

# Maama Club NEWS

September 26, 1990



Mary Jo Kaiser (left) and Beth Zahl will be working at other Credit Union locations after Friday. Not pictured is Diane Rosencrans.

## On Friday, Credit Union To Close Branch Office After 8 Years in Mall

Friday, September 28 will be the last day of business for the Bell Federal Credit Union's branch office in the Employee's Activity Mall. The office was in operation for eight years, according to Supervisor Mary Jo Kaiser.

"The people of the Omaha Works have made my coming to work fun. I hope to see you all at the Dodge Street location", said Kaiser. She also emphasized a heartfelt "thank you" for the patronage of the Works employees. Kaiser has nine years service with the Credit Union and came to this location one year ago.

The two other employees, Beth Zahl and Diane Rosencrans, have been at this location for nine months. Zahl will be transferred to the 114th St. office and Rosencrans will work at the 117th & Holmes St. branch.

"This has been the nicest place I have worked or ever will work. I will really miss the people here at the Omaha Works", said Zahl. Rosencrans, who works parttime at the Works location, was not available for comment.

After Friday, employees can use the Instant Cash Machine in the main cafeteria or those located in the community bearing the Cirrus emblem. The main credit union office is located at 111 So. 18th St. in downtown Omaha.

The Holmes Street office has hired additional help to accommodate the customers when the Omaha Works branch closes.

## United Way Unclaimed Prizes

Those holding tickets from the United Way drawing should check theirs with the numbers listed below.

If you have a winning ticker bring it to Kathy Fink, Room 151, between the hours of 7:30 a.m. and 4:00 p.m.

The numbers and corresponding prizes are:

NO. 003718	Camera	NO. 003223	Stuffed Puppy
NO. 003136	Camera	NO. 003699	Mystery Gift
NO. 003020	Stuffed Puppy	NO. 003138	"I Care" Day

## Phone Centers Offer One-Way Faxing to Forces in Mideast

AT&T announced that it has set up a service that will enable family and friends of American military personnel serving in the Middle East as part of Operation Desert Shield to send facsimile greetings to the troops free of charge.

AT&T has begun accepting messages at its local AT&T Phone Center, which is located on the lower level at the Westroads Shopping Center. The Omaha store is one of 400 AT&T Phone Centers in the nation that will participate in the program.

AT&T is offering free use of its network to transmit letters and drawings one-way to troops in the Mideast as part of a morale-boosting effort it calls DESERT FAX. The duration of the free DESERT FAX service will depend on several factors, including cost, volume of messages and benefits to military personnel and their families.

Because the fax messages will be sent electronically, the time required to reach their destinations will be significantly reduced. With AT&T Enhanced FAX Service, messages are stored within the AT&T network, then transmitted high-speed to one or more designated fax machines overseas. The military postal service in the Mideast will, in turn, deliver the messages to service people in Operation Desert Shield at regular mail calls.

(continued on page 3)

# Weoma Club Sports

**NOTE:**

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

- Editor

## Bowling

### WEOMA CLUB NITE OWLS MIXED LEAGUE

#### STANDINGS

	WON	LOST
BALL BUSTERS	12	4
HAVEN FUN	12	4
DILLIGAF	12	4
HIT & MISS	10	6
COMFORTABLY NUMB	10	6
LUCKY'S	8	8
NO GAS	8	8
CHANNEL CATS	8	8
SANDBAGGERS	6	10
DODGERS	6	10
2 BEERS & A MIX	4	12
MIA	2	14

#### MEN'S 200 SERIES-

Mick McGUIRE (202), Dave HOCHSTEIN (202, 221), Bill DEEGAN (214), Dan MORAN (201, 210), Don HORVATH (224), John MOORE (206), Dan DORMER (214), Don HUENNIGER (205, 205), Lauren Throener (213), Dennis McNULTY (201)

#### WOMEN'S 170

Kathy O'DELL (175), Jessie KNUTSON (173), Pat GRIFFIN (186, 170), Sandy BARNES (194, 189), Donna WAJDA (183)

