Weoma Club NEWS

March 14, 1990

WEOMA Club Officer, Director Duties Outlined

As of Jan. 1, the officers and directors assumed their respective duties for the Omaha Works WEOMA Club.

The WEOMA Club, which consists of several associated clubs, provides employees with like interests an opportunity to participate in social, educational and recreational activities.

Each director is responsible for overseeing a specific associated club in addition to other WEOMA Club functions. Directors serve a three-year term with approximately one-third of the directors' terms expiring each year.

The president for the current year is Connie Schmidt, customer service/system support manager, Dept. 532. She is responsible for assigning activities of the club and presides at all meetings of the board of directors in addition to other various duties.

Performing the duties of the president in her absence is the vice-president, Jerry Berger, IBU 571. He also serves on the board as publicity director.

Joseph Jirka, Dept. 2722, will serve a one-year term as treasurer, controlling cash through audits and assuring that proper records of all financial transactions are maintained.

The newly appointed assistant treasurer is Carlos Palacios, Dept. 2722, who will assist the treasurer and serve on the Budget Committee. He will automatically succeed to the office of treasurer in 1991.

Bob Miller, the Pioneer/WEOMA Club administrator, continues as the executive vice-president of the club. Among Miller's many responsibilities is the supervision of the WEOMA Club and he is a member of all committees in an advisory capacity, coordinating all activities.

The Board of Directors and their areas of responsibility are: Linda Johnson, IBU 572, associated clubs; Darwin Fager, Dept. 704, outdoor sports, associated clubs and AT&T toy drive; Don Kadereit, IBU 582, indoor sports; Marti Lenz, IBU 581, entertainment and tours; Hank Wnuk, Dept. 511, picnic and special education; Berger, publicity; Ethel Payton, IBU 572, representatives; and Sandy Fitzgerald, IBU 572, women's activities and Christmas party. The board meets on the second Thursday of each month.

The secretary for the WEOMA Club is Clara Hendricks. She is charged with the recording and publishing of the minutes of the meetings of the directing board. She also performs many other tasks relating to her position.

CONNIE SCHMIDT
President

J. F. BERGER
Vice President
Director

ROBERT MILLER
Exec. Vice Pres.

JOSEPH JIRKA
Treasurer

CARLOS PALACIOS
Ass't. Treas.

DARWIN FAGER
Director

SANDY FITZGERALD
Director

LINDA JOHNSON
Director

DON KADEREIT
Director

MARTI LENZ
Director

ETHEL PAYTON
Director

HANK WNUK
Director

Weoma Club Sports

NOTE:
League Secretaries are asked to turn in score results each week to the Weoma Club.
- Editor

Racquetball

DIVISION II

STANDINGS

	WON	LOST	% WON
CURLEY, Mike	41	13	75.9
WARD, Cecil	42	15	73.7
CANAL, Luis	35	13	72.9
KAHLER, Gary	30	24	55.6
HUNT, Jeff	26	28	48.1
GRABENBAUER, Jim	21	27	43.8
PHIL, True	12	42	22.2
JOHNSON, Bill	0	45	0.0

DIVISION III

STANDINGS

	WON	LOST	% WON
WELKER, Jessee	47	4	92.16
PETERSON, Jim	40	11	78.43
MAUCH, Scott	37	14	72.55
COMMONS, Mike	30	21	58.82
PEREZ, Paul	28	23	54.90
SCHAFER, Steve	20	28	41.67
RUNNELS, Rich	19	29	39.58
LUDWIG, Bob	19	32	37.25
HAZUKA, John	6	42	12.50
WINDHOLZ, Rick	3	42	6.67

Bowling

WEOMA CLUB FRIDAY AFTERNOON MIXED LEAGUE

STANDINGS

	WON	LOST
HELP	110	74
TEN PINS	109	75
ACES	104	80
WE BAD	103	81
GEMS	100	84
WE TRY	98	86
JET'S	85	99
ROSES & THORNS	74	110
WILD BUNCH	70	114
VIKINGS	67	117

200 GAMES & 500 SERIES-
Tom Pallas (223-244-227-694), Al Wilson (527), Linda Sellin (201-533), Dick Nightser (540), Jerry Odell (526), Sue Odell (543), Earl Miles (507), Eddie Jones (513), Gene Bowman (224-581), Marion Panowicz (511), Bill Sharpe (519), Bob Slobodnik (562), Ed Dergan (200-258-206-664), Dick S. (203-235-630)

