



# Coffee Break

Brewing up the latest news to you

by Rosie Unger

June, 2011

## Coffee Corner

### Coffee may turn out to be good for you!

Coffee may taste good and get you going in the morning, but what will it do for your health?

A growing body of research shows that coffee drinkers, compared to nondrinkers, are:

- **less likely to have type 2 diabetes, Parkinson's disease, and dementia**
- **have fewer cases of certain cancers, heart rhythm problems, and strokes**

"There is certainly much more good news than bad news, in terms of coffee and health," says Frank Hu, MD, MPH, PhD, nutrition and epidemiology professor at the Harvard School of Public Health.

But (you knew there would be a "but," didn't you?) coffee isn't proven to prevent those conditions.

Researchers don't ask people to drink or skip coffee for science's sake. Instead, they ask them about their coffee habits. Those studies can't show cause and effect. It's possible that coffee drinkers have other advantages, such as better diets, more exercise, or protective genes.

So there isn't solid proof. But there are signs of potential health perks – and a few cautions!

### New Referral Program:

If you refer our coffee services to another business we will in turn give you personally a case of Cafe to You Coffee. The best way to refer is to email me at [runger@goodmanvending.com](mailto:runger@goodmanvending.com), or you can call the office 1-800-328-3631, or even let our coffee team member know. We sign you WIN!

## Delivery Schedule

June						
Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

July						
Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## Coffee Humor

Game Warden: "Fishing?"

Man without a license: "No. Drowning worms."

What's the difference between a hunter and a fisherman?

*A hunter lies in wait. A fisherman waits and lies.*

### To All Employees:

To maximize productivity and make us more efficient, we are going to modify all work areas as shown below:



It is expected that this change will increase productivity by approximately 4.58%..!"

## What's New!

**Flavia**  
One cup at a time!



Fresh Brewed Cappuccino, Lattes, and Dove Hot Chocolate

**Call today for more information!**  
**1-800-328-3631**



### Single Serve Pod Systems

100% Colombian, Donut Shop Blend, Izzy's Blend, French Roast, Sumatra, French Vanilla & Hazelnut, Decaf 100% Colombian, French Vanilla, Hazelnut