

REPORTER



OFFICIAL PUBLICATION OF USW LOCAL 2-232

VOLUME 28, NO.4

AUGUST 2007

The History of Labor Day

Labor Day: How it Came About; What it Means

"Labor Day differs in every essential way from the other holidays of the year in any country," said Samuel Gompers, founder and longtime president of the American Federation of Labor. "All other holidays are in a more or less degree connected with conflicts and battles of man's prowess over man, of strife and discord for greed and power, of glories achieved by one nation over another. Labor Day...is devoted to no man, living or dead, to no sect, race, or nation."

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Founder of Labor Day

More than 100 years after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers.

Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and

carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and

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October Membership Meeting

Sunday

October 7, 2007

9:30 a.m.

Frank Monreal's El Matador
9155 W. Bluemound Rd.

IMPORTANT BUSINESS

- Reports of Officers, Grievance Representatives and Committees
- Discussion and action on any other proper business for this meeting.

Join us at the lakefront
Labor Day



MONDAY
SEPTEMBER 3, 2007 for
LABORFEST

News from Governor Doyle's Office

Governor Doyle Signs Bills into Law

Senate Bill 11 permits the creation and purchase of a time-share license so that Wisconsin time-share property consumers have the option of using a time-share without having to invest in the property, aligning Wisconsin with time-share regulations in other states.

Governor Doyle thanked Senators Julie Lassa and Luther Olsen, as well as Representative Jake Hines for their work on the bill.

Senate Bill 179 is a technical fix to Wisconsin Act 141 that ensures that funding for energy efficiency and renewable resource programs is collected while protecting residential consumer rates.

Governor Doyle thanked Senator Jeff Plale, as well as Representative Phil Montgomery for their work on the bill.

Senate Bill 209 allows pulp trucks along U.S. Highway 2 from Ashland to Iron River to haul 160,000 pounds rather than the current weight limit of 98,000 pounds in order to increase competition with Michigan truckers who are able to haul heavier loads.

Governor Doyle thanked Senator Bob Jauch, as well as Representative Gary Sherman for their work on the bill.

Governor Doyle Asks Milwaukee to Fight Extreme Republican Budget

Will Cut Police and Firefighters, Slash MPS Math and Science and UWM Research Efforts

MILWAUKEE – Governor Jim Doyle today asked Milwaukee to join the fight against the extreme budget passed by the Assembly this week, which will cut police, fire and other critical services by \$32.8 million and cut schools in Milwaukee by \$23.2 million. Governor Doyle today stood with students, teachers, seniors, elected officials, firefighters and local and state law enforcement to denounce the budget passed by the Assembly. Yesterday the Governor met with Assembly Speaker Mike Huebsch and Senate Majority Leader Judy Robson and instructed the leaders to immediately get to work.

“The Republican vision for Milwaukee is fewer police on the streets, fewer jobs for our citizens, and poorer schools for our students,” Governor Doyle said. “Republicans actually want to give a sales tax break for people who buy gold bullion, while they cut school breakfasts, limit funding for foster families, deny health care to kids and force seniors out of their home and into nursing homes. I need everyone in Milwaukee and across the state to fight hard against the Republican budget.”

The broad cuts by the Assembly Republicans

would have a severe and far reaching impact on every area of family life – from education, to health care, economic development and public safety.

The Assembly Republican budget cuts shared revenue for the city of Milwaukee by \$33 million and the county of Milwaukee by nearly \$4 million compared with the Governor's budget. These cuts translate to 655 fewer police and firefighters on the street to help keep Milwaukee safe.

The Governor provided \$21 million in property tax relief to Milwaukee residents in his budget. The Assembly Republicans eliminated the tax cut and, in fact, increased Milwaukee property taxes in order to pay for an expansion Milwaukee Parental Choice Program.

The Governor's budget makes education a priority for Wisconsin, ensuring every kid has access to quality education. In his budget he provided \$15 million to improve mathematics and science achievement in Milwaukee Public Schools. In their budget, the Republicans cut this effort and slashed schools by more than \$130 million, which will mean larger class sizes, fewer textbooks, and 1,700 less teachers across the state.

