

# The HEADLINER



A newsletter of the Omaha Works of Network Cable Systems published twice monthly

November 25, 1992

*F*or each new  
morning with its  
light,  
Father, we thank  
Thee,

For rest and shelter of  
the night,  
Father, we thank Thee,

For health and food,  
for love and friends,

For everything Thy  
goodness sends,  
Father, in heaven, we  
thank Thee.

—Ralph Waldo  
Emerson



# This 'n' That

by Linda Enterline

I feel like we're on a runaway train headed straight for the holidays. While this might not bother some, it scares the bejeebies out of me. (As you might imagine, bejeebies isn't in my spellchecker's vocabulary and isn't on the top 10 list of most likelies. Anyway, if it's misspelled, just keep it to yourself). So much to do, so little time. Oh, well, 'tis the season. To add insult to injury, think about what happens right after the New Year. Tax time. Cheer up. We get a new calendar. ■ Have you been keeping an eye on your **AT&T stock**? It's been flirting with 47 for about a week now. Smiles all around. But what's money, anyway? I'll bet people with ten million dollars are no happier than people with nine million dollars. ■ A possible reason for the increase in AT&T stock value: the recent announcement about **international alliances** between AT&T and three Japanese companies to deliver wireless data services and equipment to millions of customers. AT&T has lined up three titans—**Matsushita, NEC and Toshiba**—who will back AT&T's **Bell Laboratories** electronic chip called **Hobbit**. AT&T is betting billions on the wireless future, including tens of millions developing the tiny thing. All this comes only a week after the announcement AT&T has purchased a chunk of **McCaw Cellular**, the biggest player in the domestic wireless market. You know what they say. Business without profit is not business any more than a pickle is candy. ■ Hope you picked up some of that great AT&T technology for your home by shopping the recent AT&T phone sale at the Works. In case you missed it or couldn't decide what to buy, don't get excited. These great employee prices continue through the end of the year at the **AT&T Phone Center** in the Westroads. Be sure to take your badge for ID. ■ Moving right along, let's switch from business to pleasure. Your little ones won't want to miss the Dec. 12 **WEOMA/Pioneer Christmas party**. I don't know about you, but I've never seen so many Santas in one place at the same time as I've seen at that party. Restores one's faith in the Old Boy. ■ The annual meeting of the **Outdoor Adventure Club** is Wed., Dec. 9, 4 p.m., Pioneer meeting room. **Arnie Kelson**, out-going president, says the group is planning a trip to the **Grand Canyon** in late March as well as the annual Long's Peak and canoe trips. The Ski Club also has a couple of spots left on their Feb. trip to Keystone. Call **Darwin Fager**, ext. 3133, for more info. ■ Have you signed up yet to **ring bells** for the Salvation Army? Main cafeteria. Doooooo it! ■ Effective Fri., Dec. 11, 1992, AT&T's **Tuition Assistance Program (TAP)** will not be administered locally. Employees will be responsible for sending all their tuition and grade documentation to AT&T's Corporate Tuition Assistance program in Detroit. New forms (aren't there always plenty of these?) will be available in the Employee Resource Center. Kudos to **Maxine Altic**, who's been handling the TAP program. She's available to help with the transition, ext. 3604, although all records will be forwarded by mid-December. Education is a great thing no one can take away from you. ■ Is it progress if a cannibal uses a knife and fork? ■ You're not going to believe these numbers. Just for fun, I asked ARA's **Tom Trawitzke** just how much food we go through in the cafeteria every year. After a short conversation with his computer, Tom came up with these numbers: 2-1/2 tons of U.S. choice top round beef (that's 20.83333... lbs./day), 5-1/2 tons of ground beef, 6-1/4 tons of chicken, 6000 head of iceberg lettuce, 2-1/2 tons of onions, 6-1/2 tons of French fries, 1050 gallons of ketchup, 3-1/4 tons of cheese, 33,000 Grade A eggs and 29,700 cartons of milk. Whew! Makes me hungry just thinking about it! Tom has a remedy for that: Buy five servings of **Colombo yogurt** and get the sixth free. Same goes for the **Izza Solo Pizza** (through 1/29/93). Or try the **Harmony snacks**. I think the chocolate-covered peanuts are out of this world. Harmony snacks. Sort of a Zenlike, be-in-tune with yourself sugar high. ■ **Jack Sprat** could eat no fat. His wife could eat no lean. A sweet pair of neurotics. ■ Gobble, gobble. Enjoy. I am outta here.

# Ingenuity gets the product out

By Linda Ryan

Neither rain nor sleet...nor a balky elevator will keep our product from reaching the customer on time.

Paraphrasing the unofficial credo of the U.S. Postal Service, it echoes the electronic wire and cable shop's (EW&C) commitment to meet schedules no matter what.

Recently, "no matter what" was a problem with the freight elevator in Building 50 which rendered it inoperable just when some hot shipments were ready to be moved from the cable shop's mezzanine.