SPLITS-
Wally Petersen (3-10, 9-10), Bev Wilson (5-10), Jane Belmudez (4-5)

WEOMA CLUB NITE OWENS MIXED LEAGUE

STANDINGS

	WON	LOST
NO GAS	126	66
DODGERS	118	74
NITE CRAWLERS	112	80
FIVE NINES	112	80
ALL-MOST	110	82
YA BUTS	106	86
UP YOUR ALLEY	104	88
EZ III	100	92
HAVEN FUN	96	96
TWO HITS & A MISS	92	100
DILLIGAF	90	102
LADIES & THE TRAMP	90	102
ROLLERS	82	110
2 BEERS & A MIX	70	122
BALL BUSTERS	70	122
ART'S KIDS	58	134

MEN'S 200 GAMES-
Lauren Throener (208), Mitch Scott (234, 209), Dennis McNulty (221, 226), Rusty Findeis (224), Tim O'Connor (202), Steve O'Dell (216, 202), Bill Deegan (224), John Moore (222), Bill Placek (216), Rick Wacker (204, 200), Mick McGuire (212), Dave Hochstein (246, 215), Mike Fager (213, 223, 221), Bob Goodwin (234)

WOMEN'S 170 GAMES-
Barb Wiersema (171), Linda McGuire (170, 172), Linda Huenniger (192, 170), Helen Solomon (181), Donna Wajda (170), Alta Morris (181), Sandy Barnes (171, 188)

MEN'S 500 SERIES-
Otis Knutson (551), Dan Kovar (559), Bob Goodwin (536), Nate Jackson (505), Norb Totosz (511), Mike Fager (657), Rick Wacker (603), Don Huenniger (530), Mick McGuire (582), Dave Hochstein (649), John Moore (583), Pete Peterson (514), Tim O'Connor (561), Stan Puchalski (517), Bill Deegan (574), Steve O'Dell (600), Mitch Scott (604), Dennis McNulty (616), Rusty Findeis (590), Bob Jones (501), Lauren Throener (553), Tim Klimiuk (501), Dan Moran (564)

WOMEN'S 450 SERIES-
Sandy Barnes (501, Alta Morris (506), Donna Wajda (470), Linda Huenniger (485), Linda McGuire (481), Barb Wiersema (476)

SPLITS-
Shirely Barnes (6-10), Helen Solomon (5-10), Bill Placek (3-7-10), Dan Kovar (3-10), Otis Knutson (3-10, 3-10), Sandy Barnes (3-10), Norb Totosz (3-7-10)

WEOMA SPORTS

WORKS SERVICE LEAGUE

STANDINGS

	WON	LOST
WESTERN BOWL	118	64
HIGGINS TROPHIES	115	67
BROADWAY BOWL	113	69
W.E.R.M. ENTERPRISES	110	72
THE NEW COTTNER STREET	107	75
JESTERS	102	80
ERASER HEADS	99	83
A.C.I.	97	85
TOP GUN II	95	87
COHEN AND KELLY'S	87	95
JETS	80	102
OMALO'S	79	103
JUST PLAIN LUCKY	78	104
JUST IN TIME	66	116
SABRES	66	116
THE EASY GOERS	46	136

HIGH GAMES & SERIES-
Jim Kajdasz (217, 214-631), Gordy Viner (276-612), Gene Stuto (215, 215-611), Dave Chonis (238, 225-601), Glen Maxwell (601) (First Ever 600), Kevin Pluta (597), Dennis Glesmann (218-578), Dick Nightser (220-570), Tom Pluta (569), Ron Siwa (566), George Stock (564), Bob Bloodsworth (214-564), John Francavilla (217-561), Dick Runnels (213-558), Chet Sears (554), Tim Ward (219-552), Rick Novak (213)

Volleyball

LEAGUE STANDINGS

	WON	LOST
TNT	36	9
8-PACK	28	17
JUST US	23	22
DINKS	19	26
CURLEY-Q	17	28
HACKERS	10	35

FREE BOWLING!
WIN PRIZES!

NO EXPERIENCE NECESSARY
BIG BROTHERS-BIG SISTERS

"BOWL FOR KIDS"
SATURDAY,
APRIL 21st

Safety Awareness Contest

Phyllis Smith, Dept. 583, couldn't believe she won an 11-piece Corning Vision Cookware set..

