



The Flame



Northern Michigan University Clerical/Technical Union Local 1950
A double LUPA Award Winning Publication

<http://uaw1950.nmu.edu/>
Summer, 2005

FORGOTTEN

September 9, 10, & 11, 2005

The Murder at the Ford Rouge Plant
A New Labor Jazz Opera

Millennium Centre, Southfield Michigan

Labor's story - as it's never been told before!
That's what's in store in September when the Michigan Labor History Society presents a return engagement of *Forgotten* - an evening of musical theatre about the dramatic struggle of workers in the 1930s. Twenty-five musicians and actors will perform thirty original songs in a jazz and blues idiom as they capture the story of the Rev. Lewis Bradford and his fellow workers organizing to build a better world for future generations.

The Rev. Bradford worked with the homeless and unemployed and broadcast his own weekly radio show, "The Forgotten Man's Hour," challenging the right-wing propaganda and the corporations through his work. His mysterious death on the Ford Rouge shop floor led his great-nephew, composer Steve Jones, to research Bradford's death years later and to create *Forgotten* as a tribute to all those who sacrificed so that we might have a better life.

All proceeds from ticket sales will be used to provide educational materials and guides to help Michigan students and teachers learn about labor's heritage at the Michigan Labor Legacy Landmark (pictured below). Thank you for your support.

<http://www.forgottenshow.net/>



ELECTION RESULTS

Nominations for elections were held at the union lunch meeting on April 6th.
All of the positions except for the 3 trustees were not contested. The new union officers and their titles are:
President - Sue Toffefson
Vice President - Dawn Wilder
Secretary - Michelle Kimball
Treasurer - Rita Leppanen
Sgt at Arms - Phyllis Zaenglein
Guide - Karen Smith
District 1 Steward - Jan Crawford
District 2 Steward - Beth Sanderson
District 3 Steward - Gary Jerry
District 4 Steward - Kimber Olli

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Trustees are Kelly Dore, Joann Jordon, and Rhonda Peterson.
(0156)

What They Aren't Telling You

Privatizing Social Security would especially hurt women, who make up 60 percent of all Social Security recipients and are less likely than men to have pensions or substantial savings.

Social Security keeps 42 percent of unmarried women out of poverty.

**Social Security
FIX IT.
DON'T RISK IT.**

2004-2005 Officers

President - Sue Tollefson
Vice President - Dawn Wilder
Secretary - Michelle Kimble
Treasurer - Rita Leppanen
Sergeant at Arms - Phyllis
Zaenglein
Guide - Karen Smith
Trustees - Kelly Dore, Joann
Jordon, Rhonda Peterson
Bargaining Team - Grace Albert,
Gary Jerry, Jeff Roo, and
Pat Woods

District Representatives

Chief Steward - *Grace Albert*

District 1 - *Jan Crawford* -
Cohodas

District 2 - *Beth Sanderson* -
Services Building, Quad II,
Jacobetti Center, PEIF, Superior
Dome, Berry Events Center

District 3 - *Gary Jerry* -
West Science, Learning Resources,
Magers, New Science Facility,
Whitman

District 4 - *Kimber Olli*
University Center, Lee Hall, Art &
Design, Gries Hall, McClintock,
Thomas Fine Arts, and Hedgcock

FWIW

Be sure to look over any medical bills you receive and question items you don't understand.

I received a statement from the Superior Walk-in Center, which showed I owed \$34. Ten dollars was the co-pay and \$24 for 3 pills they "gave" me until I could get the Health Center the next day. I sent a check for \$10, along with a note saying I thought \$24 for 3 pills was outrageous as the prescription cost only \$5. A month later, I received another statement for \$24. This time I complained to the Walk-in Center billing department. To make a long story short, they removed the charge and said that charging for medicine is not their policy. Doggone. I wonder how many people pay for "not their policy" items.
pz

Employment Changes

Tammy Clisch filled the Senior Secretary II 4C position in Alumni Relations, effective 5/2/05. She replaced LuAnne Thurston.