"We had 734 cable and 1030 cable in the Q.A. (quality assurance) office in the mezzanine that had been tested and were ready to be shipped out," said Jerry Taylor, EW&C production control manager.

However, without a working elevator, there was no way to get the cable off of the mezzanine floor to the shipping dock. Taylor said that originally it was estimated that elevator repairs would take a week because of the unavailability of replacement parts. That was too long to hold up shipments.

The 734 cable was destined for a material distribution center (MDC), whose stock of the cable had been depleted due to extraordinarily heavy demands, Taylor said. The 1030 cable was to be shipped directly to a waiting customer.

So, the decision was made to remove a wall panel from the mezzanine area. That way, a forklift truck could be used to remove the cable products from Q.A.

Within a few hours, workers had removed the wall panel and the orders were being prepared for shipment from the dock.

As it turned out, elevator repairs that were believed to be a week away were, in fact, made later the same day. Without a crystal ball, who could have known that would be the case?

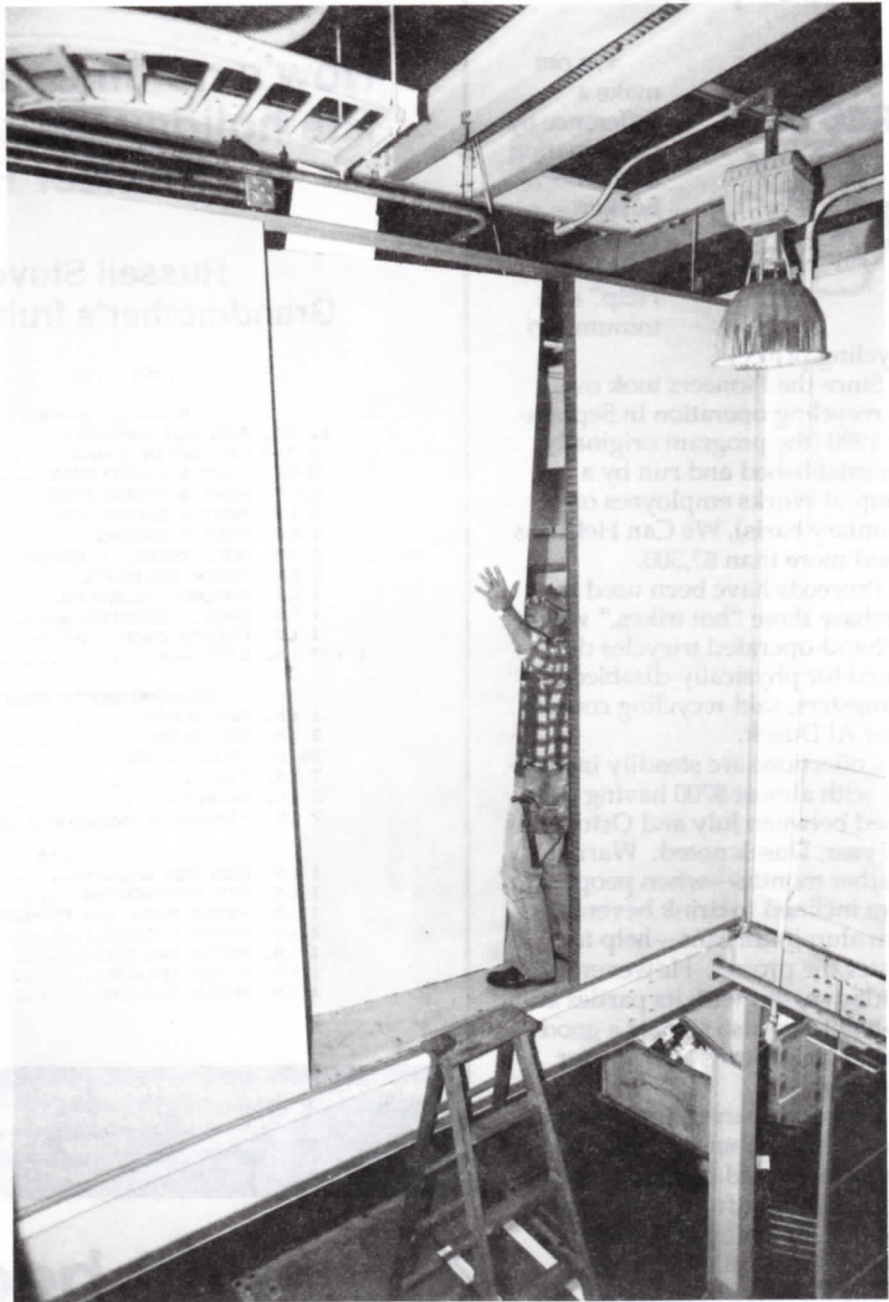


Photo by Steve Miller

It's nice to think that things might work out smoother than anticipated, noted Taylor, but the key is to act promptly on alternatives in case that doesn't happen. ■

*WHERE THERE'S A WILL...There's a way. A worker removes a wall from the mezzanine area to give access to cable products that were ready for shipment. A forklift was used to move product out of the area when the freight elevator broke down.*

## Your recycled cans finance Chpt. 92 Pioneer projects



We can make a difference by participating in the Cornhusker Pioneers "We Can Help" aluminum can

recycling project.

