

NEWSLINE 1309

A QUARTERLY NEWSLETTER OF THE AMALGAMATED TRANSIT UNION - SAN DIEGO LOCAL 1309

STEVE ALCOVE, PRESIDENT/BUSINESS AGENT - NATHAN JOHNSON, VICE-PRESIDENT
JOE GOTCHER, FINANCIAL SECRETARY/TREASURER - LANCE WALKER, RECORDING SECRETARY

Executive Board Members - Lorenzo Cason, Ramiro "Roy" Montoya, Maurice Ring, Lee Thurman (NCT) and Steve Brownell (Veolia)

STEVE ALCOVE - EDITOR-IN-CHIEF JOE GOTCHER - MANAGING EDITOR MAURICE RING - NEWSLINE 1309 COMMITTEE

VOLUME 1 ★ SPRING 2006 ★ ISSUE 3



THE PRESIDENT'S REPORT The Comprehensive Operational Analysis & You

By Steve Alcové



MTS has presented the goal of the Comprehensive Operational Analysis (COA) to evaluate and restructure MTS's services and operations to more efficiently and effectively serve the region's transit needs and meet regional transportation goals within the constraints of the current financial and operating environment. The plan was based on the Board-adopted Regional Service Concept of URBAN NETWORK, COMMUTER SERVICE AND COMMUNITY-BASED SERVICES. What this really means is that there was not a sufficient amount of money to continue to operate Transit as it is today. MTS's shortfall was about \$5 million dollars annually so, Mr. Conan Cheung, head of planning had to come up with a plan. You have seen the extensive amount of flyers announcing public Hearings. They even came to the properties to get the opinion of the bus driver's.

The plan in a nut shell is to restructure, modify and implement service cuts and contract out the least used routes of the entire service area. This not only included SDT but also Veolia (ATC), Chula Vista, El Cajon, National City and some other contract service. Now reality sets in and there are a few stumbling blocks. A couple of Laws sit out in the lobby waiting to be recognized. AB 117 and SB 959 require MTS to negotiate with the Union on the contracting out of portions if not the entire route. Furthermore the Collective Bargaining Agreement contains language which prohibits the transfer or alienation of any portion of its operation. As elected officers, we are to protect and secure the future of our members and their families. After spending numerous hours, days and months attending Transportation, Sandag, MTS and Executive Board Meetings and being able to sit on the COA, Local 1309, along with our attorney, John Anderson, has prepared a protocol that would protect our public employees and guarantee that no loss of hours would be suffered because of the restructuring of MTS.

As you are well aware, SDTC has been cutting service for the last five years, such as the route 27, route 81 (which we got back because of AB117) just to name a couple and we have received nothing in return. Under the agreement with MTS, SDTC will not lose any service hours and possibly gain some hours, as SDTC has indicated in this package. I personally have gone through every change being enacted and checked the numbers that MTS produced, and then went to Brother Walker and Brother Gotcher to recheck and formulate their own opinion on the validity of my findings. Please note, that what I saw was not making me happy when preferred routes like the 16, 18, 26, 27, 28, 34, 81, 40, 70, were to be discontinued and routes 1, 3, 4, 5, 6, 11, 15, 20, 25, 30, 35, 41, 44, 50/150, 210 were being modified or restructured. These were a lot service changes to swallow and questioned, what where the public operators going to get in return to allow MTS to be flexible? After making many phone calls, communicating via e-mail with our attorney and a couple of personal visits with our attorney to MTS, a protocol was formulated (as stated above) to protect our public members and guarantee that when MTS cut or modified service, with the authorization from our members, Local 1309's public members would be guaranteed no loss of service hours and possibly no loss of service miles. As you have already learned in the take ones, or through the Union meetings, that in return for the protocol, our public operators would receive route 13 to 24th trolley, including Saturday, Sunday and night service. Also, 15 minute service on route 8/9 for the elimination of Route 34, Route 908 becomes SDTC's 10L, Route 14, Saturday, Sunday and night service restored and the modification of existing route. There is a greater possibility that SDT would be the first priority to receive any new service in the future such as the most anticipated project, the "BRT" service. We don't have a crystal ball but we do have the knowledge and experience to produce the best reasons why SDTC should receive the service.

Some members feel that Local 1309 should be inflexible! As much as I would like to take that stand, it is my responsibility to protect our jobs, now and for the future; to assure that our current level of benefits is maintained or improved, to negotiate better wages and working conditions. Also, remember the language negotiated in the protocol protects our public members. So does SB 959 and Ab117 and 13C Collective Bargaining Agreement with SDTC. If, any one of these protections are violated, Local 1309 can pull the plug on the protocol and go to court. We will win!

Finally, the concept and position of the MTS Board was ambitious. Although Local 1309 was not involved in the beginning of the process, three years ago, we are fully involved now. You can rest assured that your leadership team is on top of this critical issue and are 100% united. I will keep you informed as any changes develop.

NEWSLINE 1309 ★ ATU 1309 ★ SPRING 2006

DENTAL CARE

RONALD S. LESSEM, DDS (619) 255-7480

Receive Tender Loving care with State of the Art Technology.
Enjoy the comfort of Sedation Dentistry at no additional charge!

Available In Office Procedures:

- RESTORATIVE CONVENTIONAL DENTISTRY
- COSMETIC DENTISTRY - all ceramic restorations and complete makeovers
- LASER DENTISTRY - tooth desensitization, soft tissue removal, treatment of Herpes, cold sores, other lesions, and periodontal therapy - all painlessly
- DEEP BLEACHING - (white, white, white) teeth via laser
- ENDODONTICS - root canal treatment with no post operative pain
- IMPLANTOLOGY - implants, full mouth, or stabilization of existing dentures
- ORAL SURGERY - extractions, impactions and other surgical procedures
- ORTHODONTICS - adult and children
- LIP DESIGN and AUGMENTATION
- PERIODONTAL THERAPY

It would be my pleasure to provide for the dental needs of Local #1309 members and your families.

Yours for Better Dentistry,
Ronald S. Lessem, DDS
Ronald S. Lessem, DDS

LOCAL #1309

- SPECIAL DISCOUNT
- EMERGENCIES SEEN SAME DAY
- CALL (619) 255-7480

4990 70TH St. - San Diego / La Mesa
1 Block North of El Cajon Blvd.
Corner of 70th St. and Mohawk

CALL FOR APPOINTMENT!

(619) 255-7480

Q AND A ABOUT RETIREMENT

Question: How many days in a week? Answer: 6 Saturdays, 1 Sunday

Question: When is a retiree's bedtime? Answer: Three hours after he falls asleep on the couch.

Question: How many retirees to change a light bulb? Answer: Only one, but it might take all day.

Question: What's the biggest gripe of retirees? Answer: There is not enough time to get everything done.

Question: Why don't retirees mind being called Seniors? Answer: The term comes with a 10% percent discount.

Question: Among retirees what is considered formal attire? Answer: Underwear and tied shoes.

Question: Why do retirees count pennies? Answer: They are the only ones who have the time.

Question: What is the common term for someone who enjoys work and refuses to retire? Answer: NUTS!

Question: Why are retirees so slow to clean out the basement, attic or garage? Answer: They know that as soon as they do, one of their adult kids will want to store stuff there.

Question: What do retirees call a long lunch? Answer: Normal.

Question: What is the best way to describe retirement? Answer: The never ending Coffee Break.

Question: What's the biggest advantage of going back to school as a retiree? Answer: If you cut classes, no one calls your parents.

Question: Why does a retiree often say he doesn't miss work, but misses the people he used to work with? Answer: He is too polite to tell the whole truth.

Submitted by Dave Mason

CONGRESS GIVES ITSELF A RAISE - WHILE MINIMUM WAGE SHRINKS TO 60 - YEAR LOW BY JOE GOTCHER

It seems that members of Congress think they're doing such a great job they've given themselves eight pay raises over the past nine years, with the latest pay hike in January. In that same period, minimum wage workers have seen zero increase. In the past nine years, workers making the minimum wage haven't gotten a single raise. Not one. And while the wage of \$5.15 an hour has stayed the same, its value has dropped precipitously, putting workers further and further behind. At \$5.15 an hour, the minimum wage doesn't even keep workers out of poverty-in fact, it should be at least \$8.88 an hour just to keep up with inflation.

Since 1997, Congress has voted eight pay raises for itself but not one dime for workers making the minimum wage. The annual salary for members of Congress has gone up by \$31,600 in that time, while a minimum wage employee working full-time earns just \$10,700 a year.

Just this year, Congress gave itself a \$3,100 raise. It's time for Congress to stop working for itself and start working for America's families.

But while Republican leaders in Congress have refused to increase the minimum wage-which hasn't budged since 1997-their salaries have risen by \$31,600 over the same period.

Not that members of Congress, who on average will earn \$162,000 this year, don't work hard for their money. But so do the people who take care of our children, provide assistance for our elderly parents and sew our garments.

Today, a family with one full-time worker living on the minimum wage makes \$10,712 a year-\$5,378 less than the \$16,090 needed to lift a family of three out of poverty. A family's average annual health care premiums exceed annual pay at the minimum wage. A couple with two children would have to work a combined 3.3 full-time minimum wage jobs to make ends meet. That's 132 hours a week.

Unless the Republican-dominated Congress changes its mind and gives minimum wage workers a long overdue raise, 2006 will usher in the greatest gap between minimum wage and average-wage workers since the end of World War II, according to a report by the nonprofit Economic Policy Institute (EPI).

It's long past time for Congress to help the millions of workers earning the minimum wage or close to it. Sen. Edward Kennedy (D-Mass.) has introduced the Fair Minimum Wage Act, and you can help by signing on as a citizen co-sponsor of the bill.

The Fair Minimum Wage Act would raise the minimum wage to \$7.25 an hour in three steps:

- \$5.85 60 days after enactment.
- \$6.55 one year later.
- \$7.25 one year after that.

Raising the minimum wage to \$7.25 an hour would mean an additional \$4,370 a year for a full-time worker, enough to pay an average of nine months of rent, pay 18 months of heat and electricity or a full year's tuition for a community college degree.

The increase would have an immediate, direct impact on more than 7 million workers and an indirect impact on millions more.

Right now, there are 37 million Americans-including 13 million children-living in poverty in America, and raising the minimum wage is the easiest thing we can do to stop the rising tide of poverty.