In order to create the high-paying jobs of tomorrow, the Governor's budget invests in biotechnology and medical research, harnessing the research capacity of Wisconsin's fine universities. The Assembly Republican budget eliminates UW-Milwaukee's Research Growth Initiative, \$10 million for research equipment at the Medical College, and support for the Biomedical Technology Alliance of Southeastern Wisconsin.

The Republican budget cuts over \$162 million from University of Wisconsin campuses and financial aid programs across the state, reducing access for thousands of students.

In February, the Governor announced an initiative called Growing Milwaukee for Wisconsin's Future, which makes Milwaukee stronger by improving access to affordable health care, ensuring quality education, creating good-paying jobs, enhancing the public infrastructure and reinvesting in our city neighborhoods, and making unprecedented commitments to higher education and economic and workforce development.

The Assembly Republican budget slashes the Milwaukee plan by eliminating the following:

- \$16 million in additional state support for Milwaukee County court and juvenile incarceration and treatment costs;

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Governor Doyle continued from page 2

- \$2.5 million for the Treatment Alternatives and Diversion Program (TAD), Presentencing Assessments and Project New Hope -- tools to address Milwaukee 's crime problem by reducing the cost of incarceration while increasing rehabilitation efforts to reduce recidivism;
- \$1 million for Mayor Tom Barrett's Summer Jobs Programs;
- Nearly \$2 million to help hire 24 additional school nurses to improve the health of children in Milwaukee ;
- \$17 million to help revitalize the Kinnickinnic River in Estabrook Park ; and
- \$2.2 million for the successful Youth Apprenticeship Program that partners schools and businesses to give students hands-on learning experiences.

Governor Doyle Statement on Assembly Budget

Following the release of the Republican budget proposal , Governor Doyle issued the following statement:

"This is an extreme, irresponsible budget that works against the needs of Wisconsin families. It's an assault on our most basic values, good schools for our kids, healthcare for those who need it and police on the street. This budget will result in poorer schools for our young people and less police and firefighters for our neighborhoods. It will deny qualified students the opportunity to go to college, leave kids and hard-working people without health insurance and eliminate balanced budgets in Wisconsin.

"Republicans are protecting big tobacco companies and denying healthcare to kids. They are turning their back on our young people and our veterans who are pursuing higher education-cutting our universities and slashing financial aid. And they are catering to the big oil companies-failing to invest in renewable energy, energy independence and the jobs of tomorrow.

"And despite all their rhetoric, make no mistake-Republicans are abandoning the fiscal discipline we have worked so hard to instill in Wisconsin government over the past 5 years. For the first time in Wisconsin history the Republicans want to eliminate the statutory balance and spend every penny without leaving even a dime in reserve. Rather than deal with the hard work of balancing the budget every year , the Republicans have thrown up their hands and refused to do it.

"My vision is to create real opportunity for hardworking middle class families in this state-by balancing budgets, by ensuring every child has access to healthcare and quality education, and by creating the jobs of tomorrow and the highly-trained workers to get the jobs done."

Labor Day Report continued from page 1

celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

Labor Day Legislation

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From them developed the movement to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

A Nationwide Holiday

The form that the observance and celebration of Labor Day should take were outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials are given wide coverage in newspapers, radio, and television.

The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker.

President's Report by Scott Godshaw

No EVA No Surprise

We received official word from both companies that there will not be an EVA check coming this year. Although the members deserve one, this is not really a surprise as we were aware that both companies had been quite slow this past fiscal year.

Strattec

At Strattec, the company recently gave 2 die cast set up men salary positions and now have a need for die cast set up. If you know of anyone that can fulfill a die cast set up job, have them apply at Strattec. If they are a qualified "A" man, they would start at \$19.43 an hour. Unlike Briggs, there is no progression in the contract at Strattec. You get paid the mid-point of the labor grade you are doing.

Also they are having a problem getting inspectors and quality people. The company is also asking our help in this matter. If we know of anyone that would be qualified to do any of these jobs, let them know.

