Nature's first green is gold,
Her hardest hue to hold.
Her early leaf's a flower;
But only so an hour.
Then leaf subsides to leaf,
So Eden sank to grief,
So dawn goes down to day.
Nothing gold can stay.

- Robert Frost
Ever since I saw the film “The Outsiders” this poem has captivated me. It is supposed to be about the Fall from Grace in the Garden of Eden. However, it has always garnered more literal imagery for me, autumn and all its colors.

We are truly blessed to live and work where we do and therefore are present for the burst of color Mother Nature provides for us every fall and spring here in Marquette. From burgundy, to vivid red, to gold and various shades of orange, it is as if Mother Nature has let loose her minions with their oil paints. They have had a, free for all, “painting the town” which is not figurative at all.

In the midst of Midterms, Apple Week, your jobs, your lives – Stop! Look around you, and appreciate what you have. We all have so very much to be grateful for. Whether it be our health, our freedom, our intelligence, our gifts, or just the fact that we have woken up yet again to experience another day on this planet. Savor it. Every single moment of it. While you’re doing that, appreciate the backdrop Mother Nature has provided for you while you are counting your blessings!

Be well!
Aleta

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Did You Know?!

Persians first began using colored eggs to celebrate spring in 3,000 B.C. 13th century Macedonians were the first Christians on record to use colored eggs in Easter celebrations. Crusaders returning from the Middle East spread the custom of coloring eggs, and Europeans began to use them to celebrate Easter on other warm weather holidays.

Large doses of coffee can be lethal. Ten grams, or 100 cups over 4 hours can kill the average human.

Laws forbidding the sale of sodas on Sunday prompted William D. Corwood to invent the ice cream sundae in Evanston, IL in 1875.
What is domestic violence?

Domestic violence is a pattern of abusive and controlling behavior used by one partner to obtain power and control over the other partner in the relationship. The abusive partner may use a variety of tactics, including verbal abuse, emotional and psychological abuse, threats and intimidation, physical abuse/violence, as well as sexual abuse. Domestic violence happens in all types of relationships, including same-sex and dating relationships.

Did you know?

1. One in every four women will experience domestic violence in her lifetime.
2. Females between the ages of 20-24 are at the greatest risk of nonfatal intimate partner violence.
3. An estimated 1.3 million women are victims of physical assault by an intimate partner each year.
4. 85% of domestic violence victims are women.
5. Most cases of domestic violence are never reported to the belief.
6. Domestic violence is the primary cause of homelessness for women and families.

(#1-5 Taken from Michigan Coalition to End Domestic and Sexual Violence – www.mcedsv.org)
(#6 Taken from ACLU’s Women’s Rights Project – www.aclu.org)

What can you do?

If you or someone you know is experiencing domestic violence, please contact the Women’s Center and Harbor House 24/7 Crisis and Information Hotline at (906)226-6611 or toll free at 1-800-455-6611. Our services are free and confidential. We provide an emergency shelter, one-on-one support counseling, support groups, as well as legal advocacy, financial information, and housing support.
Picture this: it is Christmas Eve, 1913 and your union, the Western Federation of Miners, having voted to strike since management refused to negotiate, had been on strike for five months. Union members, tired and overwhelmed financially as a result of the strike, but standing firm, decide to attend a Christmas party at the Italian Hall in Calumet sponsored by the Ladies Auxiliary of the Western Federation of Miners. Over 400 people turn out to celebrate the Holiday Season and to demonstrate their solidarity in the strike they have been on since summer. Suddenly, someone yells, “Fire!” Panic ensues and in the pandemonium that follows seventy three people are killed – trampled to death at the front door to the hall. There was no fire…

Unfortunately, this happened, and Calumet, Michigan suffers as a result of this tragedy. To this day, no one knows the complete identity of the culprit. Several investigations occurred after the disaster. Several of the witnesses did not speak English, as a great majority of the miners were of Scandinavian descent and had newly immigrated to the area because of work opportunities on Copper Island. Many of the witnesses who were called to testify on behalf of this tragedy did not actually see what happened.

A few months later the U.S. House of Representatives sent a delegation to investigate the strike and the disaster. Eight of the witnesses in this inquest swore, under oath, that a person wearing a “Citizens’ Alliance” button shirt was the culprit: the one who yelled ‘Fire!’ and started the panic and subsequent stampede. In essence, the “Citizens’ Alliance” group was a ‘company union.’ According to Black’s Law Dictionary, ‘a company union’ is a ‘union under company domination’ and so by definition, is NOT a TRUE union for the benefit of the workers’ to negotiate and represent their wages, hours, and conditions of work. The Alliance openly opposed the striking union members and their activities were funded by the Calumet and Hecla Mining Company. This Employer was the single largest copper company in the Copper Country in Michigan’s Upper Peninsula at the time of the strike.