Since the Pioneers took over the recycling operation in September 1990 (the program originally was established and run by a group of Works employees on a voluntary basis), We Can Help has raised more than \$2,300.

Proceeds have been used to purchase three "hot trikes," which are hand-operated tricycles designed for physically-disabled youngsters, said recycling coordinator Al Dusek.

Collections are steadily increasing, with almost \$700 having been raised between July and October of this year, Dusek noted. Warm weather months—when people are more inclined to drink beverages from aluminum cans—help to bolster the project. However, the holiday season with its parties and get-togethers also signals a good time to collect cans at home for recycling.

Recycling barrels for cans are placed throughout the office and shop, Dusek said. Large quantities of cans brought from home may be dropped off at any of the orange-colored bins at plant entrances.

The Pioneers have earmarked future proceeds from recycling to go toward a loft/climbing structure to be built for children at the Salvation Army Child Development Center. The Future Pioneers also are working on collecting cans to help purchase playground equipment for youngsters at the Vincent House.

## Now's no time to go on a diet. The holiday treats are in at the Pioneer Porch.

### Russell Stover candy. Grandmother's fruitcake and nuts.

#### 1992 LIST

##### RUSSELL STOVER CANDY

|                                 |        |         |
|---------------------------------|--------|---------|
| 12 OZ. ENGLISH CARAMELS.....    | \$2.50 | PLU 200 |
| 1 3/4 LB. SATIN CHIPS.....      | 5.50   | PLU 203 |
| 8 OZ. ASST'D CHOCOLATES.....    | 2.50   | PLU 200 |
| 1 LB. ASST'D CHOCOLATES.....    | 5.00   | PLU 202 |
| 2 LB. ASST'D CHOCOLATES.....    | 9.75   | PLU 209 |
| 1 LB. ASST'D CREAMS.....        | 5.00   | PLU 202 |
| 1 LB. NUT, CHENY, & CRISPY..... | 5.00   | PLU 202 |
| 1 LB. PECAN DELIGHTS.....       | 6.60   | PLU 205 |
| 1 LB. COCONUT CLUSTERS.....     | 6.25   | PLU 204 |
| 1 LB. CHOC. COVERED NUTS.....   | 6.60   | PLU 205 |
| 1 LB. FRENCH CHOC. MINTS.....   | 7.45   | PLU 207 |
| 1 1/2 LB. GIFT BOX.....         | 7.45   | PLU 207 |

##### GRANDMOTHER'S FRUIT CAKE

|                                    |        |         |
|------------------------------------|--------|---------|
| 1 LB. BAR (LOAF).....              | \$5.00 | PLU 202 |
| 2 LB. BAR (LOAF).....              | 8.75   | PLU 208 |
| 28 OZ. FULL SLICE.....             | 9.75   | PLU 209 |
| 3 LB. TIN.....                     | 13.00  | PLU 211 |
| 2 LB. AMARETTO.....                | 11.00  | PLU 210 |
| 2 LB. PINEAPPLE/MACADAMIA NUT..... | 11.00  | PLU 210 |

##### NUTS

|                                    |        |         |
|------------------------------------|--------|---------|
| 1 LB. ENGLISH WALNUTS.....         | \$3.25 | PLU 201 |
| 1 LB. RED PISTACHIOS.....          | 5.00   | PLU 202 |
| 1 LB. MIXED NUTS (NO PEANUTS)..... | 5.50   | PLU 203 |
| 1 LB. PECAN PIECES.....            | 7.00   | PLU 206 |
| 1 LB. PECAN HALVES.....            | 7.00   | PLU 206 |
| 1 LB. BLACK WALNUTS.....           | 7.00   | PLU 206 |
| 1 LB. WHOLE CASHEWS.....           | 7.00   | PLU 206 |

Monday, Wednesday and Friday 7-8 a.m. , 10:30 a.m.-12:30 p.m. and 3-4 p.m.  
 Thursday 10:30 a.m.-12:30 p.m. and 7-8:30 p.m.  
 Friday 3:30-5 a.m.  
 Closed Tuesday