In 17 states and the District of Columbia, legislators had the right idea and raised their minimum wage. The most recent increase came in Maryland, where a new \$6.15 minimum wage went into effect Feb. 16. The state Legislature overruled Republican Gov. Robert Ehrlich's veto of the bill. At least nine states are expected to include referendums on the November ballot that would boost their minimum wages.

Last year, unions and community groups in Minnesota, New Jersey and Vermont pushed hard for and won legislation boosting those states' minimum wages.

Contact your representatives in Washington, D.C. and tell them to support the Fair Minimum Wage Act.

CELL NUMBERS GOING PUBLIC - SUBMITTED BY ROY MONTOYA

JUST A REMINDER, cell phone numbers are being released to telemarketing companies and you will start to receive sale calls. YOU WILL BE CHARGED FOR THESE CALLS! These telemarketers will eat up! your free minutes and end up costing you money in the long run. To prevent this, call the following number from your cell phone: **888-382-1222**.

It is the "National DO NOT Call Registry List". It will only take a minute of your time. It blocks your number for five (5) years. You can also register here: <https://www.donotcall.gov>

TO YOUR HEALTH - SUBMITTED BY JOE GOTCHER

Our Health & Welfare Trust Fund Trustees have been fighting a losing battle against rising medical costs and have decided to tackle the root causes of high costs, including unhealthy lifestyles and chronic illness. We realized that an effective health management program was needed so we have instituted a disease management and wellness program, in conjunction with and with the cooperation and support of Kaiser Permanente and MTS/SDTC. We believe that this new outlook for our Trust will provide a solid foundation for cost management, as well as help us have a healthier population. We expect to see a reduction of up to 50% in our annual trend. SDTC/MTS Trustees agree that health status plays a crucial role in worker productivity.

Data analytics can pinpoint opportunities and evaluate interventions over time. A study of our experience (our use of health services) was conducted to find out why our premiums have been going up so much each year. The results were sad but predictable. We learned that there are five conditions that drive our premiums up at Kaiser; diabetes, depression, heart disease, hypertension and pregnancy. Over the next few months, we are going to explore ways that we can improve our health and lower our health care costs. (You're on your own on the pregnancy thing!!) We are going to address diabetes first. Why. Because less than 10% of our members account for nearly 40% of our Kaiser usage. Type II Diabetes is the number one ailment affecting Local 1309 members. Ours is a value-based plan design using evidenced-based medicine. Our goal for this proactive cost-management plan is threefold: We want to make sure that all our diabetics are properly and promptly diagnosed; we want to help our diabetics find and use the resources available to them to control or reverse the disease and we want to make sure that those that do not have diabetes YET take the proper precautions to avoid it.

DIABETES

What is diabetes?

To understand diabetes, you first need some basic information about how your body converts food into energy. Simply put, most of the food we eat is converted into a type of sugar called glucose. Glucose is your body's main source of fuel. For your cells to use this fuel, however, your body needs a hormone called insulin. Insulin allows glucose to move from your blood into your cells. Normally, your body makes all the insulin it needs. But if you have diabetes, either your body makes little or no insulin, or your cells do not respond properly to insulin.

There are three main types of diabetes:

Type 1 diabetes: Type 1 diabetes occurs when the body does not make any insulin. Although it typically develops during childhood, it can develop at any age. About 5 to 10 percent of people with diabetes have type 1. To survive, they must receive insulin daily. In most cases, signs of type 1 diabetes appear suddenly. They include a high sugar count in the blood and urine, frequent urination, extreme hunger and thirst, weakness, mood swings, and nausea.

Type 2 diabetes: Type 2 diabetes accounts for 90 to 95 percent of cases in the United States. Type 2 diabetes occurs when the body produces insulin, but either can't process it or doesn't make enough. Type 2 diabetes develops slowly, with only mild symptoms at first. Symptoms include increased thirst, appetite, and need to urinate; blurred vision; tingling and numbness in the hands and feet; infections of the skin, gums, vagina, or bladder that take a long time to heal, and erectile dysfunction. Some people with type 2 diabetes go for years without any symptoms. While type 2 diabetes is most often diagnosed in older people, it is increasingly being diagnosed in children and adolescents.

Gestational diabetes: This form of diabetes develops in pregnant women who do not make or process enough insulin. This happens in about 4 percent of pregnancies because the same hormones that help the fetus grow also inhibit insulin production. Although gestational diabetes usually subsides after pregnancy, women who have had it in a previous pregnancy are more likely to develop it during subsequent pregnancies. They also have a higher risk of developing type 2 diabetes later in life.

Who's at risk?

The risk factors are different for each type of diabetes. Type 1 diabetes is an autoimmune disorder, where the body's immune system attacks the cells that produce insulin. Scientists don't know what causes it, but type 1 diabetes appears to run in families and is more common among Caucasians. Type 2 diabetes has more specific risk factors. People with a family history of diabetes, who are overweight and don't exercise, or who are over age 45, are at greater risk. African Americans, Latinos, Pacific Islanders, and Native Americans are also at greater risk. In addition, some people are considered at risk when blood tests reveal glucose levels that are higher than normal. This condition is sometimes called prediabetes. The good news is, with the proper care and treatment, people with diabetes can lead healthy, active lives.

Managing diabetes: Diabetes is a very manageable disease. If you have type 1 diabetes, you should make sure to take your daily insulin injections. If you have either type, you should test your blood glucose levels frequently. Your doctor may also prescribe oral medications. Don't be shy about asking your doctor questions if you have them, and be sure to take your medications as directed. And, like everyone else, you should eat right and exercise.

Changing your eating and exercise habits doesn't have to be painful or expensive. Small changes can make a big difference over time. Just 30 minutes of walking or other moderate exercise can improve your fitness, help you control your weight, and help your body regulate your blood sugar. Ask your doctor to help you develop an eating and exercise plan, or try an online program, all of which are free to Kaiser Permanente members. HealthMedia Nourish® can help you improve your eating habits at a manageable pace, HealthMedia Balance® can help you manage your weight, and HealthMedia Succeed® can help you improve your overall health. For each, you'll fill out a brief questionnaire, then get a customized eight-week program tailored to your needs. Go to kp.org/healthylifestyles to get started.

In summary

- See your doctor if you or your child shows signs of diabetes.
- Eat less sugar, fat, and high-cholesterol foods.
- Drink less alcohol, if at all.
- Exercise regularly.
- Consult your doctor before beginning any diet or exercise program.

To learn more

For more information about diabetes, go to kp.org/health and search our online health encyclopedia, which has more than 50,000 pages covering over 1,900 topics. You can find a collection of online tools and articles on the different types, symptoms, and treatment of diabetes at our featured health topic site, kp.org/diabetes. Members can also join a discussion group at kp.org/messageboards to share tips and support with other members like you.

We have a wealth of classes through our medical centers. You can take a class on living well with diabetes, join an insulin pump support group, try out a fitness class, and more. Some classes are open to the general public, and some classes may require a fee. Go to kp.org/classes for more details, or stop by your local Health Education Department. While you're there, you can pick up copies of *About Diabetes*, *Gestational Diabetes*, *Type 1 Diabetes: A Healthier Life for Adults with Diabetes*, or *Type 2 Diabetes: A Healthier Life for Adults with Diabetes*, available in English and Spanish. Pamphlets are free to the public. Books are available for sale, or may be checked out by both members and non-members with a deposit fee.

You can also call the Kaiser Permanente Healthphone at 1-800-332-7563 or 1-800-777-9059 (TTY for the hearing and speech impaired) and listen to any of the following messages, available in English and Spanish:

Title:	Number:
Blood sugar testing	142
Food and diabetes	216
Foot care when you have diabetes	206
Monitoring your health when you have diabetes	145
For diabetics: When vomiting, diarrhea, or other illness occurs	159
What is type 1 diabetes?	199
What is type 2 diabetes?	200

These free recorded health messages are available to the public 24 hours a day.

Content for this article was provided by Kaiser Permanente.

CORRECTION...It was brought to our attention that an error was printed in the last issue of the Newsline 1309. We reported that Jim Friedlan was the Co-Chairman of the Election Committee. The Election Committee elected Tony Almirante as their Co-Chairman. Our Managing Editor apologizes for this unintended slight and hopes that Brother Almirante is able to live with the shame and ignomy.

LABOR 2006: 'BRING BACK POWER FOR WORKING PEOPLE'

Steve Smith from the AFL-CIO Media Affairs Department was in San Diego when members of the AFL-CIO Executive Council were holding their spring meeting. He sends us this report.

If you're a corporate CEO, things have been pretty darn good the past several years (unless, of course, your name is Ken Lay or Jeff Skilling). It's been like an extended party, with a very exclusive guest list—the rich and the filthy rich. But, unfortunately for you, every party has to end.

The AFL-CIO today unveiled its plan to mobilize working families in 2006 as part of an unprecedented effort to engage working people in their workplaces, shop floors and neighborhoods. In other words: Get ready to turn off the lights corporate America because the party's just about over.

Workers are fed up and they're ready to put a stop to business as usual on Capitol Hill and restore a much-needed balance in a time of corporate excess and vanishing accountability, AFL-CIO President John Sweeney said today.

"We will educate our members on where the candidates stand on working people's issues, such as health care, jobs, pensions and workers' freedom to form unions," said Sweeney today at a press briefing in San Diego.

With dozens of governor, Senate, House and state legislative races, 2006 represents a real opportunity for working families to take back control from the anti-worker majority currently in power.

To make sure this happens, the AFL-CIO's Labor 2006 political program will focus primarily on:

Building upon our historic grassroots mobilizing efforts of 2004 and 2005 and dramatically expanding the reach of our member-to-member program to educate and activate more union members to vote;

Increasing AFL-CIO union voter registration for the 2006 mid-term elections by 10 percent;

Deepening our activist base by recruiting and training more than 100,000 regular union volunteers in addition to hundreds of thousands of other activists;

Linking politics and organizing by asking all endorsed candidates to provide support for organizing and contract negotiations.

"The AFL-CIO is committed to twin strategies to bring back power for working people," Sweeney said. "We must help more workers form unions, and we must help working people win back power in Washington, their state Houses and at all levels of government. These goals are fundamentally intertwined and equally important."

Sweeney said AFL-CIO expects to spend \$40 million, none of which goes to political contributions. It's all going to be used to educate and mobilize 11.4 million members of union households in 21 targeted states, including members of the AFL-CIO's community affiliate, Working America.

