

GENERAL MEMBERSHIP MEETING

Wednesday, February 18, 2009, 11:30 a.m. – 1:00 p.m., **Golden Corral (3251 32nd Ave S, GF)**
 “Drug and Alcohol Awareness”, Robin Turner, Global Safety Network

CHOOSE CHERRIES *AMERICA'S SUPER FRUIT*

Cherries – available year-round as dried, frozen and juice – are “America’s Super Fruit,” a homegrown and colorful way to reap the health-promoting properties of antioxidants. Health and nutrition experts say to look no further than fruits grown on American soil for health and wellness benefits. Cherries are a great local alternative to exotic berries grown in faraway rainforests. It’s no coincidence that **February is both American Heart Month and National Cherry Month**, since science suggests cherries may offer powerful heart-health benefits.

Recent studies indicate the powerful antioxidants in cherries, known as anthocyanins, may play a role in reducing inflammation and risk factors for heart disease.

The latest research conducted by the University of Michigan suggests even more reasons to EAT RED and choose cherries for heart-health benefits. Specifically, the study revealed a cherry-enriched diet may help lower body fat, total weight, inflammation and cholesterol – all major risk factors for heart disease. While inflammation is a normal process the body uses to fight off infection or injury, according to recent science, a chronic state of inflammation could increase the risk for diseases and may be especially common for those who are overweight or obese, at least in part because of excess weight around the middle.

According to the American Heart Association, being overweight or obese, in particular when the weight is concentrated in the middle, is a major risk factor for heart disease. As nearly two out of three Americans are overweight, emerging studies like this are important in examining the role diet may play in disease management and prevention.

“Heart disease is the number one killer of Americans today, so it’s important we continue researching ways people can improve their diet to help reduce key risk factors,” said study co-author Dr. Steven F. Bolling, a cardiac surgeon at the University of Michigan Cardiovascular Center who also heads the U-M Cardioprotection Research Laboratory, where the study was performed. “We know excess body fat increases the risk for heart disease. This research gives us one more support point suggesting that diet changes, such as including cherries, could potentially lower heart disease risk.”

This new research is the latest linking this red hot “Super Fruit” to protection against heart disease and inflammation. In this new animal study, at-risk obese rats fed a “Western diet” (high in fat, moderate carbohydrates) with tart cherry powder showed a significant decrease in body weight and fat while maintaining lean muscle mass. After twelve weeks, the cherry-fed rats had 14 percent lower body fat compared to the other rats (cherry-fed rats were approximately 54% body fat; rats eating the Western diet alone were 63% body fat). The cherry-enriched diets also reduced total cholesterol levels and two known markers of inflammation- both linked to increased risk for heart disease. The researchers suggested cherry consumption could have an effect on important fat genes and genetic expression.

For more information on cardiovascular/heart health, visit the American Heart Association Web site at www.americanheart.org.

[info found at www.choosecherries.com] – You can even “cherry pick” from a variety of recipes for a healthier and happier you!

BOARD MEETING

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

NEXT MEETING → March 5th

- WELCOME ABOARD Tim Baily, Todd Brady, Wayne DeVoe and Eric Pearson!
- Is there something special you or your company would like to see NOSHA do in 2009 – *Please make the Board aware of any new and exciting ideas you may have!*

BOARD MEMBERS

Carol Gierszewski (President)

Steve Harken (Vice President)

Tim Baily (Treasurer)

Tracy Cameron (Secretary)

Todd Brady ♦ Wayne DeVoe

Robert Hewitt ♦ Cedric Masa ♦

Eric Pearson ♦ Annette Shane ♦ Joe Strang

COMMITTEES

Communication Committee

(Linda Wiley, Carol Gierszewski, Bonnie Knutson, Annette Shane)

- Please pay your 2009 membership dues ASAP if you have not already done so. Linda Wiley has the list of unpaid members, so check with her at info@nosha.net if you are not sure where you stand or if you need a statement sent out. *Thank you.*

Education Committee

(Bonnie Knutson, Pat Balstad)

(Upcoming GM Meeting Presentations)

- **March 18, 2009**
- “Blood Pressure – New guidelines, factors that contribute to hypertension, how to treat it and how to live with it”, Dr. Matthew Viscito, Family Physician, Family Med. Assoc., Aurora Medical Park
- **April 15, 2009**
- TBD

Membership Committee

(Davis Hoverson)

★ 60+ MEMBERS STRONG..... and GROWING!



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The American Heart Association says these are the most common warning signs of a heart attack:

- Uncomfortable pressure, fullness, squeezing or pain in the center of the chest lasting more than a few minutes
- Pain spreading to the shoulders, neck or arms
- Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath

Less-common warning signs of heart attack are...

- Atypical chest pain, stomach or abdominal pain
- Nausea or dizziness
- Shortness of breath and difficulty breathing
- Unexplained anxiety, weakness or fatigue
- Palpitations, cold sweat or paleness

