

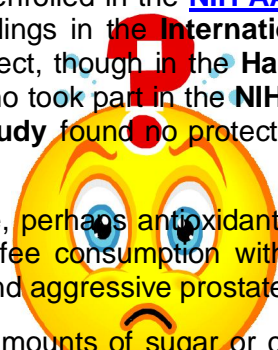
COFFEE (Continued)

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 no protective benefit from drinking **tea**, which, like coffee, contains caffeine, Je says.

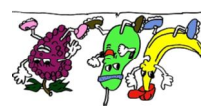
This suggests that other compounds in coffee, perhaps antioxidants, might play a role in lowering the cancer risk, she says. Prior research also has linked coffee consumption with a lower risk for type 2 diabetes, Parkinson's disease (in men), liver cirrhosis, liver cancer and aggressive prostate cancer,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



Meeting Date/Time: Wednesday - March 28, 2012/10:00 A.M.
 Our Guest Speaker will be **Joyce Phillips**, Volunteer - American Cancer Society (ACS) to discuss the **"Road To Recovery"** program and other ACS programs/events!



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

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Birthdays For March

Marcella Cunningham 3rd Frank Gadbois 17th Sue Braun 22nd Elizabeth Warren 22nd
 Ann Childress 26th

Birthdays For April

Justeen Nolen 9th

WE CARE

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 ☺**



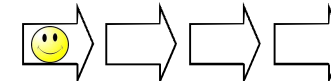
Mark Your Calendars!

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

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!"



*** Thanks SB ***