YOUR AGE BY CHOCOLATE MATH SUBMITTED BY JOE GOTCHER

It takes less than a minute .
Work this out as you read ...
Be sure you don't read the bottom until you've worked it out!
This is not one of those waste of time things, it's fun.

1. First of all, pick the number of times a week that you would like to have chocolate (more than once but less than 10)
 2. Multiply this number by 2 (just to be bold)
 3. Add 5
 4. Multiply it by 50 – I'll wait while you get the calculator
 5. If you have already had your birthday this year add 1756
If you haven't, add 1755.
 6. Now subtract the four digit year that you were born.
- You should have a three digit number
The first digit of this was your original number

(i.e., how many times you want to have chocolate each week).
The next two numbers are YOUR AGE! (Oh YES, it is!!!!)
2006 is the only year it will ever work.

CHANNEL 10 IS BAD NEWS...FOR IT'S EMPLOYEES

KGTV, Channel 10, promises to be "on your side." But they are not on the side of their own employees. Engineers, Technicians, Directors, Photographers, Editors and Artists have been trying to negotiate a fair contract with Channel 10. These are the same people who bring you 10News, The 10 News Channel (24-hour news coverage) and Azteca America (Cable 15), as well as your favorite ABC shows.

Channel 10 wants to eliminate jobs and refuses to negotiate over the issue, despite making huge profits. Please take a minute to email General Manager Derek Dalton and Broadcasting Group President Ed Quinn and tell them to negotiate fairly with their employees.

Meantime, please do not patronize the advertisers who support Channel 10's efforts to treat it's own employees unfairly.

PLEASE DO NOT PATRONIZE THESE BUSINESSES THAT SUPPORT CHANNEL 10

24 Hour Fitness	Grace Properties	McClellan Buick	Shoppes at Las Americas
Aaron Bros. Art Mart	Gray & Williams	McCune Chrysler	Singing Hills Memorial Park
AIG Insurance	H & R Block	Men's Fashion Depot	Sleep Train
Aladdin Bail Bonds	Harrah's Rincon	Men's Wearhouse	Sylvan Learning Center
Aloha Bail Bonds	Heller Ford	Metro Flooring	Sport Chalet
Alpha Project	Hoehn Honda	Microskills	Stones Unlimited
Alvarado Medical Center	Homestead House	Mor Furniture	Subway
Ball Auto Center	Honda Regional	Mossy Ford	Superlamb
Banner Mattress	Hsu's Szechwan	Mossy Nissan	Sycuan
Ben Bridge Jewelers	IHOP	My Doctor Weight Loss Clinic	System's Paving
Bill Howe Plumbing	Jack in the Box	National City Mile of Cars	The Diamond Source
BMW Auto Dealers	Jack-FM (KFMB-FM)	Pacific Law Center	Thomasville Homes
Bob Stall Chevrolet	Jacobs & Spadea	Palomar Pomerado Medical Center	Toyota Carlsbad
Carl Burger Dodge	Jeep California	Park & Ride	Toyota of Escondido
Casual Dining & Bar Stools	Jenny Craig	Pat & Oscars	Treasure's Furniture
Check 'n Go	Jerome's	Regents Dental	Tuff Shed
Closet World	John Hine	Robbins Bros. Jewelers	Tweeter
Coco's	Kearny Mesa Toyota	Robinson's-May	USA Baby
Coles Carpets	KGB Radio	Ron Baker Chevrolet	USE Credit Union
Cost Plus	King Stahlman Bail Bonds	San Diego County Toyota Dealers	Vons
Cox Communications	KPBS (First 5 California)	San Diego Door	Wacky Wicker
Diamond Source	KSON	San Diego Harley	West Coast Design Center
Dixieline	Lane Home Furniture	San Diego Kitchen	West Coast Flooring Center
DZ Akins	Leo Hamel	San Diego National Bank	Western Dental
Empire Carpet	Lexus Carlsbad	San Diego Padres	Window World
Escondido Cycle	San Diego County Lexus Dealers	SD County Credit Union	
Ethan Allen	Macy's	SD Family Magazine	
Father Joe	Major Market	SDG & E	
Ford Dealers	Marshall's	Select Comfort	
Future Dontics	Marvin K Brown Hummer	Sharp Healthcare	
Good Feet Store	Mazda Dealers	Shoe Pavillion	

**CELL PHONE CHARGES
BY JOE GOTCHER**

Cell phone companies are charging us \$1.00 or more for 411 information calls when they don't have to. When you need to use the 411 information option, simply dial 1-800-FREE-411 or 1-800-373-3411 without incurring a charge at all except for the minutes required to make the call. Service dials the number free of charge.

This is information people don't mind receiving - Pass it on. Works on home phones also.

★ PLEASE DO NOT ★
★ PATRONIZE THESE ★
★ BUSINESSES THAT ★
SUPPORT CHANNEL 10

EXACT CHANGE: ATU 2006 FEDERAL AND STATE LEGISLATIVE AGENDA

The ATU is seeking to exact change at both the federal and state level in 2006, through a legislative agenda that advances proactive transit and labor initiatives. On the federal level, the ATU has identified the following ten legislative priorities for 2006:

- Fully Fund the Federal Transit Program at SAFETEA-LU Authorized Levels
- Preserve Section 13(c) Transit Employee Labor Protections
- Enhance Security in the Over-the-Road Bus Industry
- Increase Transit Security Through Mandatory Training and Planning and Increased Federal Funding
- Expand Usage of and Raise the Limit on Tax-Free Transit Benefits to Equal Parking Benefits
- Ensure Fairness for CDL Holders in the Disposition of Non-CMV Traffic Citations
- Support Federal Initiatives to Address Safety and Security on School Buses
- Protect the Rights of Employees to Freely Choose Union Representation
- Extend and Expand Health Care Coverage for All Americans

To read more about the ATU's federal legislative priorities, go to: http://www.atu.org/docs/political_legislative/documents/LegAgenda2006.pdf

On the state level, the ATU has likewise identified ten policy priorities aimed at:

- Increasing Transit Funding
- Expanding Employer-Provided Transit Benefits
- Getting People from Welfare to Work
- Providing a Voice and Vote for Transit Labor in the Transportation Planning Process
- Requiring Participation of Transit-Users and Other Labor Groups on Transit Boards
- Improving Transit Safety
- Increasing Security in the Transit, Intercity Bus and School Bus Industries
- Requiring Restroom Breaks for Transportation Employees
- Improving School Bus Transportation
- Ensuring Justice for Workers Through Collective Bargaining Rights and Access to Health Care

DEATH BENEFIT WARNING - Local 1309 has just completed an inventory of the Death Benefit Beneficiary Card File. It appears that some of you have not updated your file in a loooong time. If you have lost your beneficiary through death or divorce, or you have just changed your mind about who should receive you benefit if you should die, PLEASE call the Local 1309 office at (619) 563-1309. It is better to be safe than sorry.

**REBUILDING THE CALIFORNIA DREAM
BY MAURICE RING**

On Wednesday, March 8th, 2006 over 500 Delegates from the California Labor Federation gathered in Oakland for a pre-primary election convention to review worker's legislative issues and political candidates for the 2006 state and federal elections. Governor Arnold Schwarzenegger's expensive anti-worker, corporate-driven attempt at "reform" had been soundly defeated by the informed and motivated voters, who came out in greater numbers for the November 8th Special Election to make their voices heard as *California's citizens*. Nevertheless, the California Labor Federation Delegates, who represent over two million union workers in California, were not going rest on their past victories. The theme for the one-day "convention" at the Oakland Airport Hilton Hotel was "Rebuilding the California Dream." With this in mind, the Delegates were called to order at 10 AM and, after the invocation was given, and the Committee Reports were dispensed with by the leadership, preparations began for even greater legislative and electoral victories in 2006.

The Keynote Speaker, former U.S. Congressional Representative Ronald V. Dellums, was an inspired as well as inspirational choice to address the Delegates. Dellums had served his constituents in the Bay Area for over thirty years, having risen from the same streets of Oakland to become the Chairman of the House Armed Services Committee during the final years of his distinguished political career. Dellums withdrew from political service after his fourteenth consecutive term ended in January 1998. He recalled his boyhood, when he would watch and learn from his older relatives who were active participants in their union. He recounted his days as a boxer when he learned the difference between fighting for just the match at hand, and to truly be a fighter. He urged the Delegates to aggressively fight beyond the next election, as a true fighter does, and to be always fighting, always moving Labor's agenda forward in a visionary and progressive direction and manner. Now seventy years old, Dellums continues the fight forward, and has entered the electoral ring once more as a mayoral candidate for the city of Oakland in 2006.

Following right on the heels of Dellums' address, the C L F leadership outlined their goals for the upcoming Election Year. A massive statewide campaign and mobilization to increase involvement and voting power of our union members is underway. The goal is to have at least 25,000 volunteers to walk precincts and /or make phone calls to fellow members and our communities at large during the campaign. We will educate and inform our coworkers of the issues and the candidates at stake. Local 1309 will actively seek your involvement to reach these statewide goals, and help you to realize and develop your leadership and fighting skills in the electoral arena.

As for the Election Year candidates themselves, the C L F and its affiliated Local Labor Councils and Boards began the candidate screening and interview process in the months prior to the March Convention. At this convention, the endorsed candidates for both state and federal offices were first listed and read to the Delegates in numerical district order. If any Delegate group had issues with an endorsed candidate, they would raise the objection after the announcement and then wait until all the remaining endorsements were read. Once again, in sequence, Delegates were now given the opportunity to state their objections to a candidate in order to change the endorsement. With all things considered, the objections to the endorsed candidates were not sufficient enough to overturn this year's endorsed candidates. Which leads us to who will be the next Governor of California?

The California Labor Federation made its official endorsement of Democratic Candidate and current California State Treasurer Phil

Angelides for Governor. As an outspoken fighter and advocate for better public schools for our children, Angelides has proposed increased spending to return our schools to the national prominence that it deservedly earned over a generation ago. Health care for citizens should be universal and affordable enough for all workers to be able afford it. Angelides is in favor of a higher minimum wage, whereas the current action hero/ governor vetoed twice. When the 'governator' was having his honeymoon with Californians and attempting to cut disability payments for children and the elderly, as well as the wages of home caregivers, Angelides was the only prominent Democratic official to speak out and fight against any such cuts from being enacted. As a trustee for our state's public pension fund (CalPers), Angelides has invested in community development projects. He has furthermore called for, and enacted stricter corporate governance guidelines for the benefit of consumers and shareholders.

