



# Weoma Club Sports

**NOTE:**

League Secretaries are asked to turn in score results each week to the Weoma Club.

- Editor

## Racquetball

### DIVISION IV

**STANDINGS**

	WON	LOST	% WON
PALACIOS, Carlos	35	12	74
TYRCHA, John	31	17	65
MOODY, Larry	29	19	60
LUCAS, Andrew	23	25	48
FLEMING, Bill	18	30	38
MORRIS, Don	7	38	16

## Bowling

### WORKS SERVICE LEAGUE

**STANDINGS**

	WON	LOST
WESTERN BOWL	125	64
BROADWAY BOWL	118	71
HIGGINS TROPHIES	115	74
THE NEW COTTNER STREET	114	75
W.E.R.M. ENTERPRISES	110	79
ERASER HEADS	106	83
JESTERS	106	83
A.C.I.	99	90
TOP GUN II	97	92
COHEN AND KELLY'S	90	99
JUST PLAIN LUCKY	85	104
OMALO'S	84	105
JETS	83	106
JUST IN TIME	66	123
SABRES	66	123
THE EASY GOERS	50	139

### HIGH GAMES & SERIES-

Darrell Seaton (244-647), George Schabloske (222-211, 620), Tom Pluta (231-607), Dick Kusmierski (215-213, 603), Ron Siwa (223-602), Jim Kajdasz (222-221, 599), John Francavilla (215-594), Gene Stuto (218-592), Loren Wacker (579), George Stock (575), John McLaughlin (557), Al Pickering (557), Archer Witherell (213-556), Dave Howell (214-556), Dick Nightser (555), Dick Runnels (226), Mike Fager (220), Ken Batchelder (210).

### WEOMA CLUB FRIDAY MORNING MIXED LEAGUE

**STANDINGS**

	WON	LOST
STARS	126	82
MISFITS	124	84
UNCONSCIOUS	122	86
SWEAT SHOP	120	88
STRIKES	108	100
LATE COMERS	108	100
SHOULD A BEEN	102	106
WILD BUNCH	78	110
BALL BUSTERS	76	132
FLIP FLOPS	56	152

### WEOMA CLUB NITE OWLS MIXED LEAGUE

**STANDINGS**

	WON	LOST
NO GAS	132	68
DODGERS	126	74
NITE CRAWLERS	114	86
YA BUTS	114	86
FIVE NINES	112	88
ALL-MOST	110	90
EZ III	106	94
UP YOUR ALLEY	104	96
HAVEN FUN	96	104
LADIES & THE TRAMP	96	104
TWO HITS & A MISS	94	106
DILLIGAF	92	108
ROLLERS	90	110
2 BEERS & A MIX	78	122
BALL BUSTERS	76	124
ART'S KIDS	60	140

### MEN'S 200 GAMES-

Mick McGuire (203), Dave Hochstein (236), Bob Jones (201), Don Huenniger (200), Dan Moran (204, 239), Otis Knutson (223), Chuck Stanley (201).

### WOMEN'S 170 GAMES-

Linda McGuire (173), Linda Huenniger

(195), LaVonne Waters (179), Pat Griffin (182, 196), Sandy Barnes (218), Alta Morris (173, 174), Barb Eiersema (188), Karen Dappen (189, 172).

### MEN'S 500 SERIES-

Tim O'Connor (519), John Barnes (516), Stan Puchalski (528), Bill Deegan (530), Steve O'Dell (524), John Moore (552), Otis Knutson (560), Dan Kovar (536), Dan Moran (637), Don Huenniger (508), Bob Jones (534), Tim Klimiuk (516), Chuck Schultz (525), Dave Hochstein (595), Mick McGuire (513), Nate Jackson (549).

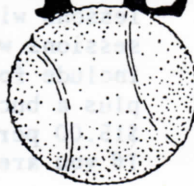
### WOMEN'S 450 SERIES-

Barb Wiersema (500), Karen Dappen (520), Alta Morris (507), Sandy Barnes (527), Pat Griffin (526), Linda Huenniger (482), LaVonne Waters (456).

