

WEOMA/HEARTLAND NEWS

AUGUST 1, 2003

What's So Special About AUGUST...?

National Back to School Month, Aug. 1-31.

According to the U.S. Department of Education, private schools represents 24 percent of all kindergarten through 12th grade schools and are attended by 10 percent of students. The USDE also reports that 70 percent of all high school graduates are employed, compared to only 49 percent of high school dropouts.

Sisters' Day, Aug. 3.

Held on the first Sunday of every August, this day honors the spirit of sisterhood among biological sisters, sorority sisters, or close female friends. Famous sisters include country singers Loretta Lynn and Crystal Gayle, tennis players Venus and Serena Williams, and advice columnists Abigail Van Buren (Dear Abby) and the late Ann Landers.

International Youth Day, Aug. 12.

This day is sponsored by the United Nations to increase awareness of issues affecting youth, defined as young people ages 15 to 24. According to the International Youth Parliament, there are one billion people in that age range.

Vinegar Day, Aug. 16.

This day is promoted by Vinegar Connoisseurs International to celebrate the many varieties and uses of vinegar. According to the Vinegar Institute, the typical grocery store offers 29 varieties, including cider, balsamic, red wine, and rice. The word vinegar comes from "vinagre," French for "sour wine."

Yukon Discovery Day, Aug. 18.

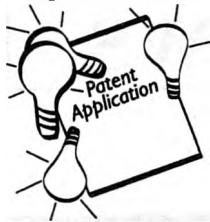


In 1896, gold was found in the Klondike River region of the northwestern Canadian Territory of the Yukon. The local prospectors panned the abundant gold for nearly a year, making themselves "Klondike kings" before word spread. In July of 1897, a steamship from the area arrived in Seattle with more than a ton of gold, and the famous gold rush began. More than 100,000 set out on the arduous journey, but only 30,000 survived the trip, with many dying or turning back.

National Inventors' Month

National Inventors' Month is celebrating its fifth anniversary this year; it was initiated by the editors of Inventors' Digest. In 1995, the Massachusetts Institute of Technology conducted a survey which found that most people view inventors as old and eccentric. The editors feared that such a perception would discourage the pursuit of ingenuity. "We wanted to get the word out that you can never be too young or too old to invent something that can improve life and change the world," says editor Joanne Hayes-Rines. The magazine mails free display posters and materials to 5,700 libraries and public schools. According to the most recent annual report of the U.S. Patent and Trademark Office, nearly 300,000 applications for patents are filed annually, with patents issued for about half that number. It takes an average of 22 months to receive a patent. It is said that only 1 in 100 patent holders makes money from his or her invention, but Hayes-Rines says that number is probably on the low side and suggests that perhaps 5 or more in 100 make a

profit. Here are some other interesting facts on patents:



- The world's first patent ever granted was to an Italian architect in 1421 for a barge crane to lift marble.
- The youngest patent recipient was a four-year-old girl from Texas who invented a device to make it easier to grasp doorknobs.
- Abraham Lincoln held a patent on a way to make river boats more buoyant and less likely to get stuck on sandbars.
- Mark Twain held two patents -- one for scrapbooks with self-adhesive pages and the other for clothes straps to make suspenders unnecessary.
- Harry Houdini was issued a patent for a safer deep-sea diving suit.
- Jamie Lee Curtis has a patent for a diaper with a pocket for a wet wipe.
- The late actor, Steve McQueen, held a patent for a bucket seat, inspired by his interest in race car driving.

WEOMA CLUB Discount Tickets

Tickets for Worlds of Fun, Silver Dollar City and Adventure Land are on sale Wednesday's 11 a.m. to 12:30 p.m. in the information booth in the main cafeteria. Plan ahead, save some bread, don't miss discount tickets for you and your family.

HEALTH

Encouraging Children to Exercise

The American Academy of Pediatrics says that almost half of American children are not exercising enough to develop healthy hearts and lungs. Other statistics show that one in five youngsters is obese. To protect your children, the academy recommends that parents promote fitness at home. Here are some tips to get kids moving:

- Plan active games, dancing, group exercises, and relay races.
- Have them jog or walk around the block once or twice before going to the playground. Ask them to walk the dog every day.
- Encourage your children to join after-school sports programs.
- Get kids to help with nontraditional "exercise" activities like gardening, house cleaning, and car washing.
- Buy toys that promote physical activity -- balls, sports equipment, skates.
- Plan one special outing each week for the whole family, involving such physical activities as hiking, biking, or swimming.

