

REPORTER



OFFICIAL PUBLICATION OF USW LOCAL 2-232

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DECEMBER 2007

President's Report by Scott Godshaw

Very Successful Productivity

At Briggs, the Productivity Reward checks for departments 716, 797 and 700 will be distributed on Wednesday December 12th. There will also be a mandatory meeting that day to reveal the amount. The 1st shift meeting will be at 2:00p.m and the 2nd shift meeting will be at 2:30p.m. At the Service Division, there will not be a Productivity Reward for the final period because they only obtained approximately 76%. You need over 80% to achieve a payout. However, the new Productivity Reward system went into effect at Service on September 17th and there has been a reward every week. Twice the members at service reached the \$1.00 incentive and the rest of the weeks they received a .65 cent incentive. Everyone has done an incredible job in all the Productivity pools. And not to mention, areas that are not in a Productivity area are also doing a fantastic job, otherwise those parts would not be here in Milwaukee. For example, tappets in dept. 765, the people there made some changes and brought the cost down. Recently a company tried to bid on our tappets. They came with-

in 6 cents a tappet. This is a large difference considering we make millions and millions of tappets. So, what does Briggs do? They invite this company in to see how we do it. This is absolutely ridiculous and very disappointing. It just goes to show you that even if we remain competitive as they always say, "We have to be competitive", they will still look for a way to get rid of something. Which brings us to the coil department, we are still competitive and are constantly being challenged. However, at this point, Briggs is not bringing in our competition and showing them how we do it. I was informed that if Briggs did want to bring someone in, that would be out of anyone's control. Also the rumors about coils being gone by May of 08 or even September 08 are false. As I had been told before it would take 9 to 12 months to completely move coils out once an announcement is made. This past week, with all things considered, **IF** an announcement were made, we were told this would take approximately 11 months, which certainly

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January Membership Meeting

Sunday

January 27, 2008

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.
- Election for Briggs 1st and 3rd shift Grievance Rep
- Discussion and vote on By-Law
- Nominations for Executive Board and Strattec Bargaining Committee members (2)

NOTICE:

January Membership Meeting

GRIEVANCE REP ELECTION

An election will be held for the
Briggs 1st and 3rd

Grievance Representative

NOMINATIONS

Nominations will take place for the
Following Positions: President, Vice
President, Financial Secretary
Treasurer, Recording Secretary,
Briggs Trustee, Strattec Trustee,
Guide, Sergeant at Arms and the 2
Strattec Bargaining Committee
members

News from Governor Doyle's Office

Governor Doyle to Establish New Department of Children and Families

Names Reggie Bicha Secretary
MILWAUKEE – Governor Jim Doyle announced today that he will establish a new Department of Children and Families as of July 2008. The department will help shape the future of children in Wisconsin by ensuring that every child has the opportunity to grow up in a nurturing family and community. The Governor also announced that Reggie Bicha, currently the Division Administrator of Children and Family Services at the Department of Health and Family Services, will be the inaugural Secretary of the Department of Children and Families.

“The single most important thing we can do today to ensure a strong, successful future for Wisconsin is to invest in our children and families,” Governor Doyle said. “The new Department of Children and Families will help strengthen families and ensure that Wisconsin children grow up safe, healthy, and successful.”

The new Department of Children and Families will be Wisconsin's first cabinet agency devoted exclusively to helping and protecting kids and families of the state. It will unify more than 30 services currently divided between the Department of Health and Family Services (DHFS) and the Department of Workforce Development (DWD). In creating the new department, Wisconsin will improve outcomes for children and families by providing more seamless, integrated, and family-centered services that are focused on accountability and results.

