We are about 5 weeks out from the New Year - can you believe it?! Tempus Fugit!

As I write this I am about to start interviews for the new gift shop out at the Airport. NMU Dining Services will very soon be opening up The Northern Gate, a gift shop in K.I. Sawyer Airport. You will be able to purchase some of our Grab ‘N’ Go products and then some of the merchandise from the NMU Bookstore. For those of you it has impacted the most thank you for your patience.
I am starting to have to take my own advice the last couple of weeks...“Asteroids!”
We have been missed by three Near Earth Asteroids this year, barely missed if you are measuring in cosmic terms.

We have NO control over that, and well an asteroid colliding with Earth would more than likely greatly effect if not destroy the entire planet. If we cannot control the Asteroids that whiz by our planet - why would any of the ‘drama’ that happens here in Dining Services, NMU or Marquette for that matter - well matter? It doesn’t and it shouldn’t. I am not saying ‘don’t take responsibility’ on the contrary! However, just take responsibility for what you have control over and forget about the rest!

Don’t forget in the meantime to be safe and prudent during our upcoming Holiday Season!

Have great times with your families, make happy memories, and travel safe!

I wish you all success on your Final Exams and have a wonderful 2014!

Aleta Nolan

“Cooking is like love. It should be entered into with abandon or not at all.”
- Harriet Van Horne
Potato chips were invented in Saratoga Spings in 1853 by chef George Crum. They were a mocking response to a patron who complained that his French fries were too thick.

Research shows that only 43% of homemade dinners served in the US include vegetables.

Since Hindus don’t eat beef, the McDonald’s in New Delhi makes its burgers with mutton.
Directed by: John Milius
Starring: Patrick Swayze, Charlie Sheen, Jennifer Grey, Lea Thompson, and C. Thomas Howell

This is one of those films that should NEVER be remade. To do so is a disservice to all the people who paid good money to see the original! The film takes place right before the end of the Cold War. The Soviet Union, Cuba and Nicaragua invade the United States. Teens in a town that is invaded, form a Militia and call themselves the Wolverines. They are all hunters – before the invasion – and can handle weaponry. They perfect attack and evade maneuvers, have a posted fire watch, they organize every moment of their day – and that is all with one thing in mind: disrupt and attack the enemy. Their thinking is if they keep the enemy engaged and engrossed with them – they are spending less time on the real war and inflicting less harm to the U.S.'s Armed Forces. For a bunch of High School kids they inflict a great deal of damage. Rent it – much better than the remake!

I am Legend (2007)
Directed by: Francis Lawrence
Starring: Will Smith

So we cure cancer – but in doing so create a virus that turns about 95% of the world's population into vampiric zombies – who in turn feed on the remaining 5% of the population. Will Smith's character – the creator of the virus that was supposed to cure the world of cancer and instead killed almost everyone and everything – is still busy at work – his wife and daughter dead – trying to find a cure to his cure! Will he succeed? Will he ever find anyone else on the planet – immune like he ironically has turned out to be? Will he be eaten by the zombies? Will they ever break into his house – which he has turned into a fortress? One of Smith's best performances – truly. A must see – definitely!

The Book of Eli (2010)
Directed By: The Hughes Brothers
Starring: Denzel Washington, Gary Oldham and Mila Kunis

Washington plays Eli who is walking in the midst of a post-apocalyptic world. He has a book. The voices in his head (I know – but you need to see this!) tell him to ‘Go West!’ so he does – for 30 years! He gets to a town – that is literally crawling with bandits and hooligans – and is poised on the edge of anarchy. The leader of the town – Carnegie - needs ‘the book’ in order to obtain full control of the denizens of the lawless town. He comes to believe that Eli has ‘the book’ he wants. Shoot outs, car chases and a few cannibals later and it turns out that Eli has had a copy of the Bible all along. It is in all likelihood the last Bible in the world – is alternately blamed for the apocalypse – people believe it was “used” to start the ‘last war’ (think Machiavelli and The Prince) or Carnegie believes it will bring him untold power. Watch as The Word, literally has the final word, and everyone reaps what they have sown. Also – a couple of twists at the end – that you will have not seen coming!
The UAW (The International Union, United Automobile, Aerospace and Agricultural Implement Workers of America) was a fledging union during the late 1930’s. The country was still reeling from the Great Depression and FDR’s New Deal legislation was just starting to take effect. Part of the New Deal, in addition to addressing our economy, monopolies, international trade and job creation, was about Labor Law. Essentially these new Labor Laws gave unionists the right to bargain their wages, hours and conditions of work with their Employer. The fight for Labor Rights was also a part of the Civil Rights Movement, when a union bargained on your behalf, it bargained for all - regardless of race or gender.