### SPLITS-

Don Horvath (5-8-10), Perry Vogel (5-7), Dan Moran (2-5-7-8), Dan Kovar (4-7-10), Dale Kreick (3-10).

# TENNIS



SIGN UP NOW FOR THE WEOMA CLUB TENNIS LEAGUES YOU ARE INTERESTED PLAYING IN AND RETURN THE FORM BELOW AND THE FEES TO ONE OF THE OFFICERS LISTED. EMPLOYEES, SPOUSES AND IMMEDIATE FAMILIES ARE ELIGIBLE BUT, YOU MUST BE FAMILIAR WITH THE GAME!

YOUR WEOMA CLUB MEMBERSHIP FEE WILL BE \$3.00 PER PERSON PER CATEGORY UNLESS OTHERWISE INDICATED. SHEETS MUST BE COMPLETED AND RETURNED BY APRIL 6 SO SCHEDULES CAN BE PLANNED.

\* ONE \$3.00 ENTRY FEE IS REQUIRED IN EACH OF THESE LEAGUES. HOWEVER, IF YOU ARE PLAYING IN THE WOMEN'S LADDER OR MEN'S LADDER, YOU WOULD NOT PAY AN ADDITIONAL \$3.00 IN THOSE LEAGUES. (MEN'S DOUBLES AND WOMEN'S DOUBLES ARE PLAYED ON A ROTATION BASIS, PARTNERS ARE NOT NECESSARY).

RETURN SHEETS AND MONEY TO ONE OF THE FOLLOWING:

BONNIE STUTO, IBU 552, x3649; JUDY TYLER, IBU 521, x3043; GENE STUTO, IBU 572, x3258.

NAME \_\_\_\_\_ IBU \_\_\_\_\_  
 EXT. \_\_\_\_\_ SHIFT \_\_\_\_\_ HOME PHONE \_\_\_\_\_

Please check categories you wish to play in:

MIXED DOUBLES \_\_\_\_\_ \*WOMEN'S DOUBLES \_\_\_\_\_ SUB \_\_\_\_\_ WOMEN'S ADVANCED LEAGUE \_\_\_\_\_

WOMEN'S LADDER \_\_\_\_\_ WOMEN'S INTERMEDIATE LEAGUE \_\_\_\_\_ MEN'S LADDER \_\_\_\_\_

\* MEN'S DOUBLES \_\_\_\_\_ SUB \_\_\_\_\_

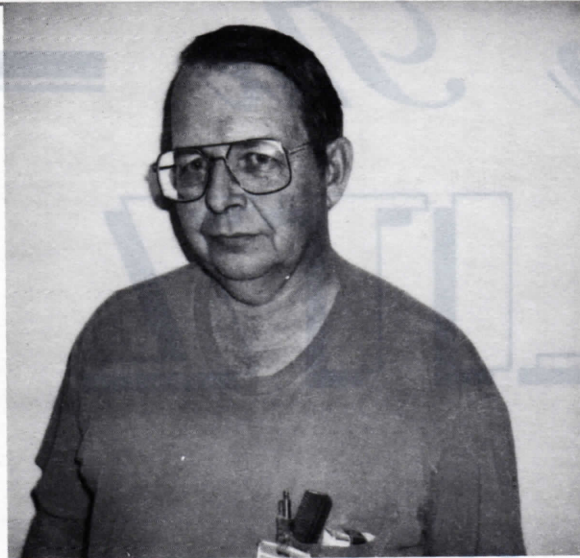
# Safety Awareness Contest

# Safety Trivia

by Shirley

## Trivia about lung cancer

1. What are the earliest symptoms of lung cancer?
2. What is the most common symptom?
3. What is the second most-frequent symptom?
4. Are pneumonia or bronchitis symptoms of lung cancer?
5. What are the most widely-used test and the best screening device for cancer?



