



Sabin Nugget

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What is Low Carb?

With so many people on low-carb diets like Atkins and South Beach, the question of the day becomes "What does low-carb mean as seen on a food label?" Did you know that foods labeled low-carb, reduced-carb or carb-free are not necessarily so? In fact, there are no legal definitions for the carbohydrate claims on food products and restaurant menus. Restaurants and food manufacturers have created terms such as "net carbs," "effective carbs," "carb-fit," and "carb-sense" just to promote their menus or products in the same way they did for "low-fat." (And we all know how that turned out.)

To make their foods more attractive to the consumer, manufacturers subtract fiber, sugar alcohols and other carbs that supposedly have minimal impact on blood sugar from the total carbs to come up with a lower carb figure called net carbs or effective carbs. However, sugar alcohols still has calories, no matter how slowly they are absorbed. It is the total number of calories that affects weight. The FDA does not define nutrition according to the effects carbohydrates have on blood sugar and has not approved labels specifying "net carbs" or "effective carbs." The effect any carb has on blood sugar varies widely. There is no accurate way to calculate this for a food label. Bottom line: Don't be fooled by low-carb claims.¹

On the Road Again

Dave Bennett, John Clark and **Mike Flickner** have been spending much of their time on the road since the beginning of the year. That is when Vickery Environmental in Ohio (a division of Waste Management) began processing our wastewater. One of them is always on the road; one of them is getting ready to go and the third helping to load the tanker for the next trip. Since the trip takes approximately six hours, they normally leave Sabin mid-afternoon and arrive at Vickery in the early evening. They spend the night in the truck, unload in the morning and return to Sabin. They all enjoy the trip and wish it were longer.

Member Rewards

If you have medical insurance coverage through Excellus BlueCross BlueShield, you may be eligible for "Member Rewards." We have just received a supply of the 2003/2004 Member Rewards catalog that lists all those discounts available to you as an Excellus BlueCross BlueShield member. There are Nutrition and Weight Loss programs, smoking cessation classes, stress management, first aid and safety classes, back care classes, general wellness, pregnancy and family information, discounts at local health facilities and a listing of alternative medicine sources. Please stop by HR and get your copy.

Service Men!

Bill Hughes' (Maint) son, Joe, can be reached at:

SPC Hughes, William J 91X.
C Co Med 230 SPT BN
30 HSB
1 Infantry Division
Operation Iraqi Freedom
FOB KMTB
APO AE 09392

Les Urbatsch's (SMW Security) son, Robert, can be reached at:

Co. A 141st BN (FWD)
SPC Robert W. Urbatsch
FOB Speicher
APO AE 09392

These young men are a long way from home and would like to hear from you!

Staying Hydrated

Conventional wisdom says everyone should be drinking 8 glasses (two quarts) of water per day to remain fully hydrated and healthy. A review published in the American Journal of Physiology could not locate the origins of this edict or provide evidence to support it. Nutrition and health experts from the US and Canada have concluded: People should just drink when they are thirsty.²

Margaret Nelson

Sabin Scottsville is mourning the loss of **Margaret Nelson** (Security) who died at home on March 17. She had been a Security Guard with Sabin since she started with us on September 8, 1998. Prior to joining Sabin, Margaret worked for the Livingston County Sheriff Department and spent ten years at Chloride Networks in Caledonia. She was a volunteer in our community and in 1978 was the first and only woman of color to join the Caledonia Fire Department and was a volunteer ambulance attendant for over 12 years. Margaret was an excellent seamstress; and said her “sanity” was sewing. She used her sewing skills to create her daughter Brenda’s wedding gown and also designed quilts, crocheted, did needlepoint and cross-stitch. She is sadly missed by her children, Brenda (Joseph) Davis, James (Brenda), Franklin, and her foster daughter, Dora. Everyone at Sabin Scottsville sends their heartfelt condolences to Margaret’s family. We will miss her straightforward honesty, caring nature and dry wit.

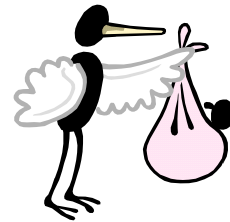
Employees News

Rod Beardsley (Lab) celebrated 25 years of service on March 8, 2004. To commemorate the occasion, Steve Cooke presented Rod with a “Sabin Gold” tie tac. **Mark Kelly**, formerly of the Sabin Scottsville, now located at Sabin Metal West hit the 25 years of service milestone on February 8. Steve Helm had the honor of presenting

Mark with his “Sabin Gold.” **Bill Hughes** (Maint) will reach 25 years of service on April 9, and the celebration is being planned for April 20.



Steve Cooke, Rod Beardsley Mark Kelly, Steve Helm



Jonathan and Susan Sabin welcomed their daughter, **Keira** on Friday, February 13 (just in time for her first Valentine’s Day). Keira weighed 7-pounds-5ounces and was welcomed home by big brother Michael (and Jake). **Dana and Cheryl Cotton** are anxiously awaiting the arrival of their first child due at the end of October. (Dana is hoping for October 25.) Congratulations!

¹Nutrition Know-How, Celia Topping, *Rochester Democrat & Chronicle*, March 17, 2004.

²Quick Takes by Chris Swingle, *Rochester Democrat & Chronicle*.

Spring is Here!
(According to the calendar anyway)



Submit news for the next “Nugget” to Human Resources