#### MEN'S 500-

Lauren THROENER (529), Doug SIEBURG (503), Don HUENNIGER (570), Dan DORMER (521), Don HORVATH (513), John MOORE (558), Dan MORAN (604), Mick McGUIRE (517), Dave HOCHSTEIN (612)

#### WOMEN'S 450-

Donna WAJDA (482), Sandy BARNES (523), Helen SOLOMON (452), Pat GRIFFIN (496)

#### SPLITS-

Dale KREICK (9-10), Cindy HASSLER (4-7-9), John MOORE (3-9-10, 3-10), Pat GRIFFIN (3-10), Kathy O'DELL (5-10), Ernie KUBR (5-10), Otis KNUTSON (5-10, 3-10)

### WEOMA FRIDAY AFTERNOON MIXED

#### STANDINGS

	WON	LOST
#5 WE TRY	21	3
#8 JET's	13	11
#6 HELP	12	12
#1 W-BBB's	12	12
#2 TEN PINS	12	12
#9	12	12
#4	11	13
#7 MYSTERY TEAM	11	13
#3 VIKINGS	8	16
#10	8	8

#### 200 & 500 SERIES-

Tom PALLAS (558), Jerry ODELL (231-569), Ed DERGAN (266-217-642), Dick SUVERKRUBBE (226-573), Al LIGHT (205-202-575), Dale WINEINGER (204-502), Al PICKERING (206-213-570)

#### SPLITS-

Karen DAPPEN (5-10), Sue ODELL (4-7-9), Wally PETERSEN (4-7-9)

### WORKS SERVICE LEAGUE

#### STANDINGS

	WON	LOST
YANK ME CRANK ME	19	2
T.L.A.	17	4
COHEN AND KELLY'S	15	6
BROADWAY BOWL	15	6
JETS	12	9
OMALO'S	12	9
STRETCH MARKS	11	10
JUST IN TIME	10	11
TOP GUN III	9	12
THE NEW COTTNER STREET	9	12
JESTERS	8	13
SABRES	8	13
WESTERN BOWL	7	14
W.E.R.M. ENTERPRISES	7	14
HIGGINS TROPHIES	5	16
TEAM 16	4	17

#### HIGH GAMES & SERIES-

Dave CHONIS (211-615), Kevin PLUTA (215-601), John SYMONSBERGEN (224-597), Chet SEARS (234-590), Bob GEORGE (215-590), Tim WARD (234-580), Gary REESE 217-578), George STOCK (572), Ken MASS (224-570), John FRANCAVILLA (562), Gino BETTI (233-560), Tom PLUTA (554), Bill PETERS (214-551), Jerry KUCINSKI (223), Steve BOTHWELL (216), Dick RUNNELS (212)

## Golf

### Applewood

#### FRIDAY NIGHT APPLEWOOD GOLF LEAGUE

##### STANDINGS

	PTS.
FOUR PLAYERS	113.0
TOURWINS	107.5
FAIRWAY DEMONS	92.5
TOP FLITES	79.0
NO NAMES	61.5
LUCKY ONES	54.5

LOW NET (1 & 2)- UTTERBACK (32), VINER (32)

LOW NET (3 & 4)- BLOHM (35), KAJASZ (39) NENEMAN (34)

BIRDIES- NENEMAN (#5), DOLEZAL (#1), VINER (#4),

EAGLE- KUSH (#8)

### Westwood Heights

#### MONDAY NIGHT MIXED LEAGUE

##### STANDINGS

	PTS.
PARBUSTERS	104½
CHOKERS	100½
STICKS & CHICKS	96½
SWINGERS	94
WESTWOOD HO'S	94
T TOPPERS	92
SIX SHOOTERS	88
TENTH TEE	81½
GEMS	77½
FOUR STROKERS	71½

LOW GROSS- Evie WINTERS (45), Bill BACA (36)

LOW NET- Pat WENTZ (25), Jim KELLY (27)

#### MONDAY

#### WEOMA CLUB MONDAY WESTWOOD HEIGHTS LEAGUE

##### FINAL STANDINGS

	PTS.
PARBUSTERS	108
CHOKERS	107
STICKS & CHICKS	96 1/2
SWINGERS	94
WESTWOOD HO'S	94
T TOPPERS	92
SIX SHOOTERS	88
TENTH TEE	81 1/2
GEMS	77 1/2
FOUR STROKERS	71 1/2

Take your heart to court.