As the C L F makes its plans for the upcoming election campaign and the continuous battles on behalf of all workers one thing is certain: Phil Angelides will be a fighter at our side, as a man and as a governor.

**STROKE INFORMATION
BY DAVE MASON**

Hopefully none of us will ever need to use this information, but you just never know. So, please read the information below - it could save someone's life.

To recognize a STROKE: Remember the 1st Three Letters... S T R RECOGNIZING A STROKE. Remember the "3" steps, S T R . Read and Learn!

Sometimes symptoms of a stroke are difficult to identify. Unfortunately, the lack of awareness spells disaster. The stroke victim may suffer severe brain damage when people nearby fail to recognize the symptoms of a stroke. Now doctors say a bystander can recognize a stroke by asking three simple questions:

- S *Ask the individual to SMILE.
- T *Ask the person to TALK. to SPEAK A SIMPLE SENTENCE (Coherently) (i.e...It is sunny out today)
- R *Ask him or her to RAISE BOTH ARMS.

{NOTE: Another 'sign' of a stroke is this: Ask the person to 'stick' out their tongue.. if the tongue is 'crooked', if it goes to one side or the other that is also an indication of a stroke}

If he or she has trouble with ANY ONE of these tasks, call 9-1-1 immediately and describe the symptoms to the dispatcher.

A neurologist says that if he can get to a stroke victim within 3 hours he can totally reverse the effects of a stroke...totally!!!

TURNING TWENTY-ONE BY RETIREE DAN RESLEY

When a person turns twenty-one, they are considered to be adults. Follow these simple steps and others will think so too.

- ONE** - Give people more than they expect and do it cheerfully.
- TWO** - Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.
- THREE** - Don't believe all you hear, spend all you have or sleep all you want.
- FOUR** - When you say, "I love you," mean it.
- FIVE** - When you say, "I'm sorry," look the person in the eye.
- SIX** - Be engaged at least six months before you get married.
- SEVEN** - Believe in love at first sight.
- EIGHT** - Never laugh at anyone's dream. People who don't have dreams don't have much.
- NINE!** - Love deeply and passionately. You might get hurt but it's the only way to live life completely.

CONTINUED ON PG. 15...

THE CALIFORNIA VEHICLE CODES REPRINTED FROM THE 2005 EDITION BY LORENZO CASON

Words and Phrases as Defined per The 2005 California Vehicle Code.

CVC #15. Shall and May.

Shall is mandatory.

May is permissive.

CVC #377. Limit Line.

A "Limit Line " is a solid white line not less than 12 nor more than 24 inches wide, extending across a roadway or any portion thereof to indicate the point at which traffic is required to stop in compliance with legal requirements.

CVC #525. Right-of-way.

"Right-of-way" is the privilege of the immediate use of the highway

CVC #545. School bus.

A "school bus" is a motor vehicle designed, used or maintained for the transportation of any school pupil at or below the 12th-grade level to or from a public or private school or to public or private school activities.

CVC #620. Traffic.

The term "Traffic" includes pedestrians, ridden animals, streetcars, and other conveyances, either singly or together, while using any highway for purposes of travel.

CVC #642. Transit Bus.

A "transit bus" is any bus owned or operated by a publicly owned or operated transit system, or operated under contract with a publicly owned or operated transit system, and used to provide to the general public, regularly scheduled transportation for which a fare is charged. A general public Para-transit vehicle is not a transit bus.

CVC Section 26706 (a)

Every motor vehicle, except motorcycles equipped with a windshield shall be equipped with a self-operating windshield wiper.

CVC section 26707

Windshield wipers required by this code shall be maintained in good operating condition and shall provide clear vision through the windshield for the driver. Wipers shall be operated under conditions of fog, snow, or rain and shall be capable of clearing the windshield while the vehicle is in operation.

CVC Section 40001 (a). Owners Responsibility

It is unlawful for the owner, or any other person, employing or otherwise directing the driver of any vehicle to cause the operation of the vehicle upon a highway in any manner contrary to law.

These California driving laws are presented for your education and self-defense. If you, as the operator of a bus, or in your own vehicle, cause the injury or death of another individual or damage to property as a result of your own negligent or unsafe action, you can be held personally criminally liable. You can be sued and/or jailed for your actions. Driving in California is serious business.

RAISE THE MINIMUM WAGE BY JOE GOTCHER

In the past nine years, workers making the minimum wage haven't gotten a single raise. Not one. And while the wage of \$5.15 an hour has stayed the same, its value has dropped precipitously, putting workers further and further behind.

It's long past time for Congress to help the millions of workers earning the minimum wage or close to it. Sen. Edward Kennedy (D-Mass.) has introduced the Fair Minimum Wage Act, and you can help by signing on as a citizen co-sponsor of the bill.

Since 1997, Congress has voted eight pay raises for itself but not one dime for workers making the minimum wage. The annual salary for members of Congress has gone up by \$31,600 in that time, while a minimum wage employee working full-time earns just \$10,700 a year.

Just this year, Congress gave itself a \$3,100 raise. It's time for Congress to stop working for itself and start working for America's families. Sign on today to be a co-sponsor of the Fair Minimum Wage Act.

CONTINUED ON PG. 9

WHAT BURNS ME BY GARY & BRENDA ELLIS

Ambiguity. That's what burns us. When company policies are poorly distributed and regularly ignored by management personnel, it's confusing to all of us and makes it difficult to be sure we are doing the right thing.

Here is a case in point. All of you read the article by Lorenzo Cason in the last Newsline 1309 regarding the California Vehicle Code's directions on the use of phones while operating a bus. The article was annotated by Joe Gotcher telling us to not answer any phone, our personal cellular phones or the company's radio/phone when we were driving a bus. We were told to pull over to our first safe location, presumably the next bus stop, before answering the company phone and that we were not allowed to answer our own cellular phones in revenue service.

We disagreed with Joe and sent an email to him right away, questioning the union's position. The answer was that no driver should do anything to endanger themselves, their passengers or cause damage to property. Joe said that safety was one of the main messages of our recent series of VTT classes. Additionally, Joe assured us that he had verified the union's interpretation of this issue at numerous hearings attended by David Burnett, Scott Gallegos and Jim Byrne. All agreed that no operator (or mechanic) should answer any telephonic device or otherwise engage their hands in a way that would restrict their driving with both hands on the wheel when the bus is in motion. Joe said that discipline has been issued for that very thing. Therein lies the problem and the ambiguity. A few days back, Brenda was driving an articulated bus on the freeway when the company radio went off. As she had been instructed, she ignored it since answering the phone on the freeway would have been a very unsafe act. She was planning to answer the call at her first safe location to stop OFF the freeway. The next thing Brenda heard was the radio go into voice mode and the Radio Communications Supervisor telling her to pick up the handset. Brenda is a good employee and did not want to get into trouble for failing to follow a management directive, so she twisted around on the freeway and answered the radio/phone.

The point is that the Communications Supervisor ordered Brenda to do something that was against the law and company policy and was extremely unsafe. We are sure that it happens too often to too many of us. The company expects us to be professionals and comply with all State, Federal and Local laws and Ordinances as well as adhere to company policies. We suspect that the newer drivers, as well as many of the high seniority folks, do what they are told without regard for laws or policies, at the expense of safety.

Continued on pg. 12

JUST THE DETAILS BY LORENZO CASON

Details, details, details. Just how important are they? Let's take a look.

I have attended numerous hearings where the operator was being charged for damages to a bus the operator believes he/or she did not commit.

While the allegations may have been true, the real reason for the hearing and/or discipline was an incomplete B.O. card or no B.O. card at all.

It is very important that, when doing your bus inspection, details can be the difference between a hearing and no hearing. More so, if the damage is extreme, let someone else, like a foreman or the radio dispatcher, know.

How about those Lost and found tickets?

Details on what you write down can make the difference as to what you get back.

Recently, an operator was turning a wallet in and on his claim ticket he noted the color of the wallet, but it was what was in the wallet that should have also been noted. It contained an extremely large amount of money, larger than some people's pay check.

It is very fortunate, that a second "Lost Article" ticket was completed, not only noting the amount of money, but serial numbers, and bill denominations, because the Lost & Found people say they never received the money, only the wallet!!

Always remember, "The more information you provide, the surer you can be of the outcome."

ADVICE FROM MY DOG BY JOE GOTCHER

If my dog was the teacher you would learn how to live, stuff like: When loved ones come home, always run to greet them.

Never pass up the opportunity to go for a joyride.

Allow the experience of fresh air and the wind in your face to be pure ecstasy.

When it's in your best interest, practice obedience.

Let others know when they've invaded your territory.

Take naps. Stretch before rising.

Run, romp, and play daily.

Thrive on attention and let people touch you.

Avoid biting when a simple growl will do.

On warm days, stop to lie on your back in the grass.

On hot days, drink lots of water and lie under a shady tree.

When you're happy, dance around and wag your entire body.

No matter how often you're scolded, don't buy into the guilt thing and pout..! Run right back and make friends.

Delight in the simple joy of a long walk.

Eat with gusto and enthusiasm. Stop when you have had enough.

Be loyal. Never pretend to be something you're not.

If what you want lies buried, dig until you find it.

When someone is having a bad day, be silent, sit close by and nuzzle them gently.

A PARABLE - BY DAVID MASON & A SUGGESTION - BY JOE GOTCHER

THE PARABLE: One day, the father of a very wealthy family took his son on a trip to the country with the express purpose of showing him how poor people live. They spent a couple of days and nights on the farm of what would be considered a very poor family. On their return from their trip, the father asked his son, "How was the trip?" "It was great dad." "Did you see how poor people live?" the father asked. "Oh yeah," said the son. "So tell me, what did you learn from the trip?" asked the father. The son answered: "I saw that we have one dog and they have four. We have a pool that reaches to the middle of our garden and they have a creek that has no end. We have imported lanterns in our garden and they have the stars at night. Our patio reaches to the front yard and they have the whole horizon. We have a small piece of land to live on and they have fields that go beyond our sight. We have servants who serve us, but they serve others. We buy our food, but they grow theirs. We have walls around our property to protect us, they have friends to protect them." The boy's father was speechless. Then his son added, "Thanks Dad for showing us how poor we are." Isn't perspective a wonderful thing? Makes you wonder what would happen if we all gave thanks for everything we have, instead of worrying about what we don't have. Appreciate every single thing you have, especially your friends. "Life is too short and friends are too few."