Wesley Lyons, IBU 551-9, received a Nor-elco electric coffee maker for the correct answer to his question in the Safety Awareness Contest. He was asked "What is the modified fetal position?" He answered, "Lay on your side and pull your knees slightly toward your chest."

Wesley said he may save the coffee maker for a present. You'll have a lot of people hinting that their birthday is coming. Congratulations, Wesley!

## ANSWERS

1. A cough, wheeze or an ache. That's why it's easy to shrug them off as minor irritants.
2. A cough which is likely to occur when a growing cancer blocks an airway. The smoker coughs as if trying to get rid of a foreign object stuck in the lung.
3. Chest pain. It occurs as a persistent ache that may or may not be related to coughing.
4. Recurring attacks may also signal the early presence of cancer.
5. The chest X-ray. However, the smallest tumor that X-ray can identify is about 1/2 inch in diameter.



## MILLARD COMMUNITY EDUCATION

NORTH HIGH SCHOOL, 1010 South 144th St.						
CLASS	TIME	DAY	DATES	ROOM #	WEEKS	TUITION
ACCOUNTING	6:45-9:25	M	4/9-5-14	401	6	\$48.00
ACRYLIC PAINTING	6:45-9:25	M	4/9-5/14	Art	6	\$28.00
ADULT SWIM. BEG.	7:15-8:15	M	4-9/6-4	Pool	8	\$20.00
APPLEWORKS I	6:45-9:25	M	4-9/5-14	402	6	\$41.00
BUSINESS ENGLISH REF.	7:00-9:00	N	4-9/4-30	300	4	\$21.00
BUSINESS COMMUNICA. REF.	7:00-9:00	N	5-7/5-28	300	4	\$21.00
COMPUTER LITERACY	7:00-9:00	N/W	4-9/4-16	412	2	\$26.00
FUNDAMENTALS OF						
INVESTING	7:00-9:00	M	4-9/5-14	326-327	6	\$12.00
IBM WORDSTAR	6:45-9:25	M	4-9/5-14	405	6	\$94.00
QUILTMAKING	6:45-8:45	M	4-9/5-7	418C	5	\$22.00
SIGN LANG., ADV.	6:45-9:25	M	4-9/5-14	122	6	\$35.00
TAX SEMINAR	7:00-9:00	M	4-9	As Posted	1	None
BUSINESS MATH REF.	7:00-9:00	T/Th	4-10/5-3	301	4	\$33.00
FINANCIAL PLAN. FUND.	7:00-9:30	T	4-10/5-1	326-327	4	\$12.00
IBM WORD PERFECT, BEG.	6:45-9:25	T	4-10/5-15	405	6	\$85.00
SELL YOUR REAL ESTATE	6:45-9:45	T	4-17	124	1	\$10.00
SIGN LANG., BEG.	6:45-9:25	T	4-10/5-15	122	6	\$35.00
TYPING, BEG.	7:00-8:30	T/Th	4-10/5-31	135	8	\$65.00
SUCCESSFUL MONEY MGT.	7:00-9:30	W	4-11/4-25	313	3	\$12.00
BEAUTY FOR ALL SEASONS	5:30-8:30	W	4-11 only	As Posted	1	\$10.00
FINANCIAL PLAN. FUND.	7:00-9:30	Th	5-10/5-31	326-327	4	\$12.00
IBM WORD PERFECT, INT.	6:45-9:25	Th	4-12/5-17	405	6	\$85.00
PADDED PHOTO ALBUM	6:45-9:45	Th	4-12	Lounge	1	\$10.00
SUCCESSFUL MONEY MGT.	7:00-9:30	Th	4-12/4-26	313	3	\$12.00
IBM WORD PERFECT, BEG.	8:00-12:00 AM	S	4-14/5-5	405	4	\$85.00

