# **COFFEE (Continued)**

drank more than three cups of coffee a day were 35 percent less likely to be diagnosed with endometrial cancer. This study followed 226,000 women enrolled in the NIH-AARP Diet and Health Study for an average of nine years. Researchers published their findings in the International Journal of Cancer. Both studies found decaffeinated coffee also had a protective effect, though in the Harvard study the effect was weaker with decaf. Cancer society epidemiologist Mia Gaudet, who took part in the NIH study, finds it "very reassuring" that the two studies had similar findings. The Harvard study found protective benefit from drinking tea, which, like coffee, contains caffeine, Je says.

This suggests that other compounds in coffee, perhaps antipxidants, might play a role in lowering the cancer risk, she says. Prior research also has linked coffee consumption with a lower risk for type 2 diabetes, Parkinson's disease (in men), liver cirrhosis, liver cancer and aggressive prostate cancer, Je says.

The authors warned that adding substantial amounts of sugar or cream could reduce the protective effect. These "can cause weight gain or insulin resistance that may offset the potential benefits of coffee consumption," Je says. While stopping short of recommending that women consume more java specifically to prevent cancer, Gaudet says, "these research findings should be reassuring to women who enjoy drinking coffee." Source: AARP Bulletin 1/10/12 NOTE: Is Coffee Good Or Bad For The Body? ggd ©

Oh, The Pity Of Old Age. Little Johnny - noticing an old man sitting on a park bench sobbing his eyes out - stopped and asked him what was wrong. He said, "I have a 22 year old wife at home. She rubs my back every morning and then gets up and makes me pancakes, sausage, fresh fruit and freshly ground coffee." Little Johnny said, "Well, then why are you crying?" He said, "She makes me homemade soup for lunch and my favorite brownies, cleans the house and then watches sports TV with me for the rest of the afternoon." Little Johnny said, "Well, why are you crying?" He said, "For dinner she makes me a gourmet meal with wine and my favorite dessert and then makes love with me until the wee hours" Little Johnny said, "Well, why in the world would you be crying?" He said, "I can't remember where I live!" ggd



The Retirement Village People \*\*\* Thanks SB \*\*\*

other ACS programs/events!

discuss the "Road To Recovery" program and Volunteer - American Cancer Society (ACS) to Our Guest Speaker will be Joyce Phillips,

Wednesday - March 28, 2012/10:00 A.M. :9miT\9fb Date/Time:



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Choice

**March 2012** Volume 16 - 3 Monthly

Meeting Dates/Time: Wednesday, March 28<sup>th</sup> (10:00 A.M.) and Wednesday, April 25<sup>th</sup> (10:00 A.M.) Location: Wellston Center - 155 Maple Street | Warner Robins, GA 31093

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Justeen Nolen	9 <sup>th</sup>				
<u>WE CARE</u>					

We all wish speedy recoveries for Bob Watson and Mary Lappano. For each new morning with its light, For rest and shelter of the night, For health and food, For love and friends, For everything Thy goodness sends. Ralph Waldo Emerson (1803-1882) "Blessed are those who mourn, For they shall be comforted." Matthew 5:4 NKJV

Highlights From February's Meeting: Tommy Stalnaker - Chairman/Houston County Commissioners briefly discussed the [then] upcoming Special Purpose Local Option Sales And Use Tax (SPLOST). Highlights: \$155 Million Over a Six Year Period, continuation of a sales tax, NOT an additional sales tax, will NOT increase sales or property taxes, solve Robins Air Force Base encroachment issues, prepare for economic development, improvements in public safety, transportation, water and sewer, general capital, recreation, education/technology and more! UPDATE: March 6, 2012 - Voters passed the SPLOST by a "2 to 1" margin - (10,029 votes for - 4,799 votes against)! ggd 🙂





Welcome New Members: Cynthia Marlow and Tommy Stalnaker!

An old man lying in his bed was dying. In the kitchen his wife was baking. He said, "Dear is that a raisin pie you're baking?" She said "yes!" Next - he said "Can I have a piece?" She quickly said "NO -- it's for the wake!"

"Look at those dang fool teenagers, wearin' their pants hangin' down low like a coupla idiots!"