THE SUGGESTION: You have all seen others die before their time, taken by all means of unforeseen illness, freak accidents or random violence. A few years ago, many of the people in my personal group of friends decided that, while we have to plan for our retired years, life is for living. We didn't want to end up old and feeble and bitter that we never did the things we wanted to because we were too busy earning and saving for our "golden" years. We started planning and doing things. We started small, with our families sharing barbecues or weekend camping trips together. Almost any excuse was a reason to invite each other and fire up the grill. The "guys" of the group started sharing one week of our vacations each year, heading to the wilderness for a week to become the "Road Kill Crew", the "Return To Nature Bunch" or "CANYON MEN!!" We've advanced to going on several houseboat vacations and have even done some cruises. The point is that tomorrow is not guaranteed. Don't let life pass you by. There are many things that you can do with your family and friends, with a little planning, that won't wreck your budget. It can be something as simple as snacks and games at home with family and friends (my favorite) or as elaborate as a world cruise. The important thing is to enjoy the people you care about while they are still with us. Of my personal "clique", Big Sam Badillo, John "Egg On Legs" Hayward, Mike "Ironman" Milus, Tony "Mr. Personality" Eulette and, most lately, Paul "The Bambino" Gandolfo have passed away. Only Paul was over 60. So, tell the people that you care for that you care for them, even if it embarrasses both of you. Get out and do the things you dream about while you are still able. Live your life while it is still yours to live.

...CONTINUATION FROM PG. 8

The Fair Minimum Wage Act would raise the minimum wage to \$7.25 an hour in three steps: • \$5.85 60 days after enactment. • \$6.55 one year later. • \$7.25 one year after that. Raising the minimum wage to \$7.25 an hour would mean an additional \$4,370 a year for a full-time worker, enough to pay an average of nine months of rent, pay 18 months of heat and electricity or a full year's tuition for a community college degree. The increase would have an immediate, direct impact on more than 7 million workers and an indirect impact on millions more. Right now, there are 37 million Americans-including 13 million children-living in poverty in America, and raising the minimum wage is the easiest thing we can do to stop the rising tide of poverty.



"THE TRUTH BEHIND THE SHAKEUP"

**THE DE-PRECICATED BUS OPERATOR
BY LORENZO CASON**

When was the last time management said to you,
"Thank you guys, for the Jobs you do?"

Brothers and sisters, when last were you told,
Your being here is worth more than gold?

Well read on now and you will see,
Just what they think of you and me.

We have a contract for job protection
That seems to change at their direction.

A brand new policy to tie down a wheelchair,
Use every belt to make sure they stay there.

The TSI didn't hear you say
Each and every ADA.

Radio in fallback, it can't be used
Don't call us when you get abused!!

Again our routes are getting jacked,
Do you think we'll ever get 'em back?

That homeless person was awfully smelly,
For saying that you got a Skelly?

The TSI is back again,
sitting there in seat number ten.

They're watching you as you're watching them,
getting their lies together for "them"

They write down that you didn't say,
"Good morning, thank you, or have a good day."

No matter what the situation
Their only answer is termination.

Although this poem won't make it better
This is my personal observation letter

...Continuation from pg. 8 "What Burns Me" by Gary & Brenda Ellis

We cornered Joe again and, after explaining the circumstances, asked what we should do if a similar situation arises in the future. Joe said that what happens on the bus is our responsibility. He said that Brenda should have answered the voice command to pick up the handset by saying out loud, "I can't right now." All of us were told during the radio training sessions that the Communication Supervisor could hear us when the radio is in "Voice" mode. He said that, even if they can't, it doesn't matter because we are the ones in charge of our equipment. Even though the Communication Supervisors order you to pick up the handset, it is not a legal order and should not be complied with until you arrive at a location where it is safe to do so. They might be able to hear you, but they can't see you and don't know your situation at a given point in time. Joe says that you will not be disciplined for failing to answer the radio when doing so creates an unsafe condition for you, your passengers and your equipment or private property.

Gary objected, saying that pulling over to answer every call would put operators behind on their schedules. Joe reminded Gary of Roy Montoya's article, The 3 S's, that appeared in the last Newslines 1309 and put the priority as safety FIRST, then service and schedule. Joe went so far as to tell Gary that you should never operate the bus with your hands holding anything but the wheel. Do not answer the radio/phone when you are moving or in traffic. Do not answer your personal phone when in revenue service. Joe says he doesn't even use the handheld PA system microphones when he is moving. He said that he performs any required ADA callouts while at the stop preceding the stop requiring a callout. It sounds like a big pain to us but it certainly puts safety first.

This is just one example where company policy and the actual company practice make it hard to do what is right. We feel sure that you know of others. The answer seems to be to protect yourself, your passengers and property. Practice SAFETY FIRST.

ALL E-MAIL COMPLAINTS ARE NOT VALID

Local 1309 holds that an e-mail complaint is not a valid complaint under the terms of our Collective Bargaining Agreement at San Diego Transit Corporation. Of course, SDTC wants to accept all complaints against drivers in any form. They even have people **requesting** complaint letters from the public. We believe that, for an e-mail complaint to be valid, it must be verifiable at a level beyond question.

THE E-SIGN LAW PAVED THE WAY!

The US eSign Law, passed in October of 2000, triggered the transition towards the significant benefits associated within the paperless environment by granting legal status to electronic signatures thereby significantly reducing the legal risk. The US legislation drove similar legislation worldwide, which now exists in virtually every major economy. Empowered by legislation, and driven by the significant expense reduction inherent with the paperless environment, leading business & government organizations worldwide are transitioning to electronic correspondence, eTransactions and eCommerce via the Internet.

ELECTRONIC

SIGNATURES

DEFINED

Currently, the term Electronic Signature is most commonly defined as "a method adopted by a party with the intent to be bound by or to authenticate a record. The signature must be unique to the person using it. It must be capable of verification, it must be under the sole control of the person using it, and be linked to data in such a manner that if the data are tampered with the electronic signature is invalidated."

Current technology can capture a variety of electronic signature types ranging from handwritten biometric signatures to voice, fingerprints, or pin and password, which are unique to the individual signing, capable of verification and under their control.

Today's technology ensures that the no tampering condition is satisfied by invalidating the signature if the document is altered. If any data in the document is altered after the person signs it, the technology will keep a permanent record of the tampering, and provide a clear audit trail. The integrity of the document is insured using the Secure Hash Algorithm (SHA-1) as well as strong encryption. This feature meets the requirement of being linked to data in such a manner that if the data is changed the digital or electronic signature is invalidated.

All of these requirements must be satisfied and they must all be part of the electronic process. Only when all of these criteria are met can the union be assured that the e-mail complainants are indeed who they profess to be. Until then, the grievances we have filed against this unfair and potentially dishonest practice will move forward towards an issue-settling arbitration.

Submitted by Joe Gotcher

ALTERNATIVES BY JOE GOTCHER

At the last Local 1309 Executive Board meeting, Dr. Michael Corradino, L.Ac, DAOM, of the Grossmont Medical Center Acupuncture Clinic made a compelling presentation for the treatment of several maladies with acupuncture, so compelling in fact that President Steve Alcové and Financial Secretary Joe Gotcher signed up for a series of acupuncture sessions. Steve signed up because he has been living with back pain for many, many years. Joe was willing to try anything to improve his eye after being out of work since Valentine's Day.

Steve reports that excruciating pain that required constant medication to be bearable is now just a memory of pain deep in his spine. He still has his pain killers - in a bottle on the shelf of the medicine cabinet.

Joe has had six sessions and has had as many as 24 needles in him. He is now using both eyes again and hopes to be back to work soon.

Both Steve and Joe found the treatment they received to be professional, effective and nearly painless. Joe said "I have had nearly 125 needles in me over the course of my treatment, many that I didn't feel at all. None were tortuously painful or I wouldn't keep going back."

Grossmont Medical Center Acupuncture Clinic is a new, state of the art Acupuncture clinic located at the Grossmont Medical Center on 5565 Grossmont Center Drive, Building 3, suite 500, La Mesa, Ca. 91942.

Grossmont Medical Center Acupuncture Clinic offers a full range of Traditional Chinese Medicine including: Acupuncture, Herbolgy (an onsite complete concentrated herbal granule pharmacy), Chinese Medical Massage therapy, dietary and lifestyle adjustments, Meditation, Qi Gong, and much more.

GMCAC is offering a special discount to all of the members of Local 1309. Kaiser does not cover acupuncture so we at Grossmont Medical Center Acupuncture Clinic is offering a 20% discount on EVERY acupuncture treatment. This means that you will receive a 20% discount for the initial consultation and treatment AND ALL follow-up acupuncture treatments. Please contact our clinic for further information.

Conditions and Disorders effectively treated by acupuncture and Traditional Chinese Medicine include:

- **Neurological:** Headache; Migraine; Neuralgia; Post-Operation Pain; Stroke Residuals; Parkinson's Disease; Facial Pain
- **Musculo-Skeletal:** Pain and Weaknesses in the Neck, Shoulder, Arms, Hands, Fingers, Knees, Legs, and Feet; Backaches or Pain; Muscle Cramping; Localized Traumatic Injuries; Sprains; Strains; Sports Injuries; Arthritis; Disc Problems; Sciatica
- **Digestive:** Abdominal Pain; Hyperacidity; Chronic Diarrhea; Indigestion; Constipation, Type II Diabetes.
- **Eye, Ear, Nose and Dental:** Poor Vision; Tired Eyes; Tinnitus; Nervous Deafness; Toothache; Post Extraction Pain; Gum Problems
- **Respiratory:** Sinusitis; Common Cold; Tonsillitis; Bronchitis; Allergies; Asthma
- **Gynecological:** PMS; Cramps; Menopause Syndrome; Obstetrics; Infertility;
- **Men's Health:** Impotence; Premature Ejaculation; Low Libido; Prostatitis
- **Emotional:** Traumas; Hypertension; Insomnia; Depression; Anxiety; Nervousness; Neurosis

Practitioners at the GMC Acupuncture Clinic are all California State licensed, have acquired only the best education. In fact, Dr. Corradino is not only a doctor of oriental medicine, he also teaches acupuncture at a local college. We have a history long on experience as well as the best staff and top of the line supplies to ensure that your treatment is an enjoyable and successful experience. We look forward to seeing you soon. Call (619)-465-8800 for an appointment.