SOUTH HIGH SCHOOL, 14995 S St.						
CLASS	TIME	DAY	DATES	ROOM #	WEEKS	TUITION
AQUATIC EXERCISE	8:30-9:30	M/W	4-9/5-30	Pool	8	\$26.00
AQUATICS/RESPECT	7:00-8:30	M/W	4-9/5-30	Pool	8	\$26.00
COUNTED CROSS STITCH	7:00-9:00	N	4-16 only	303	1	\$10.00
COUNTRY/WEST DANCE	7:00-9:30	N	4-9/5-21	9-10 Cafe	7	\$39.00
DUCK DECOY CARVING	6:45-9:25	N	4-9/5-14	Wood Shop	6	\$28.00
IBM LOTUS INTERMED.	6:45-9:25	N	4-9/5-14	124	6	\$85.00
KEYBOARDING	7:00-9:00	N	4-9/6-4	308	8	\$31.00
SIBLINGS WITH-						
OUT RIVALRY	7:00-9:00	N	4-9/5-14	211	6	\$37.00
FINANCIAL PLAN. FUND.	7:00-9:30	T	5-8/5-29	323	4	\$12.00
MONEY ISN'T EVERYTHING	7:00-9:00	T	4-10/4-24	322	3	\$12.00
MS DOS (3 WEEK)	6:45-9:25	T	4-10/4-24	124	3	\$45.00
PRIVATE PILOT						
GROUND SCHOOL	7:00-10:00	T	4-10/5-29	222	8	\$50.00
IBM LOTUS 1-2-3, BEG.	6:45-9:25	W	4-11/5-16	124	6	\$85.00
WATERCOLOR PAINTING	6:45-9:25	W	4-11/5-16	232	6	\$28.00
CROCHETING	7:00-9:00	Th	4-12/5-17	309	6	\$23.00
FINANCIAL PLAN. FUND.	7:00-9:30	Th	4-12/5-3	323	4	\$12.00
MS DOS (6 WEEK)	6:45-9:25	Th	4-12/5-17	124	6	\$85.00
SWEATSHIRT APPLIQUE	6:00-9:00	Call for date		302	1	\$10.00
ACTIVE PARENTING	9:00-11:30 AM	S	4-18/5-19	211	6	\$35.50
					couple	\$44.50
IBM LOTUS 1-2-3, BEG.	8:00-12:00 AM	S	4-14/5-5	124	4	\$85.00

South High Parking Instructions: Use East Parking Lot for classes in 9-10 Cafeteria, Pool or 300 and 400 wings. Use West Parking Lot for classes meeting in 100 or 200 wings.

**ANDERSON MIDDLE SCHOOL, 15404 Adams St.**  
 KNOW YOUR SELF 7:30-9:30 or 5-1/5-7/5-14 3 days As Posted \$6.00

**NORTH MIDDLE SCHOOL, 2828 South 139th Plaza**  
 KNOW YOUR SELF 7:00-9:00 5-1/5-8/5-15 3 days As Posted \$6.00

**CENTRAL MIDDLE SCHOOL, 12801 L Street**  
 VARIETY DANCE 7:00-8:30 W 4-11/5-23 7 wks Cafeteria \$39.00  
 KNOW YOUR SELF 7:00-9:00 5-1/5-8/5-15 3 days As Posted \$6.00

**KIEWIT MIDDLE SCHOOL, 15650 Howard St.**  
 KNOW YOUR SELF 7:00-9:00 4-19/4-26/5-17 3 days As Posted \$6.00  
 LANDSCAPING 7:00-9:00 W 4-11/5-30 8 wks Rm 101 \$37.00

**SABODZ ELEMENTARY, 9659 So. Oak Hills Drive**  
 FAMILY COMMUNICATION PROJECT  
 Families Talk About Sexuality:  
 7:00-9:00 pm Th 4-12/5-3 4 wks Media Center per family \$30.00