The new agency will have a budget of over \$1 billion and have more than 500 employees in Madison, Milwaukee and around the state. The agency will manage the following services:

- Wisconsin Works
- Wisconsin Shares - Child Care Subsidy

Program

- Child Support Enforcement
- Child Welfare and Milwaukee Child Welfare
- Home Visitation
- Foster Care
- Special Needs Adoption
- Kinship Care
- Brighter Futures
- Domestic Abuse
- Child Care Licensing
- Community Service Block Grant

Governor Doyle also announced that he is appointing Reggie Bicha, 38, as Secretary of the Department Children and Families. Bicha will lead the transition process for the new department and will remain in his current role as Administrator of the

Division of Children and Family Services until July 1, 2008.

“Reggie Bicha brings experience and profound commitment to this critical task, and I'm pleased that he has accepted this appointment as Secretary of Children and Families,” Governor Doyle said. “There's no doubt he will be a strong advocate for children across the state in his new role.”

“As a former child welfare social worker, foster parent and educator, I am honored to accept Governor Doyle's appointment as Secretary of the Department of Children and Families,” Bicha said. “Through the establishment of this new department, children and families throughout Wisconsin will have a stronger voice in state government. We will work hard to set a new course for families in our state – a course that assures that every child in Wisconsin has what they need today to be successful tomorrow.”

Bicha is currently Division Administrator of Children and Family Services at DHFS and has also served as DHFS Deputy Secretary. Bicha has led the department's comprehensive review of Bureau of Milwaukee Child Welfare cases, working with community leaders to improve the child welfare system in the city.

Bicha has 15 years of social work experience - 12 of those years were in leadership roles, including serving as the Pierce County Director of Human Services. He also served as Vice-President of the Wisconsin County Human Services Association and Chaired the West Central Wisconsin – Care Management Collaborative, which is a group of nine counties and three private organizations working to develop a public/private managed care system to expand Family Care and serve seniors and people with disabilities. Bicha was also appointed by Governor Doyle to the Child Abuse and Neglect Prevention Board in 2003, and was a foster parent from 1995 to 1998.

Governor Doyle Opens New Milwaukee Intermodal Train Station

\$17 Million Project Creates New Economic Gateway to Milwaukee

MILWAUKEE - Wisconsin Governor Jim Doyle joined U.S. Senator Herb Kohl, Wisconsin Congresswoman Gwen Moore, Wisconsin Department of Transportation Secretary Frank Busalacchi, Milwaukee Mayor Tom Barrett and other state and local officials and business leaders today for the grand reopening of the downtown Milwaukee Intermodal Station. The new station is the result of a \$17 million transformation of the downtown Milwaukee Amtrak station into a modern intermodal facility that will serve as the economic gateway to Milwaukee.

“Today we are celebrating the completion of a

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new project; one that we know will have a positive effect not only for this station, but for the city of Milwaukee and Wisconsin, as well," Governor Doyle said. "The Milwaukee Intermodal Station is already providing travelers with a stunning gateway to wherever Amtrak and our intercity bus partners go."

The new intermodal facility will serve Amtrak Hiawatha Service and Empire Builder trains as well as Greyhound, Lamers, Wisconsin Coach and Indian Trails bus lines. Milwaukee County Transit and local taxi companies also provide service to the station.

Governor Doyle thanked Senator Kohl and Congresswoman Moore for helping secure about \$7.4 million in federal funds for the project. The city of Milwaukee provided \$6 million, and the state of Wisconsin over \$528,000. Milwaukee Intermodal Partners, which is managing the new facility, contributed nearly \$3 million to the remodeling effort.

"This station is a testament to what happens when federal, state and local officials work together," Senator Kohl said at the ribbon cutting. "For myself, and all the residents of Milwaukee, this station will be a source of pride. For visitors, it will serve as a reflection of our forward-looking, vibrant city."

"This is such great news for Milwaukee and its communities – this project has improved our transportation infrastructure, which will help promote economic growth and lessen congestion in our area," Congresswoman Moore said. "These renovations and upgrades will help to keep the Milwaukee area competitive in a global economy and provide new jobs for local workers. I am proud to have worked together with Senator Kohl to secure the important federal funds that brought this project to fruition."