Be sure to read the other article in this issue about a clinical study of the effectiveness of acupuncture in the treatment and control of diabetes. I will definitely be a participant.

A LOOK AT OUR WORLD: MAYBE YOU ARE BETTER OFF THAN YOU THINK - SUBMITTED BY JOE GOTCHER

If the population of the Earth was reduced to that of a small town with 100 people, it would look something like this:

57 Asians, 21 Europeans Americans (northern and southern), 8 Africans, 52 women, 48 men, 70 coloured-skinned, 30 caucasians, 89 heterosexuals, 11 homosexuals.

6 people would own 59% of the whole world wealth and all of them will be from the United States of America, 80 would have bad living conditions, 70 would be uneducated, 50 underfed, 1 would die, 2 would be born, 1 would have a computer, 1 (only one) will have higher education.

When you look at the world from this point of view, you can see there is a real need for solidarity, understanding, patience and education.

Also think about the following: This morning, if you woke up healthy, then you are happier than the 1 million people that will not survive next week. If you never suffered a war, the loneliness of the jail cell, the agony of torture, or hunger, you are happier than 500 million people in the world. If you can enter into a church (mosque) without fear of jail or death, you are happier than 3 million people in the world. If there is a food in your fridge, you have shoes and clothes,

you have A bed and a roof, then you're richer than 75% of the people in the world.

If you have bank account, money in your wallet and some coins in the money-box, you belong to the 8% of the people on the world, who are well-to-do.

If you read this you are blessed because you don't belong to the 200 million people that cannot read.

As somebody once said: "work as if you don't need money, love as if you've never been hurt, dance, as if nobody can see you, sing, as if no one can hear and live your life as if the Earth was heaven."



JURY RIGGED

[Collected from the Internet, 2005 - Last updated: 13 April 2006]

Scam: Identity thieves trick the unwary into revealing their personal details by telling them they've failed to report for jury duty and warrants for their arrest are being issued.

Status: *Real fraud, potential for financial harm unknown.*

Here's a new twist scammers are using to commit identity theft: the jury duty scam. Here's how it works: The scammer calls claiming to work for the local court and claims you've failed to report for jury duty. He tells you that a warrant has been issued for your arrest. The victim will often rightly claim they never received the jury duty notification. The scammer then asks the victim for confidential information for "verification" purposes. Specifically, the scammer asks for the victim's Social Security number, birth date, and sometimes even for credit card numbers and other private information - exactly what the scammer needs to commit identity theft. So far, this jury duty scam has been reported in Michigan, Ohio, Texas, Arizona, Illinois, Pennsylvania, Minnesota, Oregon and Washington state. It's easy to see why this works. The victim is clearly caught off guard, and is understandably upset at the prospect of a warrant being issued for his or her arrest. So, the victim is much less likely to be vigilant about protecting their confidential information. In reality, court workers will never call you to ask for social security numbers and other private information. In fact, most courts follow up via snail mail and rarely, if ever, call prospective jurors. Action: Never give out your Social Security number, credit card numbers or other personal confidential information when you receive a telephone call. This jury duty scam is the latest in a series of identity theft scams where scammers use the phone to try to get people to reveal their Social Security number, credit card numbers or other personal confidential information. It doesn't matter *why* they are calling - all the reasons are just different variants of the same scam. Protecting yourself is simple: Never give this info out when you receive a phone call. **Origins:** This helpful heads-up began appearing in e-mail inboxes in August 2005. While this particular attempt to coerce information from potential identity theft victims is not new, it is real. In a number of U.S. states, con artists have been contacting people by phone to assert those they've targeted have evaded jury duty and announce warrants are being issued for their arrest. When the about-to-be-duped protest they never received such notifications, that surely a mistake has been made, the sharpies go after what they really want, which is their pigeons' personal and financial information. Under threat of being hauled off in paddy wagons unless they succeed in straightening out this terrible mess, many folks who would otherwise be more wary about what they

reveal of their personal data will find themselves reeling off their birth dates and social security and credit card numbers in an effort to convince their callers the notifications that never arrived actually went to other addresses or were never meant for them in the first place. However, these calls conclude - whether those who have been approached are left with the impression they've failed to show up for jury duty and are still expected to discharge their civic duties, or that a big misunderstanding has now been resolved - their true purpose has been accomplished: the scam artists now have the information necessary to open accounts or charge goods in the names of their victims. The scheme outlined in the message quoted above might be categorized as a "social engineering" scam - a technique which preys upon people's unquestioning acceptance of authority and willingness to cooperate in order to extract from them sensitive information. On 22 August 2005, the Minnesota Judicial Branch issued a *warning* about the bogus calls. The Minnesota Judicial Branch points out its courts always use the mail to send jury service summons, communicating by telephone only after prospective jurors have returned completed summons information forms. In New Mexico, Rep. Tom Udall has been *warning* citizens about the scam. As he points out, Federal courts do not require anyone to provide any sensitive information over the telephone. Most contact between a federal court and a private citizen is conducted by mail. The Superior Court of California has posted an *alert* on its web site, warning that identity thieves posing as court officials have been trying to get confidential information through phone calls about jury duty. Once again, callers have been telling potential victims they failed to report for jury duty, then demanding their Social Security numbers. While court personnel may occasionally call people at home, "We never ask for Social Security numbers or personal identifying information," said Marita Ford, chief deputy executive officer for Riverside Superior Court. In September 2005, in an effort to alert the public nationwide about the scam, the FBI issued a *press release* which explained that "the judicial system does not contact people telephonically and ask for personal information such as your Social Security number, date of birth or credit card numbers" and those so contacted should "not provide any personal or confidential information to these individuals." Though the 'jury duty' information-gleaning scam has been garnering attention in 2005, it is not new. In 2004, residents of Franklin County, Ohio, were hit by this scam. At least five people called the Franklin County Municipal Court in September 2004 to ask where they were to report for duty after someone telephoned to obtain personal information. In Ohio, as in Minnesota, jury summonses are sent by mail and court work-

ers do not call potential jurors to ask for Social Security numbers or dates of birth. In February 2004, the scam was active in Charles County, Maryland. Once again, the fraud came to the attention of authorities via residents who had been contacted by phone afterwards asking the County Clerk about the attempts to wheedle personal information from them. They too had been asked for birth dates and Social Security numbers, that time by callers who claimed such intelligences were needed to assemble a pool of jurors for selection in upcoming trials. The Charles County Circuit Court does not telephone residents who are selected for jury duty. Potential jurors are sent notices in the mail. In 2001 the Erie County Commissioner of Jurors reported someone in that area had been staging telephone scams about jury duty in Chautauqua, Seneca, and Jefferson counties, seeking information about home addresses and bank accounts allegedly "for reimbursement purposes." Targets of that fraud were being told by the swindlers attempting to deceive them that this information was required for the purpose of directly depositing their \$40-a-day jury duty stipends. Erie County officials point out their jurors' checks come directly from Albany and not from local jurors offices, nor are these payments deposited directly into jurors' bank accounts. Though the 'jury duty' information phishing scheme is not new, it has been heavily put to use around the U.S. in August 2005. Be wary of any calls of this nature and refuse to give out your personal information.


How to Avoid Falling Victim to 'Jury Duty' Scams:

- Court workers will not telephone to say you've missed jury duty or that they are assembling juries and need to pre-screen those who might be selected to serve on them, so dismiss as fraudulent phones call of this nature. About the only time you would hear by telephone (rather than by mail) about anything having to do with jury service would be after you have mailed back your completed questionnaire, and even then only rarely.

- Do not give out bank account, social security, or credit card numbers over the phone if you didn't initiate the call, whether it be to someone trying to sell you something or to someone who claims to be from a bank or government department. If such callers insist upon "verifying" such information with you, have them read the data to you from their notes, with you saying yea or nay to it rather than the other way around.

- Examine your credit card and bank account statements every month, keeping an eye peeled for unauthorized charges. Immediately challenge items you did not approve.

UC Union Cities
America's Union Community
for members, families, friends, and leading business services
Call us at: 888.581.3124
www.unioncities.com



FAMILY - THE PARALLEL BY LANCE WALKER

All would agree that the family structure is the most important institution available to us. The structure begins with the parents, as with our parallel family structure which begins with the Executive Board... the parents invoke all of their experience and judgment to nurture, protect, and cultivate their offspring. Like parents, the executive board is limited in their abilities unless they receive regular feedback from the members.

THE PARENTS: Parents are empowered with the responsibility of developing a viable plan that will help them guide their offspring to a destination of happiness and prosperity. Being able to accurately measure the value of the multitude of decisions that parents are required to make is extremely difficult and the children can only imagine the thoughts and love that went into the process. So it is with the leadership of the Union. The value of the many decisions are difficult to measure - some of the decisions are hard; but like the parents, the executive board is inspired by the notion that we're protecting the future of our members; and even amidst the turbulent and tumultuous climate that has been created by the opposition, we will not yield!

THE OFFSPRING: Typically the children will go through three phases: they love you, then they evaluate you, and finally they add to the love, they appreciate you. They love you because they must express love and because they know little of the world that they've been born into, the parents are the vessel of that love; they evaluate you as they gain more knowledge of the world and begin to question the value of your judgments; they learn to appreciate you when the challenges of life return and they need to rely on the information that the parents have provided to help them navigate through their problems. With the Union family, you love the officer candidates, then you evaluate their production, and finally you appreciate their works (especially if they negotiate a good Contract).

THE SIBLINGS: Most often, brothers & sisters reflect the symmetry of the family and the works of the parents... they help one another with any problem which may arise; they will usually consult with one or both parents to resolve unmanageable issues... The union members should adhere to such an approach

THE COUSINS: We have Brother & Sister properties; there are times that they call upon us for assistance as with the Local 1395 in Florida most recently who called upon us because of the devastation of the hurricane that annihilated their cities... we were there for them. The ATU is comprised of a multitude of individual Locals, and we work together to support one another.

C.O.P.E. (Committee On Political Education): Just as the parents pay taxes, attend community and City Council meetings, which affords them a voice in the political arena; so it is with the International and the Local Executive Board as they implore the members to make contributions to C.O.P.E. These contributions assure our politicians that we support them as they vote on issues and laws that will benefit us. These contributions are essential. Remember, we don't have to negotiate what we can legislate.