Briggs

The company had informed the Bargaining Committee on July 23rd via e-mail that the assembly jobs at the Service Division were going to be considered for outsourcing. Although the committee had met in May with the Service management regarding a new Productivity system, it was never stated that these jobs were leaving. The committee has met with the company in an attempt to prevent the Service Division from outsourcing these jobs. We will be meeting again the week of August 13th.

As stated elsewhere in the *Reporter*, Briggs brought some snow blower engines that needed repair. Bringing in some new work was a very pleasant change of pace as it had been awhile since that had happened. Some members that had been off for quite some time were able to return to work in this capacity. Unfortunately, this particular job is not lasting anywhere close to what we had hoped. The 2nd shift line is done as of August 10th and the 1st shift line will only run several more weeks.



I am the recording secretary of the Retiree's Club. I also have been asked by our Vice President Dolores Higgins to temporarily write the newsletter for the *Reporter*.

On July 18, 2007, our picnic and bingo was well attended. On Sunday August 12, 2007, we will be having our luncheon and bingo. Please notify Dolores at 414-873-7121 if you plan to attend as soon as possible.

Members voted and the cost for a special lunch will be \$5. If you bring a guest, the cost will be \$13 at the door. Remember to bring your birthday or anniversary treats.

All of our events are held at the American Legion Post #449 located at 3245 N.124th St. The back door opens at 10:30a.m. and the front door opens at 11a.m.

Every Tuesday there is card playing (sheepshead) and prizes starting at 12 noon.

Remember you must be a paid up member to attend our events. The dues are \$24 a year and please always show your membership card.

Temporarily, if you could please call me (414-476-3458) to inform me of any sick members, members that are hospitalized or members that have passed away. If you do call I have an answering service so please speak distinctively, leave your name, telephone number and message. Thank you!

Fall is coming soon. Our first meeting will be Wednesday September 19, 2007 at 12 noon.

Let's always look forward to enjoying our club, our regular members and hope for new members.

Keep healthy and enjoy,
Doris Reinke
Recording and Corresponding Secretary

Membership Information
August 2007
776 Members in Good Standing
548 in Briggs & Stratton Unit
228 in Strattec Unit
August Dues Payments
466 Dues Paying Members at Briggs
211 Dues Paying members at Strattec
677 Total Dues Paying Members
 (Difference reflects members off work for lay-off, illness or other reasons)

Join the
Briggs Retiree Club
 today call Erma Gorecki
 262-781-8951
 for information

Bingo is played at the Retirees Club
the 2nd Wednesday of the month
(January through April and October
through December) Make up Bingo
Wednesday September 12, 2007 only

Strattec Corner

by Al Olivares

Hello Brothers and Sisters:

Well, where should I start? Let's try the summertime heat, as none of us can control that. In this summer heat, we need to remember that safety is first and foremost before everything. I am not speaking about workplace safety, because that is always first, period. I am speaking to proper hydration and over exertion in the workplace. If you feel dizzy or just ill, you have to let the foreman know immediately. Nothing is more important than your health.

Moving on to events in the ever so lovely Strattec de Milwaukee. Well it would appear that the warning we, the committee, gave the company about losing its workforce and knowledge base is becoming a harsh reality. The company is once again proving that they are ill prepared to deal with this. So, here is a big fat old "I told you so!" from me personally, Adalberto R. Olivares. So, you ask why would I say something like that? Well my pity falls on the bargaining unit members and their increased workloads and hours. I cannot, however, pity the company and their decision to wait until the last minute. Yes, Mr. Company, I know there is new business and new machinery coming or already here. I am aware of that. When you tell us we have to be better team players or that you need more latitude on certain issues to get by, well that's just "TOUGH BEANS"! You wanted to be lax in your approach then, or do I dare say cheap? I heard once that it takes money to make money. Well, I believe that holds very true with your Union labor overhead costs as well as the pretty machinery you buy, some of which hasn't even run for a short period of time.

You set the table, now eat from it. Stop blaming the Union by targeting absenteeism or vacation use. We work to live, not live to work! I know we will be more than happy to help because all of our Union brothers and sisters give 100% everyday.