Cara Kamps' position was reclassified as a Senior Secretary II 4C in Student Activities and Leadership Programs, effective 3/18/05.

Jaunine Ammerman resigned her position in Human Resources, effective 5/4/05.

Bonnie Pergande retired, effective 7/1/05.

Christy Johnson accepted the 11month Senior Secretary II 4C position in the Department of Education, effective 5/9/05. She replaced Cindy Robare.

Due to budgetary constraints, the Principal Secretary 4B position in the Technology and Occupational Sciences Department, currently held by Ms. Bonnie Pergande, was eliminated effective July 1, 2005. The work load, associated with this position, will be distributed among the remaining clerical staff members.

Randy Karttunen resigned effective 5/26/05.

6/7/05 - The vacant Press Operator II position in Printing Services will be eliminated immediately. This action was taken due to movement toward digital formatting which has resulted in a decline in the number of press run projects. The workload in this area can be handled by the remaining two Press Operator II positions.

Sue Ann Salo retired 7/30/05.

Ernie Young was placed on shortterm disability, effective 6/8/05.

Jana Nicholls' Senior Secretary II 4C position in Geography was reduced to 20 hours per week from 6/13/05 through 8/12/05.



George Carlin said it best about Martha Stewart ..

"Boy, I feel a lot safer now that she's behind bars. O.J. Simpson and Kobe Bryant are still walking around; Osama Bin Laden too, but they take the one woman in America willing to cook, clean, and work in the yard, and haul her ass off to jail."

Counting the Many Ways Sugar Harms Your Health

Contributed by Nancy Appleton, PhD

Author of the book [Lick The Sugar Habit](#)

In addition to throwing off the body's homeostasis, excess sugar may result in a number of other significant consequences. The following is a listing of some of sugar's metabolic consequences from a variety of medical journals and other scientific publications.

- Sugar can suppress your immune system and impair your defenses against infectious disease.
- Sugar upsets the mineral relationships in your body: causes chromium and copper deficiencies and interferes with absorption of calcium and magnesium.
- Sugar can cause a rapid rise of adrenaline, hyperactivity, anxiety, difficulty concentrating, and crankiness in children
- Sugar can produce a significant rise in total cholesterol, triglycerides and bad cholesterol and a decrease in good cholesterol.
- Sugar causes a loss of tissue elasticity and function.
- Sugar feeds cancer cells and has been connected with the development of cancer of the breast, ovaries, prostate, rectum, pancreas, biliary tract, lung, gallbladder and stomach.
- Sugar can increase fasting levels of glucose and can cause reactive hypoglycemia
- Sugar can weaken eyesight.
- Sugar can cause many problems with the gastrointestinal tract including: an acidic digestive tract, indigestion, malabsorption in patients with functional bowel disease, increased risk of Crohn's disease, and ulcerative colitis.
- Sugar can cause premature aging.
- Sugar can lead to alcoholism.
- Sugar can cause your saliva to become acidic, tooth decay, and periodontal disease.
- Sugar contributes to obesity.
- Sugar can cause autoimmune diseases such as: arthritis, asthma, multiple sclerosis. (0823)
- Sugar greatly assists the uncontrolled growth of Candida Albicans (yeast infections).
- Sugar can cause gallstones, appendicitis, hemorrhoids, osteoporosis, and varicose veins.
- Sugar can elevate glucose and insulin responses in oral contraceptive users.
- Sugar can cause a decrease in your insulin sensitivity thereby causing an abnormally high insulin levels and eventually diabetes.
- Sugar can lower your Vitamin E levels.
- Sugar can increase your systolic blood pressure.
- Sugar can cause drowsiness and decreased activity in children.
- High sugar intake increases advanced glycation end products (AGEs)(Sugar molecules attaching to and thereby damaging proteins in the body).
- Sugar can interfere with your absorption of protein.
- Sugar causes food allergies.