"I am proud of our partnership in this project to add a dynamic transportation gateway to Wisconsin in the state's largest city, offering visitors yet another stunning impression of Milwaukee," said Mayor Barrett. "At the same time, the station is the heart of a new comprehensive transit vision for Milwaukee. This vision will utilize multiple modes of transportation, connect nearly 30,000 workers to jobs, boost development across the City, and upgrade and modernize the region's transit system." Along with the construction of a new three-story, glass-enclosed galleria and other exterior renovations, the interior of the remodeled facility features a new lobby area serving Amtrak and intercity bus customers, as well as restaurant and other retail business opportunities. The second and third floors were also refurbished for new tenants, including the new State Traffic Operations Center. A new parking area has also been provided. Some 22 minority or women-owned disadvantaged business firms were involved in over \$3 million of the renovation work.

Milwaukee Intermodal Partners, LLC, is managing the facility through a lease with WisDOT.

The original building opened in 1965.

Briggs Retiree Club

On December 2nd, we had our Christmas party at Alioto's Restaurant. The food was great. The door prizes were numerous and a good time was had by all.

All members received a program of events for the coming year. We now have a signed contract with the Elks Lodge located on 55th and Good Hope Road. The majority of our events will be held at the Elks Lodge including luncheons, Bingo and card playing.

Our 2 summer picnics will be held at Schwabenhof Restaurant located on West Silver Spring Drive. The Christmas party will again be held at Alioto's.

Anyone who has retired from Briggs & Stratton is welcome to join. Spouses or companions are also welcome. Come on out and join the fun and companionship of your friends who you spent many years with in the plant.

In the event of an illness, please contact Doris Reinke at 414-463-3458.

Have a wonderful holiday season.

Fraternally Yours,

Doris Reinke

Recording Secretary



LOCAL 2-232 REPORTER

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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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Jackie Goodwin, Karen Clark, Dean Wegner

Strattec Bargaining Committee: Scott Godshaw, Milton Dawson,

Dennis Nowak, Al Olivares

Rapid Response - Legislative Conference

by Allen Evseichik

I had the honor and privilege of attending this conference on Wednesday October 31st and Thursday November 1st. The conference was held in Madison at the Madison Concourse Hotel. The conference began with the National Anthem and a welcome from the Mayor of Madison, Dave Cieslewicz. Opening comments were presented by Jon Geenen, the director of USW District 2, which includes Wisconsin and Michigan. Jon discussed with us the major decline in manufacturing jobs in the U.S. since 1957. He shared with us the fact that 1% of the population controls 50% of the wealth in the nation. On a sad note, Jon informed us that there have been five lives lost on the job in the past 18 months. The decision has been made to honor these lost lives with a bronze plaque for each individual. These memorials will be on display in the US. District 2 office. This practice will now continue for any lives lost while at work. Jon continued his presentation by explaining and stressing to us the importance of Rapid Response. The Rapid Response system is designed to teach people the importance of taking quick or "rapid" action in passing critical bills in the legislature. For example, Burlington Coat Factory was found to be selling outerwear which was partially composed of dog and cat hair. This fact was discovered when the contents of the garment was printed on the label of the coat. In order to bring a halt to this horrendous practice, a bill would need to be written and passed. Ordinarily, this procedure could take 218 days, but with the Rapid Response system, a new bill was developed within two weeks which prevented the continued use of dog and cat hair.

Our conference continued with a presentation by Tim Waters. Tim is the USW Rapid Response director. The focus of Tim's discussion was that of "Taking Back our Economy". He began by stating the results of a recent survey which he presented to a group of high school students regarding the role of the economy. This survey pointed out that, in their opinion, the economy should take care of the citizens of the United States. Tim also pointed out that in the years from 1947 to 1972, productivity and wages were at a balanced state. However, from 1972 until present day, productivity has increased greatly compared to the small to moderate increase in wages. Since the middle 80's, 3.2 million jobs have been lost to offshoring, outsourcing and the free-trade act.