Unfortunately, given the poor quality of the testimony and eye-witnesses, we will never know what happened. Fireman had to climb up ladders to the second floor and rescue people from the top of the
pile of bodies that occurred at the front doors. Of the 73 bodies removed from the Hall that night 60 were children who were finding respite from the poverty the strike had brought to their lives in a very short time, and enjoying a few presents and Holiday cheer.100 years later the truth of that evening remains a mystery. No one knows who yelled “Fire!” only that he was a strike-breaker. There were enough witnesses to attest to that, however, his identity is unknown, and will probably remain so. In those days, similar to modern day, strike-breakers and scabs tended to be people from out of town for the sheer purpose of being unrecognizable to the local folk. Still, no one knows why the doors in the front of the Hall did not open when the crowd reached them. At the time, it was speculated that the doors opened inward and the crush of people prevented them from being able to be opened. This has been proven untrue by several blueprints of the building and testimony from credible witnesses. The opposing theory is that someone, or something was barring the doors from the outside, preventing the human stampede from exiting.

The strike between the WFM and the Calumet and Hecla Mining Company was not settled until April of 1914. By then the likes of Mother Jones and Woody Guthrie had joined the fight and were lending their moral support. At least three strikers, or people involved in the strike, were killed by gun shot by strike breakers. Others were shot, or assaulted but survived. The important thing to remember from this event is that when a worker goes on strike, not only do his union brothers and sisters go on strike with him, but his entire family does as well. Calumet, Michigan knows this all too well. This small town spent the rest of December 1913 and on into January 1914 burying their dead, most of whom were children, children of hard working men who wanted safer working conditions and a fair day’s pay for a fair day’s work. They got this to an extent, conditions and wages improved, but at a very steep price. The Union won, however, during a time when there were next to no Federal or State Labor Laws to back them up or bolster their claims. These men deserve our gratitude. Without their sacrifices and the sacrifices of others like them we would not have half the rights we have in the work place today. This Christmas Eve think about them, think about their work, think about their pain, and think about their triumphs.

Pay It Forward (2000)

Directed by: Mimi Leder

Starring: Kevin Spacey, Helen Hunt and Haley Joel Osment

So you are in seventh grade – and your teacher throws out to the class “devise and put into action a plan that will change the world” – and you are one of those kids that not only does what he is told – literally – but rises to a challenge. Osment’s plan is ingenious – it is basically this: The receiver of a favor has to “Pay Forward” his favor to three others – and it has to be a favor that the recipient cannot complete themselves. For example – give a homeless man a place to stay and provide him with a shower; help a disfigured man – with no self esteem find love; forgive a parent who made a plethora of mistakes in raising you – etc. Yes – if you want to be a pessimist while viewing this film – it is chock full of sap. However – if you want to spend 123 minutes believing that maybe just maybe the world has some goodness in it and maybe there are some people in it that are good as well and want to improve their corner of the world even a little bit – to the extent they can – then this is a film you should spend two hours watching!! Spacey and Hunt round out the cast and their talent just elevates Osment’s abilities to the next level.

School of Rock (2003)

Directed by: Richard Linklater

Starring: Jack Black, Mike White, and Joan Cusack

Ok – I have to admit I have had a soft spot for Jack Black ever since I saw him in High Fidelity in 2000. Black’s character – just seriously wants to ROCK! Through a long and twisted tale he gets himself posted as a substitute teacher in a prep school where he is supposed to be teaching math and science – the regular academic subjects that we were all tortured with in Middle School. He takes a group of pre-pubescent socially awkward kids and enters them in a BATTLE OF THE BANDS!! Their journey to that point however is hilarious and heartwarming. If you have a deep appreciation for Classic Rock, Jack Black, Comedy Films in general or all of the above – this film is for you!!