## ISO audit begins Nov. 30

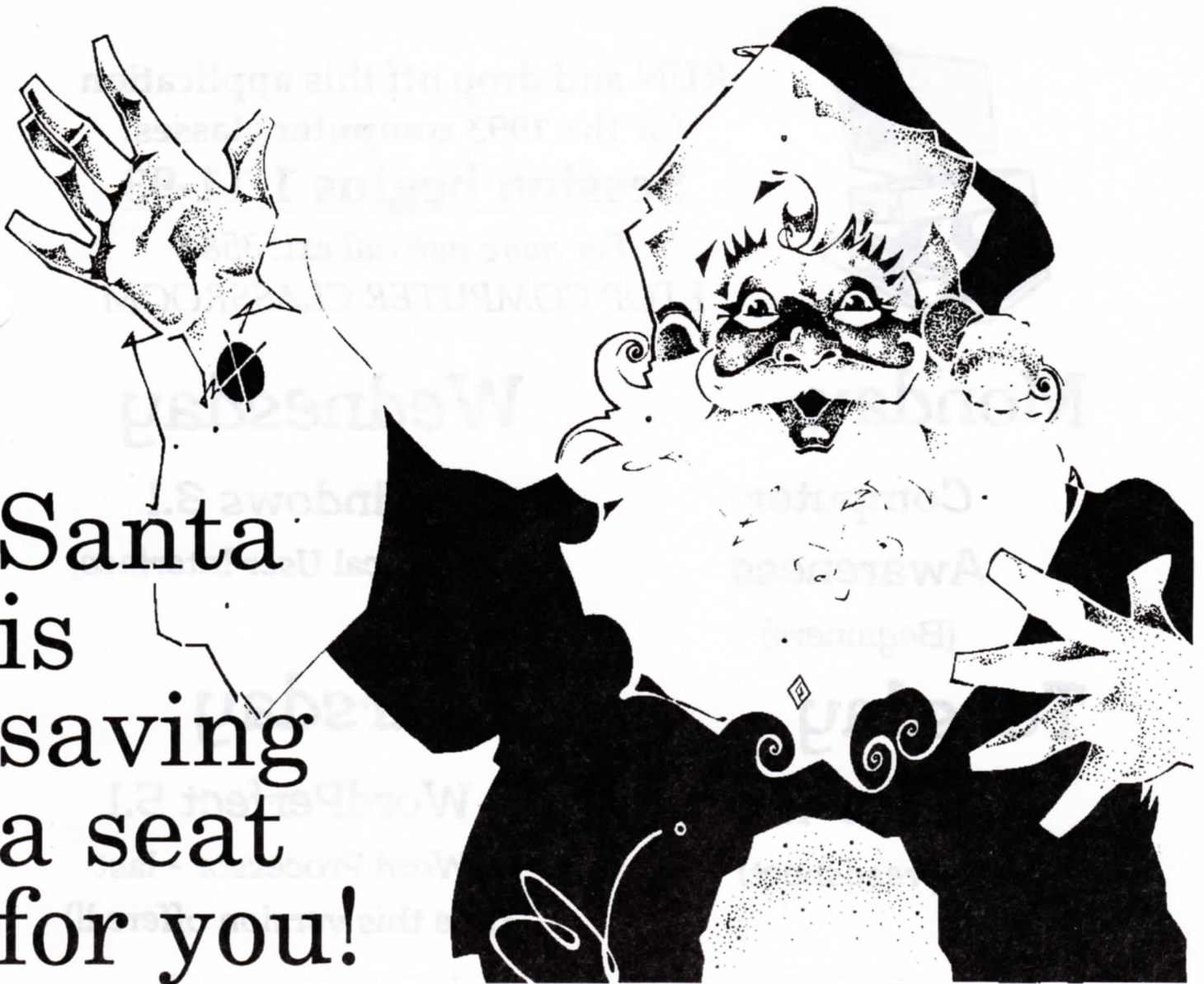
The day of the ISO audit is upon us.

Representatives from Lloyd's Register Quality Assurance Ltd. of London will arrive at the Omaha Works late in the day of Monday, Nov. 30, to conduct an on-site audit of our quality system. The audit will determine whether we are to be granted ISO 9002 registration.

Three auditors, and possibly several assistants, will work independently throughout the week observing operations and asking questions of employees in the shop and office. They are expected to conduct their audit during day shift and part of second shift.

All employees are reminded to be ready to offer assistance should the auditors come to their specific work areas.

Santa  
is  
saving  
a seat  
for you!



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The WEOMA Club/Telephone Pioneers

# Christmas Party

1-4 p.m., Saturday, Dec. 12, 1992

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Bring your children and grandchildren for a visit with Santa, gifts and refreshments.

Parking is available in the office lots. Enter through the main entrance of Building 20.