### The Newsletter Of AARP Chapter 1952 Warner Robins, Georgia "To Serve – Not To Be Served" www.Choice1952.com

# **Mark Your Calendars!**

# April's Meeting (April 25, 2012) Will Be "Covered Dish!"



### Editor's Notes: UPDATE YOUR LOCAL (Chapter 1952) MEMBERSHIP - STILL A "BARGAIN" AT \$5.00/YEAR!

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ALL: As your Editor I'm open to suggestions for our newsletter! So please, keep your membership status/information current, get your newsworthy information and/or photographs to me as soon as possible and - collectively - we'll get/keep advertisers/sponsors!

I can be reached at 478/318-0471 and/or via e-mail at gdavismail@gmail.com!

Sincerely,

# Greg (Formerly Known As "Da Baby") Davis ggd

Beware: Beverages That Sap Your Bones! Why cola, caffeine and alcohol can rob vour body of calcium - and what you should be drinking instead. Source: Health Monitor Advisory Board (www.HealthMonitor.com) 3/7/12

Sure, you've heard that foods rich in calcium and vitamin D can keep your bones healthy. But did you know that some of your favorite drinks may be sabotaging your best efforts for strong bones? Here, the beverages that could be robbing your body of valuable nutrients - and the bone builders that'll help keep you in tiptop shape!

#### **Sneaky bone saboteur: Alcohol**

*Moderate intake may be beneficial to bones*, but indulge in more than three alcoholic drinks a day and your bones could suffer. That's because the beverages interfere with the body's ability to absorb calcium and vitamin D. And excessive consumption destroys osteoblasts - the cells that make bone.

Bone builder: Try a plum mocktail. Next time you're in the mood for a drink, quench your thirst with a mocktail made of boiled plums (3 cups), water (1 3/4 cups), honey (4 tsp), salt (1/2 tsp), black pepper (1/4 tsp), sugar (2 Tbsp), lemon juice (1/4 tsp) and fresh mint to garnish. According to researchers, postmenopausal women who ate about a half a cup of dried plums for three months had increased levels of hormones associated with bone formation. And a 2010 Journal of Nutrition study showed that adult and elderly mice fed dried plums actually gained bone mass.

### Sneaky bone saboteur: Cola

Whether it's diet or regular, making a habit of sipping cola can reduce your bone mineral density by 4%, according to a Tufts University study. The reason: "Phosphates in soft drinks bind to calcium and eliminate it from the body," explains Carolyn Dean, MD, ND, author of The Complete Natural Medicine Guide to Women's Health. And that loss of calcium can equal loss of bone.

**Bone builder:** Switch to seltzer or clear sodas. The same Tufts study found no bone loss in people who drank non-cola soft drinks, like ginger ale and citrus-flavored sodas.

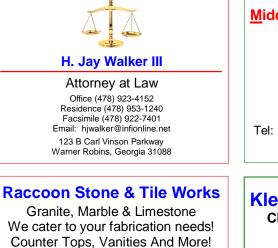
Need a *cup o' joe* to get going in the morning? One or two cups may be fine, but overdo your java and you could be putting your bones in jeopardy. "Coffee affects the bones adversely by increasing calcium excretion," warns Dr. Dean. While keeping your daily caffeine intake to 300 mg should be fine, many people get much more than that - consider that you'll get about 320 mg from just two 8-ounce cups!

Bone builder: Sip green tea instead. It has less caffeine than coffee, and it contains antioxidants called polyphenols, which short-circuit chronic inflammation, a major contributor to bone loss. In fact, a Texas Tech University study found that drinking 4 cups of green tea daily actually improves bone density.

Hint: You can ease the transition to green tea by swapping your second cup of java for *matcha green tea*, which 

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# Coffee May Help revent Endometrial

Good news for women who drink 3 or more cups daily

Two new studies have found that women who drink several cups of coffee a day have a significantly lower risk of endometrial cancer. First study: Researchers at the Harvard School of Public Health followed more than 67,000 women enrolled in the long-running Nurses' Health Study, which tracked their health and their coffee consumption, Women who drank four 8-ounce cups a day had a 25 percent lower risk of endometrial cancer than women who drank one cup or less, the study found. Endometrial cancer (cancer in the lining of the uterus)

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is the most common gynecological cancer in the United States, according to the American Cancer Society. The key finding of the second study was that women who ... SEE COFFEE ON BACK PAGE



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