

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.
Call the Journal at 285-7411

Coffee — good or bad for you?

Q. I keep hearing about how bad coffee is for you. I also hear about how good coffee is for you. What gives?

A. The average American drinks more than 400 cups of coffee a year, so how this popular beverage affects our health is an important issue.

Let's start with the *bad* part.

For the general population, the evidence suggests that coffee drinking doesn't have any serious detrimental health effects.

This is a summation from Dr. Rob van Dam, Assistant Professor in the Department of Nutrition, Harvard School of Public Health.

Dr. van Dam says that drinking up to six cups of coffee a day is not associated with an increased risk of death from any cause. He warns



Fred
CICETTI
HEALTH CARE WRITER

that some people may want to avoid coffee or switch to decaf. These include pregnant women and those who find it difficult to control their blood pressure or blood sugar.

"If you're drinking so much coffee that you get tremors, have sleeping problems, or feel stressed and uncomfortable, than obviously you're drinking too much coffee," Dr. van Dam said. "But in terms of effects on mortality or

other health factors, we don't see any negative effects of consuming up to six cups of coffee a day."

The cup he's talking about is an eight-ouncer with 100 mg of caffeine, not one of those grandes you get at Starbucks, which can keep you awake until Jimmy Fallon goes off the air.

Okay, what about the *good* part?

Some research has suggested that drinking coffee may protect against cardiovascular disease, type 2 diabetes, Parkinson's disease, several cancers, liver cirrhosis, depression and Alzheimer's disease.

Again, a nice summary from Dr. van Dam:

Coffee may have potential health benefits, but more research needs to be done.

When studying the effects of coffee, the focus is not just on the caffeine in the

brew. Coffee contains more than 1,000 compounds that can impact your health.

There is another health issue that doesn't receive much publicity. How you brew your coffee has an effect upon LDL cholesterol, also known as the *bad* cholesterol.

Coffee contains substances that raise LDL levels in your body. Brewing coffee with a paper filter removes these substances.

Other methods of coffee preparation, such as the French press, espresso or simple boiling, put the substances in your cup. Single-serving coffee pods, such as those used in a Keurig coffee maker, contain filters.

If you would like to ask a question, write to fred@healthygeezer.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

MEMORIAMs

In memory of **James Leseman**, who passed away Oct. 28, 2013.


*We thought of you with love today,
But that is nothing new;
We thought about you yesterday,
And days before that, too.
We think of you in silence,
We remember how you look;
Now all we have are memories,
And your pictures in our book.
Your memory is our keepsake,
With which we'll never part;
God has you in His keeping,
We have you in our heart.*

**Your wife, Roseann
Roberta and Richard
Dewayne and DeDe
Carrie and John
Arthur and Joleen
and families**

In memory of my second son, **Harley** – Oct. 29, 1953-March 24, 2012.

*Some loved ones stay in our lives a while,
Leaving footprints on our hearts and we are never the same.
Missing you, "Hump," after 2 ½ long years.
Still a heartache that never goes away.
Our hearts ache because there is no you.
Treasured memories never die.
You were our light — our shining star.*

**Sadly missed and loved forever,
Mom and family**



A Shared Vision

The first segment of the U.S. Highway 53 project has now been completed from Virginia to Cook and I would like to acknowledge and personally thank my fellow task force members

Rod Bergstrom (Bergstrom Wood Products)
Chuck Lepper (Koochiching County Commissioner)
Wade Pavleck (Koochiching County Commissioner)
Mike Forsman (St. Louis County Commissioner)

for their attendance at the many evening meetings in Virginia, their continued dedication (14 years) and support of that modern, safe four-lane highway. You have represented our area well and your efforts have made a difference for our citizens and visitors, our community and all of northern Minnesota.

Thank you,

**Mayor Bob Anderson, chair
Highway 53 Four-Lane Improvement Task Force**

Prepared & Paid for by Bob Anderson

CITY OF INTERNATIONAL FALLS STATE OF MINNESOTA MAYORAL PROCLAMATION

October 2014 – Domestic Violence Awareness Month

WHEREAS, Family is the foundation of a healthy, safe, and stable society. It is the goal of this administration for our community to be safe.

WHEREAS, The problem of domestic violence is not confined to any group or groups of people, but crosses all economic, racial, gender, educational, religious, and societal barriers, and is sustained by societal indifference.

WHEREAS, At least 25 women, 7 men, and 6 family members from Minnesota died last year as a result of domestic violence, according to the Minnesota Coalition of Battered Women 2013 Femicide Report.

WHEREAS, Domestic violence is the leading cause of injury to women - more than car accidents, muggings, and sexual assaults combined.


WHEREAS, The crime of domestic violence violates an individual's privacy, dignity, security, and humanity due to the systematic use of physical, emotional, sexual, psychological, and economic control and/or abuse.

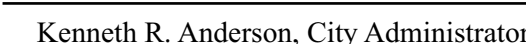
WHEREAS, Domestic violence costs more than \$37 billion a year in law enforcement involvement, legal work, medical and mental health treatment, and lost productivity at companies.

