa.com; or visit tulsaworld.com/organictulsa.

Wrich with Hillcrest Exercise & Lifestyle Programs. They're packed with fiber and antioxidants. Antioxidants fight cell-damaging free radicals, thereby helping prevent cancer and other diseases.

Acai is included in all those nutraceuticals people are talking about these days, Stone said. Nutraceuticals are foods and/or supplements that are so loaded with nutrition that they can make a huge difference in your life — like dark greens and garlic. "Anyone not eating garlic on a daily basis is nuts," she said.

Is acai a cure-all, though? That's the rhetorical question Stone posed. "It won't fix everything."

People get "really pumped up" about stuff that's supposed to make them feel good,

Stroud said. Not all the claims made for some items are based in scientific research.

When she was battling insomnia a little while back, Stroud took a sample and felt like she'd had a full night's sleep less than an hour later. "I feel so good on it," she said, "I'm just going to keep on taking it."

Besides, people have been eating foods depleted of minerals and nutrients for so long, and the acai is high in minerals and antioxidants, Stone reiterated.

"We've been fertilizing with chemicals since the '40s, and it's really run our soil ragged," she said.

You won't find the berry in whole form locally, though. Besides, "it's slightly intense — not something you want all by itself," Stone said.

"It doesn't taste good at all," concurred Stroud, who's been taking acai in one form or another for more than a year.

Locally, acai berries mainly can be in supplements, such as juices and vitamins, Stone said. She and Wallis usually have a few products with acai, including Essential Daily Nutrients by Waiora. And Whole Foods has it in powder and capsule forms, such as a 60-count bottle of pills for \$20. They also have ready-to-drink juices (\$19.99 for 16 ounces — Stroud takes one ounce a day) and frozen blocks of acai puree.

Gojilania makes a juice with acai and goji ("another virgin juice," Stone said), which you can find at online stores such as BrandStormUS.com.

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Say what?

A-C-A-I. You've probably heard it said, or even said it yourself — perhaps even several different ways. It's pronounced "ah-SIGH-ee," said Cassie Wrich, a dietitian with Hillcrest Exercise & Lifestyle Programs.

MonaVie's New Pulse (left) and POM Wonderful juice. Business Wire



Superfoods

The following are said to be super foods — loaded with antioxidants and great for your health, said Sharon Stroud, a certified nutritionist with Whole Foods Market, 1401 E. 41st St.

- Leafy greens, like spinach, kale, chard and mustard greens
- Whole grains
- Pomegranate
- Acai
- Noni
- Mangosteen
- Goji

Travelogue takes social look at Iran

European travel authority Rick Steves is known for exploring out-of-the-way places, but this Thursday, he offers viewers a candid look at Iran.

"Rick Steves' Iran: Yesterday and Today" offers a glimpse into a culture little understood by the average American.

The cameras take viewers into Friday prayers at a mosque, to popular youth hangouts, to anti-American murals, to the hospitality of a family dinner, and from the tranquil rural life to the hustle and bustle of traffic in Tehran.

Steves' travelogue is designed to increase understanding of the ancient nation.

"After 30 years of world travel, I've learned that the best way to understand an unfamiliar culture is to meet its people," said Steves in a press statement. "My impressions were striking: the intensity of the streets of Tehran, the crowds of women covered head-to-toe in chadors, and the overwhelming friendliness of the people. I was awed by the domed mosques, saddened by the conformity of the university, energized by the youthfulness of the population and impressed by the dramatic ancient sites."

The hour-long program airs at 8 p.m. Thursday on KRSC, channel 19, cable 12.

— Rita Sherrow,
World Television Editor



Welcoming travelers is a traditional Muslim value ... and being American Rick Steves makes you the most popular kid in the village. Courtesy

today's events

music

Tuesdays at Trinity, noonday concert featuring organist Vicki Schaeffer from Oklahoma City, 12:05-12:35 p.m., Trinity Episcopal Church, 501 S. Cincinnati Ave. 582-4128.

Open Mike, calling all poets, writers and musicians to come showcase your work, 8 p.m., Gypsy Coffee House & Cyber Cafe, 303 N. Cincinnati Ave. 295-2181.

Founders Chorus, member of the Barbershop Harmony Society, invites adult males to audition for the group, 7 p.m., John Knox Presbyterian Church, 2929 E. 31st St. 622-5392.

dance

Square dance lessons, 7-9 p.m. Tuesday and Thursday, Union Auto Workers, 2001 W. Detroit, Broken Arrow. 272-2482.

Square dance lessons, for beginners, no partner is needed, 7-9 p.m., Key Elementary School, 5702 S. Irvington. 485-4807 or 745-6570.

information

Coronary Health Improvement Project, or CHIP, a health class designed to help lower blood pressure, blood sugar, cholesterol, heartburn and angina, it also can help lessen depression, 6:30 p.m., Holiday Inn Express, 2201 N. Stone Wood Circle, Broken Arrow. 638-7378.

family-children

Preschool Storytime, for ages 2-5 and their siblings, 10-10:30 a.m., Central Library, Fourth Street and Denver Avenue. 596-7977.