A good education is not so much one which prepares a man to succeed in the world as one which enables him to sustain a failure.

Bernard Iddings Bell

NUTRITION

Cooking Corn on the Cob



Sweet corn is one of August's great taste treats. Here are two ways to enjoy it:

On the stove

Husk the corn and remove the silk tassels. Put in boiling water; when the water comes back to a boil, the corn is done. (Don't add salt to the water because it will toughen the kernels and lessen the sweetness.)

On the grill

Husk the corn and remove the silk tassels. Place on a hot grill for eight to 15 minutes, turning every two minutes or so to ensure that all surfaces are exposed to the heat. Corn should be cooked as soon as possible after it's bought or picked because, once harvested, its sugars start turning to starch.

Congratulation!

To the 2003 Academic Awards Program for Educational Excellence, Scholarship Recipient "**Ericka Payton**" daughter of Avaya Employee Ethel Mickel. Ericka graduated with honors from Central High School and will attend the University of Nebraska in Omaha, Planning to major in Elementary Education. The Scholarship made possible through a partnership between Avaya and your I.B.E.W. Unions

SAFETY**Vacation Safety**

Before you leave for an extended vacation, consider these precautions suggested by the Emergency Services Division of Richmond, British Columbia, Canada:

- Don't leave house keys in outside hiding places. Give a key to a friend or neighbor and be sure to leave your vacation telephone number.
- Arrange for someone to pick up your mail and newspapers every day and have your lawn mowed.
- Ask your neighbors to be alert for suspicious people or vehicles.
- Use 24-hour timers to turn house lights on and off.
- Leave drapes and blinds in a daytime position.
- Lock or bolt windows, doors, and outside sliding doors.
- Close all interior doors (to stop the spread of fire and smoke).
- Turn off the water supply to your water heater, washing machine, and dishwasher, and shut off the water heater's circuit breaker.
- Leave a car in the driveway.
- If you have an alarm system, be sure your friend or neighbor has the code.

BUSINESS**Be an Active Listener**

Obviously a good listener does not talk or interrupt when the other person is talking, but business consultants say total silence is not the best policy either. To let your customer or Co-worker know that you're following the conversation, make eye contact, nod your head, and from time to time say things like "I see" or "please continue." If a controversial point is raised or you feel like interrupting for another reason, jot down some notes, so that you can revisit those issues once the person has finished.

SPORTS

GREEN BAY, Wis. (AP) -- Eric Crouch has quit the NFL for the second time in 11 months. The 2001 Heisman Trophy winner from Nebraska left the Green Bay Packers on the eve of full-squad workouts, which began Tuesday. He had hoped to win a job as one of Brett Favre's backups, but coach Mike Sherman said he had little chance at beating out the three QBs ahead of him in that race. Crouch sat out last season after the St. Louis Rams drafted him in the third round and tried to convert him into a wide receiver. He was set to play quarterback in the Canadian Football League, which he thought could be a springboard to a career as an NFL quarterback, when the Packers claimed him off waivers this spring.

He left camp Monday night after speaking with Sherman and the Packers placed him on the reserve/retired list, retaining his rights.

"We really didn't get into detail. He just said for personal reasons he didn't want to continue. I said OK and we'll leave it at that," Sherman said. "It's disappointing that it didn't work out for us and for him. But we didn't have a whole lot invested in him. He's a good kid, we wish him well."

TECH/PRO Golf outing
Friday August 15th
Tregaron Golf Course
13909 Glengarry CR
Bellevue, NE
Shotgun start 1:00 PM, For Information
Contact: Carlos x3718

The YMCA Will hold it's first Annual Kickoff **Classic Flag Football "TOURNAMENT"**
4 on 4 all levels of play from competitive (Top Gun) to recreational (Old Guys) with Co-Ed, Female and Youth divisions, Deadline for Entries is August 7th 2003 for more Information contact Leo or Bill @ 334-8487

Employee Resource Center
Come visit the ERC. Offering free Notary service, Information on Tuition Assistance, Child/Elder care grants, Employee national and local discounts, Referrals for help with legal questions, numbers for stock information and more, "Come visit your one stop shop" for all your employee needs? ERC Barb-3607 Larry-3523 Medical Benefits- 4954

HOROSCOPES / CALENDARS



Virgo

August 23 - Sept. 22

Modest Virgos are neat, practical, and detail-oriented. They are sensible souls but are subject to excessive worrying.