NOW, THEREFORE, BE IT RESOLVED that in recognition of the impact that domestic violence has on the health and well being of our community I, Bob Anderson, Mayor of the City of International Falls, Minnesota, do hereby proclaim October, 2014 as Domestic Violence Awareness Month.

BE IT FURTHER RESOLVED that as Mayor I reaffirm the commitment to reducing violence in our homes and streets. I urge all citizens to be aware and educated about the individual and community impacts of domestic violence and to become familiar with and support the work of *Friends Against Abuse*. This month let us remember the victims of domestic violence, celebrate the survivors, and work together to eliminate violence against the women, men, and children of our community.

Attest:


Robert W. Anderson, Mayor


Kenneth R. Anderson, City Administrator

Member M. Hebner introduced the following resolution and moved its adoption:

RESOLUTION RELATING TO THE ELECTION OF SCHOOL BOARD MEMBERS AND CALLING THE SCHOOL DISTRICT GENERAL ELECTION

BE IT RESOLVED by the School Board of Independent School District No. 361, State of Minnesota, as follows:

- It is necessary for the school district to hold its general election for the purpose of electing **three** members for terms of four (4) years each.
- The clerk shall include on the ballot the names of the individuals who file or have filed affidavits of candidacy during the period established for filing such affidavits, as though they had been included by name in this resolution. The clerk shall not include on the ballot the names of individuals who file timely affidavits of withdrawal in the manner specified by law.
- The general election is hereby called and elected to be held in conjunction with the state general election on Tuesday, the 4th day of November, 2014.
- Pursuant to Minnesota Statutes, Section 205A.11, the precincts and polling places for this general election are those polling places and precincts or parts of precincts located within the boundaries of the school district and which have been established by the cities or towns located in whole or in part within the school district. The voting hours at those polling places shall be the same as for the state general election.
- The clerk is hereby authorized and directed to cause written notice of said election to be provided to the County Auditor of each county in which the school district is located, in whole or in part, at least seventy-four (74) days before the date of said election. The notice shall include the date of said general election and the office or offices to be voted on at said general election. Any notice given prior to the date of the adoption of this resolution is ratified and confirmed in all respects.
- The clerk is hereby authorized and directed to cause notice of said general election to be posted at the administrative offices of the school district at least ten (10) days before the date of said general election.
- The clerk is hereby authorized and directed to cause a sample ballot to be posted at the administrative offices of the school district at least four (4) days before the date of said general election and to cause two sample ballots to be posted in each polling place on Election Day. The sample ballot shall not be printed on the same color paper as the official ballot. The sample ballot for a polling place must reflect the offices, candidates, and rotation sequence on the ballots used in that polling place.
- The clerk is hereby authorized and directed to cause notice of said general election to be published in the official newspaper of the school district for two (2) consecutive weeks with the last publication being at least one (1) week before the date of said election.
- The notice of election so posted and published shall state the offices to be filled set forth in the form of ballot below, and shall include information concerning each established precinct and polling place.
- The clerk is authorized and directed to cause the rules and instructions for use of the optical scan voting system to be posted in each polling place on election day.
- The clerk is authorized and directed to acquire and distribute such election materials as may be necessary for the proper conduct of this election, and generally to cooperate with election authorities conducting other elections on that date. The clerk and members of the administration are authorized and directed to take such actions as may be necessary to coordinate this election with those other elections, including entering into agreements or understandings with appropriate election officials regarding preparation and distribution of ballots, election administration and cost sharing.
- The clerk is further authorized and directed to cause or to cooperate with the proper election officials to cause ballots to be prepared for use at said election in substantially the following form, with such changes in form, color and instructions as may be necessary to accommodate an optical scan voting system.

SCHOOL DISTRICT BALLOT

INDEPENDENT SCHOOL DISTRICT NO. 361

INTERNATIONAL FALLS

GENERAL ELECTION

NOVEMBER 4, 2014

INSTRUCTIONS TO VOTERS

To vote, completely fill in the oval(s) next to your choice(s) like this:

SCHOOL BOARD MEMBER
VOTE FOR UP TO THREE

☐

TOM HOLT

☐

write-in, if any

☐

write-in, if any

☐

write-in, if any

- The name of each candidate for office at this election shall be rotated with the names of the other candidates for the same office so that the name of each candidate appears substantially an equal number of times at the top, at the bottom and at each intermediate place in the group of candidates for that office.
- If the school district will be contracting to print the ballots for this election, the clerk is hereby authorized and directed to prepare instructions to the printer for layout of the ballot. Before a contract in excess of \$1,000 is awarded for printing ballots, the printer shall furnish, in accordance with Minnesota Statutes, Section 204D.04, a sufficient bond, letter of credit, or certified check acceptable to the clerk in an amount not less than \$1,000 conditioned on printing the ballots in conformity with the Minnesota election law and the instructions delivered. The clerk shall set the amount of the bond, letter of credit, or certified check in an amount equal to the value of the purchase.

The motion for the adoption of the foregoing resolution was duly seconded by Member _____ and upon vote being taken thereon, the following voted in favor thereof: and the following voted against: none

whereupon said resolution was declared duly passed and adopted.