

LINKS

Your Link to Lifelong Learning

Vol.13 No.1 Student Publication of the Bernard Kleiman JobLink Learning Center June, 2008

JobLink and Your Health!

By Diane Lentz

Health...physical condition, fitness, well being, mental awareness, strength and vigor ...these are just a few of the things that make up our concept of good health.

Why is JobLink focusing on this aspect of your life? Where are you in regards to your health?

This June, JobLink will be celebrating its **18th year** providing educational opportunities to Local 1010 members, as well as, active steelworkers from Northwest Indiana steel mills.

We've worked very hard to meet

one of the primary goals of the career development program. That goal is to "Provide education, training and counseling which will enable employees to have more stable and rewarding personal and family lives, prepare for alternative career opportunities at the workplace, and secure a long and meaningful retirements."

We take this goal very seriously as this is your negotiated benefit. We want you to have the opportunity to experience the best of both worlds.

Take a moment to think about all that JobLink has to offer you. Read the various articles written by people who

want to help you have the life and education that you want and deserve.

Visit the vendors at our **Education Fair on September 3** to learn more about the new opportunities that are available at JobLink.

It's important to live for today, but you need a plan for tomorrow. **Make sure that good health is part of the plan, both mental and physical health.** JobLink's courses offer you a unique opportunity to grow and expand your knowledge in new and exciting directions.

Remember: A strong mind helps build a strong body!

Editor's note: This is Chapter One of the book J. Gutierrez is writing about growing up in East Chicago.

The Voge Theater by Joe Gutierrez

Author's note: This story's about a neighborhood, yours and ours too ...when our hair wasn't gray and a cup of coffee cost a nickel...a movie, 15 cents...and popcorn and a soda cost a whole dime. And when you're finished with my story, maybe, just maybe you'll sit down and write yours.

People. Gossip. Death.

Didn't mean much back then. We were just kids. Late forties in the Region. We knew the words but didn't know what they meant.

But I do now.

Grandpa said we're all neighbors, but some don't know it. And we're all

on the same journey, but there're some who only pay half fare and get a free ride, but most don't. Most people are good, but there're some out there who don't know what good is. But if either need help...you gotta help 'em. If you can. And then there're some that just don't understand that when you cheat someone, you cheat yourself. Best keep you eyes open and your hand on your wallet.

The first time we heard about Harry Ahrens and his golden-domed roof and other people in the neighborhood, we paid little attention. In fact, we really didn't spend a whole lot of time thinking or talking about anything except whose garden we raided, or how many roofs we wanted to climb, especially Ahrens', or how much pocket change we could earn by collecting and selling pop bottles, or

where we could find copper, brass or scrap iron to sell to the neighborhood junk man.

Up to that time, sneaking into the Voge Theater was the most exciting thing we ever did. That was until "Pimples", the head usher, told the manager how we snuck in through the back door. Once that happened, our demise was inevitable. The manager's name was Mr. Sullivan and he let everyone know he was a retired policeman. He stood taller than Sam the corner cop and Sam towered over all of us. Mr. Sullivan instructed Miss Hendricks, who worked the ticket booth, to call him



(Continued on page 3)



In cooperation with The School City of Hammond



Institute for Career Development



ArcelorMittal



From Diane's Desk

Diane Lentz
JobLink Coordinator

How Healthy is JobLink?

Everyone keeps asking, "We know the overtime opportunities are high, so how is that impacting JobLink?"

It's very obvious that when steelworkers have a choice of overtime opportunities or taking courses, the overtime \$\$\$ often wins out. However, *many steelworkers* realize that by continuing in their courses, they are giving themselves financial and personal security for many years to come.

Whether steelworkers are planning for retirement careers, building better brain health through lifelong learning, or taking courses that are helping them with today's problems, they are investing in themselves. A simple thing like learning to repair computers, appliances, outboard motors, small engine equip-

Here are some JobLink facts for 2007:

*5658 steelworkers have come to JobLink since we began in 1990.

*207 steelworkers took their first course in 2007.

*705 were continuing students from previous years.

***912 is the total of new and continuing students who came to JobLink in 2007.**

That gave JobLink a yearly participation rate of **24.9%** of the current workforce.

(Continued on page 4)

...Viewpoints...

Steve Wagner
Local 1010 Representative

The Choice is OURS to make!