At work: You can count on Virgos to dot the i's and cross the t's, but their perfectionism can irritate coworkers.

AUGUST 2003

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



There is no trick to being a humorist when you have the whole government working for you.

—Will Rogers

THINK ABOUT IT! "Show Me The Money"

1. "What was Fox's Joe Millionaires real name?"
2. His partners included officers Ben Romero, Ed Jacobs and Bill Gannon?
3. She shot Joey Buttafuoco's wife Mary Jo?
4. What was Archie Bunker's grandson last name?
5. He had hits with "A little help from my friends and "Up where we belong"?"
6. Ali TKO-ed Joe Frazier on Oct, 1 1975 in a hyped up bout titled this?
7. On the Saturday-morning live-action show "Run, Joe, Run" what was Joe?
8. Young Joey Starret worships the title character in this 1953 movie?
9. "Jo-Jo Dancer Your Life Is Calling" is a semi-autobiographical movie about and starring this comedian?
10. Phone a friend if you know whose late-night sidekick Regis Philbin was in the late 60's?

Place answers in drop box outside of WEOMA club office. Winner receives a lunch ticket from our sponsor ARAMARK KAFE and food service director Marty Rew, for catering call x-3907 and a prize compliments of Cellular Benefits and E-Commerce account Manager Bob Ingersoll Call 639-2000

Omaha Area Discounts

- Alltel Cellular (669-1139)
- The Men's Wearhouse (1-800-776-7848)
- Cottman Transmission (895-9944) (339-6000)
- Quizno's Classic Subs (10% discount)
- Tire's plus (10% discount)
- Verizon Wireless (681-9000)
- Sprint PCS (598-8888)
- Valvoline Oil Change (895-5884)
- Tuffy Service Center (895-4274)
- Hertz #1232490
Avis #D650000
Car Rentals
- Ford Motor Company (877-975-2600)
- Auto Station (10% 896-5800)
- GM New Vehicle Purchase Program (1-800-960-3375)
- Better Bodies (333-5001)
- Gold's Gym (339-4653)
- North American Van Lines Relocation Service (331-6704)
- Curves for Women (891-1402) (682-9288) (328-0326)
Service fee discount
- Jiffy lube (15% discount)
- Omaha/CB YMCA
NO Enrollment Fees
- Gorges Pontiac GMC (402 593-4000)
- AT&T Wireless (402-203-0089)
- Webco Security (ADT) (402) 339-0655
- Annie Tax Service 10% discount 453-8124
- Paragon Auto Detail (20%)discount 894-0500
- Austin's Steakhouse 120 & L Show I.D.

- Brake Masters
\$14.95 Oil Change
- Madd Hatter's
457-4594
(15%)Discount
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422-0988
- Millard Dairy Queen
Free upgrade Show I.D.
- West Omaha Glass \$25
dollars off Service
398-9012
- Let George Do It
Carpet & Upholstery
Cleaning (15%) 894-4916
- Roberts Pool & Spa
(10%) 614-3446
- New Era Hair Design
(20%) 895-4020
- Laos Thai Market
4520 S. 24th St. (10%)
- Permanent Cosmetic
Specialist (20%)
discount 597-3931
- Crossroads Family
Child/care Center
10% 926-4673
- Nissan-Infiniti
VPP Program
(1-800-299-4753)
- Sushi Japan Yakiniku
Boy 14134 W. center
RD 10% discount Lunch
or Dinner Show I.D.
- CellularBenefits
40% off wireless
accessories (597-9770)
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10% Discount 778-1244
or 1-800-510-3405
?

Call the E.R.C. 3523 or 3607

FOR SALE

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\$100 Great Pointer
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It has been said that
democracy is the worst
form of government
except all the others
that have been tried.

Sir Winston Churchill

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Answers to last Months

"Think about it"

"Show Me the Money"

1. 50 Cent
 2. Buck
 3. Johnny Cash, Johnny
Paycheck, Eddie Money
 4. Miss Money penny
 5. Left eye, Right arm,
Both legs
 6. Nickleback
 7. Dollar
 8. Pennyworth
 9. Stephanie Plum
 10. John Carpenter
- The entry with the most correct answers
wins, if more than one has all the
correct answers than a drawing is used
to select winner. Must submit by the
25th of each month

Call - 3523

*****WINNER*****

(Joyce Davis)

"Nubian Mind"

