Java

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Manship had a crash course in coffee making. With the help of her beans provider, she worked to make the right brew for her shop.

"After sampling a few different coffee places, we picked one. I am typically not a black coffee drinker and I thought it tasted different. It didn't have a flavor but I didn't have that weird taste in my mouth. The more I drank the more I liked it," Manship said. "A guy from where we get our beans from came in and worked with me for a full day. He set up my grinder machines, the espresso machine. He taught me how to make every drink, froth the milk, it was like being in school again. I wrote down all of the recipes and

just worked on it until I was comfortable."

Offerings at Java on Main will be fairly similar to it's predecessor but additions to the menu are already in place. Rejuvenators, which are a natural energy drink made with green tea, along with lunch offerings are now available.

Open from 7 a.m. to 1 p.m., business has been good since opening the doors.

"It has been pretty nice. It is better than what I ex-Manship said. "Baxter doesn't have a huge population and I didn't know what to expect for being busy and it has been better than what we figure out numbers wise."

The Java on Main Cafe is located at 103 S. Main St. along with Manship's salon located in the rear of the building.

Opening

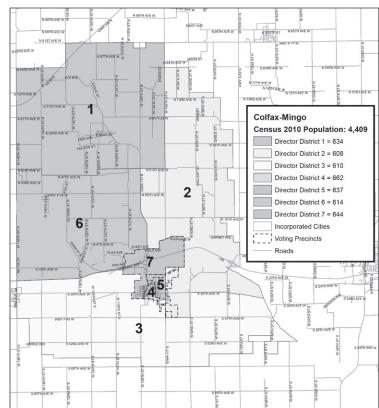
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"Our school board has 30 days following the resignation to fill that position," Salmon said. "We've sent out a notice district-wide telling of an opening."

The selection will include interview with the school board president and vice president before going before the board as a whole for a vote. The final selection will take place at the March 20 board meeting where the new member will also be sworn in to service.

The District 2 term runs through November, giving the new member about eight months in the position before it is up for election.

> Contact Jamee A. Pierson at 641-792-3121 ext. 534 or jpierson@shawmedia.com



Provided by the Colfax-Mingo School District

The C-M School Board is looking for a new member from the District 2 area located on the northeast side of distrct.

Violence

Continued from Page 1

"We also know a lot of gun violence stems from trauma in the home," Dunwell said. "If we take a look at the number of mass shooters and look at what has happened in their experience from abuse, etc., the numbers are astronomical. It's a common denominator in that area. We know that ever since Columbine, for whatever reason, there has been this continuation of replicating it."

News media have a responsibility "to not popularize the shooter," too, Dunwell added. In addition to not making the shooters out to be martyrs, he said picking up on warning signs and making sure areas are created in ways that do not allow someone to terrorize a place are also aspects that need to be looked at. Laws also need to be enforced, particular for people who should not have weapons.

"People who violate weapon ordinances. People who sell guns to people who shouldn't be buying guns. All those things need to be enforced as all part of the solution in helping bring down that kind of violence in America," Dunwell said. "I'll close with this: My heart breaks that for whatever reason our culture right now seems to have people who are bent and determined on just murdering people."

There is something broken in American culture, he added, for something to lead people to even have that kind of thought, "whether it be with a gun or a car or whatever it may be." America needs soul searching. Dunwell questioned if there are things connected to violence on TV and in movies or video games, despite studies showing there is no evidence to support connections to violent behavior.

Eisbrener pushed back, saying, "I'm

asking about gun violence. Mental health is a piece of it. A small percentage of them are mentally ill."

Dunwell disagreed. "No, a high per-

"No, it's small. We're creating more mental health issues by not addressing it because the children in our country need to know they're safe. The adults are not protecting them and that is going to affect their mental health for the rest of their lives. There are generations of people impacted by this because the adults are not doing anything about this. We need concrete solutions."

According to Mental Health America, people with a mental illness are more frequently victims of violence rather than perpetrators. The vast majority of people with mental illness are not violent, and about 95 to 97 percent of homicidal gun violence is not carried out by individuals with a mental illness. Firearm deaths associated with mental illness are nearly always suicides.

National Alliance on Mental Illness (NAMI) supports these figures, saying a vast majority of violence is not perpetrated by people with mental illness. Most people with mental health conditions will never become violence, and mental illness does not cause most gun violence. Studies who that mental illness contributes to only about 4 percent of all violence, and the contribution to gun violence is lower.

Rozenboom also jumped to mental ealth, saying it is part of the problem. A trend he noticed from his experience as a former county supervisor and state senator is a focus on mental health and people looking for a solution from the county, the state or the governor. The people come to lawmakers and say, "Fix this." Rozenboom suggested they may not be the answer.

"The government can't fix everything," he said. "It's just not possible.

The other side of that coin, to me, is that as a society, an American society, is largely linked at certain behaviors that contribute to the mental health problem. Exhibit A, to me, is our wink wink at drug use around the country. And I would follow that up with an alcohol problem. Those things are fundamentally basic to your question."

It's not a whole answer, Rozenboom said, and he recognized that. But he wants to look at violence from a greater

"Gun violence is a uniquely American and very regrettable problem," he said. "We all understand that. But you divorce that from the greater question about mental health and letting Hollywood flood the market with violence any way you can think of, or our video games doing the same thing. We're exposing children to a great deal of violence at a very early age."

While studies show prolonged, repeated exposure to violent video games can lead to more aggressive personalities in adolescents, there is no evidence supporting them leading to violent behavior. Other studies refute the findings, saying aggressive personalities are drawn to more violent video games. Studies also show family environment has major affects on behaviors.

Still, Rozenboom and Dunwell also stressed the need to enforce current laws to prevent people who are not legally allowed to own guns.

"Sometimes what people want to talk about is taking away rights, and believing Americans can no longer handle their basic rights," Dunwell said. "So we want to take away the freedom of speech, freedom of religion. We want to take away the Second Amendment. But when there is something broken in our culture, not everything — as the senator said — can be fixed by the law."

Holding Cell

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sit. Sparks said staff have already prepared the room but stripping the carpet, blocking a door off, epoxied the floor and made it so the windows cannot be tampered with. Surveillance cameras have also been installed in the room.

Supervisor Doug Cupples asked, "So is this just for juveniles that are potentially violent?"

Nicholson said, "It can be used for mental health patients (too). I know the jailers are in big favor of this room, too. Sometimes we even bring people back from prison to be re-sentenced or sentenced again or to testify in a trial that we're having. And that would be safe and secure place for prisoners to be held."

To clarify, Nicholson said it would not be used for individuals who are not showing violent or confrontational behaviors. Nicholson also said he and sheriff John Halferty agreed they could amend their budgets to pay for holding cell if need be. Deputy sheriff Duane Rozendaal said the holding cell would be helpful.

"Things got pretty quiet (during the pandemic). Well now things are starting to loosen up a bit obviously. And we're starting to see more deliveries to the courthouse. If we're doing our due diligence we need to make it more of a secure area for everyone here," Rozendaal



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