**RUN and drop off this application  
for the 1993 computer classes!  
Session begins 1-11-93**

*For more info call ext. 3584*  
**ETOP COMPUTER CLASSROOM**

## Monday

**Computer  
Awareness**  
(Beginners)

## Wednesday

**Windows 3.1**  
(Graphical User Interface)

## Tuesday

**Excel 4.0**  
(Spreadsheet)

## Thursday

**WordPerfect 5.1**  
(Word Processor - last  
time this version offered!)

10 week session. Each class approximately 2 1/2 hours long. Beginner's Awareness course or equivalent is required for Excel, Windows or WordPerfect.  
EFFECTIVE SERVICE DATE DETERMINES PLACEMENT



**PLEASE FILL OUT FORM COMPLETELY - Detach and place in ETOP's box in Main Cafeteria.**

Circle course: Beginners Excel Windows WordPerfect

Circle time: 8:45 AM 12:45 PM 4:15 PM

Name \_\_\_\_\_ SSN \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone(\_\_\_\_\_) \_\_\_\_\_ Work Phone \_\_\_\_\_ Dept.# \_\_\_\_\_

Circle shift: 1st 2nd 3rd Effective Service Date \_\_\_\_\_ Salary or Hourly (circle)

**NOTICE:** Persons who are accepted and do not attend class will be penalized. You must notify the ETOP Computer Classroom @3584 or the ERC @3523 before the first class or you will be ineligible for ETOP participation for 6 months to 1 year.

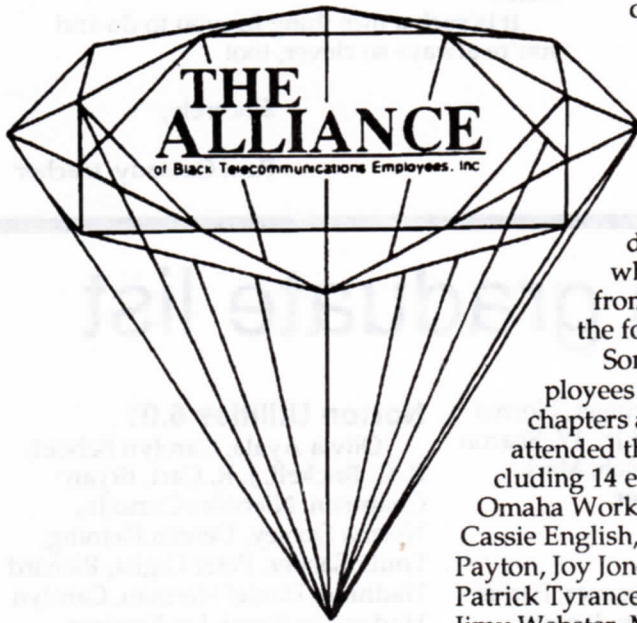
**Application deadline is Friday, 12/18/92 at 5 PM.**

Hope for a brighter future

# Alliance conference draws 1500 employees

By Cid Stinson

The seventh annual professional development conference of the Alliance of Black Telecommunications Employees that was held in Denver last month served to "empower (conferees) to reach



our common goals, giving hope to a brighter future within AT&T."

That's how one Omaha

Works employee, Mozella Grigsby, described in part what she derived from participating in the four-day event.

Some 1,500 AT&T employees from 32 Alliance chapters around the country attended the conference, including 14 employees from the Omaha Works. They included Cassie English, Ruby Stennis, Ethel Payton, Joy Jones, Sonja Coleman, Patrick Tyrance, Sharon Webster, Jimmy Webster, Mozella Grigsby, Nick Johnson, Curtis Curry, Charles Taylor, Dee Stinson and Cid Stinson. Joe Williams, an AT&T marketing analyst based at Old Mill, also attended.

The theme for the conference, "Economic Development: Prosperity Through Participation," underscored the challenge and promise of overcoming racial, cultural and gender barriers that bear an impact on personal, community and business achievements.

Robert Kavner, AT&T group executive for Communications Products, spoke at the conference's opening general session about the importance of tapping into AT&T's diverse employee population. Praising the work of the Alliance among the company's African-American employees, he said that

AT&T can realize its full potential only by ensuring that minorities and women are afforded opportunities to participate at all levels of the business.

Other speakers at the conference, which was divided into four plenary sessions and 18 workshops, included Susan Taylor, editor-in-chief of Essence magazine; author Dennis Kimbro, Ph.D.; and Dr. DeForest "Buster" Soaries.

Feedback from those who attended the conference indicates that of all of the programs and activities sponsored by the Alliance, the annual conference is one that should not be missed.

Summarizing the impact that the conference had on her, Joy Jones commented, "I realize that by working together we can improve the workforce and the quality of life for ourselves and others."

"The conference is much more than a developmental retreat," stated Nick Johnson. "It's spiritually and emotionally uplifting and culturally enlightening." He sees the role of the Alliance within AT&T as one with the "potential to contribute a great deal to the progress of unity among Americans."

Next year's conference will be held in mid-November in New Orleans. Already some Alliance members are planning to set aside extra days of vacation for sightseeing to augment the full schedule of conference offerings.

The conferences have proved to be "valid instruments for individual professional and personal development," said Curtis Curry. "They should be considered not only by Alliance members but by anyone who has a desire for personal growth."

