

July 2011

McMillan | Quiz | Coffee & Heart Disease | Corporate News | Contact Info | Used Equipment

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Calendar of Events

July

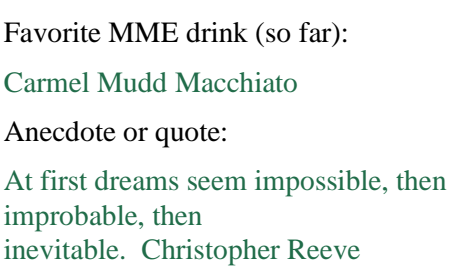
- Juvenile Arthritis Awareness Month
Canada Day 1st
Independence Day 4th
Bastille Day 14th
Parents' Day 24th
Nat'l Lasagna Day 29th



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Mike McMillan, Area Rep & Multi-Unit Franchisee

Mike McMillan of Flemington, NJ recently signed agreements to open five franchises to be placed in the state of Ohio.



support of a great Franchisor Team, other Franchisees, Area Representatives and my COO - Sue McMillan.

Mike grew up in Ohio, where he graduated from the University of Cincinnati with a double major in Management and Marketing, and received his MBA from Xavier University.

Favorite MME drink (so far): Carmel Mudd Macchiato

Mike moved up in Ohio, where he graduated from the University of Cincinnati with a double major in Management and Marketing, and received his MBA from Xavier University.

Anecdote or quote: At first dreams seem impossible, then improbable, then inevitable. Christopher Reeve

From there, he moved up the corporate ladder taking transfers to California, then to New Jersey. Mike and his wife, Sue, are excited to be returning to Cincinnati, as one of their 4 children recently graduated from the University of Cincinnati.

Statement of your experience with MME so far: Many friends and business associates are excited and supporting our vision with enthusiasm and assistance.

The most exciting thing about being an AR for MME: Growing a great premier coffee business in Cincinnati as alumni of both the University of Cincinnati and Xavier University.

Favorite thing about being an MU franchisee (in theory): Owing my own business with the

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Nutrition Quiz: Test your coffee IQ

Sam McManis: smcmanis@sacbee.com Great news for those who go on daily coffee jags: A recent study published in the American Journal of Clinical Nutrition reports that the life-giving brew does not boost blood pressure.

1. The AJCN study says that there's no appreciable difference in hypertension risk even for people who drank how many cups of coffee per day? a) 3 b) 5 c) 11

2. In a study of 12,204 middle-age coffee drinkers, those who reported drinking four or more cups daily had a lower risk of developing what condition than those who "almost never" drink coffee. a) Type 2 diabetes b) arthritis c) kidney failure

3. True or false: People who reported drinking one to three cups of coffee per day were 20 percent more likely to be hospitalized for abnormal heart rhythms (arrhythmias) than nondrinkers.

4. A 2009 Scandinavian study showed that people who consumed three to five cups of coffee daily were what percentage less likely to develop dementia and Alzheimer's disease compared with nondrinkers? a) 25 percent b) 35 percent c) 65 percent

5. In study results that may surprise, high coffee consumption also decreases the chances of what type of cancer? a) prostate b) liver c) bladder

ANSWERS: 1: b; 2: a; 3: false; 4: c; 5: a.

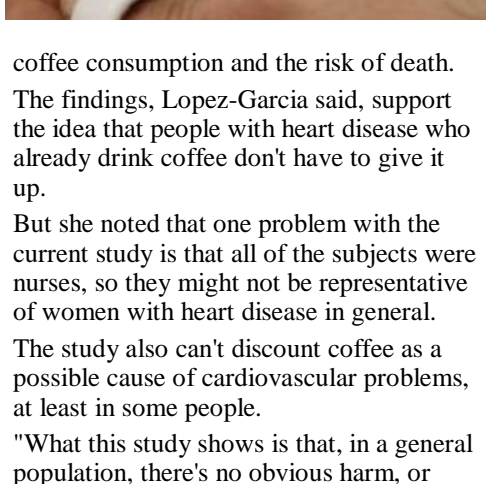
Sources: tuftshealthletter.com; www.webmd.com

http://www.sacbee.com/

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Deaths no higher in coffee lovers with heart disease

NEW YORK, June 13 (Reuters Life!) - Women with heart disease who down a few cups of coffee each day tend to live as long as those who avoid the beverage, according to a study.



The results, reported in the American Journal of Clinical Nutrition, add to already mixed findings on whether caffeinated coffee is a hazard for people at high risk of cardiovascular problems.

coffee consumption and the risk of death. The findings, Lopez-Garcia said, support the idea that people with heart disease who already drink coffee don't have to give it up.

The study, which followed nearly 12,000 U.S. nurses with a history of heart disease or stroke, found that those who regularly drank caffeinated coffee were no more likely to die than non-coffee drinkers during the study period, which spanned more than 20 years for some participants.

But she noted that one problem with the current study is that all of the subjects were nurses, so they might not be representative of women with heart disease in general.

In fact, no link was found between a woman's coffee intake and her risk of death from heart attack, stroke or any other cause - and this was true of even of women who drank four or more cups of coffee each day.

The study also can't discount coffee as a possible cause of cardiovascular problems, at least in some people.

"Our results suggest that coffee drinking is okay for patients with cardiovascular disease, but it would be desirable to replicate our results in other populations," said lead researcher Esther Lopez-Garcia, of Universidad Autonoma de Madrid in Spain.