- Sugar can cause toxemia during pregnancy.
- Sugar can contribute to eczema in children.
- Sugar can cause atherosclerosis and cardiovascular disease.
- Sugar can impair the structure of your DNA.
- Sugar can change the structure of protein and cause a permanent alteration of the way the proteins act in your body.
- Sugar can make your skin age by changing the structure of collagen.
- Sugar can cause cataracts and nearsightedness.
- Sugar can cause emphysema.
- High sugar intake can impair the physiological homeostasis of many systems in your body.
- Sugar lowers the ability of enzymes to function.
- Sugar intake is higher in people with Parkinson's disease.
- Sugar can increase the size of your liver by making your liver cells divide and it can increase the amount of liver fat.
- Sugar can increase kidney size and produce pathological changes in the kidney such as the formation of kidney stones.
- Sugar can damage your pancreas. (7709)
- Sugar can increase your body's fluid retention.
- Sugar is enemy #1 of your bowel movement.
- Sugar can compromise the lining of your capillaries.
- Sugar can make your tendons more brittle.
- Sugar can cause headaches, including migraines.
- Sugar can reduce the learning capacity, adversely affect school children's grades and cause learning disorders.
- Sugar can cause an increase in delta, alpha, and theta brain waves which can alter your mind's ability to think clearly.
- Sugar can cause depression.
- Sugar can increase your risk of gout.
- Sugar can increase your risk of Alzheimer's disease.
- Sugar can cause hormonal imbalances such as: increasing estrogen in men, exacerbating PMS, and decreasing growth hormone.
- Sugar can lead to dizziness.
- Diets high in sugar will increase free radicals and oxidative stress.
- High sucrose diets of subjects with peripheral vascular disease significantly increases platelet adhesion.
- High sugar consumption of pregnant adolescents can lead to substantial decrease in gestation duration and is associated with a twofold increased risk for delivering a small-for-gestational-age (SGA) infant.
- Sugar is an addictive substance.
- Sugar can be intoxicating, similar to alcohol.
- Sugar given to premature babies can affect the amount of carbon dioxide they produce.
- Decrease in sugar intake can increase emotional stability.

Cont. page 5, col 1

June, 2005

Your Bargaining Team met for negotiations with Management yesterday. We have tentatively agreed to many but not all issues. As you might guess, Health Care and Wages are the primary issues still on the table.

We will meet with our UAW Blue Cross representative on Friday, July 1 to discuss Health Care and Blue Cross issues.

We next meet with Management for negotiations the week of July 18.

We agreed to sign a letter extending our current contract until a new one is in place.

Please be assured that all agreements between the Bargaining Team and Management are tentative until the Membership votes on the proposed changes.

The Solidarity Buttons are in! Some Stewards have them, others should have them by the end of the week. Contact your Steward and wear your button until this is settled!

SOLIDARITY

Thank you for your continued support,
Grace Albert
Chair, Bargaining Committee



Don't get suckered into a panic: Identifying Hoaxes

Perhaps the single most aggravating kind of virus out there is the one that doesn't exist. If you've had an e-mail account long enough, chances are you've received dire warnings about "viruses" like Good Times, Pen Pal, or Ghost. These are in fact not viruses at all, but rather hoaxes that have been carefully designed to fool the inexperienced and the gullible. Unfortunately, they (along with free giveaway hoaxes and urban legends) get forwarded ad infinitum by those who believe the rhetoric and feel they must warn all their family and friends. Displayed below are a few handy tips for telling if a virus warning is legit or a hoax.