We all make choices in life. The company that we work for, the jobs that we bid on, the candidates that we vote for, the person that we marry... or not, the doctors that we see, and the vehicles that we drive. All in all, there are many other choices that we make throughout our lives but none is more important than the lifestyle we choose to live.

In case we haven't noticed....Joblink is helping us develop healthy lifestyles. Whether it is taking an electrical course, a cabinet making class, a computer class or one of the health-minded classes, we have the capability of improving our lifestyles through learning.

For instance we have a number of health related classes: Yoga, Weight Watchers, Brain Health...just to name a few. These classes collectively provide a large number of really healthy benefits such as:

- Bringing down stress and enhancing powers of relaxation
- Boosting physical strength, stamina & flexibility
- Bestowing greater powers of concentration

(Continued on page 4)



Tim Kinach
Management Representative

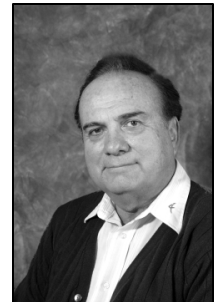
A healthier life

We all know what health is, right ?

It means being in really good shape, physically, right ? Well, wait a minute. The word "health" has come to mean more than just being physically healthy. For instance, we moderns talk about mental health and physical health, but also about the health of inanimate objects, like the health of the nation or the health of a company. And how does the ICD JobLink connect itself with health in any of these categories? Well, there is a direct connection.

JobLink offers various adult education courses aimed at both physical and mental health improvements. In my last article for this newsletter, I mentioned how the JobLink courses exercised the brain (remember "neurobics"). JobLink classes can foster a healthier brain, which will serve its host well into old age. They can also foster a healthier body, not only in the manual dexterity emphasized in some classes e.g. yoga, dancing, etc., but also in hand – eye coordination required in the various arts, building, and handicraft classes offered. And how do the Job-

(Continued on page 5)



Links is a student publication of the Bernard Kleiman JobLink Learning Center
Student Editor: Tom Zmigrocki Assistant Editor: Joe Woessner Contributing Editor: Marcia L. Taylor
JobLink Subcommittee: Diane Lentz, Tim Kinach, Steve Wagner

Business Partnership Award

We are proud to announce that once again, JobLink has been recognized with an award for excellence. This year, there were four nominees for the annual Business and Industry Partnership Award given by the Indiana Association of Adult and Continuing Education: JobLink, the Shelby County Lifelong Learning Center, The Discovery Alliance from Valparaiso, and Wabash National Corporation in Lafayette. JobLink was chosen as the 2008 recipient.

The Business and Industry Partnership Award was established in 1992, and has been presented annually to an individual or agency (usually an agency) who has contributed to the successful

work of adult education programs in their region or community. Typically, the winner has provided both funds and resources such as space, and resources for either a workplace program or to their local continuing adult education

program. The past winners include the Tippecanoe Co. Sheriff's Dept., IUPUI/Ivy Tech, Goodwill Industries, Carpenters Local Union 2323, Verizon, and several others. JobLink received this award once before in 2000. Appreciation goes out to everyone – the union, the company, the ICD, the staff, the Friends of JobLink and especially our students – who help to make this program a *verifiable* success.



JobLink, the School City of Hammond and ICD staff receive the award at the Radisson

(Continued from page 1) The Voge Theater

whenever any one of us showed up to buy a ticket. And there was not getting by her because she knew us all, by face and by name.

Well, it happened, and it happened when it was my turn to buy the ticket. I knew something was wrong when I gave her the nickel and ten pennies. She gave me a funny look, then called Mr. Sullivan to the booth. He glanced over in my direction and grinned this smile that wasn't really a smile, and then quickly walked away.

(To finish reading this chapter, go to: bkjoblink.org and click on projects/student writers)

JOIN US –

For workshops, food & door prizes!

- ☞ Photography workshop
- ☞ Green jobs of the future workshop
- ☞ Stress management demonstration
- ☞ Chopper College demonstration
- ☞ Grilling techniques demonstration
- ☞ And door prizes!

*Mark your calendar
for September 3rd*



It's JobLink's *11 am to 4:30 pm*
Education Fair

Staff News

Who's Doing What at JobLink?

By Rick Barna

Stress for us steelworkers? So what's a divorce or two? Working on three? Child support? No big deal. Al E. Mony— someone you worked with at the coke battery? Or was it Plant 1?