The UAW attempted to organize the GM (General Motors) assembly plants in Flint, Michigan, beginning in 1936. Condition in the nations assembly plants were getting worse and worse. Workers were killed or maimed frequently on the job. Falling into foundries, getting limbs stuck in machinery, were just some of the dangers workers had to contend with. Workers were making at best $00.52/hr, African-Americans could not hope to be promoted and women could not hope to make the same as a man even in the same position. Something had to be done…

First and foremost, union organizing had to be done in the workers’ homes and their names were protected and treated with the utmost secrecy. GM had corporate spies in every plant it owned in the city, as well as, almost every UAW Local in the city. The UAW also began to truly study GM and its plants in the area and the political climate in Michigan. A new Governor would come into office in January 1937. The only two plants in GM’s arsenal...
that made the dies that car body parts were stamped from were in Flint and Cleveland. The plan was to strike at both of these plants after the New Year. However, those plans were accelerated when the workers at the Cleveland plant struck on 12/30/1936. In response the UAW members in Flint sent their members to the Fisher #1 plant and occupied it. The Flint Sit Down strike had begun.

The brilliance behind the sit down strike is the workers occupied the plant, removing managers and supervisors from the building. This prevented the Employer from bringing scabs in to replace the striking workers. The wives of the Flint workers formed an Auxiliary, bringing food and blankets to the men at the plant. This allowed the workers to sleep on uninstalled car seats. The striking workers formed an internal police force at the plant, elected a mayor, and more to ensure organization and peace for the duration of the strike.

A judge ruled the workers were trespassing – the workers remained. The Governor called in the National Guard – the workers remained. Police officers and the Employer’s goons – assaulted, harassed and tear gassed the workers – they remained.

The workers’ families were even assaulted by police for helping the strikers. The women were forced to break windows of the plant to let fresh air into the gassed workers.

After 44 days GM finally capitulated and begrudgingly recognized the UAW as the exclusive bargaining representative for their workers. GM however refused to be in the same room as the UAW representatives. so John Lewis of the CIO (Congress of Industrialized Organizations) and the Governor of Michigan had to negotiate for the UAW.

At the end of the strike, if you worked in the foundry or anywhere else, no matter your race or gender, you were paid equally. Promotions were available to all. Safety improved almost immediately. In six weeks the workers in Flint not only made Labor History and improved their lives but they also improved the lives of workers for generations to come by their sacrifices. Flint, Michigan was now the home of the Sit Down Strike and unionized automotive workers could hold their heads high and better provide for their families from then on.
Instead of rushing around to find the best gifts I can for all of those special people in my life I’m going to express my gratitude in a different way. I am going to give them my time, my attention, and devotion. The most precious things in life I want to celebrate them, for being. I don’t need the prestige and pomp of the perfect turkey dinner, or a flawlessly trimmed tree. I don’t want to fret about the accomplishments of last year, and the prospects of the year to come. I want to honor all of blessings in my life by being here. Here, a present of now. I want to be, simple as that.

This is why I am incredibly grateful to Dining Services. My time here has been one facet of my college experience where I was allowed to explore what it means to be me in the now. In the five years I’ve been here, that’s changed. But I seem to always seem to find some sort of support here just as these other Dining Services students have.

Shelby Braman: I’m grateful because it’s on campus so they are understanding with class schedules and extra credit opportunities. I also have great bosses who can make me laugh on the worst of days and will listen to me when I need to talk about stuff.

Jenna Johnson: I’m grateful for working at Dining Services because I met some wonderful people that I wouldn’t have met if I didn’t work at the MP.

Denis Mundere: The Managerial experience I’ve gotten as a personnel supervisor at the MP.

Mandy Dye: I am grateful to Stone Creek for the knowledge it has given me about sustainable coffee practices. Learning about fair trade, shade grown, and organic blends has been an enriching journey.

So thank you! For whenever I get too wrapped up in the nonsense of my own hustle and bustle I have fellow co-workers like you who bring me back to the present. Which is the greatest gift I could be given.
ALL ABOUT TEA

HISTORY OF TEA

According to legend, tea was discovered in 2737 BC by Chinese Emperor Shen Nung, who discovered that the tea leaves that accidently blew into his water tasted really good! Tea is mostly produced in the countries of India, China, Sri Lanka, Argentina, and Indonesia.

How can you benefit from tea?

- Cancer fighting antioxidants
- Cholesterol lowering polyphenols
- May lower risk of heart disease
- Small amount of caffeine speeds up metabolism
- Strengthens teeth with naturally present fluoride
- Hydrating alternative to water

CAFFEINE CONTENT

- Tea has an average content of 40 mg of caffeine per cup
- Coffee contains 100-200 mg
- 8 oz energy drink contains 70-80 mg
- Decaffeinated tea is also available as a relaxing, pre-bedtime beverage!

Brewed tea has no calories, carbs, fat, or sugar making it a very healthy drink. A cup of tea is perfect to help keep you warm this winter and tea is available in both dining halls as well as Starbucks. Note: Iced teas often have been sweetened so check the sugar content on the nutritional facts and ingredient label to make sure there is no added sugar.

VARIETIES OF TEA

White – Naturally sweet with little caffeine.
Black – Full-bodied and strong with high caffeine.
Green – Clean and delicious with EGCG, a highly desired antioxidant.
Oolong – Fruity aroma and helps burn fat in the body

There will be a tea presentation on January 17th in the Den and January 22nd in the Marketplace. Stop by and check it out!

LIVE WELL, WILDCATS! TO REACH US: LIVEWELL@NMU.EDU