"What this study shows is that, in a general population, there's no obvious harm, or benefit, to consuming coffee after a heart attack," said Ahmed El-Soehy, an associate professor at the University of Toronto who has studied coffee intake and cardiac health.

The results came from the long-running Nurses' Health Study, which began tracking more than 100,000 female nurses in 1976. The researchers focused on 11,697 women who developed heart disease or had a stroke sometime between 1976 and 2002.

"What this study doesn't tell us is who might benefit from it, and who might benefit from it."

Of those women, 62 percent continued to drink caffeinated coffee after their diagnosis.

Some research has linked coffee drinking to increased risks of high blood pressure in people who are naturally slow metabolizers of caffeine. But the reverse pattern has been seen in people who quickly process caffeine -- more coffee, lower heart risks.

Overall, 1159 women had died by 2004. That risk was no greater among coffee drinkers than non-drinkers, including women who drank at least four cups a day.

Recent studies have pointed to the importance of genetics, El-Soehy added, cautioning that it's hard to make individual recommendations on coffee intake because of these genetic variations in metabolizing.

One possibility is that women in relatively worse health might choose to avoid caffeinated coffee, the study authors noted. But they found no evidence that changes in women's coffee intake after their heart complication or stroke explained the findings.

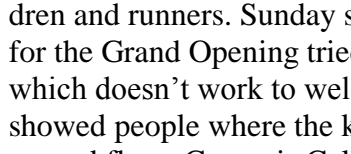
"I don't see how any results can be interpreted from studies that don't take this genetic difference into account."

They also accounted for factors like age, weight, high blood pressure and diabetes, and still found no association between

SOURCE: bit.ly/kUXi5R (Reporting by Amy Norton at Reuters Health; editing by Elaine Lies)

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Corporate News



When we think of hot chocolate we imagine fighting off the cold nights with a toasty fire and a warm brew in hand.

Meet Cuppy who has been very active since starting 2 weeks ago. She hopes to visit all of the kiosks and create some business for each store.



She had a very busy weekend, on Saturday she was at Dehler Park for the Heart and Sole Run and had her picture taken with children and runners.

Sunday she was at the Metra for the Grand Opening tried the twister game which doesn't work to well in costume and showed people where the kiosk stand is on the second floor.

Cuppy is Callie Nagel who graduated from Senior High and plans on attending school in Bozeman this fall majoring in Psychology.

She enjoys dancing, playing basketball and advertising for Mt Mudd. You might also recognize her as the past foot long Subway Sandwich.

Way to go Callie!!

Congratulations to the Laurel Baristas who won the contest for having the most people register on a per ring basis in the Fathers Day give away.

Andrew, Adrienne and Michelle all received Gas cards. Contest went well and the 8 winners were from 4 different kiosks around town.

Collette Prowe and Dan Bloom from Laurel, Carissa Brewer and Mike Ellis from Johnson Ln, Sandy Patton from Rehberg and Meg Cooper, Jennifer Gray, Barb Nies from Airport

The kiosk is set up in Dehler Park so stop by & say Hi when attending a Mustang game.

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Featured Baristas



Cheryl Nagel works as the second barista at Airport 5 days a week. Cheryl started in Aug 2010 and her first kiosk was in Lockwood on weekends.

Meet Brandi Kern the afternoon Barista at Hart's. Brandi started with Mountain Mudd in Feb of 2009 and her first spot was at the Laurel kiosk.



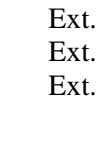
Andrew Heath is the Manager of the Laurel kiosk and began working for Mountain Mudd in August 2010.

He has already learned a great deal about the coffee business and we receive compliments on his drinks from the folks at CHS who see him several times a week.

Andrew is attending Yellowstone Bible College and hopes to be a Pastor someday. He loves both playing and watching baseball and ran a half-marathon in Bozeman in early June.

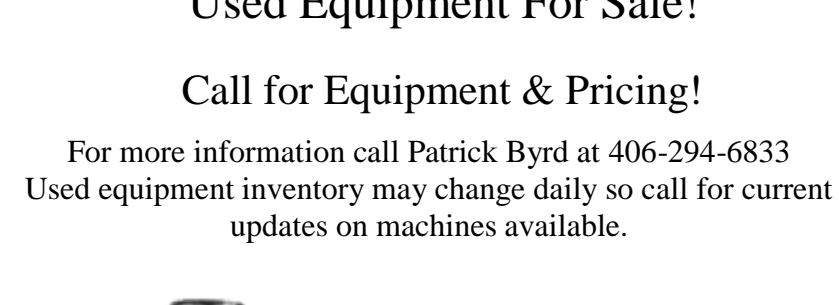
Andrew and his fiancé are also planning a wedding in August. Congratulations Andrew!

Great Coffee, Great People™



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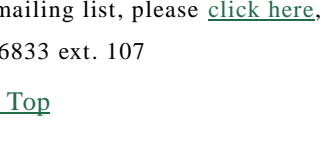
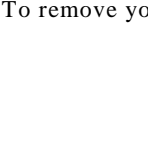
CHS supplies energy, crop nutrients, grain, livestock feed, food and food ingredients, along with business solutions including insurance, financial and risk management services.

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Used Equipment For Sale!

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