Flight (2012)

Directed by: Robert Zemeckis

Starring: Denzel Washington, Don Cheadle, John Goodman, and Bruce Greenwood

What a film! When I watched this – I thought it was going to be a film about a man who was able to avert a horrific plane crash and save several scores of lives. It is that – and so much more. If you want to see a truly honest and riveting portrayal of an Alcoholic wreaking havoc not only his life – but the lives of those he comes into contact with – this is for you. This is truly a dynamic performance by Washington. The research he must have done for this role boggles my mind. Watch as Washington spirals down into an abyss of booze and drugs and finally comes face to face with his demons – and faces them with honesty and grace. A MUST SEE!
Including apples in your daily diet is one of the tastiest and easiest health decisions you can make. With only 130 calories per large apple, apples are free of fat, sodium and cholesterol. They are also an excellent source of fiber and one of twenty foods with the highest antioxidant content per serving. To reap these nutritious benefits, don’t bother to peel your apple. Two-thirds of the fiber and antioxidants are found in the shiny, colored part of the fruit. For an easy way to enjoy these health benefits, eat an apple by itself.

Wholesome Apple Muffins

These muffins combine nutrient-rich apples and whole grain flour into hearty muffins that make a perfect breakfast on-the-go!

- 1 1/4 cups white whole wheat flour
- 1/2 cup sugar
- 1 tsp. baking powder
- 1 tsp. cinnamon
- 1/3 cup apple juice
- 1 egg
- 1 1/4 cup Michigan Apples,^ cored, peeled and finely chopped

*Suggested varieties: Empire, Gala, Braeburn, Jonagold, Jonathan, McIntosh, Northern Spy, Paula Red or Rome

Topping: Mix together 1 tsp. sugar and 1 tsp. cinnamon in a small bowl; set aside.

Preheat oven to 375 degrees. Spray muffin pan with vegetable cooking spray or line with baking cups.

In a medium bowl, combine flour, sugar, baking powder and cinnamon; blend well.

In a small bowl, combine apple juice, oil and egg; mix well. Add apple juice mixture to dry ingredients and stir until moistened. Fold in chopped apples.

Fill muffin cups 2/3 full and sprinkle muffins with cinnamon sugar topping mixture; bake for 20 minutes or until golden brown. Cool 1 to 2 minutes before removing from pan.

Makes 12 muffins

Nutrition facts per muffin: 160 calories; 7g fat; 26g Carbohydrate; 2.5g Protein; 175mg Sodium; 17mg Cholesterol; 2.5g Fiber

“Feel free to take an apple as you leave the dining halls for a snack later.”-Robin Rahoi, R.D.

Above: Robin Rahoi, RD and Nutrition Assistants, Emily Hansen and Billy Littlejohn, at the Plant Based Protein Presentation.
Language is a fun concept to think about. It is a method of human communication, spoken, written, or expressed through other contextual ways, such as body movements. This system of communication even goes as far as to define groups of people. I know the language in which I am communicating right now defines me fairly well. The way in which I use my English, gives off many clues as to who I am, and more importantly how I think. Languages are a part of my definition, and help me to define the world around me. Having studied abroad in Morocco, I was exposed to different languages that really speak volumes to this.

Insha’allah pronounced like insha’llah means, “If God wills it.” Nothing too out of the ordinary here. We use this and God willing in English as well. However, I had never heard this sentiment so much in my life, as I did in Morocco. You would tell your professor, “See you tomorrow!”

And hear, "Insha’allah" Which at first is very alarming. You have no idea why God wouldn’t will such a thing. One quickly learns that Moroccans have this view of the world that doesn’t rely on “constants”. Moroccans understand more than this American, that life is filled with many variables. Despite our best intentions, sometimes God wills our bus to break down, your alarm clock to be on silent, or better yet… You may just have something better to do than go to that class. And all of that is OKAY!

Here’s another example, my favorite one in fact. Have you ever heard the phrase, “That’s not my job.”? In my years of Dining Services I sometimes hear this phrase tossed around. It is personally one I do not care for, because I see my job as a team member who does everything in my power to insure my other team members can succeed. I often operate on this premise and to an extent, expect it to be reciprocated. Bottom line, I have found this job description to work best for everything that I do.

About eight months ago as I was thanking my waiter for my much needed coffee. (Pronounced like Shukran it means, Thanks.) His response? (لا شكر ولا واجب) More or less this means, “No thanks needed, it’s my job.” Despite the mellow dramatic effect here, I literally stopped. It was one of the best things I ever had the fortune to hear. It simply wraps up my behavior and feelings toward the actions I’ve displayed most of my life. (La shukra ala wajib) a motto of sorts for me, but a common response for a Moroccan that reflected a cultural principle. One I believe is surrounded by the work of an individual for the betterment of those around them.

See what a fun little thing to consider, these languages of ours can be.

*When reading the Arabic, which is a Moroccan dialect called Darija, you read right to left. Instead of English’s right to left.

"I DRIVE WAY TOO FAST TO WORRY ABOUT CHOLESTEROL."

- STEVEN WRIGHT