With all this being said it is NOT okay to have company personnel doing our Union work! I understand you have a business to run, but not at the expense of our jobs. So, sisters and brothers, if you see such activity or even suspect it, let your steward or any Union Rep know immediately. Thank you Sisters and Brothers, keep up the good work and let's see if we can endure yet another storm.

In Solidarity,
Al Olivares

Membership Meeting Recap

by Karen Clark

The membership meeting was held on Sunday August 5, 2007 at 9:30a.m. sharp at Frank Monreal's El Matador. 9155 W. Bluemound Rd.

Ross Winklbauer read the names of 9 new members who were eligible to be accepted in our local. The new members include: Stephanie Dovin, Keefer Giles, Adam Jansky, Robert Yahnke, Jerry Mungon, Yang Moua, Nicholas Reed, Derek Sukup and Steven Locke. The motion passed unanimously to accept these members. Robert Yahnke from Strattec was present and sworn in by President Godshaw.

Trustee report for the months of January and February '07 were read by Ralph Schwieger. Trustee report for March and April '07 were read by Bettie Burmester and Trustee report for May and June '07 were read by Vicky Gorecki.

Ross Winklbauer, in his Financial report gave the disbursements for the 1st six months of 2007 and stated there were 790 members in January, 761 members in February, 750 in March, 740 in April, 734 in May and in June; 514 members at Briggs and 219 members at Strattec for a total of 733. All reports can be seen at the Union office at 8500 W. Capitol Dr.

Communications

Executive Board recommended motions that passed:

- Place an ad in the Labor Press for the Labor Day edition. Cost \$100
- Food and beverage tickets for Labor Day. Cost \$1000 with additional \$250 if needed.
- WISCOSH- Place an ad in their Resource Directory. Cost \$40
- Send Milt Dawson to the 1st Annual LERA Conference. Cost \$115 and 1 day lost wages.
- United Way Campaign - Donate \$200

Reports of Officers

President Scott Godshaw reported on Strattec needing set up and quality people, update on Service, EVA, Steward Training and Labor Fest.

Dan Badzinski reported on the repair line
Jesse Edwards reported on the bad water situation that was rectified at Burleigh.

The motion was passed for the next membership meeting to be held Sunday October 7th.

Personal Note: I'd just like to say how nice it was to see so many Union members present at the meeting. It would be nice to see all of you at all the meetings. I'd like to see some of our new members start attending our meetings. You are the future of this Union.

In Solidarity,
Karen Clark

UPCOMING EVENTS

September 3- Labor Day
Labor Fest at the Lakefront



October 7- Membership Meeting

October 8- Columbus Day



October 31- Halloween



November 11- Veteran's Day



November 22- Thanksgiving



Grievance Rep Reports

Briggs & Stratton Second Shift

by Jesse Edwards

Service Temps

The temporary employees working at the Falls plant should be out of the shop by Labor Day. Also, Service is in the process of hiring 4 material handlers for first shift and 8 DC 3s for all shifts.

New Work

The company recently brought in some Snow Throwers to be repaired. These jobs were placed into department 348. The plan is to staff these jobs with 10 on first shift and 10 on second shift. These are all labor grade 18 jobs. These jobs were expected to last about 6 months, however, 2nd shift was eliminated on August 10th.

Bad Water

Bacteria was found in the water over by the environmental area. They switched over to city water for a week and a half. The company changed the pump and they also torched the water fountain. The city of Wauwatosa requested 2 clean samples before the company could switch back over. According to the safety department, the water is clean now.

Laborfest

Laborfest will be on September 3rd. Please plan to attend. Bring your kids, family and friends. The parade starts at 11:00 a.m. at Zeidler Park and to the Summerfest grounds. Laborfest ends at 5:00 p.m.

In Solidarity,
Jesse Edwards

LOCAL 2-232 REPORTER

August 2007

Volume 28, Issue #4

LOCAL 2-232 UNITED STEEL, PAPER AND FORESTRY, RUBBER, MANUFACTURING, ENERGY,

ALLIED INDUSTRIAL

AND SERVICE WORKERS INTERNATIONAL UNION

Representing employees of Briggs & Stratton Corp. and Strattec Security Corp.