Submit items one week in advance to Events, Tulsa World, P.O. Box 1770, Tulsa, OK 74102, fax to 581-8353 or e-mail at events@tulsaworld.com. Events must be in a public place and open to the public. For more information, call 581-8320

tube picks

Don't miss TV for Tuesday

The following information was not available when the Sunday TV World went to press.

7 a.m.
9-2 Today Author Scott Hamilton ("The Great Eight"); Kate Hudson ("Bride Wars"); parenting resolutions; author Perez Hilton ("Red Carpet Suicide").

8 a.m.
6-6 The Early Show Author Victoria Osteen ("Unexpected Treasures"). (CC)

40 (BET) Montel Williams A woman gives birth to two sets of identical twins; twin brothers marry twin sisters; triplet sisters born with fetal alcohol syndrome.

9 a.m.
5-23 The Doctors Trainers Bob Harper and Jillian Michaels discuss fitness; Dr. Jim Sears and Dr. Andrew Ordon face off in an exercise challenge; portion control; achieving fit abs. (CC)

9-2 Live With Regis and Kelly Kate Hudson ("Bride Wars"); Trainer Bob Harper giving guidelines for tightening the tummy. (HD) (CC)

12-12 The Tyra Show Tyra provides tips for getting a man to propose; author Lori Uscher-Pines ("The Get-Your-Man-to-Marry-You Plan"). (CC)

10 a.m.
5-23 The Martha Stewart Show Soprano Susan Graham discusses her upcoming performance at Carnegie Hall; Dr. Mark Hyman addresses health myths; medicinal plants at London's Chelsea Physic Garden. (CC)

8-8 The View America

Ferrera and Ana Ortiz; nutritionist Joy Bauer. (HD) (CC)
10-4 The Morning Show With Mike & Juliet Lisa Rinna; foreclosures; author Teri Gault ("Shop Smart, Save More"); getting children to stick to New Year's resolutions. (CC)

12-12 Montel Williams Montel Williams discusses his ordeal with multiple sclerosis and his new book, "Climbing Higher." (CC) 11 a.m.

8-8 Rachael Ray Model Cindy Crawford; five confidence-boosting tips for women who do not like their legs; a solution for broken spaghetti. (CC) 3 p.m.

6-6 Dr. Phil Robin McGraw, "What's Age Got to Do With It?"; fashion guru Steven Cojocar.

8-8 The Bonnie Hunt Show Journalist Brian Williams; Christine Lahti ("Yonkers Joe"); Rocco DeLuca performs with Jillian Leigh. (CC)

9-2 The Ellen DeGeneres Show Marisa Tomei ("The Wrestler"); Deepak Chopra. (HD) 4 p.m.

6-6 Oprah Winfrey Dr. Oz reveals his ultimate health checklist as Best Life Week continues. 9 p.m.

8-8 Primetime: What Would You Do? (Season Premiere) Hidden cameras capture people's reactions. (CC) 10:35 p.m.

6-6 Late Show With David Letterman Kevin James; Erin McCarley performs. (HD) (CC) 9-2 The Tonight Show



SAME SHOW, DIFFERENT CHANNEL: J.D. (Zach Braff) and his fellow screwball residents return on a new network as "Scrubs" makes its season premiere in back-to-back episodes. 8 p.m. ABC, channel 8

With Jay Leno Queen Latifah; Pussycat Dolls perform.

Changes
32 (DISNEY) Wizards of Waverly Place (2-3 p.m.)
32 (DISNEY) Proud Family (4-5 p.m.)

5-23 BCS Special: Bluewater Countdown to Kickoff (10 p.m.)

'Off the Route' series on display downtown

Real-life sometimes needs a jolt of vibrant color. John Michael Scruggs, 42, was happy to add it in his "Off the Route" series, which is on display downtown at Lola's at the Bowery.

For instance, Scruggs splashed electric pink, blue and yellow into a photograph of the Hi-Way Cafe sign in Vinita. Then he sped a bolt of color through the photo's sky.

As for a photo of a classic Indian motorcycle, Scruggs lit it up with pen and ink to turn hard metal into luminous coils of neon gas.

Scruggs, who lives in Ottawa County, calls his style

"artography."

"A lot of understanding of painting and photography goes into a piece of art," he said.

Ultimately, Scruggs said the series comes down to harnessing attractions often seen at highway speeds.

"It's about slowing down, looking around and stopping to enjoy life," he said. "... It is about stirring emotions, caring about people, helping and meeting new folks as you travel your route in life."

— Matt Gleason,
World Scene writer

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