Our afternoon session continued with a visit to the State Capitol Building. We were divided into groups according to our Senate District. My group had the opportunity to meet with a staff member for State Senator Mary Lazich and a staff member for State Representative Mark Gundrum. The representatives

began by discussing the Worker Freedom Act with us. Simply stated, the Worker Freedom Act recognizes that privacy protection for employees is a growing issue. The purpose of the act includes protecting deep and personal beliefs which are held by the workers. Employees should have the right to the religious and political beliefs of their choosing, without fear of retaliation. This act does not limit the employer's free speech; however, it does prohibit employers from using their power to force employees to listen to topics and views not related to job performance. Finally, this legislation does not interfere with religious or political organizations. Both representatives concluded that they would have to speak to their perspective legislators regarding the possibility of their support for this bill. We proceeded to discuss the Equal Pay Protection Act. It was pointed out that the fight for equality in the workplace for women and people of color is far from over. It is hard to believe that nearly half of the workforce is being paid less than their colleagues for doing the same or comparable jobs. These underpaid workers are working women and working women of color who suffer even more due to these greatly unfair labor practices. Statistics show that nearly 30% of working women earn all of their family's income and 60% earn about half or more. Wisconsin families lose more than \$4,000 per year due to unequal pay practices. The representative for Mark Gundrum felt that he could not commit to a response and did not know if Mark would support this bill. The representative for Senator Lazich felt that the Senator is very sensitive to the feelings and hardships of the women of Wisconsin and stated that she would urge the Senator to support this bill.

The conference continued on Thursday with the formation of small groups which discussed the material which was presented to everyone on Wednesday. Closing comments were presented by District reps Tom Nelson, Gordon Hintz, James Kreuser, and Senator Dave Hansen, all of whom are in support of the USW and their efforts to care for all of their members. Final comments were presented by Tim Waters, Paul Footit (USW. District 2 Rapid Response Coordinator for the Rapid Response Team Building in Wisconsin), and Jon Geenen urging the membership to become aware of the Rapid Response System; the only existing Rapid Response System in the United States! They stressed that it is essential for the union members to be involved, be concerned, and be informed. Knowledge is power!

In solidarity,
Allen Evseichik
Vice President
USW Local 2-232

President's Report continued from page 1

falls within that range. So, every day that there is NOT an announcement, is a good day.

The Dentacare directory that we received from Briggs was not an updated version. The reason this was discovered was someone had asked about the new Forward Dental clinic in New Berlin. All the Forward Dental Clinics are part of Dentacare and we didn't see a reason why this one was not included. This clinic opened in February of 2007. The directory we received was dated August of 2007. After e-mails back and forth from the Briggs benefits department and Blue Cross, they finally sent us the revised directory, which included the new clinic. This directory was dated 10-25-2007. So, if anyone wants to change to that clinic, they still can do that by going into benefits department at Briggs and let them know of your change to the new clinic.

I was out at Strattec last week and I did notice they did receive the updated version of the Dentacare directory.

Also at Strattec, the company supposedly timed a line that is on piecework and dropped a couple of the rates considerably. The grievances have been written. We have been in contact with Bob Molenda, our former Time Study analyst, and he will be coming in to time the line for the Union. Bob has the best knowledge of these lines as he handled Good Hope exclusively back then.

As has been discussed at the last membership meeting, we still have been battling the "A" and "B" set up situation. We did submit a proposal to Strattec regarding this and have been awaiting the company's response. We hope to hear something by next week.

For 2008, Strattec offered another medical insurance plan, even though it is still based on the Healthy Consumer plan. On the new plan, if you took the Health Risk Assessment, whether you passed or not, you could save money on your monthly premium but your deductible and out of pocket maximum is higher. Members at Strattec had until November 30th to make their choices.

Next Membership Meeting

At the next membership meeting, which will be held on January 27th; nominations will be taken for Executive Board positions; President, Vice President, Financial Secretary/Treasurer, Recording Secretary, Guide, Briggs Trustee, Strattec Trustee, Sergeant at arms and the 2 Strattec Bargaining Committee positions.

