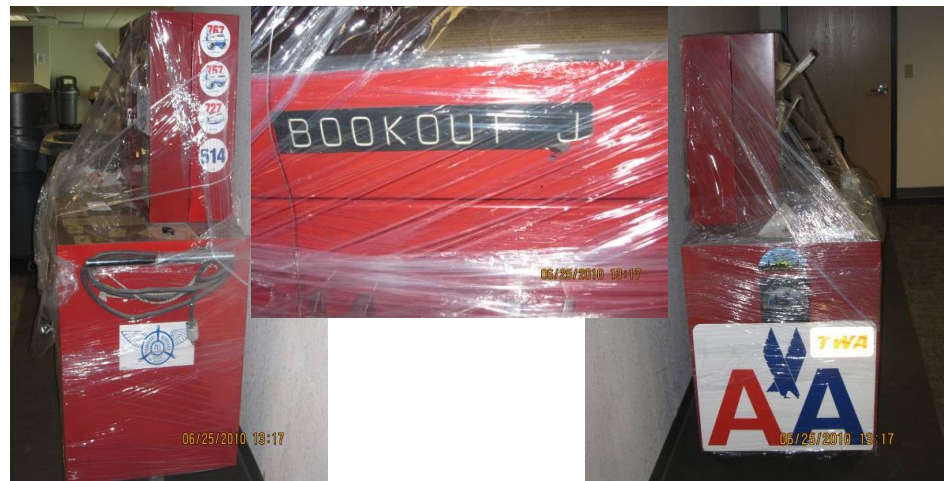


Veterans Committee

The Veterans Committee will be handing out shirts to the Claremore Veterans Hospital patients on July 4th at 11:00 am. Volunteers are appreciated. For any questions, contact Jenni Proctor-Timms at 437-4300. Thank you!

A Former Member's Widow Needs our Help

Ms Bookout, widow of Jeff Bookout, ask assistance in giving Jeff's toolbox a new home. Ms Bookout gave her permission and requested that TWU Local 514 hold a drawing for Jeff's toolbox. Tickets will be available from Shop Stewards following Stewards meeting on July 12 at a price of \$1.00 per ticket or six tickets for \$5.00. All money for the drawing must be turned in no later than August 27, 2010. The drawing will be held at the August 30, 2010 membership meeting.



Mr. Mayor

Wow what an accomplishment, for a union brother who started his aviation career with TWA in 1979 in New York as a Fleet Service Clerk. The Brother's name is Tom Daly, and is a member of TWU Local 514, in San Antonio, Texas. Tom is currently serving as Vice Section Chair of Fleet Service at San Antonio. Tom and his wife, Yvonne, who happened to be a Flight Attendant at the time, decided they wanted to move closer to his wife's family in Texas, so Tom put in his request for a transfer, and moved to Selma, Texas, right outside San Antonio in 1995. Tom said, "I've never run for a public office before and decided this year as a concerned citizen, to run for the office of Mayor, of Selma, Texas." Tom competed against a ten year veteran of politics. Tom said, "I went house to house, giving my message of why I felt I should be the next Mayor." On May 13, 2010, Tom was elected Mayor of Selma. Tom said, "It was a huge political upset." The local paper headlined "Shocker in Selma". Tom has been in office for about 2 months now, and even as the new mayor, still makes sure that he goes out every night and knocks on doors. Tom said, "I could knock on their doors before I was mayor, I can still meet the people I work for as their mayor".

TWU Safety Corner

The Dangers in Drinking Soda



Most people are not aware of the dangers involved with drinking soda. Many regard soda as a harmless soft drink. In this article, we will go through some of the most common ingredients found in soda and why they are dangerous to your health.

The first ingredient and most plentiful is, of course, water. The water contained in soda is not to be considered a good source of water. The water in soda is carbonated. That means that the gas carbon dioxide is injected directly into the water. And yes, that is the same gas that we exhale as a waste product.

Phosphoric acid may interfere with the body's ability to use calcium. This can lead to osteoporosis or softening of the bones and teeth. Phosphoric acid also neutralizes the hydrochloric acid in your stomach, which can interfere with digestion. Your body needs an acidic environment in the stomach to digest nutrients.

This leads to a side discussion about Tums antacids with calcium. Tums acts as a buffer to decrease the acidity of your stomach. Yet your stomach naturally has an acidic environment to digest food. It seems logical that a substance that interferes with the pH of the stomach will interfere with the digestive functions of the stomach. How will the calcium from the Tums be absorbed after changing the pH of the stomach? It would be better to determine the cause of the indigestion and treat it properly.

Ok, Ok...back to the soda!

Sugar is one of the leading causes of obesity. By consuming soda you are taking in large amounts of sugar which is an inflammatory substance to your body. Estimates of the amount of sugar in one can of soda range from 8-10 teaspoons.

Sugar also increases insulin levels. This can lead to high blood pressure, high cholesterol, heart disease, diabetes, weight gain, premature aging to name a few. The sugar contained in soda can also contribute to tooth decay. The acid in the soda also eats away at tooth enamel. So there are two ingredients that adversely affect your teeth. Does it still sound sweet?

Aspartame is a sugar substitute. Consumption of it can produce brain tumors, birth defects, diabetes, emotional disorders and epilepsy/seizures. Further, when aspartame is stored for long periods of time or kept in warm areas it changes to methanol, an alcohol that converts to formaldehyde (which is used in embalming) and formic acid, which are known carcinogens.

Caffeine dependence is a real problem in this country. Just a note--every cup of coffee requires you to consume 2 cups of water because coffee dehydrates you. The explosion of high energy drinks is alarming. What makes it worse is that they are being marketed to kids. They contain large amounts of sugar and caffeine.

These substances give you a short burst of energy that wears off quickly leaving you with the desire for another shot. Make no mistake, caffeine is a drug. Do not hook your children on it. Should they have soda machines in schools? Now you understand why soda has been linked to obesity, tooth decay and heart disease.

Soda has also been linked with osteoporosis. It's not as far fetched as you might think. Let me explain. Soda is very acidic, so when you consume it your body has to lower its acidity. This is called buffering. To do this, your body uses calcium. Where does your body get the calcium from... you guessed it, the bones! Consumption of soda over long periods can reduce the amount of calcium in the bones.

Source: <http://ezinearticles.com/?The-Dangers-in-Drinking-Soda&id=2204045>