1. An immediate read flag should go up if the e-mail instructs you to pass the warning on to others. This is something you should never do, unless you have corresponded with the originator of the message (not the person who sent it to you but the one who actually wrote it) and confirmed the warning. 90% of all chain e-mail you will receive is bogus. Be skeptical.
2. Be wary if the e-mail uses emphatic language and overly emotive punctuation, such as ALL CAPS and numerous exclamation points!!! Real virus warnings aim only to inform, not to frighten. If a virus warning smacks of scare tactics or sensationalism, it's probably a hoax.
3. If the warning claims to come from the Federal Communication Commission, it's a hoax. The FCC has not, nor will they ever, disseminate warnings about computer viruses. It's not their job. That job belongs to organizations like the Computer Incident Advisory Capability (CIAC) of the U. S. Department of Energy. (9277)
4. Look for subtle uses of humor that may expose the author as a prankster. Be especially skeptical of any warnings received on or about April 1st.
5. Consult websites whose sole purpose is debunking virus hoaxes and urban legends.

One final word of advice, which applies equally to hoaxes and to actual viruses. Stay calm. Nobody ever died from a computer virus, and no computer has ever been physically damaged from a virus attack. Even when it comes to real viruses like LoveLetter or Melissa, the dire predictions of the media generally have no basis in reality. They're a nuisance, no more, no less. If you protect yourself with a good antivirus program and don't open any unfamiliar attachments, you'll be just fine. Despite what you may have heard, no virus currently exists that can infect your computer solely via e-mail. So when your colleagues start running about like Chicken Little, you can relax with the knowledge that the sky isn't really falling.

Received at the *Michigan Labor Press 2005 Spring Conference* in Detroit, MI

SUGAR (cont.)

- Your body changes sugar into 2 to 5 times more fat in the bloodstream than it does starch.
- The rapid absorption of sugar promotes excessive food intake in obese subjects.
- Sugar can worsen the symptoms of children with attention deficit hyperactivity disorder (ADHD).
- Sugar adversely affects urinary electrolyte composition.
- Sugar can slow down the ability of your adrenal glands to function.
- Sugar has the potential of inducing abnormal metabolic processes in a normal healthy individual and to promote chronic degenerative diseases.
- I.V.s (intravenous feedings) of sugar water can cut off oxygen to your brain.
- Sugar increases your risk of polio.
- High sugar intake can cause epileptic seizures.
- Sugar causes high blood pressure in obese people.
- In intensive care units: Limiting sugar saves lives.
- Sugar may induce cell death.
- In juvenile rehabilitation camps, when children were put on a low sugar diet, there was a 44 percent drop in antisocial behavior.
- Sugar dehydrates newborns.
- Sugar can cause gum disease.

**You have contributed
another 75 cartridges
to the Redeemer youth.**

Thanks so much.

Each issue of the Flame contains a 4 digit number of the member's choosing. This month there are 5 hidden in the newsletter. If you see your number, call Rita Leppanen @2495. She will issue a \$5 check to you. Sandra Carlson, Kirsti Harvala, Claudia Mankee, Rhonda Peterson, and Linda Sides were the April winners.

"The FLAME" is a member of the Local Union Press Association and the Michigan Labor Press AFL/CIO. "The FLAME" is published monthly (Sept-May) by the Education Committee, UAW Local 1950, Northern Michigan University, Marquette, MI 49855.

Contributions to the FLAME from our members are greatly welcome. Submissions may be made to the Education Committee Chair/FLAME Editor, Dawn Wilder or to Asst. Editor, Phyllis Zaenglein.



What's the matter with Wal-Mart?

Consider these facts:

- Wal-Mart fails to cover 60% of their workers with any health insurance
- 70% of Wal-Mart merchandise is from China
- When Wal-Mart comes to town, for every two jobs it creates three jobs are lost

The way Wal-Mart runs its business has accelerated the outsourcing of U.S. manufacturing jobs overseas, lowered working standards at home and shifted the burden of caring for their employees to U.S. taxpayers.