Also because we did not have a quorum at the December membership meeting, we will hold the Grievance rep election for Briggs 1st and 3rd shift and we will also discuss and vote on the by-law.

I would like to wish everyone a safe, Happy and Healthy Holiday season.

Membership Meeting Recap

by Karen Clark

Our membership meeting was held on December 2, 2007 at 9:30a.m. at Frank Monreal's El Matador 9155 W. Blue Mound Road in Milwaukee.

Due to lack of a quorum, reports were given but no business could be transacted at this meeting.

Senator Lena Taylor was invited and spoke regarding her campaign for County Executive.

Reports of Officers

President Scott Godshaw reported on Productivity Rewards checks and the meetings. This also included the Service Division's new and old Productivity Reward. He stated that everyone has done an outstanding job, whether in a Productivity area or not, otherwise those jobs would be gone.

Scott reported on the coil department and the rumors surrounding that department.

He reported on the Dentacare clinic that was not in the directory that was issued to Briggs. The Dentacare directory at Strattec was the correct one.

At Strattec, Scott also reported on bringing in Bob Molenda to do a time study where a piecework rate had been cut and a grievance was written. He also reported on the problems with A and B set up at Strattec and also on a new medical insurance plan that was available to members.

Jesse Edwards reported on issues with the locker rooms, safety issues in the Testhouse, bereavement during the holidays and the coil department.

Milton Dawson reported on the problems with the A and B setup, an issue in the stamping department where they are told to run jobs through lunch and breaks. And he also reported on the log book in the ATTEC area that was resolved.

Jesse Edwards read Jackie Goodwin's report. The report included new information on the 401k and meetings concerning this. The report also stated the layoff in Department 780, which will be December 21st and the Productivity Rewards checks, which will be given out on December 12th.

Dean Wegner introduced himself and reported on the outside company that came to view our tappet operation in Department 765. He also reported on issues regarding a time change in maintenance. The starting time will remain the same.

Ross Winklbauer reported on the Union dues which was supposed to be increased in January 08, is now postponed.

USW International Rep Ernie Dex, who was in attendance at our meeting, reported on getting more members involved in workplace safety.

UPCOMING EVENTS

December 24- Xmas Shutdown

December 25- Christmas Day



January 1- New Year's Day



January 2- Return to work

January 21- Martin Luther King Day



January 27- Membership Meeting

February 14- St. Valentine's Day



February 18 - President's Day



March 17- St. Patrick's Day



Grievance Rep Reports

Strattec Security

by Milt Dawson

"A" and "B" Set Up

The Bargaining Committee presented the company with a written proposal due to the disparity between Set Up "A" and "B" issues. We received the company's written counter proposal on this past Wednesday December 5, 2007. In short, the company basically is looking to go a different route. They advised us that they would be open to some sort of positive change for all Set Up "B" Operators. The Bargaining Committee is in constant discussion with the company concerning this and other similar pressing issues facing our workers. The Bargaining Committee will be meeting with the company soon regarding all these issues.

Dept. 836 ATTEC

As you know, in my June report, I alerted you to fact that the company had installed cameras in this work area as a way of observing problems in the department. Well it seems that the cameras just were not getting the job done, so the company installed a sign in and sign out log book to keep better track of workers movements and their locations at all times (bathroom breaks, coffee breaks, water breaks, etc.). This was done as a way to collect data on who and for what reason a worker has to leave their department. After discussions with all concerned, I am pleased to say, that the log book is no longer in play. I wish I could say the same about the cameras.

Dept. 55 Plating

In the Plating department, the key line was recently time studied by the company. Needless to say, it didn't come out in the workers favor. A substantial amount was cut from the rate. The union advised the company through a grievance that we will have our time study person come and re-time the line.

