

GENERAL MEMBERSHIP MEETING

Wednesday, November 15, 2006, 11:30 a.m. - 1:00 p.m., Royal Fork (Columbia Mall)

"Bloodborne Pathogens" - Shannon Hanson, Altru Health Systems

Break away for breakfast: Don't opt out of this beneficial meal

**Jump-start your day with a healthy and nutritious breakfast.
Choose from various quick-and-healthy options.**

It might be the last thing on your morning to-do list. Or it might not be on your list at all. But a healthy breakfast refuels your body and jump-starts your day. So don't overlook this important meal. Select healthy options that fit your taste and lifestyle, and put breakfast back into your morning.

The benefits of breakfast

"Breakfast not only starts your day off right, but also lays the foundation for lifelong health benefits," says Jennifer K. Nelson, a registered dietitian at Mayo Clinic, Rochester, Minn. People who eat a healthy breakfast are more likely to:

- Consume more vitamins and minerals and less fat and cholesterol
- Have more strength and endurance
- Have better concentration and productivity throughout the morning
- Control their weight
- Have lower cholesterol, which reduces the risk of heart disease

Breakfast is especially important for children and adolescents. According to the American Dietetic Association, children who eat breakfast are more likely to have better concentration, problem-solving skills and eye-hand coordination. They may also be more alert, creative, and less likely to miss days of school.

Best bets for a healthy breakfast

A healthy breakfast should consist of a variety of foods — whole grains, low-fat protein or dairy sources, and fruit, for example. This provides complex carbohydrates, protein and a small amount of fat — a combination that delays hunger symptoms for hours.

Whether you opt for traditional options, such as yogurt, whole-grain muffins or ready-to-eat cereal, or less typical foods, such as leftover vegetable pizza or a fruit smoothie, you can get the nutrients and energy you need to start your day.

Traditional fare offers many options

To make a healthy breakfast each day, choose one item from at least three of the following four food groups:

- **Fruits and vegetables.** Fresh fruits and vegetables, 100 percent juice without added sugar
- **Grains.** Whole-grain rolls, bagels, hot or cold whole-grain cereals, low-fat bran muffins, crackers, or melba toast
- **Dairy.** Skim milk, low-fat yogurt cups or low-fat cheeses, such as cottage and natural cheeses
- **Protein.** Hard-boiled eggs, peanut butter, lean slices of meat and poultry, or fish, such as water-packed tuna or slices of salmon

For breakfast on the go, munch dry, ready-to-eat cereal with a banana and drink a small carton of low-fat or skim milk. The best cereals are those that are higher in fiber. If counting calories, choose cereals that are lower in calories.

Nontraditional fare counts, too

If you dislike regular breakfast foods, try something different, such as:

- Leftover vegetable pizza
- Fresh fruit topped with low-fat yogurt and crispy whole-grain cereal
- Vegetables, salsa and low-fat shredded cheeses wrapped in a tortilla
- A smoothie blended from exotic fruits, some low-fat yogurt and a spoonful of wheat germ
- Whole-wheat crackers with low-fat cheese
- A microwaved potato topped with broccoli and grated Parmesan cheese

[View complete article at www.mayoclinic.com/health/food-and-nutrition/NU00197]

"Lifting Technique"

BOARD MEETING

BOARD MEMBERS MEET THE FIRST THURSDAY OF THE MONTH / 6:00 – 8:00 PM. / GRAND FORKS PARK DISTRICT / 1210 7TH AVE S

NEXT MEETING → December 7th

- A limited number of "NOSHA Brochures" have been printed. They are very informative and can be used as a tool when addressing potential new members. These are available through Steve Harken.
- **Candidates for our 2007 Board:**
 - Steve Harken (EERC)
 - Robert Hewit (Altru)
 - Mike Holmes (UND)
 - Greg Lian (Swingen Construction)
 - Dr. Cedric Masa (Aurora)
 - Joe Strang (Valley Dairy Car Wash)*Learn more on each candidate in our next news letter.....A special "THANK YOU" to these individuals!*

BOARD MEMBERS

Steve Harken (President) • Al Maloney (Vice President)
Joe Strang (Treasurer) • Connie Mondry (Secretary)
Pat Balstad • Davis Hoverson • Bonnie Knutson
Debbie Pierson • Lyle Ross • Annette Shane

COMMITTEES

Communication Committee

(Linda Wiley, Bonnie Knutson, Annette Shane)

MONTHLY MEETINGS ARE HELD THE LAST THURSDAY OF THE MONTH / 12:15 - 1:15 PM

NEXT MEETING → November 30th

Education Committee

(Lyle Ross, Steve Harken)

(Upcoming GM Meeting Presentations)

- **December 20, 2006**
 - 2007 Board Elections
 - Business Card Exchange
 - Table Topics
- **January 17, 2007**
 - "Static Ignition Hazards" Craig Scheer, Tesoro
- Our new "Education Committee" starting January 2007 will be Bonnie Knutson and Pat Balstad – THANK YOU!

Membership Committee

(Davis Hoverson, Mike Lorenson)

- WELCOME NEW MEMBERS!
 - ★ Axis Clinic
 - ★ Cedric Masa, MD (Aurora)
 - ★ City of Grand Forks