She answered the Safety Awareness Question: "What is this month's Safety Awareness topic?" Her answer was "Posture".

If you have not received the fact sheet for March, ask your supervisor for a copy.

Members of the Safety Department will visit the work area once each week until an employee whose name has been drawn can answer a question about the information given on the fact sheet.

COULDOVBIN: Larry Carnicle said he didn't receive the fact sheet from his supervisor.

SAFETY TRIVIA by Shirley

Trivia about lung cancer--

1. What is the leading cause of cancer deaths among men in the U.S.?
2. Lung cancer strikes more than (a) 75,000, (b) 90,000, or (c) 100,000 persons in the U.S. each year.
3. What disease is the most lethal of cancers?
4. What is the major cause of lung cancer?
5. How do we know cigarette smoking is the major cause of the disease?

ANSWERS:

1. Lung cancer and the death rate among women is steadily increasing.
2. (c) 100,000
3. Lung cancer, although more than 80 percent of all lung cancers are preventable
4. Cigarette smoking.
5. This has been proved by results of epidemiologic , clinical, autopsy and experimental data accumulated over 25 years.

HELPING THE KID DOWN THE STREET IS RIGHT UP YOUR ALLEY!

Big Brothers-Big Sisters needs your help! Our waiting list of children is longer than ever. Nearly 350 children wait for that special friend. How many of these children will get a chance to have a Big Brother or Big Sister depends on the success of this year's BOWL FOR KIDS.

The money raised by the 1989 BOWL FOR KIDS funded the recruitment, screening and matching of Big Brothers and Big Sisters for 138 new children. While many children found that special friend, the waiting list grew by 15 percent in 1989.

The 5th Annual BOWL FOR KIDS kicked off in early February with over 2,400 league bowlers registered to participate. Each bowler secures sponsors who pledge money for their best league game. The support shown by Omaha league bowlers for this project is great, but their support alone won't get the job done. We need to finish BOWL FOR KIDS with the biggest Event Day ever held!

The Event Day for BOWL FOR KIDS involves teams from local companies coming together for one of the area's largest and most fun bowling fund raisers. As with league bowlers, each team member secures sponsors who pledge money for their best game bowled. All pledges are collected by Big Brothers-Big Sisters through the mail.

Everyone bowls two FREE games, is treated to FREE hot dogs and Pepsi and has a chance at winning terrific door prizes and becomes eligible for grand prizes based on the amount of money raised. The top money raiser will walk away with a trip for two courtesy of AmericaWest Airlines. This year's Event Day is scheduled for April 21 at Maplewood Lanes.

All it takes is you and four other co-workers. Any company with 5 or more teams automatically receives a BOWL FOR KIDS tee-shirt for each bowler with the company's logo screened on the back. What a great opportunity for employees to get to know each other, have fun and help a great cause. Your participation is vital and will make everyone a winner. What could be easier? Helping the kids down the street can be right up your alley!

Call: Jerry Fitzgerald at the Pioneer office (x3564) or x4831

Eating for Health

Food is necessary for life as it nourishes our bodies and gives us the energy we need to perform. However, many of us make poor choices when it comes to nourishing our bodies. Important in good nutrition is eating a variety of foods daily from the basic food groups.

Six major food sources are essential to supply the body with the nutrients it needs to function properly. These are:

1. Proteins. The building blocks used to make new cells and to replace worn-out ones.

2. Carbohydrates. Starches and sugars burned as fuel for energy. Fiber adds bulk to the diet and helps eliminate waste.

3. Fats. Provide energy and aid in fat-soluble vitamin absorption. Some fats help form cell membranes.

4. Vitamins. Organic substances used to aid in the release of energy from carbohydrates, fats and proteins, as well as chemical reactions throughout the body.

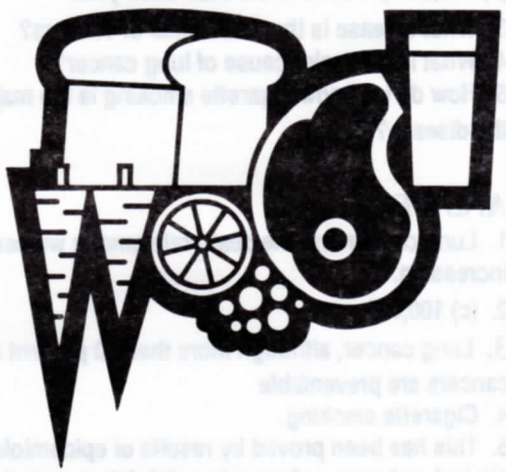
5. Minerals. Bone, teeth and red blood cell components.