Office 8500 W. Capitol Dr.

Phone 414-463-7425 Fax 414-463-7638

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Website- www.pace7232.org

Hours 7:00a.m.- 4:00p.m.

Monday through Friday

The information contained herein is of informal nature and is not intended to be final and authoritative.

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Officers: President: Scott Godshaw Vice President: Al Evseichik, Secretary-Treasurer: Ross Winklbauer Sr. Recording Secretary: Karen Clark, Trustees: Ralph Schwieger, Vicky Black, Bettie Burmester Guide: Debbie Curro, Sergeant at Arms: Chuck Porter.

Briggs Bargaining Committee: Scott Godshaw, Dan Badzinski, Jesse Edwards, Jackie Goodwin, Karen Clark

Strattec Bargaining Committee: Scott Godshaw, Milton Dawson, Dennis Nowak, Al Olivares

Grievance Rep Reports

Strattec Security

by Milt Dawson

Let me start off by saying in Wisconsin we have lost over 4,000 manufacturing jobs over the last 3 or 4 years. They have been shipped out of the country. The union people, here at Strattec, know this all too well. But maybe there is some help on the way. Rep. Steve Kagen (D-Appleton) and 14 of his colleagues introduced the Patriot Corporation of America Act. What this bill is designed to do is this: If a company makes 90% of its product and spends at least 50% of their R & D budget in America, then they would be designated Patriot Corporations. This would then put them in line to receive a 5% tax break and preferential consideration for government contracts. Well, whatever shakes your tree, I guess.

Department 71

It's not a secret that the company is looking to fill die cast set-up "A" and "B" positions. Also auditors are much needed. So, if you know of anyone with a machine set-up background please advise them to come in and apply. If there are any workers who are interested in taking the set-up test or the auditors test please see Ms. Sigrida Staks in HR. She will provide you with study material. If you have any questions about the test please see your Steward, and remember, it's about you, and your advancement.

Financial

On August 3rd, Pat Hansen (Senior VP and Chief Financial Officer) told us in a meeting in the cafeteria that the company was putting itself in a strong financial position so that we can be positioned to compete. Some companies (i.e.; GM, Ford, Chrysler) were not going to take a chance on financially unstable suppliers anymore. This would put us in a very strong position to compete for business. By the way, speaking of finances, we're not getting any EVA this year. We are picking up more work, seems that GM pulled work from one of its other suppliers and gave it to us. The problem I see is that we do not have the necessary skilled workers in place to handle all the work that's on the horizon. But let's not get into excuses of what happened in the past that has put us in this sad position, start right now to correct the problem, by looking at apprenticeships, looking at prospects among our present workers first.

Stewards, Brothers and Sisters

I would like to thank the Stewards for their hard work. I know it's a thankless job, where one must have thick skin. This is a job that you step forward on, that you volunteer for because you feel you

Briggs & Stratton First & Third Shift

by Jackie Goodwin & Dan Badzinski

The Bargaining Committee met with the Company on August 8th to discuss the restructuring of the quality personnel. They will be combining labor grade 15s; quality analysts, receiving inspectors and gage specialists into a new job title - QA Manufacturing Support. All current quality personnel will be cross trained in the new job and would not need to pass a new QA manufacturing support test.

Stewards

Steward elections for all departments were completed in June. It is very important that stewards attend not only the steward training meetings but should also attend the membership meetings as well. An informed steward can be an effective steward.

In Solidarity,

Jackie Goodwin and Dan Badzinski

have something to offer your good and hard working union brothers and sisters. You must always take care that at times our brothers and sisters may feel the same way, and remember they pay union dues also. We as representatives must always give our best on their behalf. I would also ask that respect be given to the workers, stewards, to our union itself and our company. When we come to work everyday, we should know that we are blessed, and company people must realize that some of them have their degrees in their back pockets because maybe some of their parents worked on union jobs. These jobs provided the funds to pay for your college education, just as some of my union brothers and sisters who have college educated children that their union jobs paid for those who hold company jobs somewhere. In closing, if you feel that you are faced with a problem that needs the attention of your union steward, please notify your WGL that you want your steward ASAP (please give your steward the opportunity to serve YOU). This is for your benefit.