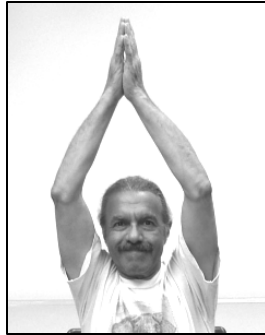
Enter the urban guru, Mike LaRocca, born in Chicago in 1944 like the blues song. A yoga teacher since 1970, Mike is a spry and wiry young man with an ever ready smile and a puckish sense of humor that speaks volumes of his vibrant love of life. *The Force is Strong in this One!*

Forty-five weeks of the year he teaches yoga at various venues: Merrillville, Highland, South Suburban College, Moraine Valley Community College, Blue Island, the Beverly and Pullman neighborhoods of Chicago, as well as JobLink for over three years now. Mike's also taught at Purdue University Calumet for eighteen years, and at Moraine Valley Community College for 35 for which he was awarded a service award.

Having served our country in the Army, he was honorably discharged in 1967. After his return, his father passed away and Mike was understandably depressed. He began reading about Zen and eventually dug deeply into the writing about yoga.

Mike began studying classic yoga four times a week with Mr. Nerode, a Yogi. After a couple of years, he was one of four chosen by the Yogi to carry on the work of teaching. Mike remained a student and friend of Mr. Nerode's until he passed away at the age of ninety-five.

Because of his five decades of studying yoga, as well



as four decades as an active teacher, Mike is able to present activities that even beginning students are able to do with ease. He instructs his students to pick out the ones that feel comfortable and to practice *asanas* (Yoga positions) at home, gradually increasing each student's repertoire, to build up a personal exercise regimen. These are generally low impact activities, stretching, then exertion followed by relaxation.

His class, *Ancient Wisdom for Modern Living*, that he teaches so well also works so well! Mike emphasizes the complete yoga breath, conscious inhalation and exhalation through the nose. Wow, sacred cow! Simple breathing as a way to relax, relieve tension and have more energy. I probably never would have thought that strengthening my abdominal muscles would aid or even prevent backaches, which I considered to be sad but inevitable rites of passage into middle age, along with a host of other physical maladjustments to life.

JobLink students get help in coping with modern day stress and pain from work injuries, gaining increased flexibility and thereby helping to prevent future injuries. Mike uses the analogy of a mountain climber to help us serenely segue into meditation. When we are in the valley, we see only that which is in front of us. As we ascend the mountain, we are able to see from a distance and begin to have a more complete understanding. "So also in meditation, with the help of the physical Yoga which relaxes us, we gain perspective and move toward wisdom."

(Continued from page 2) Diane Lentz

ment will save steelworkers many dollars long after the over-time money is spent.

We know with gas prices, food prices, home costs, over-time money is necessary. However, we also want to make sure that you will have money in the many years ahead - money and opportunities from courses that you have taken at JobLink. Given the competition for time that Local 1010 steelworkers are facing, we are all proud of our participation rate. So let's make JobLink healthier in 2008 than it has ever been!

(Continued from page 2) Steve Wagner

- Inculcating impulse control
- Helping in rehabilitation of old and new injuries
- Intensifying tolerance to pain and mental clarity
- Boosting immune system functioning
- Enhancing posture and muscle tone
- Improving blood circulation

The results can be amazing:

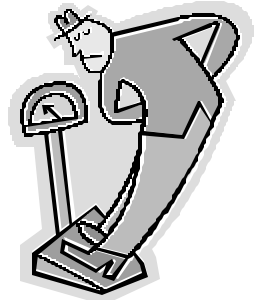
- Healthy, glowing skin
- Overall organ functioning
- Peace of mind and a more positive outlook to life
- A sense of balance and internal harmony

We negotiated these education benefits for us to use...so go ahead and pick a more traditional JobLink class or one of

the more health-minded classes.

The learning experience we gain will help us in life.

This fall make another choice in life— pick a class from the JobLink catalogue or from the learning institution of your choice.



Words To Remember!

The greatest thing in this world is not so much where we stand as in what direction we are moving.

Goethe

Computer Pathways

by Marcia Taylor



Are You Ready To Certify?

JobLink has long been in the business of helping you meet your goals, personal or work related.