6. Water. Three-fifths of our body is made of water, which functions in the transport of nutrients, elimination of waste and body temperature regulation.

No one food group contains all the nutrients your body needs. Most foods contain several nutrients. The basic food groups are categorized by the nutrients they contain and provide an easy guide for making food choices. Choose foods from each group every day and vary the choices from within.
BON APPETIT!

Food Group	A serving is:		Minimum Recommended Number of Servings*				
			Children	Teenagers	Adults	Pregnant Women	Breast-feeding Women
Milk Group	1 cup	Milk	3	4	2	4	4
	1 cup	Yogurt					
	You can also get about the same amount of calcium by eating:						
	1½ oz	Cheese (1½ slices)					
	1 cup	Pudding					
	2 cups	Cottage cheese					
	1¼ cups	Ice cream					
Meat Group	2 oz	Cooked, lean meat, fish, poultry	2	2	2	3	2
	You can also get about the same amount of protein by eating:						
	2	Eggs					
	2 oz	Cheese					
	1 cup	Dried peas or beans					
	4 tbsp	Peanut butter					
Fruit-Vegetable Group	½ cup	Juice	4	4	4	4	4
	½ cup	Cooked vegetable or fruit					
	1 cup	Raw vegetable or fruit					
	Medium	Apple, banana, or orange					
	½	Grapefruit					
	¼	Cantaloupe					
	Dark green, leafy, or orange vegetables and fruit are recommended 3 or 4 times weekly for vitamin A. Citrus fruit is recommended daily for vitamin C.						
Grain Group	1 slice	Bread	4	4	4	4	4
	1 oz	Ready-to-eat cereal					
	½ cup	Cooked cereal					
	½ cup	Pasta					
	½ cup	Rice					
	½ cup	Grits					
	Whole grain, fortified, or enriched grain products are recommended.						
Combination Foods	1 cup	Soup	These count as servings (or partial servings) from the food groups from which they are made.				
	1 cup	Pasta dish (macaroni and cheese, lasagna)**					
	1 cup	Main course (stew, chili, casseroles)					
	¼ 14"	Pizza (thin crust)					
	1	Taco, sandwich					
"Others" Category	1 tsp	Butter, margarine	There are no recommended servings for foods in the "Others" category. Select these foods if you need additional calories, after you've met the recommended number of servings from the Four Food Groups.				
	1 tsp	Sugar					
	1 tbsp	Dressing, jelly, mayonnaise					
	1 cup	Soft drink					
	3½ oz	Wine					
	⅛ 9"	Pie					
	⅙ 9"	Layer cake					

*These servings are a basic foundation for good health. They supply about 1200 Calories and can provide a balance of the nutrients your body needs. However, most people need more than 1200 Calories. If you do, build upon this foundation by adding more servings from the Four Food Groups and the "Others" category.
**½ cup if used as a side dish



Benefit Notes

Our medical deductible, as of Jan. 1, 1990, will apply to all hospital care services, alternatives to inpatient hospital care, chemical dependency/substance abuse rehabilitation care, as well as Travelers' "other covered charges."

We will still have one deductible per person of $150 with a maximum of $450 per family. (Exception applies to those whose income exceeds $50,000 per year.)

In other words, if a trip to the hospital for any reason is the first medical bill of the year, you will meet that deductible much sooner than in previous years. However, once that deductible is met, whether from a hospital bill or bills submitted (in the "old way") to Travelers, our other bills will be treated as they were in 1989.

In gratitude

I would like to thank each and every one of you for your thoughtfulness toward the loss of my son. There are no words to adequately express my gratitude. You are the greatest group of people to work with.

I thank you and my family thanks you.

Joyce Murray and family
IBU 572

I want to thank you all at AT&T for making my retirement coffee so memorable.

Thank you for the money, cards, gifts, flowers and memory sheets and for being my friends for the time I worked there. I will miss you all.

Good luck, God bless and may your "happy day" come soon.

JoAnn DeBolt

Dear People of AT&T,

Thanks for the years of association with all of you! I am enjoying retirement after 20 years of service. Thank you again for the two television sets I received as retirement and service date awards.