**NEW EXERCISE FACILITIES, 160 W. Center**  
 OVER AND OUT 7:30-8:30 W 4-11/5-30 8 wks \$15.00  
 TONE AND TIGHTEN 7:30-8:30 M/Th 4-9/5-31 8 wks \$30.00  
 AEROBIC/FITNESS 9:00-10:00 am M/Th 4-9/5-31 8 wks \$30.00  
 AEROBIC EXERCISE (Meets 3 times per week - Call for details) \$41.00

**NATURAL RESOURCES DISTRICT, 8901 So. 154th St.**  
 CREATIVE WRITING 7:00-9:00 M 4-9/5-14 6 wks As Posted \$26.00  
 OUTDOOR PHOTO 10:00-12:00AM S 4-14/5-12 6 wks As Posted \$22.00

TO REGISTER OR FOR MORE INFORMATION: Call Millard Community Education, 695-8418. Office hours 8:00 am - 4:00 pm.

Tuition due 1 week before classes start. Make checks payable to:

Millard Community Education  
 Don Stroh Administration Center  
 5606 So 147th St.  
 Omaha, Ne. 68137

# Puttin' On The

# GLITZ



Can Graham  
Really  
Can Can?

Attend the Spring Party  
to see for yourself!

CROWN HALL  
APRIL 7, 1990

COCKTAILS	TICKETS
DINNER	\$13.50 EA.
(FASHION) SHOW	ON SALE MARCH 26

• GRAND PRIZE •  
A NIGHT ON THE TOWN  
LIMO & DINNER  
AT  
MAXINES

# Dietary Guidelines for Better Eating and Better Health

Good nutritional habits based on moderation and variety can help keep you healthy and even improve your health. How do you successfully choose and prepare the foods that are best for you and your family? Listed below are guidelines intended for the general population. These guidelines are not intended for individuals with special dietary needs due to disease or conditions that interfere with normal nutrition.

**EAT A VARIETY OF FOODS.** A variety of foods daily includes a selection of fruits, vegetables, whole grain and enriched breads, cereals and grain products, milk, cheese, yogurt, meats, poultry, fish, eggs and legumes.

**MAINTAIN YOUR IDEAL WEIGHT.** Avoid too much fat, saturated fat and cholesterol. Choose lean meat, fish and poultry; moderate your use of eggs and organ meats such as liver; limit your intake of butter, cream, hydrogenated margarines, shortenings and coconut oil, and foods made from such products; trim excess fat off meats; bake broil or boil rather than fry; read labels to determine amount and types of fat contained in foods.

**EAT FOODS WITH ADEQUATE STARCH AND FIBER.** Substitute starches for fats and sugars, select foods that are good sources of fiber and starch such as whole grain breads and cereals, fruits and vegetables, beans, peas and nuts.

**AVOID TOO MUCH SUGAR.** Use less of all sugars including white sugar, brown sugar, raw sugar, honey and syrups; eat less of foods containing these sugars, select fresh fruits or fruits canned without sugar or with light syrup rather than heavy syrup. Read food labels for clues on sugar content. If the names sucrose, glucose, maltose, dextrose, lactose, fructose or syrups appear first, then there is a large amount of sugar.

**AVOID TOO MUCH SODIUM.** Cook only with small amounts of added salt. Add little or no salt to food at the table.

**IF YOU DRINK ALCOHOL, DO SO IN MODERATION.**



## ***Practice Makes Perfect***

Quitting cigarette smoking is tough, like learning to ride a bike. Remember? You fell off several times before you stayed up. On your first ride, you may have only gone down the driveway, but you stuck with it. Your first time quitting smoking, you may only go a short distance. But like bike riding, you just have to get back up and try again.

Most ex-smokers try to quit at least three times before they succeed—some even more. Like everything that's worth doing, quitting smoking is worth the effort.

Remember, practice makes perfect.