That's one reason we offer a number of certification programs for you. Our list of computer certification courses is always growing:

- A+ Certification
- Cisco CCNA Certification
- Computer Security Training Certification Preparation
- MCDST II Certification

Possibly the most popular entry-level computer certification is A+. This is an excellent certification for anyone looking to enter into the world of information technology because it demonstrates expert knowledge of both hardware and software technologies allowing you to maintain and service computers.

Understandably, this course is not short, the current session began June 2 and will end in November. Instructor Bill Needles will begin a new course in 2009. Check out our winter catalog for the details.

(Continued from page 2) Tim Kinach

Link classes improve the health of an inanimate object, like ArcelorMittal? Well, ArcelorMittal is its employees. A healthier employee, both physically and mentally, is certainly a more productive and valuable employee, both in terms of energy and creativity. More productive and valuable employees make for a more dynamic, creative, and healthier company. To carry that concept forward to its logical conclusion, healthier companies make for a healthier, more vibrant nation.

JobLink is very proud of Steve Murzyn of the #2 Cold Strip who completed his first Microsoft Certified Systems Engineer (MCSE) exam with a *perfect score*. Steve humbly reacted, "This is just the beginning."

He's referring to the entire certification process. This rigorous course requires the completion of seven certification exams. The MCSE credential is the premier certification for professionals who design and implement the infrastructure for business solutions based on the Microsoft Server 2003 platform. Their implementation responsibilities include installing, configuring, and troubleshooting server-based network systems.

Steve is off to a great start having completed the 1st exam with a perfect 1000 out of 1000.

Way to go, Steve!



Instructor Bill Needles at computer, along with students Nick Klekot and Steve Murzyn (seated).

Answers to the Fast Food quiz on the back page...



1. **b** (Wendy's nuggets have 30 grams of fat, a chicken sandwich has 40)
2. **a** (A double quarter pounder has 740 calories, a burrito has 680)
3. **b** (The frosty has 70 grams of sugar, the blizzard has 144)
4. **b** (The fish has 660mg of sodium, the KFC sandwich has 1200)
5. **a** (Don't be snookered on this one—eating a salad in this case is *not* heart-healthy. The salad has 14 grams of saturated fat while the McNuggets only have 5)

Joblink Reminder



*Enjoy your summer...
JobLink's summer hours are
Monday—Thursday
8:30 am to 5:30 pm
Closed on Fridays*

Bernard Kleiman *JobLink* Learning Center
Mittal Steel Indiana Harbor
3210 Watling Street (7-200)
East Chicago, IN 46312

JobLink Friends:

Rick Barna	[3 C/S E 80" Tandem]
Ken Bogucki	[Utilities 5A/C]
Jaime Calderon	[#2 Cold Strip]
Tom Christman	[80" Hot Strip]
Jesse Flores	[Plt. 4 Maint.]
Linda Golden	[#1 Slab Caster]
Julian Gonzales	[MHS]
Bob Guevara	[Plt. 1 Galv.]
Randy Hendrix	[Plt. 2 Electrician]
Kevin Kelly	[IN Harbor Coke]
Ed McHaskell	[Coke Energy]
Mike Nelson	[4BOF Mech Turn]
Gail Richardson	[3 Cold Strip West]
Phillip Rodriguez	[5 AC/Utilities]
John Shultz	[3 Cold Strip West]
Genfu Tai	[R & D]
Jerry Torres	[MEU]
Nick Valle	[Union Hall]
Dan Vertucci	[3 Cold Strip, Mechanical]
John Walker	[#4 S.P.]
Joe Woessner	[Plt. 1 Machine Shop]
Tom Zmigrocki	[Plt. 1 Machine Shop]

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PERMIT # 24

Fast Food Quiz

*How much do you know
about what you're putting
into your mouth?*

1. Which item has more fat?
 - a. 10 nuggets from Wendy's
 - b. a chicken sandwich from Burger King
2. Which item has more calories?
 - a. McDonald's double quarter pounder w/ cheese
 - b. Taco Bell "grilled stuff burrito" with beef
3. Which has more sugar?
 - a. a large Wendy's frosty
 - b. a large chocolate chip cookie dough blizzard from DQ
4. Which item has more sodium?
 - a. McDonald's filet-o-fish
 - b. KFC double crunch sandwich
5. Which has more saturated fats?
 - a. Wendy's Chicken BLT salad
 - b. a 10-piece order of chicken nuggets from McDonald's



Adapted from the website: nutrition.about.com
Look for more information on nutrition there.

? Check your answers on page 5.