Book Club

Review

The Nubian Mind book club started in September 1999, and today the eight "Sisters" ranging from the age of 27 to 63 are serious about their reading and are still going strong. The ladies meet every month and the host that month gets to pick the book that they all will read. Whether they meet at that person's home or at a restaurant, they have a great time giving their opinion of the book. (Good or Bad) The book for July was "Church Folk", by Michele Andrea Bowen, Picked by Member Pat Patterson. The membership felt it was good reading as it focused on real issues the church of today has to deal with. On a scale of 1-10 with ten, the highest Nubian Minds gave "Church Folk" a positive #7...UP
Liz Williams

**Read! Free Your Mind and
Your Feet© Will Follow**

BEREAVEMENTS

Our heartfelt thoughts and sympathy go out to the families and friends of the following:

~Eugene (Les) Roberts~

It's not that I'm so smart, it's just that I stay with problems longer.

Albert Einstein

We all have the choice to learn or not learn. However, with choices come results. We cannot expect positive results if we choose to limit ourselves to our existing knowledge.

North Omaha says welcome home with a Big Bash

By Erin Grace



Omaha World Herald Staff

Come Wednesday, north Omaha streets will welcome back their Diaspora, the black sons and daughters who followed jobs, military service, young loves or dreams elsewhere. Thousands are expected to gather for Native Omahans Homecoming Week, which kicks off Wednesday with a gospel night at Salem Baptist Church and wraps up on Blue Monday, so named because people say their farewells.

Organizers this year paired with radio station Hot 107.7 FM to promote the event and hold a dinner and a dance. The celebration again includes a mixer, picnic and parade down historic North 24th Street.

They will be able to see future hopes in the nearly completed Martin Luther King Jr. memorial on the northwest corner of 24th and Lake Streets and in an adjacent building that will house a proposed jazz, cultural and educational center.

An open house at the future center at 2506 N. 24th St., which will be named for Omaha saxophonist Preston Love, will be held in part to begin raising \$500,000 for the project.

"We want to generate excitement for those who live in the area and those who are coming back," City Councilman Frank Brown said.

The homecoming's history stretches back 28 years, when Omaha friends Vera Johnson and Bettie McDonald joined others on a chartered bus to Los Angeles. They were headed to an annual picnic for Omahans there but left dissatisfied with the thrown-together event.

Figuring they could do better, the two planned a regular reunion to be held in Omaha. A Native Omahans Club was born. In 1977, the first Native Omaha celebration, a two-day affair, drew thousands. In following years, the event grew to include fashion shows, bake sales, Palm Sunday brunches and fund-raisers for college scholarships.

But organizers always kept a focus on the homecoming.

"We just want everyone to come home and enjoy," McDonald said.

Homecoming events:

- **Wednesday.** Gospel night, 7 p.m., Salem Baptist Church, 3131 Lake St.
- **Thursday.** Registration and mixer at the Native Omaha Club, 3819 N. 24th St.
- **Friday.** Drill team competition, North High School, 5:30 p.m. Cost: two canned goods to benefit the Omaha Food Bank. Bring lawn chairs and blankets.
- **Friday.** Dinner and river cruise, 6:30 p.m. to 10 p.m. Meet across from the Wingate Inn on Abbot Drive. Cost \$25.
- **Saturday.** Parade, starting at 24th and Burdette Streets, 10 a.m., ending at Kountze Park.

- **Saturday.** Annual dance at the Civic Auditorium's Mancuso Hall, 8 p.m. Shuttle service available for Wingate guests. Dance features Hot 107.7 FM. Cost is \$15.

- **Sunday.** Picnic at Carter Lake, noon to 5 p.m. Shuttle service available for Wingate guests.

- **Monday.** Blue Monday at the Native Omahans Club, 3819 N. 24th St., at 10 a.m. Come and say goodbye.

For more information or for tickets and T-shirts, call 457-5974



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Friday	- fun day at sea	
Saturday	- Arrives back at Miami	8:00 A.M.

Prices: **Inside Cabin \$450.66**
 Outside Cabin \$529.66

Payment

Schedule: **\$25 Deposit is due in our office by August 22nd**
 \$200 payment is due in our office by September 12th.
 Balance is due by November 3rd.

- These rates and schedules are per person, double occupancy and are subject to change until deposit is placed. Includes cruise rates, taxes, tips, transfers and meals. Airfare can be priced by calling Shelly at 1-800-510-3405 or 1-402-778-1244.
- Approximate airfare rates out of Omaha, NE - \$369.95 roundtrip.
- Approximate airfare rates out of Austin, TX - \$408.15 roundtrip.
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