Membership Information

December 2007

774 Members in Good Standing

539 in Briggs & Stratton Unit

235 in Strattec Unit

October Dues Payments

472 Dues Paying Members at Briggs

225 Dues Paying members at Strattec

697 Total Dues Paying Members

(Difference reflects members off work for lay-off, illness or other reasons)

Grievance Rep Reports

Briggs & Stratton Second Shift

by Jesse Edwards

Payroll Checks

No one will be allowed to pick up their pay check during the Christmas shut down. Your payroll check that's due on December 27th will be mailed to your home prior to that date. If you have direct deposit your check will be deposited by the 27th.

Locker Room

The company posted that they are currently reviewing the possibility of making use of a portion of the northwest locker rooms. According to the notice, you were asked if you used the locker room to change your clothes or to store your belongings. You were also asked to call Ext.5459 by December 15th. After this notice was posted, President Scott Godshaw and I met with management. They told us they have to find space for the usability lab and it would need to have an entrance from the outside. They can't have people going through the plant. The goal is to keep enough space for our members to have a place to change their clothes and store their belongings. Your steward will be approaching you soon asking you to sign a survey regarding the lockers room.

Test House / Safety

The company met with us regarding people working alone in the test house. In the past they have always staffed each test house with a minimum of two people per house. They stated at the meeting that if the work load didn't justify staffing with 2 people, they would move one to another area and a new security system would be installed and everyone would be given an alert type pager where when you press the button. Security, the supervisor and the paramedics would be notified and would respond immediately.

Bereavement

If you have bereavement during the Christmas holiday period, do not return to work on January 2, 2008. Instead you should call in your bereavement and take the time off beginning January 2nd. If you come to work and punch in, you will forfeit and lose your bereavement leave.

Coils

I recently met with the manager of the Coil department and was informed that orders are picking up. However, they plan to post for a voluntary layoff due to people returning from the rehab department. He also stated that there are plans to automate some jobs on the Banner line. When the union asked why, the reason given was to stay competitive. The people in this department have also been producing well above 100% of the standard.

Briggs & Stratton First & Third Shift

by Jackie Goodwin

Layoff

Some of the setup man in department 780 punch press were warned that they would be laid off this month. The department is scheduled to be eliminated but as of today the union hasn't been given the final notice. They will continue to run the department with a skeleton crew for now.

Holiday Pay

To be eligible for holiday pay you have to perform work in the half of the month in which the holiday falls. You also have to work the day before and the day after the holiday unless you are on a authorized leave such as vacation, layoff, sick leave etc. If you are retiring January 1, 2008, you would receive holiday pay from December 24th. through December 31, 2007.

401K

January 1, 2008 your 401K plan will be administered by Fidelity. There will be meetings to discuss the changes. You will be allowed to take a loan from your 401k however, you must pay the loan back before you retire or you could be subjected to a penalty. You can borrow up to 50% of what's in your account.

Meetings will be held at the Falls plant on December 12th and at the Burleigh plant on December 13th and 14th.

Productivity Reward

Service has a new productivity reward program. They have received a pay out every week since it took effect. At Bureligh,. the productivity reward pay out will be December 12, 2007. They will have mandatory meetings at 2:00p.m. and 2:30p.m. You will receive your check at the meeting.

Merry Christmas and Happy New Year.

In Solidarity
Jacqueline Goodwin

Lena Taylor

State Senator Lena Taylor met with the joint board on November 30, 2007. She is currently running for the office of County Executive of Milwaukee County. She explained her background, her education and the bills she supported in the senate. She also asked for and needs our support. She left literature with the union. If you would like to help and learn more about her please contact the union. She spoke very good and is an excellent candidate for this job. Merry Christmas and Happy New Year to all.

In Solidarity,
Jesse Edwards

Wellness Corner “You can’t live without it” Breakfast Is Good For Your Heart

by Karen Schroeder, MS, RD

Cardiovascular diseases—which include heart disease and stroke—are the number one killers of both men and women in the US. There are many risk factors for heart disease. Two major factors that are affected by our lifestyles are excess weight and diabetes.

In a study, researchers found that among 2,831 volunteers, those who ate breakfast were significantly less likely to be obese and develop type 2 diabetes compared to those who did not eat breakfast.