# Toddlers take a fancy to treats



*MMMM, GOOD!...Youngsters at the Fremont Early Childhood Developmental Center enjoy their Halloween treats, courtesy of the Pioneers.*

*The following letter of thanks and accompanying photo were sent to us from the young students in Fremont Public Schools' Early Childhood Developmental Center. The Cornhusker Pioneers distributed Halloween favors to these youngsters and to those at Madonna School and Gretna Preschool.*

Dear AT&T Pioneers:

Thank you for the Halloween jack-o'-lanterns and suckers for the Early Childhood Developmental Center. As you can see, the 3-year-olds in the morning class really liked theirs.

It is such a nice thing for you to do and you're always so clever, too!

Sincerely,

Pam Cassady, teacher

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## ETOP adds to its graduate list

The following employees are recent graduates of ETOP computer classes.

### Computer Awareness

Lona Baxter, Roseann Belik, Linda Book, Diane Campbell, JoAnn Connelly, Barbara Cremeens, Charlie Distefano, Leslie DeBord, Brenda Geyza, Ryland Giles, Richard Goodkind, Kerry Heffner, Gary Jackson, Deborah Johnson, Cindi Kern, Chris Kreick, R. A. Krokaugger, Donald Miller, Joella Pacas, Rudolph Parson, Claudia Spencer, L. J. Story, Paul Warner.

### Windows 3.1

Gladys Aldrich, Parker Branch, Sparky Bruning, Greg Bubbert, Lillian Circo, Rodolfo Delgado, Ann Drebot, Darwin Fager, Dennis Fleming, J. B. From, JoAnn Hrabik, Marie Kaszuba, Bern Kraska, Gary Mintken, Joe Modie, Adeline Novacek, Linda Nutting, Claudia Perchal, Agnes Peterson, Bill Peterson, Dan Rogers, Beverly

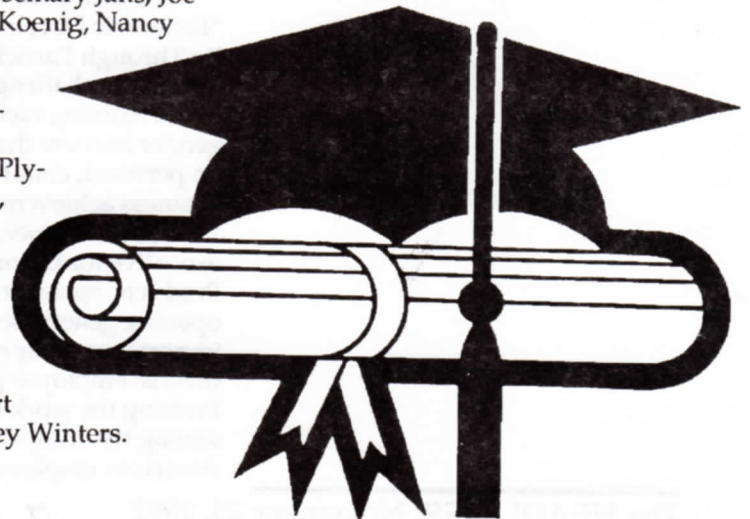
Schuerman, Julie Springer, Norma Thomas, Robert Wall Jr., W. Sharon Watson, Nichelle Welch, Mark White, Richard Winter.

### Quicken 5.0

Fred Altic, Joe Blessner, Parker Branch, Gary Brandon, Janette Brown, Wayne Brown, Greg Bubbert, Frank Caruso, Tim Demont, Charles Fischer Jr., Richard Foster, Jack Frum, Ron Frye, Annie Grant, Edith Hess, Cheryl Jaixen, Rosemary Jans, Joe Knutson, Cheryl Koenig, Nancy Latch, Richard Maxwell, Steve Miller, John Pinkerton, Mary Jo Pinkerton, Darla Plymale, Pam Raabe, Edmund Rodriguez, Dan Rogers, Erwin Rueschoff, Robert Shafer, Richard Townsend, Robert Welshinger, Jeffrey Winters.

### Norton Utilities 6.01

Olivia Ayala, Carolyn Bebout, R. C. Brickell, J. R. Carl, Bryan Chapman, Nicholas Curto Jr., Norma Dorsey, Dennis Fleming, Louis Gasper, Peter Giglia, Richard Hadlund, Daniel Herman, Carolyn Hodges, Jo Knott, Joe Knutson, Peter Loth, Jerry Lukehart, Jerry Mallory, Gene McKenna, Jack McKinney, Don Palmer, Jesse Perryman, William Peters, Roscoe Secret, Joyce Taylor, Robert Wall Jr.