THE FAMILY REUNION: Many families gather annually to celebrate family. They remember those that have passed on, and welcome new family members. Local 1309 hosts a parallel version of family gatherings through monthly membership meetings as well as the annual picnic and dinner dance. The events have proven to be very popular and successful and we look forward to the next picnic this August. The most productive way to celebrate our union family is to attend the monthly meetings; you'll see people that you may not have seen for a while because they've switched divisions, or maybe work at another property. Practically all problems can be addressed and resolved at these meetings and members have an exchange of information that illustrates sensitive issues that cause us to unify.

STRESS MANAGEMENT: A WAY TO LIVE LONGER & HAPPIER SUBMITTED BY JOE GOTCHER

A lecturer, when explaining stress management to an audience, raised a glass of water and asked, "How heavy is this glass of water?" Answers called out ranged from 20g to 500g. The lecturer replied, "The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes." He continued, "And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on." As with the glass of water, you have to put it down for

a while and rest before holding it again. When we're refreshed, we can carry on with the burden." "So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can." So, Brothers & Sisters, why not take a while to just simply RELAX. Put down anything that may be a burden to you right now! Don't pick it up again until after you've rested a while. Life is short. Enjoy it! Here are some great ways of dealing with the burdens of life:

- Accept that some days you're the pigeon, and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always read stuff that will make you look good if you die in the middle of it.
- Drive carefully. It's not only cars that can be recalled by their maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- Never buy a car you can't push.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.
- We could learn a lot from crayons...Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour. *Now, have an awesome day!!*

...CONTINUATION FROM PG. 7

- TEN** - In disagreements, fight fairly. No name calling.
- ELEVEN** - Don't judge people by their relatives.
- TWELVE** - Talk slowly but think quickly.
- THIRTEEN** - When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
- FOURTEEN** - Remember that great love and great achievements involve great risk.
- FIFTEEN** - Say "bless you" when you hear someone sneeze.
- SIXTEEN** - When you lose, don't lose the lesson
- SEVENTEEN** - Remember the three R's: Respect for self; Respect for others; and responsibility for all your actions.
- EIGHTEEN** - Don't let a little dispute injure a great friendship.
- NINETEEN** - When you realize you've made a mistake, take immediate steps to correct it.
- TWENTY** - Smile when picking up the phone. The caller will hear it in your voice.
- TWENTY-ONE** - Spend some time alone

NOTICE TO DIABETICS - REDUCING BLOOD GLUCOSE LEVELS WITH ACUPUNCTURE IN TYPE II DIABETICS

A Clinical Trial Sponsored by the Executive Board of The San Diego Bus Driver's Union Conducted By Michael D. Corradino, Lac, DAOM

Are you a victim of Type II diabetes? If you are currently diagnosed as a Type II diabetic and are taking medication to control your blood sugar, or, even if you are currently able to control it with diet and exercise, PLEASE call the union office. Local 1309 has arranged for a clinical study on the effectiveness of acupuncture in controlling and reducing blood sugar levels. This study is open to all Local 1309 members and dependants, all Local 465 members and dependants and all management personnel at San Diego Transit Corporation, The San Diego Trolley, National City Transit, Veolia Transportation Services, Inc. and the Metropolitan Transit System. The study will be performed in the offices of Dr. Michael D. Corradino, Lac, DAOM, next to Grossmont Hospital. A description of the study follows:

STATEMENT OF THE PROBLEM

Currently, Type II Diabetic health care costs drive nearly 40% of the San Diego Transit-Local 1309 Health & Welfare Trust's annual premium increases from Kaiser. Type II diabetics are non-insulin dependent diabetes. The Bus Driver's Union employees lose their employment if their diabetic condition progresses to sub-cutaneous, insulin injections. Type 2 Diabetes is initially treated by changes in diet and through weight loss in obese patients. This can restore insulin sensitivity, even when the weight lost is modest, e.g. around 5 kg (10 to 15 lb). The next step, if necessary, is treatment with oral anti-diabetic medication:

- the sulphonylureas
- metformin
- thiazolidinediones
- α -glucosidase inhibitors
- nateglinide, repaglinide, and their analogues
- exenatide

When these have failed, insulin therapy may be necessary, usually as an adjunct to oral therapy, to maintain normal glucose levels. The term non-insulin-dependent diabetes is an outdated term for Type II diabetes. The classification or type of diabetes is determined by the underlying cause of the diabetes, not the type of therapy that is used to treat the diabetes. Many patients with diabetes type 2 will progress to require insulin for control of blood glucose levels, but these patients are still classified as having type 2 diabetes. All of these treatments are costly and do not attempt to correct the root of the problem.

Biomedical medicine is certainly responsible for increasing life expectancy and quality of life for Type II Diabetic patients. However, it does this at a cost, both economically and physically for the members of the San Diego Bus Driver's Union. Diabetic patients are often totally dependent on pharmaceutical drug products for life, increasing the San Diego Bus Driver's Union member's medical health costs.

Therefore, there is a need for the San Diego Transit Union to have available cost effective health care alternatives. This may be possible if effective Oriental medical treatment can help the body to function properly. For this to be accomplished, more research must be performed.

PURPOSE OF THE STUDY

This study will investigate if acupuncture, as a modality of Oriental Medicine, can support the body's ability to utilize the insulin produced in those patients with Type II diabetes. If acupuncture can help the body to effectively utilize the existing insulin then medication costs can be lowered. Specifically, the research questions are: Will the acupuncture point prescription lower blood glucose levels? If so, by how much and for how long?

The study will consist of an experiment that will compare three separate measurements. The initial measure, the baseline blood glucose measurement, will be taken immediately before the acupuncture point prescription is needed. The second measure will be the blood glucose measurement taken immediately after the conclusion of the acupuncture intervention. The third measurement will be taken exactly one hour after the conclusion of the acupuncture treatment. These measurements will be compared to demonstrate whether or not the point prescription lowered or otherwise altered blood glucose levels in Type II diabetics.

METHOD

The participants will over age 21 years of age, either gender and of any race. All the participants will have been diagnosed with Type II Diabetes. No changes to current lifestyle or diet are recommended and no other known variables are involved with this study. The acupuncture point prescription is as follows:

- 1) Weiguanshu- Located at the level of the lower border of the 8th thoracic vertebral process, 1.5 cun lateral from the center of the spine.
- 2) Shen Shu- Bladder 23. Located at the level of the lower border of the 2nd lumbar vertebral process, 1.5 cun lateral from the center of the spine.
- 3) Tai Xi- Kidney 3. Located half way from the tip of the medial malleolus to the Achilles tendon.

The points will be swabbed clean with alcohol and then a sterile, disposable, surgical stainless steel acupuncture needle will be inserted into the points mentioned above. The needles will be retained for 25 minutes and then removed. The first two blood glucose readings will be measured both prior to the insertion and immediately after the removal. The third measurement will be taken by the patient exactly one hour after the completion of the second reading.

COMPENSATION

Each participant will receive four office visits. Each Office visit will include a Chinese medical evaluation, two blood glucose readings (the first prior to treatment and then the second immediately following the treatment), and an acupuncture treatment. Participants are required to supply your own testing supplies to get the special price. This course of treatment will be \$125.00.

The goal is to identify the study participants, conduct the study and compile the study results for distribution by the end of June, 2006. If you would like to reduce or eliminate your need for diabetic medications, call the union office NOW at (619) 563-1309, or call the clinic directly at

America's Union Community Sponsors brought to you by
for members, families, friends, and leading business services **UNION CITIES**

www.unioncities.com 888.581.3124

"THEY KNOW WHO YOU ARE" SUBMITTED BY RAMIRO MONTOYA

This is one of several articles on identity theft. Identity theft is a crime that can affect each of us and the results can be devastating. We will try to bring you the latest information as it becomes available so that none of us become victims. Information about each of us is being gathered, packaged, bought and sold every day.

Do you know what's in your dossier?"

It's a simple fact of the Information Age. Hardly anything about us is private anymore. Surveillance cameras watch us on street corners. Computer spy-ware monitors us on the Internet, GPS gadgets & so called black boxes in our cars record where we drive & what happens when we crash. Then there's the story told by our history of transactions with businesses & government. Like it or not, these details – digital scraps that are stitched into supposedly comprehensive portraits – are available to legitimate businesses as well as shady characters.

The question of who controls this personal information is among today's hottest topics. That's because an entire industry has emerged in recent years to gather these nuggets and sell them in ways that affect every aspect of our lives. The practice is called **data mining** and the companies that do it are known as **data brokers**. ChoicePoint is one of them. It has at its digital fingertips a vast trove of personal records - some 19 billion of them. Those records come from a variety of public sources [real estate documents, court filings, birth & death certificates to name a few] and private vendors such as the country's 3 major credit bureaus.

Data is big business. **ChoicePoint**, one of three brokers that dominate the industry (**Lexis-Nexis** and **Acxiom** are the others), earned \$148 million in 2004 on revenue of \$918 million. Customers for its reports include law enforcement agencies, banks & insurers. Landlords turn to ChoicePoint to assess prospective tenants; employers do so to rate potential employees. In essence, *the company is a clearinghouse* of intelligence about ordinary Americans. The existence of data supermarkets does have some advantages. In 2004, one of "said" companies helped more than 100 million people obtain insurance and 7 million Americans land jobs; it also helped identify 11,000 undisclosed felons among those seeking to volunteer with children.

Even so, the fact that so much sensitive personal information is being collected by a few large entities can pose serious problems.

For example, ChoicePoint employees noticed something odd about an information request last September from California. A man who claimed to be a *collection agent* and filed the paperwork to download reports on individuals at \$15.00 a pop was using a Hollywood copy shop as his return address. This "collection agent", who was later identified as a Nigerian national, was later found with 5 cell phones and 3 credit cards all in other people's names! He was arrested & charged with identity theft. Investigators said he'd submitted forged business licenses to gain access to the personal data, including social security numbers of several thousand persons; ultimately he only received 16 months in jail. So far, authorities have uncovered 7 cases of credit card fraud related to the scam and 750 cases of mail re-direction; often the first step identity thieves take toward opening bogus credit card accounts. Of the 145,000 potential victims identified by ChoicePoint, 35,000 of them are Californians {all of this harm from one person, a "collection agent"...}

Thanks to a 2003 California state law, the company was required to inform California residents whose personal information had been compromised; eventually they also notified potential victims in other states as well. Privacy experts say that without this law, the first of its kind, the public might never have learned of the data breach.