It's my distinct pleasure to serve as your Grievance Rep. I will always fight hard for your rights under the Collective Bargaining Agreement, and remember, when you say union, look in the mirror, that's you, it's not they and it's not them, it's you. It's nobody's union but yours and ours. Remember that and remember this, your union is like insurance, you don't need it until you need it. Thank goodness your premium is paid!

In Solidarity,
Milt Dawson

Wellness Corner “You can’t live without it” True or False: An Apple a Day Keeps the Doctor Away

by Diana Kohnle

While the health benefits of fruit are widely known and accepted, can an apple each day truly keep the doctor away? Is there something about the “forbidden fruit”—above and beyond other types of fruit and healthful foods—that is ideal for lowering your risk of poor health?

As part of a healthful diet and lifestyle, apples really can fight a number of diseases and help keep you healthy and away from the doctor.

Evidence for the Health Claim

Studies have long shown that diets rich in fresh fruits and vegetables can lower the risk of numerous chronic conditions. But more detailed studies show that apples, in particular, may be particularly protective of good health.

Apples, particularly their skins, are an excellent source of antioxidants. Antioxidants are believed to prevent damage to cells and tissues and help defend the body from cancer, cardiovascular disease, and possibly Alzheimer's disease. Apple varieties vary in their antioxidant content, with “Red Delicious” having one of the highest levels. In addition, the flavonoids in apples, which possess antioxidant properties, are believed to protect the body against allergens and viral infections. Apples may also improve lung function.

In a study conducted in Finland, researchers investigated the relationship between apple consumption and the risk of stroke in over 9,200 men and women. Those individuals who consumed the highest number of apples showed a lower risk of stroke over a 28-year period compared to those who consumed the least number of apples. The researchers suggest that this benefit may come from the “phytonutrients” contained in apples, possibly including flavonoids. Two other Finnish studies showed that apple consumption may also reduce the risk of heart disease and lung cancer.

Evidence Against the Health Claim

There are many other foods—including other fruits—that contain the same antioxidants and offer the same benefits as apples. Beverages like coffee and black tea, and fruits including blueberries, cranberries, red grapes, strawberries, and bananas, are all rich in antioxidant flavonoids. Cranberries, studies show, are even higher in antioxidants than apples. Of note, most of the nutritional benefit of apples appears to come from their skin, so peeled apples, apple juice, and applesauce lack the rich levels of antioxidants that the whole fruit contains.

Apples alone can't keep anyone healthy, as no single food can, and apples can't be expected to reverse previous damage caused by poor diet and lifestyle. Diets rich in trans fats, salt, and sugar—even with an apple a day—don't lead to good health. Regular apple consumption, of course, is only beneficial as part of an overall healthful diet and exercise regimen.

Conclusion

Apples are a great choice for a healthful, low-fat, low-calorie snack. They're rich in fiber and antioxidants, both of which may be protective against a variety of chronic diseases. To receive the maximum health benefits from apples, eating the whole fruit—including the skin—is recommended. But remember, apples are no substitute for a balanced diet and regular exercise. And, even this is no guarantee. People who live impeccable lifestyles still suffer from heart disease and cancer, and keeping your doctor completely away makes it difficult to receive preventive services, like screening tests. Seeing your doctor regularly (but not too often) will allow him or her to possibly uncover conditions that can harm you in the future, even if you feel perfectly well while munching on that Macintosh.

www.AuroraHealthCare.org

Healthy Corner

Here are some important numbers for Briggs employees regarding your health:

Health-Link - Access to immediate, confidential, healthcare expertise.

1-888-228-7672

Patient Care - Helping you through the healthcare maze.

1-877-344-7474

www.patientcare4u.com

Here is an important number for Strattec employees regarding your health:

United Health Care

Health care problems or questions, call toll-free **1-866-827-9025**

www.myuhc.com