Tailwinds,
Elizabeth Reiss

Knolls Golf League has Opening for One Team

There is an opening for one more team on the Tuesday afternoon WEOMA Club Knolls Golf League, according to league secretary, Ted Hoffman. The first day of competition begins on April 17.

Hoffman asks those who are interested in forming a team to contact him on Ext. 3439 as soon as possible.

Extra Westerners Available

The January/February 1990 issue of the Westerner is filled with photos and names of recent Works retirees. Do you know someone who wants extra copies? Extras are available in the Works' Print Shop (lower level, Bldg. 20).

WEOMA Camera Club

The WEOMA Camera Club will have its next meeting on March 20 at 6:30 p.m. at the W. Clarke Swanson Library. This month's activities include a slide contest, its topic being "scenes."

Puttin' On The
GLITZ

ANNUAL SPRING PARTY

Crown Hall
April 7, 1990

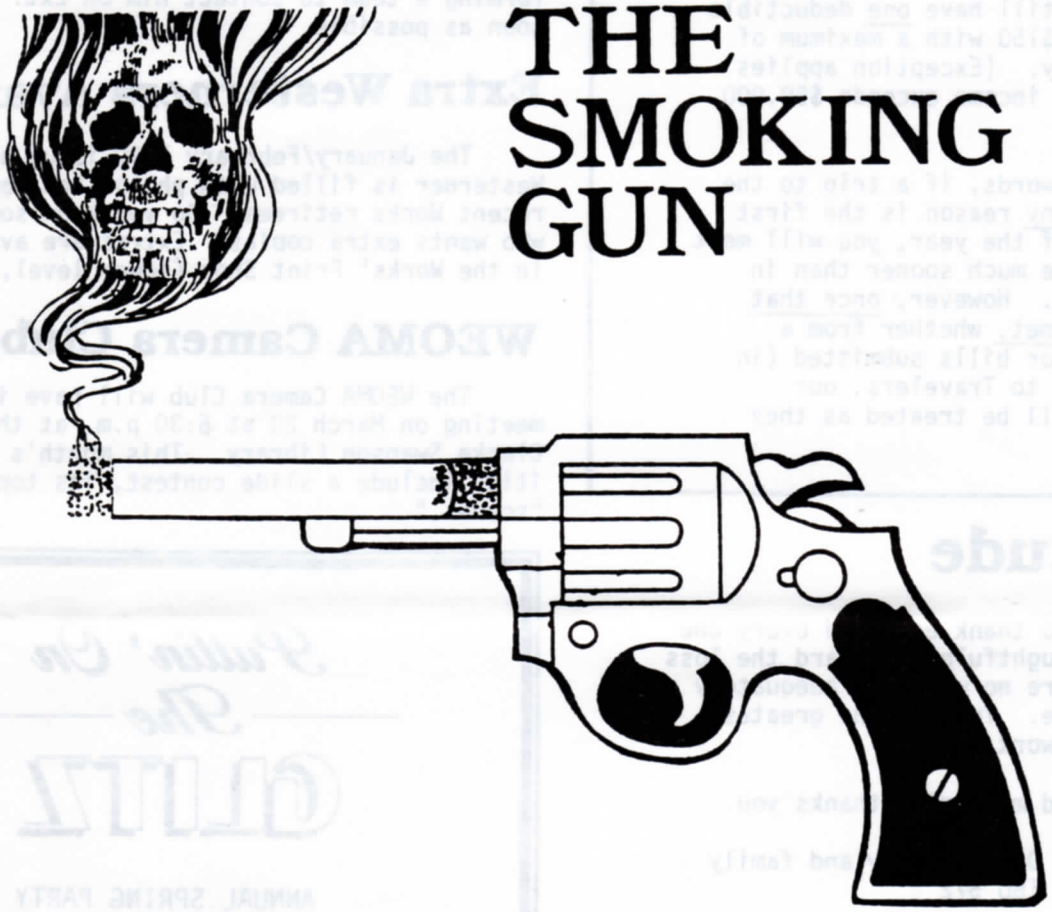
Cocktails--6 p.m. Tickets--$13.50
Dinner-----7 p.m. (On sale
Style show-8 p.m. March 26th)

Entertainment

Grand Prize:

A night on the town! Limo and dinner at Maxine's

THE SMOKING GUN



*ONE IN SIX SMOKERS DIE OF A DISEASE RELATED TO SMOKING CIGARETTES!

*ARE YOU PLAYING RUSSIAN ROULETTE?