Pioneers / *Weoma Club*  
present

# Las Vegas

Thursday through Sunday  
February 18-21, 1993



BRIGHT LIGHTS  
SUPERSTARS  
GLAMOROUS SHOWGIRLS

Cost per person: \$275 (double) **Same price**  
\$265 (triple) **as last year!**  
\$315 (single)

This price includes round trip transportation via chartered non-stop 727 jet service from Omaha to Las Vegas, three nights at the Union Plaza Hotel, transfers to and from the airport and baggage handling. Also included are two prime rib dinners, two lunches and two breakfasts.

A \$25/person deposit is due by Sat., Dec. 5, 1992. Your deposit is non-refundable unless the space is resold. Full payment is refundable less the deposit prior to 14 days from departure. No refunds will be given from 14 days to departure. Name changes are allowed without penalty. CREDIT CARDS ARE NOT ACCEPTED.

The flight departs Omaha on Thur., Feb. 18, 1993 at 10 p.m. and arrives in Las Vegas at 10:30 p.m. The return flight departs Las Vegas at 5:00 p.m. on Sun., Feb. 21, 1993, and arrives in Omaha at 8:30 p.m.

Questions? Call Ron Thomas at World Travel, 733-0167.

Please return this form with your \$25/person deposit to the Pioneers/WEOMA Club office, Dept. 204, by Sat., Dec. 5, 1992. Final payment is due by Sun., Jan. 10, 1993.

Space is limited. Don't be left out. Make your check payable to: Black Jack Tours/Escrow Account

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Work phone \_\_\_\_\_ Home phone \_\_\_\_\_

I'll be sharing a room with \_\_\_\_\_

If you'd like a hotel on the Las Vegas strip, packages are available. Call Ron Thomas, 733-0167.



**Ring in the holidays  
with the Pioneers  
and the Salvation  
Army Tree of  
Lights campaign.**

**Sign up now in the main cafeteria.**



Give the gift of hope this season.

**Telephone Pioneer/  
Salvation Army Toy Drive**

**Monday, Nov. 30-Friday, Dec. 4, 1992**

Look for the white collection bucket in your area.  
We're also looking for used books for children.  
Drop your donation off at the Pioneer office.

**DON'T TOUCH  
THAT DIAL!**

If you do, you'll miss the opportunity to participate in telecourses offered through Metropolitan Community College.

- Courses begin in early January
- Here's an easy and convenient way to go to school. Classes are delivered at the Omaha Works using videotaped lectures
- Classes encompass liberal arts and professional studies with a concentration on business
- Tuition and book reimbursement through AT&T's tuition assistance and ETOP programs
- Questions about the program? Call the ERC's John Schwenck at ext. 3523
- Register now by calling 457-5231 or 1-(800)-228-9553 (outside Omaha)

The next issue of *The Headliner* will be published Wednesday, December 16, 1992. All news items for that issue must be turned into the public relations office **NO LATER THAN 9 A.M. TUESDAY, December 8, 1992**

*The HEADLINER* is published twice monthly Wednesdays by the Omaha Works public relations department, and is printed by the Works print shop.

Your comments and story ideas are welcome. Please submit either to these members of the PR staff:

Linda Enterline, ext. 3714  
Linda Ryan, ext. 3795

# Classified Ads

The next deadline for classified ads is 7 a.m., Tuesday, Dec. 8, 1992. Submit your *The Headliner* ads in the Employee Activities Mall.

## Free

BLACK PUPPY: male, 6 mos. old, part german shepherd. 453-3066 after Noon and leave message.

## For Sale Appliances

DOUBLE OVEN & RANGE: \$50, REFRIGERATOR: Frigidare, \$40. 731-3599.

ELECTRIC BASEBOARD HEATER: iner-therm, 6'. 895-5222.

ELECTRIC RANGE: 30". 397-1539

## Home Furnishings

TAN SOFA: \$75, TAN LOVESEAT: \$50, COUCH: older, black, \$10, MICROWAVE/WINE GLASS STAND: \$35, KITCHEN TABLE & 4 CHAIRS: \$40, GLASS/BRASS END TABLES: (3) \$40, VINYL CHAIR: black, \$20. 731-3599.

RECLINER CUSHION COUCH: 3 pc, RECLINER LOVE SEAT, beige, excellent condition, BABY CRADLE: maple, w/mattress, excellent condition, \$30. 571-6833.

## Miscellaneous

DOUBLE CAST IRON SINK: from remodeled kitchen, excellent condition. 397-1539.

CLAW FOOT TUB: with or without new fixtures. 493-0495.

LEATHER BOMBER JACKET: small, excellent condition, \$45. 895-4690.

WEDDING DRESS & VEIL: originally \$900, make offer, BOYS JEAN JACKET: size XL, BOYS WINTER COAT: size 16. 334-5963.

FIBERGLASS GARAGE DOORS: (2) used 9' x 7', with low headroom track and hardware, \$75 per door or best offer. 333-7218 between 9 a.m. and 3 p.m.

CROCHETED & PLASTIC CANVAS GIFT ITEMS: great for Christmas presents. 330-4509.