Exercise serves you right.



American Heart Association

# Westwood Heights Golf League Won by Parbusters

It all came down to the last round of the season and when it was over the Parbusters edged out the Chokers by a single point, 108-107.

The 1990 league championship team consists of the six following players: Bev Clark, Bob Slobodnik, Frank Possinger, Jolene Possinger, Evie Winters and Chuck Sipe.

## Dress-A-Doll Notice

The dolls and bears are due back on October 5, 1990. Everyone is doing a beautiful job.

## Thank You Note—

A heartfelt thank you for all the cards, flowers and your concern during my stay in the hospital.

Joyce Baker

# Tech-Pro Golf Outing Results

Seven flights made up the 1990 Tech-Pro golf outing held September 7 at Tiburon Golf Club.

Dave Martin had the low gross score of 79 and Gary Mortenson's 58 won low net honors. Martin finished second in the first flight and Mortenson won the sixth flight.

Other flight winners were: Gene Bastian (1st); Jerry Taylor (2nd); Hank Wnuk (3rd); Rich Schaben (4th), Mike MacVittie (5th) and Kev Stark (7th).

The following is a complete list of flight and flag prize winners.

FLIGHT WINNERS:				
FLIGHT	1ST PLACE	2ND PLACE	3RD PLACE	4TH PLACE
#1	G. BASTIAN	D. MARTIN	D. DOLEZAL	C. SCHULTZ
#2	J. TAYLOR	B. CHILCOAT	J. NEWLAND	D. WINTER
#3	H. WNUK	G. KAHLER	G. VINER	C. ZOUCHA
#4	R. SHABEN	S. MASON	J. KUCINSKI	T. DAVID
#5	M. MACVITTE	J. MAY	J. OKUPSKI	J. MOTTINE
#6	G. MORTENSON	G. EPP	L. SCHWICKERATH	L. DEMBOWSKI
#7	K. STARK	J. GOLMANAVICH	G. BIELENBERG	L. JOSOFF

FLAG PRIZE WINNERS:			
#1-LONGEST PUTT	- H. WNUK	#10-LONGEST DRIVE	- C. STEPHANY
#2-CLOSEST CHIP	- B. WUSTRACK	#11-CLOSEST TO PIN	- D. WILLIAMS
#3-CLOSEST TO PIN	- D. MARTIN	#12-LONGEST PUTT	- T. MILLER
#4-LONGEST DRIVE	- M. JENSON	#13-CLOSEST CHIP	- B. SPENCER
#5-SHORTEST DRIVE	- L. JOSOFF	#14-LONGEST PUTT	- F. TIRSCHMAN
#6-LONGEST PUTT	- F. STRATBUCKER	#15-CLOSEST CHIP	- D. HALVERSON
#7-CLOSEST TO PIN	- C. TAYLOR	#16-CLOSEST TO PIN	- J. FRANCAVILLA
#8-LONGEST PUTT	- H. ELUIK	#17-LONGEST PUTT	- D. STAUDT
#9-CLOSEST CHIP	- J. KELLY	#18-SHORTEST DRIVE	- M. PARIZAK

## Phone Centers Offer One-Way Faxing to Forces in Mideast

(continued from page 1)

Special fax forms are now available. People sending messages will need to know the name of the person stationed in the Mideast, his/her proper APO/FPO address, and military ID number. (Faxes cannot be transmitted without this information.) A designated space for a written message or drawing occupies three-fourths of the form.

People planning to use the service can call 1-800-555-8111 (x36) for the address of the Phone Center nearest them.

The Phone Center at the Westroads Shopping Mall is asking for volunteers to help send messages to the Armed Forces in the Mideast. Volunteers are needed from 10:00 a.m. to 9:00 p.m., Monday through Saturday and from noon to 5 p.m. on Sundays.