*IS YOUR NAME ON A CIGARETTE?

Classified Ads

Advertisements must be submitted to the Weoma Club office absolutely no later than 7 a.m. on Wednesdays for the following weeks' issue.

Wanted

DRUM SET: 733-5892.

RADIATOR, GRILL & CONSOLE: for 1968 Camaro. 331-5691.

PINBALL MACHINES: Gottlieb's King of Diamonds and Crosstown. 339-8248.

For Sale

Pets

PUPPY: adorable Schnauzer/Poodle, female. 895-9283.

Home Entertainment

FOR YOUR CAMCORDER: VHS-C adapter & tape, allows for a VHS-C tape to work in any VHS recorder. 572-7192 after 4 p.m.

Sports Equipment

REEBOK RUNNING SHOES: model "World Road" men's size 10 1/2, brand new still in box. 572-7192 after 4 p.m.

MEN'S GOLF CLUBS: right hand with bag $40. 334-0859.

CANOE: 16' American flat back $300. 345-0900 after 5 p.m.

MOTOR GUIDE TROLLING MOTOR: new. Foot control w/battery saver, 42" shaft $250. 391-5796.

CANOE: Gruman 17', like new. 895-1199.

BOAT: 1987 Bayliner 14' w/50 hp motor. 253-2127 after 4 p.m.

Appliances

KENMORE UPRIGHT VACUUM, $50. 896-3712

Air Conditioner: 5,000 BTU, 110 volt, like new $75. 391-5796.

PORTABLE DISHWASHER: make offer.
PORTABLE POWER HUMIDIFIER: make offer.
895-3258

Home Furnishings

CHINA HUTCH: all wood, dark $285. 333-5199

KITCHEN TABLE (round): wood grain w/4 chairs on casters, good condition, $100. SOFA & CHAIR: rust, cocoa, tan, good condition $200. 733-6627 after 4 p.m.

CARPET & PAD: green 20' x 12', red & black 18' x 10'. 397-4142 after 4 p.m.

FULL SIZE BED: oak head board and frame. $74. 896-3712.

LIVING ROOM CHAIRS, 1 ROCKER, 1 RECLINER. 895-3258

Lawn & Garden

MULCHING MOWER: 21" $60. 496-0492 after 4 p.m.

SAWDUST: makes an ideal soil conditioner/garden mulch, large 55 lb. bag, $3.00. 733-4119

Real Estate

MOBILE HOME: 14' x 70', all electric, 2 BR, 1 1/2 baths, 14' x 24' garage & 8' x 10' storage shed on 110' x 123' lot in Leshara, NE. 721-9334

LAKE HOME: completely furnished, $39,900 or make offer, 25 min. from AT&T. 895-3258.

Tires

TIRES: (1) used Uniroyal white wall, A78-13, $3. (1) used Delta Supreme 110 white wall, 700-13, $3. 733-7499 after 4 p.m.

Vehicles

1981 OLDSMOBILE CUTLASS: very good car. 556-7342

1977 SKYLARK BUICK: clean. 330-5075 between 8 a.m. - 2 p.m.

1985 BUICK SKYLARK: 4 cyl, 4 door, auto, a/c, cruise, vinyl top, 60,200 miles, excellent condition, $4,250. 334-0350 after 5 p.m.

1977 FORD F-150 PICK UP: four wheel drive, $800. 895-0122.

1984 CHEVROLET CHEVETTE: 4 door, automatic, AM-FM radio, 1 owner, 48,000 miles, $2,500. 721-7810.

1984 NISSAN: 300ZX, 6 cyl, 5 speed, T-top, platinum color, 15K miles, $10,000 firm.

1979 OLDSMOBILE CUTLASS: V6, rebuilt motor & transmission, new paint, brakes, exhaust, auto, air, very good car. 328-7089 after 4:30 p.m.