Wal-Mart's low prices have come at a high cost:

- Wal-Mart costs federal taxpayers over \$1.5 billion a year in welfare to their employees
- Wal-Mart tops the list of companies with employees and their dependents on public assistance in at least 11 states
- Wal-Mart has agreed to pay \$4.1 million in Clean Water Act violations and \$50 million to settle allegations of underpaying employees

This article has been printed with permission from WALMARTWATCH.COM. Please visit their web site for more information on Wal-Mart.

Thanks to *Dawn Wilder*

Senior Corner

Age Activated Attention Deficit Disorder. This is how it manifests:

I decide to wash my car. As I start toward the garage, I notice that there is mail on the hall table. I decide to go through the mail before I wash the car.

I lay my car keys down on the table, put the junk mail in the trash can under the table, and notice that the trash can is full.



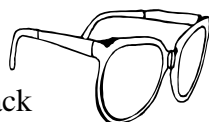
So, I decide to put the bills back on the table and take out the trash first. But then I think, since I'm going to be near the mailbox when I take out the trash anyway, I may as well pay the bills first.

I take my checkbook off the table, and see that there is only one check left. My extra checks are in my desk in the study, so I go to my desk where I find the can of Coke that I had been drinking.

I'm going to look for my checks, but first I need to push the Coke aside so that I don't accidentally knock it over. I see that the Coke is getting warm, and I decide I should put it in the refrigerator to keep it cold.

As I head toward the kitchen with the coke, a vase of flowers on the (2178) counter catches my eye—they need to be watered.

I set the Coke down on the counter, and I discover my reading glasses that I've been searching for all morning. I decide I better put them back on my desk, but first I'm going to



water the flowers.

I set the glasses back down on the counter, fill a container with water and suddenly I spot the TV remote.

Someone left it on the kitchen table. I realize that tonight when we go to watch TV, I will be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it belongs, but first I'll water the flowers.

I splash some water on the flowers, but most of it spills on the floor. So, I set the remote back down on the table, get some towels and wipe up the spill. Then I head down the hall trying to remember what I was planning to do.

At the end of the day: the car isn't washed, the bills aren't paid, there is a warm can of Coke sitting on the counter, the flowers aren't watered, there is still only one check in my checkbook, I can't find the remote, I can't find my glasses, and I don't remember what I did with the car keys.

Then when I try to figure out why nothing got done today, I'm really baffled because I know I was busy all day long, and I'm really tired. I realize this is a serious problem, and I'll try to get some help for it, but first I'll check my e-mail.

Don't laugh — if this isn't you yet, your day is coming!

Thought for the Day: Marriage is the only union that can't be organized. Both sides think they're management!

WHERE TO BUY YOUR GAS, THIS IS VERY IMPORTANT TO KNOW. READ ON—

Why didn't George W. think of this? Gas rationing in the 80's worked even though we grumbled about it. It might even be good for us! The Saudis are boycotting American goods. We should return the favor. An interesting thought is to boycott their GAS.

Every time you fill up the car, you can avoid putting more money into the coffers of Saudi Arabia. Just buy from gas companies that don't import their oil from the Saudis. Nothing is more frustrating than the feeling that every time I fill-up the tank, I am sending my money to people who are trying to kill me, my family, and my friends.

I thought it might be interesting for you to know which oil companies are the best to buy gas from and which major companies import Middle Eastern oil :

Shell....	205,742,000 barrels
Chevron/Texaco...	144,332,000 barrels
Exxon/Mobil...	130,082,000 barrels
Marathon/Speedway...	117,740,000 barrels
Amoco....	62,231,000 barrels

If you do the math at \$30/barrel, these imports amount to over \$18 BILLION!

Here are some large companies that **do not** import Middle Eastern oil:

Citgo.....	0 barrels
Sunoco.....	0 barrels
Conoco.....	0 barrels
Sinclair.....	0 barrels
BP/Phillips.....	0 barrels
Hess.....	0 barrels
ARCO.....	0 barrels

All of this information is available from the Department of Energy and each is required to state where they get their oil and how much they are importing. Share this with your friends and family.