What kind of information about me is being bought & sold; and how can I be sure it's accurate? This seeming epidemic has finally caused the public to ask some serious questions. The thing is, these data aggregators aren't letting people have full access to the information on them. One main point of contention is that not all data broker products are subject to the federal *Fair Credit Reporting Act (FCRA)*, which applies to any background report created due to an action initiated by the consumer. The FCRA gives individuals the right to see their reports, learn who's requested them, correct mistakes, and sue those who use their information improperly. That data brokers can market reports without the approval of those whose personal information is on the block makes the possibility of mistakes even more unsettling. A 2004 survey reports that from the 3 main credit bureaus (Experian, Equifax & TransUnion) found that 1 in 4 reports contained serious errors that could result in the denial of credit. The trend now is to make judgments about people based on what's in their digital dossier. Although companies will deny such dossiers, private sources do archive all information obtained within their databases whether flawed or not. The data breach, so long awaiting to happen, has erupted and in its wake created such a multitude of identity theft crimes that the public has finally begun to realize how high the stakes are when it comes to controlling their personal information and the importance of auditing & safeguarding their data.

"One Call Unlocks It All"

D&L LOCK & KEY SERVICE

Mobile Service Available
24 Hr. Service Since 1967

Mention This Ad & Get 5% OFF

LIL SIKES  

(619) 424-3389 

1148 Palm Ave. Imperial Beach, CA 91932



Gwen Monroe
Cruise Travel Agent

Tel: 619/ 464-1970
Email: Sweetgm7@aol.com
http://www.Monroetravelgroup.com

BANANAS - MORE THAN SPLITS SUBMITTED BY JOE GOTCHER

After Reading THIS, you'll NEVER look at a banana in the same way again! Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills – eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milkshake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and chips. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a "cooling" fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well-known phrase so that we say, "A banana a day keeps the doctor away!"

• • • • • CHANGING TIMES • • • • •

- 1974: Long hair
- 2005: Longing for hair
- 1974: KEG
- 2005: EKG
- 1974: Acid rock
- 2005: Acid reflux
- 1974: Moving to California because it's cool
- 2005: Moving to California because it's warm
- 1974: Trying to look like Marlon Brando or Liz Taylor
- 2005: Trying NOT to look like Marlon Brando or Liz Taylor
- 1974: Seeds and stems
- 2005: Roughage
- 1974: Hoping for a BMW
- 2005: Hoping for a BM
- 1974: The Grateful Dead
- 2005: Dr. Kevorkian
- 1974: Going to a new, hip joint
- 2005: Receiving a new hip joint
- 1974: Rolling Stones
- 2005: Kidney Stones
- 1974: Being called into the principal's office
- 2005: Calling the principal's office
- 1974: Screw the system
- 2005: Upgrade the system
- 1974: Disco
- 2005: Costco
- 1974: Parents begging you to get your hair cut
- 2005: Children begging you to get their heads shaved
- 1974: Passing the drivers' test
- 2005: Passing the vision test
- 1974: Whatever
- 2005: Depends

Just in case you weren't feeling too old today, this will certainly change things.

- They have always had cable .
- They cannot fathom not having a remote control.
- Jay Leno has always been on the Tonight Show.
- Popcorn has always been cooked in the microwave.
- They never took a swim and thought about Jaws.
- They can't imagine what hard contact lenses are.
- They don't know who Mork was or where he was from.
- They never heard: "Where's the Beef?", "I'd walk a mile for a Camel", or "de plane, Boss, de plane".
- They do not care who shot J. R. and have no idea who J. R. even is.
- McDonald's never came in Styrofoam containers.
- They don't have a clue how to use a typewriter.
- The people who are starting college this fall across the nation were born in 1987!
- They are too young to remember the space shuttle blowing up.
- Their lifetime has always included AIDS.
- Bottle caps have always been screw off and plastic
- The CD was introduced the year they were born.
- They have always had an answering machine.

Do you feel old yet?

WISHING YOU ENOUGH BY JOE GOTCHER IN MEMORY OF PAUL GANDOLFO

Recently, I overheard a mother and daughter in their last moments together at the airport as the daughter's departure had been announced. Standing near the security gate, they hugged and the mother said, "I love you and I wish you enough." The daughter replied, "Mom, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too, Mom." They kissed and the daughter left. The mother walked over to the window where I sat. Standing there, I could see she wanted and needed to cry. I tried not to intrude on her privacy but she welcomed me in by asking, "Did you ever say good-bye to someone knowing it would be forever?" "Yes, I have," I replied. "Forgive me for asking but why is this a forever good-bye?" "I am old and she lives so far away. I have challenges ahead and the reality is the next trip back will be for my funeral," she said. When you were saying good-bye, I heard you say, "I wish you enough." May I ask what that means?" She began to smile. "That's a wish that has been handed down from other generations. My parents used to say it to everyone." She paused a moment and looked up as if trying to remember it in detail and she smiled even more. "When we said 'I wish you enough' we were wanting the other person to have a life filled with just enough good things to sustain them". Then turning toward me, she shared the following, reciting it from memory: I wish you enough sun to keep your attitude bright. I wish you enough rain to appreciate the sun more. I wish you enough happiness to keep your spirit alive. I wish you enough pain so that the smallest joys in life appear much bigger. I wish you enough gain to satisfy your wanting. I wish you enough loss to appreciate all that you possess. I wish you enough hellos to get you through the final good-bye. She then began to cry and walked away. They say it takes a minute to find a special person, an hour to appreciate them, a day to love them, and an entire life to forget them.

YOUR SOCIAL SECURITY RETIREMENT AGE

If your full retirement age is older than 65 (that is, you were born after 1937), you still will be able to take your benefits at age 62, but the reduction in your benefit amount will be greater than it is for people retiring now.

Here's how it works. If your full retirement age is 67, the reduction for starting your

- Retirement benefits at 62 is about 30 percent. The reduction for starting benefits at age
 - 63 is about 25 percent;
 - 64 is about 20 percent;
 - 65 is about 13.3 percent; and
 - 66 is about 6.7 percent.
- Benefit as a spouse at 62 is about 67.5 percent of the benefit your spouse would receive if his or her benefits started at full retirement age. The reduction for starting benefits as a spouse at age
 - 63 is about 65 percent;
 - 64 is about 62.5 percent;
 - 65 is about 58.3 percent;
 - 66 is about 54.2 percent; and
 - 67 is 50 percent.

AGE TO RECEIVE FULL SOCIAL SECURITY BENEFITS

(Called "full retirement age" or "normal retirement age.") Year of Birth*	Full Retirement Age Note: If you qualify for benefits as a Survivor, your full retirement age may be different.
1937 or earlier	65
1938	65 and 2 months
1939	65 and 4 months
1940	65 and 6 months
1941	65 and 8 months
1942	65 and 10 months
1943-1954	66
1955	66 and 2 months
1956	66 and 4 months
1957	66 and 6 months
1958	66 and 8 months
1959	66 and 10 months
1960 and later	67

*If you were born on January 1st of any year you should refer to the previous year. **The earliest you can start receiving Social Security retirement benefits will remain age 62.**

NEW Alphabet

- A** for arthritis,
- B** for bad back,
- C** is for chest pains. Perhaps cardiac?
- D** is for dental decay and decline,
- E** is for eyesight--can't read that top line.
- F** is for fissures and fluid retention
- G** is for gas (which I'd rather not mention)
- H** high blood pressure [I'd rather have low)
- I** for incisions with scars you can show.
- J** is for joints, that now fail to flex
- L** for libido--what happened to sex? Wait! I forgot about K!
- K** is for my knees that crack when they're bent (Please forgive me, my Memory ain't worth a cent)
- N** for neurosis, pinched nerves and stiff neck
- O** is for osteo--and all bones that crack
- P** for prescriptions, I have quite a few
Give me another pill; I'll be good as new!
- Q** is for queasiness. Fatal or flu?
- R** is for reflux--one meal turns into two
- S** is for sleepless nights, counting my fears
- T** for tinnitus--I hear bells in my ears
- U** is for urinary: difficulties with flow
- V** is for vertigo, that's "dizzy", you know.
- W** is worry, now what's going 'round?
- X** is for X ray--and what might be found.
- Y** for another year I've left behind
- Z** is for zest that I still have my mind.

UPCOMING EVENTS

- MAY**
- Ex, Bd. Mtg. 5/5
- 5/8 First day to file for an absentee ballot
- 5/9 SDT H&W @ 9 AM
- Membership Meetings**
- NCT 5/10 @ 10 AM @ NCT Board Room & Veolia 5/10 & 7 PM.
- @ Veolia Main St. classroom.
- SDT 5/11 @ 9 AM & 7 PM @ union office.
- 5/11 Labor Council Organizing Committee
- Camino Del Rio Labor Council Bldg. @ 1 PM
- Shake Up Begins 5/15 @ 7 PM; Both divisions.
- 5/22 LAST DAY TO REGISTER TO VOTE**
- 5/30 Last day to request absentee ballot by mail
- JUNE**
- Ex, Bd. Mtg. 6/2
- 6/6 ELECTION DAY**
- Membership Meetings**
- NCT 6/7 @ 10 AM @ NCT Board Room & Veolia 6/7 & 7 PM.
- @ Veolia Main St. classroom.
- SDT 6/8 @ 9 AM & 7 PM @ union office.
- SDT New SHAKE UP Begins 6/11
- JULY**
- Ex, Bd. Mtg. 7/7
- Deadline for NEWSLINE 1309 Articles 7/7
- Membership Meetings**
- NCT 7/12 @ 10 AM @ NCT Board Room & Veolia 7/12 & 7 PM.
- @ Veolia Main St. classroom.
- SDT 7/13 @ 9 AM & 7 PM @ union office.
- A.F.L.-C.I.O. Organizing Class

SmileCare®

1-800-32-SMILE

www.smilecare.com

Offices conveniently located throughout
California. Call or visit our website
to make an appointment and
print your coupon.

\$25 OFF

General Services

\$100 OFF

Braces

Smile on.

GLENDAS BAIL BONDS • SUCCESSFUL FOR OVER 15 YEARS • WWW.FINDBAIL.COM • PHONE: 714-879-7968

GEORGE VISO INSURANCE • www.georgevisoinsurance.com

VOTE for Larry Kincaid • www.kincaidforjudge.com

Please Patronize the preferred union friendly companies in this newsletter and
then place your advertisement here. **UC Union Cities 888.581.3124**

ATU Local 1309 Bus Driver Union
10393 San Diego Mission Rd, Suite 205
San Diego, CA 92108