1972 MONTE CARLO: best offer.
1955 CHEVROLET: 1/2 ton pick up, rare body design. 331-5691.

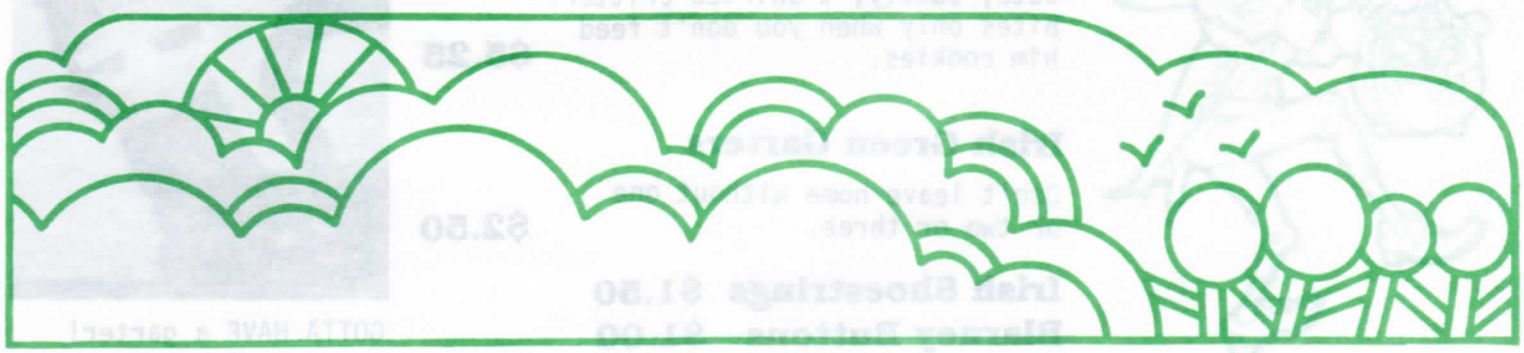
Miscellaneous

PROM DRESSES: (3) sizes 5-7, reasonable. 397-2898.

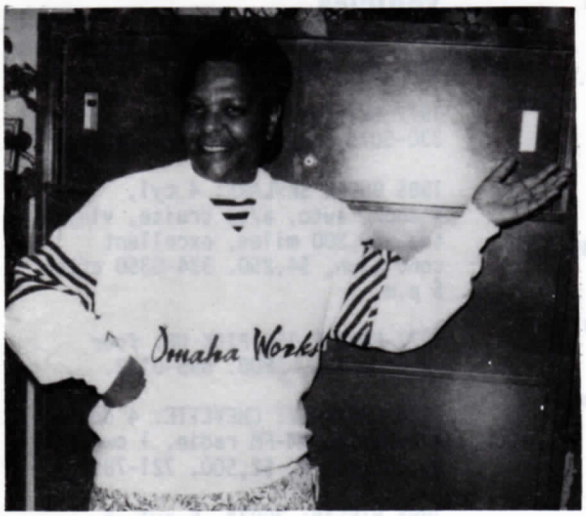
GLASTITE FIBERGLAS TOPPER: will fit mid-seventies Ford Ranchero, $100 Firm. 332-3240.

APPLE IIC COMPUTER: memory expanded to 384K, extra disk drive, 9" green monitor, Brother printer, mouse, joystick, Apple books & programs, $750.

WEIGHT & BENCH SET: make offer.
015L STIHL CHAIN SAW: case & 2 extra chains, $145. 895-3258.



The Pioneer Porch



SHIRLEY PATTERSON...Bring on spring!

Stripe it rich!

Get out of those winter-blah sweats and put on a happy-stripe topper. Mr. B just added this white, all-cotton sweatshirt to his new spring line. Features sporty red stripes and an Omaha Works signature. Sizes S, M, L, XL.

$20

STORE HOURS

MONDAY

7:30 a.m. - 8:30 a.m.
10:30 a.m. - 12:30 p.m.
3:00 p.m. - 4:00 p.m.

WEDNESDAY

7:30 a.m. - 8:30 a.m.
10:30 a.m. - 12:30 p.m.
3:00 p.m. - 4:00 p.m.

THURSDAY

10:30 a.m. - 12:30 p.m.
7:00 p.m. - 8:30 p.m.

FRIDAY

3:30 a.m. - 5:00 a.m.
7:30 a.m. - 8:30 a.m.
10:30 a.m. - 12:30 p.m.
3:00 p.m. - 4:00 p.m.

Listen to the music

AM/FM mini headphone radio by Stewart. This week's special buy! Compare to $14.50.

$10

What's Your Hangup?

Mini-bear and dancing shamrock hang around all year long. Reduced! **$2.25**

My Wild Irish Bear

Cute, cuddly, t-shirted critter. Bites only when you don't feed him cookies. **$5.25**

Irish Green Garters

Don't leave home without one or two or three. **$2.50**

Irish Shoestrings $1.50
Blarney Buttons $1.00

GOTTA HAVE a garter!