Please fill out the form below and return it to the Pioneer Office.

YES! I want to Volunteer for DESERT FAX to help bolster the morale of our Armed Forces in the Mideast!

NAME \_\_\_\_\_ DEPT. \_\_\_\_\_

HOME PHONE \_\_\_\_\_ WORK EXTENSION \_\_\_\_\_

We know 2.7 million people with unusually large hearts.



And we hope you'll meet some of them, too. They are the enthusiastic volunteers of the AHA, and they generously donate their time and care, visiting homes, schools and workplaces everywhere, helping millions learn how to reduce their risk of heart disease. Without them, our organization wouldn't be the success that it is. If you'd like to volunteer, or simply learn more, call or write your nearest American Heart Association.



This space provided as a public service.

# Good Posture and Exercise Cut the Risk of Back Problems

BACK PAIN---four out of every five Americans are afflicted with it during their lifetime. Some back problems can be caused by rheumatoid arthritis, tumors or developmental disease, but the most common source is a sudden twist or fall.

One of the best ways to strengthen your back is through back exercises. Stretching exercises increase the flexibility of back muscles, and aerobic exercises, such as walking, swimming and stationary bicycling, improve stamina and mental attitude. Both kinds of exercise combine to increase pain tolerance.

Here are more tips for alleviating and avoiding low back pain from Jane Pettit of the University of Michigan's Fitness Research Center:

- \* Improve your posture. Slumped shoulders, an arched back or an extended stomach change spinal column alignment, weakening back muscles.
- \* When sitting, use a straight-back chair and keep one knee higher than the hips.
- \* Break up long periods of sitting by standing, walking, and stretching.
- \* Control your weight. An extra 10 pounds

can put the equivalent of 100 pounds of pressure on your back, according to Pettit.

Poor posture and poor lifting habits can contribute to back pain. All of these factors can be related to your job. According to an article in The Journal of Bone & Joint Surgery, a University of Vermont survey found that the risk of back pain is greater among those who hold jobs that require repetitive lifting, the use of jackhammers or maching tools, or the operation of motor vehicles.




The study also found that men with severe back pain were more likely to be cigarette smokers. Smoking may be related to back pain because it causes coughing, which increases disc pressure and alters the blood flow that affects the disc metabolism and makes it more susceptible to mechanical changes.

The study also found that recreational activities had a minimal relationship with low back complaints. People with moderate lower back pain were more often joggers and cross-country skiers.


Another factor is chronic emotional stress.

by Art Mollen, D.O.





# PIONEER




## Men's Fall Golf Outing

### Tiburon Golf Club

SHOTGUN START 12:30 P.M.  
Sunday Oct. 07, 1990

\$27.00 ea.

For Reservations Contact-

Jim Kelly	x3589	(1st)
Art Clausen	x3342	(1st)
Gean Bastian	x3687	(2nd)
Chuck Schultz	x3673	(2nd)

-SMILE- AND HAVE A HAPPY DAY!