BIG SOUND SYSTEM & STAGE LIGHTS FOR BAND: also small PA system and speaker. 331-5691.

PHYSICAL PILLOW: \$10. 334-5963.

## Parts and Accessories

EQUALIZER HITCH: \$30. 334-5963.

TIRE RIM: Chevrolet, 14", brand new. 334-5963.

## Tires

RADIAL SNOW TIRES: (2), 205X15, like new, mounted on GM rims. 397-1539.

STEEL BELTED RADIAL TIRES: (4) 175/70SR13, \$25 takes all. 330-1198 anytime.

## Vehicles

1979 HONDA GOLDWING: 10,600 miles, very good shape, show bike, \$1,500, 1984 HONDA 125 CC AREA SCOOTER: 1,300 miles, very good shape. 331-5691.

1986 CHEVY CELEBRITY: cream, automatic, 4-door, air, \$2,100. 496-0931.

1978 CAMARO: new paint, new tires, nice car, \$1,500. 331-5691.

1973 CHEVY 4X4: 3/4 ton, new paint, needs some work, \$1,800. 331-5691.

# Obituary

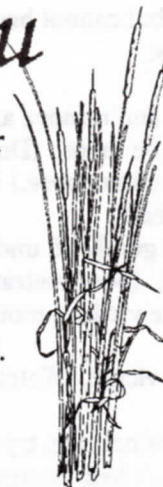


Maxine Chard, 61  
Died Nov. 5, 1992

19 years of service with AT&T Production specialist in IBU 226, Dick Hergenrader, central office connectors. Maxine is survived by husband Edwin, one son and two daughters.

# Thank you

Thank you to everyone for the beautiful flowers and the warm thoughts they expressed. Your many expressions of sympathy and your generous remembrance of Louise is greatly appreciated. The family of Louise  
Kushinsky



Thank you for your kind expressions of sympathy. The flowers were lovely and your contribution to the Rescue Squad is greatly appreciated.

The family of  
Maxine Chard

## Sousa's Observation

Some instruments in a drum-and-bugle corps are purely symbolic.



# ADULTS WHO STOP BREATHING

Rescue breathing, or artificial respiration, can save someone's life. Breathing can stop due to many things including electric shock, drowning, automobile or sports accidents, poisonous gas, or suffocation. Without breathing, permanent brain damage or death will result in 4-6 minutes. If you know how to perform rescue breathing, you are buying precious time for the victim.

## Breathing Is Most Important

Every second counts when breathing has stopped. Nothing is as important as getting breathing going again. Don't stop to loosen clothing or warm the victim before beginning rescue breathing. Don't move the victim unless he or she is lying in a dangerous area.

Your goal is to help the victim begin breathing on his or her own. If the victim is unable to breathe, continue rescue breathing until medical help arrives. (If you are too tired to keep on going, have someone else take over for you.)

## If There Is No Neck Or Spine Injury

Injury to the neck or spine often occurs in accidents with cars, sports (like football and diving), or falls downstairs. If you are confident that the victim has *not* injured the neck or spine, but cannot breathe on his or her own, follow these steps:

1. Lay victim on back.
2. Open breathing airway and remove anything from the mouth that should not be there. (Do not remove dentures unless they have come loose.) Place your hand on the victim's forehead.
3. Use your other hand to gently lift under the chin. This will tilt the head back. (See illustration.)
4. Put your mouth over the victim's mouth and pinch the nose shut.
5. Breathe slowly into the victim. Watch for chest to rise. (Repeat twice.)
6. If the victim's chest does not rise, try changing the head position. If that doesn't help, something may be blocking the airway, and you should try the "Heimlich Maneuver." (Kneel with your legs on either side of victim's waist. Make a fist. Hold it tight with your other hand. Place the fist just above the victim's navel. Make



Place a hand on the victim's forehead. Use the other hand to gently lift under the chin.



Pinch the victim's nostrils. Breathe into the mouth once every 5 seconds.

quick, strong thrusts with your fist upward into the abdomen.) Then, try rescue breathing again.

7. If the victim is still not breathing, but the chest is now rising and falling, continue rescue breathing, one time every 5 seconds. In between breaths look for signs of spontaneous respiratory movement. Give the victim a chance to exhale.

8. Continue rescue breathing until the victim begins to breathe without help, or until a medical professional arrives.

## If There Is A Neck Or Spine Injury

Neck or spine injuries can be very dangerous. *Never move a victim who has suffered a neck or spine injury unless it is absolutely necessary.* (Incorrect movement can leave the victim paralyzed or even dead.) Keep the victim's head and neck lined up straight at all times. To begin rescue breathing, gently pull the victim's jaw toward the top of the head to open the airway. Do not tilt the head. Then, do rescue breathing as described above in numbers 3, 4, 5, 7, and 8.



BE BULLISH ON SAFETY...PLAY LOTTO BULL!