# EASTER BUNNY PROJECT

THE EASTER BUNNY KITS ARE  
READY FOR PICK-UP

PLEASE HELP!!!! THE SENIOR CITIZENS AT A COUPLE OF  
AREA NURSING HOMES WILL APPRECIATE RECEIVING YOUR  
COMPLETED KIT. THESE WILL BE DELIVERED BY OUR AT&T  
CORNY CLOWNS IN TIME FOR EASTER.

## PICK - UP

THURSDAY, MARCH 22, 1990

TIME 7:00 AM - 8:00 AM  
10:00 AM - 12:00 PM  
3:00 PM - 4:00 PM

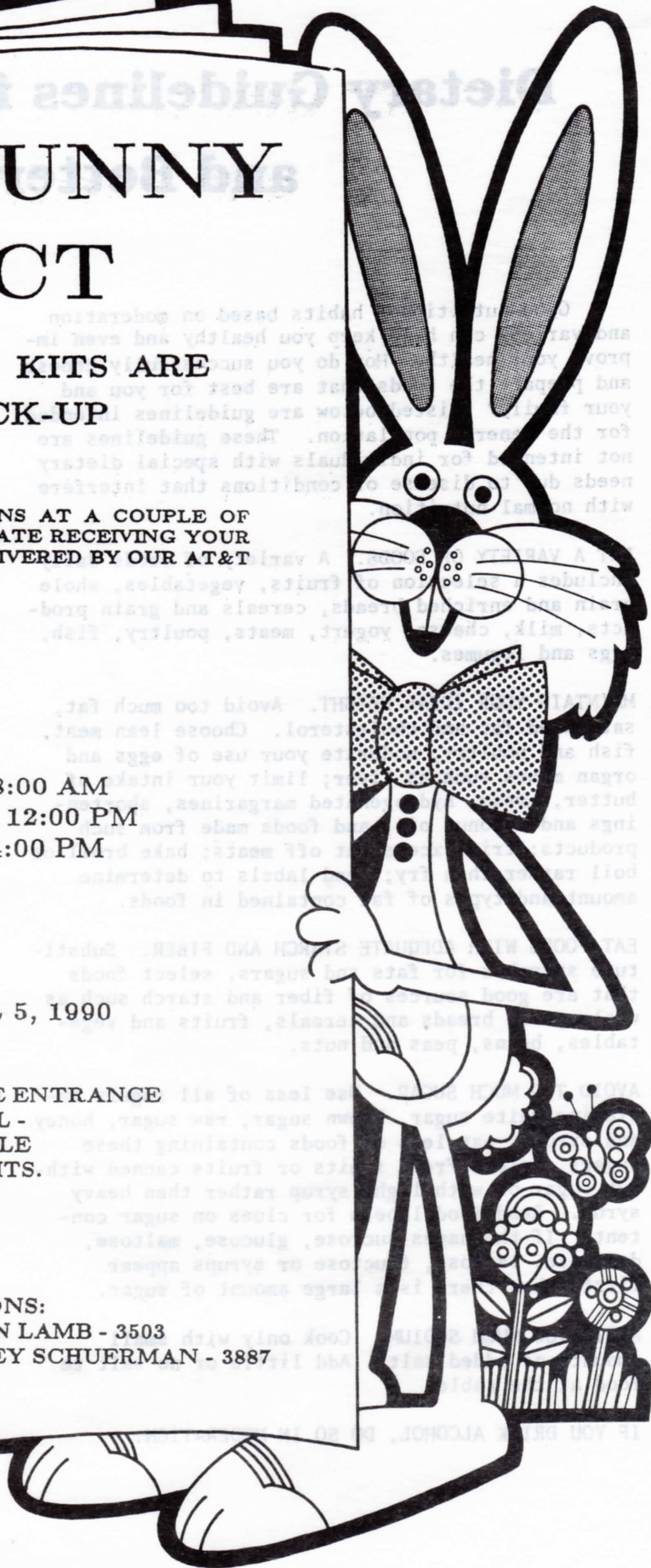
## RETURN

THURSDAY, APRIL 5, 1990

PLEASE RETURN TO THE ENTRANCE  
OF THE EMPLOYEE MALL -  
A BOX WILL BE AVAILABLE  
FOR DEPOSITING THE KITS.