DEAD-LINE

Sept. 28, 1990

GOLF, CART &  
PRIZES

Pioneer & Life Members  
and Future Pioneers

# PIONEER

# AUTO RALLY

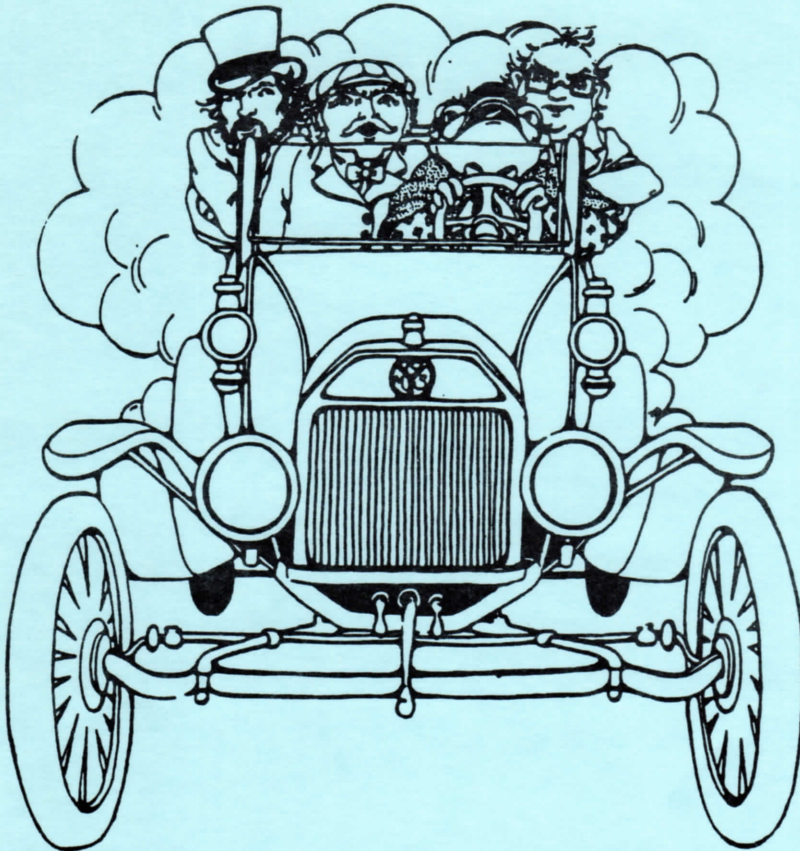
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# DANCE

Sunday, October 14

1:00 p.m.

(instructions at 12:45 p.m.)



## TICKETS

<b>PIONEER &amp; PARTNER</b>	<b>\$6. ea.</b>
<b>GUEST</b>	<b>\$8. ea.</b>
<b>CHILD (under 12)</b>	<b>\$3. ea.</b>

(Limited to 300 People)

## MENU

SAUSAGE & HOT DOGS	
SALAD	POPCORN
COFFEE	POP BEER

### CONTACT:

Bldg. 20

Sharon Justsen, X4946

Bldg. 30

Bob Bloodsworth, X3278  
Joe Boniauto, X3386  
Dick Kusmierski, X3379

Pioneer Office

Clara Hendricks, 691-3617

Bldg. 50

Dave Kempkes (2nd) X3136  
Jim Kajdasz, X4846  
Tom Pluta, X3558  
Bonnie Stuto, X3649

START IN EAST OFFICE PARKING LOT



# **Bell Federal**

Credit Union

September 21, 1990

Dear Member:

We appreciate your membership at Bell Federal. We want to acknowledge the signing of the petition to keep the AT&T credit union office open. However, the decision to close this office remains. After much discussion, the Board of Directors unanimously voted a second time to proceed with the closing of this office. Careful consideration was given to a trend analysis and the increasing costs to maintain the facility in the plant. Several alternatives have been considered to service you.

The automated teller machine (ATM) will remain at the plant for your continued convenience. Members can make inquiry into their accounts at no charge and use monetary transactions up to eight times a month, for example two a week, for no additional charge.

We are completely confident with the 117th and Holmes staff and their ability to handle your financial needs. The facility is full service with four drive-thru teller lanes to assist you. The office also offers a night depository box which you can utilize to drop off loan payments, deposits or any business papers before or after hours. Loan applications can be taken by telephone for your convenience and processed very quickly. In addition, the 117th office has extended hours of operation for your convenience:

Monday through Friday

Lobby: 8:30 a.m. - 5:00 p.m.

Drive-Thru: 7:00 a.m. - 6:00 p.m.

Saturday

Lobby: 8:30 a.m. - 1:00 p.m.

Drive-Thru: 8:30 a.m. - 1:00 p.m.

We do understand your issue concerning car pooling. It is common for car pools to utilize the drive-thru at 117th. In addition, parking is ample and close to the building.

Your continued support of Bell Federal is appreciated. We do encourage you to try the facility at 117th and Holmes and are confident you will be pleased.

Sincerely,

Donald D. Gustafson  
Chairman

# 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

COLT .45: Auto, government series 70 or 80, must be in excellent condition. 393-4563.

CELLO: 3/4 size. 334-0569.