Here’s how the factors relate: having diabetes increases the risk of heart disease. Being overweight increases the risk of both type 2 diabetes and heart disease. Certain lifestyle habits, such as regular exercise and healthful eating, can reduce the risk of all three—overweight, type 2 diabetes, and heart disease. When these findings are put together, they point to breakfast as an essential component to a heart-healthy lifestyle.

How Breakfast Benefits the Heart

The exact effects of breakfast are not clear. One theory is that starting the day with a meal prevents a build-up of hunger and subsequent overeating later in the day, overeating that can lead to weight gain.

Another important theory relates to insulin resistance syndrome (also called metabolic syndrome and syndrome X). This syndrome is a combination of risk factors—overweight and obesity, high blood pressure, high fasting levels of blood sugar or the hormone insulin, high levels of triglycerides, and low levels of the good cholesterol (HDL). Excess body fat prevents insulin from working properly, therefore making the body insulin resistant. Insulin resistance syndrome can trigger the onset of type 2 diabetes and heart disease.

In the study, breakfast eaters were 35%-50% less likely to develop insulin resistance syndrome than breakfast skippers.

The good news is that insulin resistance syndrome and some cases of type 2 diabetes can be reversed or prevented through weight loss. Losing weight helps your body’s cells to be more responsive to insulin, and makes it easier to keep blood sugar levels under control.

Eat More To Weigh Less?

Since weight loss occurs when you take in fewer calories than you expend, skipping breakfast will lead to weight loss—right? Wrong. Just ask the 3,000+ members of the National Weight Control Registry. This is a registry of people who have lost 30 pounds or more and kept it off for at least one year.

A study published in the February 2002 issue of Obesity Research reported that 78% of registry members eat breakfast everyday of the week, while only 4% never eat breakfast. Researchers believe that the breakfast habit is a key factor in these members’ weight control success.

Looking at it from the other side, researchers from the University of Massachusetts found a link between skipping breakfast and an increased prevalence of obesity. This finding, published in the July 2003 American Journal of Epidemiology, was based on surveys of the weight status and eating patterns of 499 study volunteers.

Healthful Breakfast Options

Now that you’re convinced of the importance of breakfast, what should you eat? Try to include some of each nutrient (carbohydrate, protein, and fat), and at least one serving of fruit or vegetables.

Some options:

- 1 regular-sized bagel (think old-style Lenders, not bagel shop) topped with peanut butter and banana slices or dried fruit
 - 1 cup low-fat yogurt with fruit and ½ cup granola
 - 2 slices whole-grain bread with cottage cheese and a glass of orange juice
 - 1 cup cold cereal topped with fruit and soymilk or milk (1% or skim)
 - Choose cereals that are high in fiber (5 grams or more per serving), or “good” sources (2.5-4.9 grams of fiber per serving); good choices include Shredded Wheat, Wheat Chex, All Bran, Bran 100%, Complete Bran Flakes, Raisin Bran, Grape Nuts, and Fruit & Fiber
 - 2 scrambled eggs with mushrooms (or other veggies) and 1 tablespoon of lite cheese wrapped in a warm tortilla
 - 3 whole-grain pancakes or waffles topped with lite syrup and fruit (go easy on the butter or margarine)
 - Homemade breakfast shake—one cup milk or soymilk (skim or 1%), one scoop frozen yogurt, ½ cup pineapple juice, banana, and strawberry chunks (any combo of fruit will do)
 - 1 regular-sized bagel with lite cream cheese and smoked salmon
 - Breakfast bar with juice or milk (skim or 1%); choose a breakfast bar with 4 grams of fat or less, 3 grams of protein or more, and vitamins and minerals
 - Oatmeal with raisins or dried cranberries; or with applesauce and cinnamon
 - ½ whole-wheat pita stuffed with a sliced hard-boiled egg, lettuce and tomato, with a piece of fruit.
- NOTE:** Always seek the advice of your physician.