QUESTIONS:  
COLLEEN LAMB - 3503  
BEVERLEY SCHUERMAN - 3887



# 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

CHAIN LINK FENCE: in good condition, willing to pay reasonable price, will remove. 558-5674 after 4 p.m.

OLD CLOCKS: all types, working or not working. 733-3805.

## For Sale

### Recreational

1972 COLEMAN CAMPER: Fold down, sleeps 6, stove, sink, icebox, cabinets, \$900 or best offer. 289-4527.

PROPELLER: for larger Mercury outboard 25" pitch, \$40 or best offer. 333-0170.

### Home Entertainment

TV: (1) black & white, (1) color. 895-3258.

### Home Furnishings

OVEN HOOD: 36" chocolate brown, \$50. 333-8232

CHEST OF DRAWERS: 5 drawer, \$25. 572-7894.

CHAIRS: (2) living room. 895-3258.

TABLE LAMP: oak, \$50. 334-6932.

### Appliances

REFRIGERATOR: GE 22 cubic foot, ice thru door, new ice maker \$200. MICROWAVE: GE over stove with exhaust \$100, both in perfect condition. 895-3654.

DEHUMIDIFIERS: Whirlpool & Coldspot, fully automatic w/ humidistat \$75 each. 334-6932.

## Real Estate

BEAVER LAKE LOT: #1952C, fishing, skiing, swimming, \$2,000 Firm. 558-5674 or 553-0190 after 4 p.m.

## Lawn & Garden

SNOW BLOWER: Jacobsen Sno-Burst, \$50, 330-4018 after 4:30.

LAWN MOWER: Toro self propelled, rear bagger, w/extra bag, \$175.00 334-6932.

AMF LAWN & GARDEN TRACTOR: parts (new). 331-5691.

## Tires

TIRES: Radial studded snows, excellent condition, must sell, \$100 or best offer. 572-7894.

TIRES: (4) Wild Country RUT radial 31x10 1/2 x 15 on 15" spoked rims that fit Ford truck, good tread, \$250 or best offer. 333-0170.

## Parts & Accessories

LIGHT BAR & LIGHTS: with covers for Nissan truck or truck same size. JUMP SEATS: for same type truck. 553-6951.

RIMS: (4) 4 hole Datsun, \$5 each, 330-4018 after 4:30 p.m.

HUBCAPS: (4) 14" Datsun, \$5 each, 330-4018 after 4:30 p.m..

## Vehicles

1980 PONTIAC TRANS AM: limited edition, 56,000 miles, one owner, 301 Turbo T-top, white, newer tires and snows, very good condition, \$5,000 or best offer. 895-3069 after 4 p.m.

1982 HONDA, ATC 3 wheeler, 200E, high & low gears, automatic clutch, electric start, new head, cam, valves. 1983 HONDA: ATC 200X, 3 wheeler, excellent condition, \$600. 733-6691 after 4:30 p.m.

1980 VOLKSWAGON RABBIT: 4 dr, new battery, great mileage. 331-7283

1984 NISSAN: 300ZX, 6 cyl, 5 speed, T-top, platinum color, 15K miles, \$10,000 Firm. 291-4461.

## Miscellaneous

JOY OCTAGYM: \$30. TRAMPOLINE: mini \$10. WEIGHT SET & BENCH: 110 lbs. EASY GLIDER: \$30. SCHWIN BIKE: (at least 35 yrs old) \$30, all prices negotiable. 289-4527.

APPLE IIC COMPUTER: memory expanded to 384K, extra disk drive, 9" green monitor, Brother printer, mouse, joystick, Apple books & programs, \$750. 896-3712.

AUDIO CONTROL EQUALIZER: top of line, \$150. FIREWOOD RACKS: \$10 each. 334-6932

VISIONS COOKWARE: 1 complete set, \$30. 333-8232 after 4 p.m.

WEIGHT SET & BENCH: 110 lbs, make offer. 895-3285.

## Entertainment

Marti Lenz, x3791

DISCOUNT COUPONS AVAILABLE IN THE MAIN CAFETERIA AND THE EMPLOYEES MALL OR CONTACT MARTI, X3791.

**\$100 DISCOUNT**  
ON ADULT ADMISSION

35th Annual

**OMAHA**  
**Home Show '90**  
OMAHA CIVIC AUDITORIUM  
TUES. SUN. MARCH 20-25

**BIGGER THAN EVER!**  
EXHIBITS ON ALL 3 LEVELS!

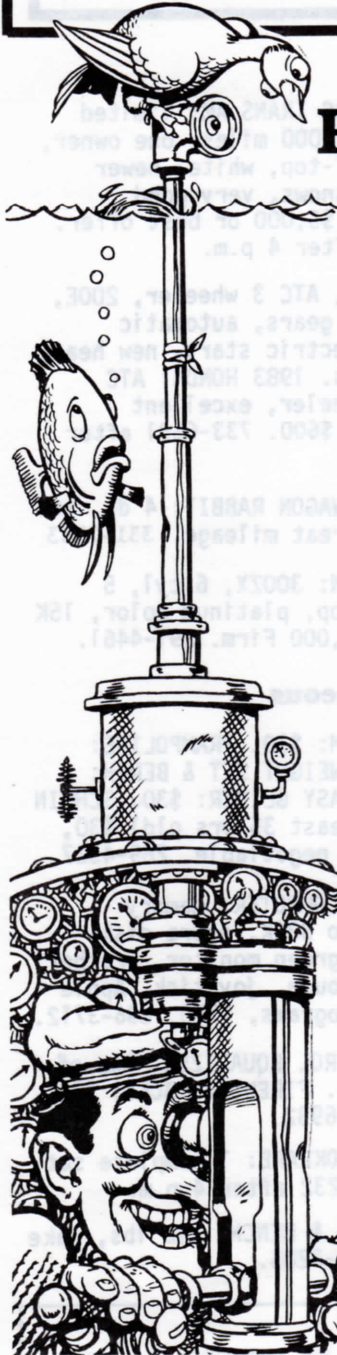
B. J. Thomas  
March 20-21

Holly Dunn  
March 22-23

The Four Aces  
March 24-25

DOORS OPEN  
5:00 to 10:00 TUESDAY thru FRIDAY  
NOON to 10:00 SATURDAY • NOON to 7:00 SUNDAY

# The Pioneer Porch



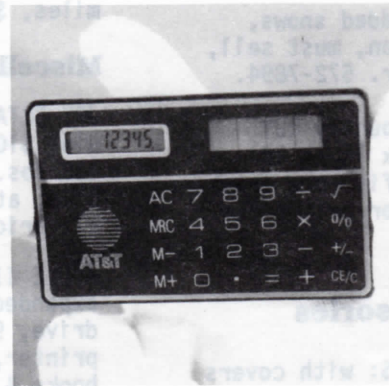
## Periscope up on value!



### Silent Running

Like a little time on your hands? Gold-tone quartz watch features AT&T logo.

**\$35**



### It All Adds Up

Credit card solar calculator lets you count your tax refund on one hand. New!

**\$7.25**



### I Got Your Number!

Pocket Pal address/phone book with its own pen also handy for purse, glove compartment. Stock up at this price!

**\$1.50**



### Black & Gold

Snazzy tire gauge. Snazzy price.

**\$7**

### Everybuddy Needs Somebuddy!

Teddy-bear-size T-shirts look even better on kids. Choose from "Buddies" design in red or "Tough Stuff" in blue. Biker's cap and sunglasses also available. Shirt sizes come in S(4), M(5-6), L(7).



**\$6.75**

BUDDY BREAK...Lynette Tipler and pal.

### 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.