REFRIGERATOR: for basement, working condition. 332-6493.

## For Sale

### Pets

YORKIE PUPS: AKC, shots, make great pets and house dogs. 572-7894.

SHETLAND PONIES: (2) ideal for the kids to ride, both are very gentle and well taken care of, \$120 & \$150, also pony saddle and bridle, \$75. 721-6832.

### Musical

MUSICAL INSTRUMENT SPEAKER: in cabinet, 15" Pyle Driver, heavy duty handles and corners. 496-4438.

### Sports Equipment

GUN: S & W Model #686, stainless steel 357 4" pacmeyer grips, new in box, \$320. 333-0170

### Recreational

1977 JOHN DEER SNOW MOBILE: 440 Liquifire, \$600 or best offer. 733-6192.

### Appliances

AIR CONDITIONER: window, 11,000 BTU's, new motor fan, 110 volt, \$150, SILENT ELECTRIC BUG BUTLER: \$30, PROPANE CAMP STOVE: \$30. 331-4165 after 5:30 p.m.

DORM REFRIGERATOR: excellent condition, \$60. 731-0546.

CORNING COOK TOP STOVE: 30" Whirlpool, \$65. 331-4165 after 5:30 p.m.

FREEZER: 22 cu ft, \$50. 994-5795.

### Home Furnishings

DOUBLE BED: cast iron, \$25. 331-4165 after 5:30 p.m.

WATER BED: queen size, heter, padded rails and 3 sets of solid color sheets included, \$100 or best offer. 553-7591 ask for Lynn or Karen.

### Lawn & Garden

TORO SNO-BLOWER: model 3125 with chains, \$350 or trade for riding mower or garden tractor with mower. 551-0418 (9:30 a.m. to 2:30 p.m.)

SPREADER: broadcast, make offer. 895-3258.

### Parts & Accessories

1968-69 CONSOLE: for Camaro or Fire Bird, cheap. 331-5691 after 6 p.m.

### Tires

TIRES: several like new 8/00x16.5 & 12x16.5, \$35 to \$50, also wheels, 8 hole for a 1 ton dually. 331-5691.

TIRES: (5) all weather 205x75x14R Firestone white letter, (4) all weather 205x75x14R black walls, make offer. 895-3258.

TIRES: (4) 225-70-SR14 wheels & tires off Chevy S-10 pickup, good shape, very reasonable. 331-5691.

### Vehicles

1983 HONEY MINI-MOTOR HOME: \$15,000. 994-5795.

1980 THUNDERBIRD: V-8, auto, air, cruise, 64,000 miles, very good condition, \$2500. 333-2381.

1981 FORD BRONCO: PS, PB, AC, two new tires, \$200 plus take over payments, red & white. 593-6616 after 4 p.m.

1985 FORD BRONCO: XLT Lariat, 4x4, A/C, power windows & doors, auto, heavy duty transmission & suspension, new tires, battery & Tune UP, two tone blue. 331-8019 evenings or 731-1065 days.

1980 DODGE ASPEN: rebuilt transmission, V. \$750. 331-0286.

1979 PONTIAC SUNBIRD: great school car, new tires and battery, A/C, auto, V6, 90,000 miles, \$850. 496-0931 after 5:30 p.m.

1977 2WD BLAZER: 73,000 miles, body bad, starts everyday, runs good, good work or hunting truck, first \$700 takes home. 334-7127.

### Miscellaneous

BURLAP POTATO & ONION SACKS: used once. 392-1132.

STORM WINDOWS: aluminum combination, bronze, 32x47, 36x47, 32x39, (2) 24x55, (2) 20x47, 24x39, \$15 each or all (8) for \$100. 333-8882.

SNAP ON ROLL CABINET: \$700, RALEIGH SPORTIF 10-speed, \$75 or best offer. 733-6192.

PROPANE TANK: 500 gallon, \$400. 551-0418 (9:30 a.m. to 2:30 p.m.) OFFICE DESK: steel, 50x30, 6 drawers, glass cover, almond color, \$150, TYPEWRITER: IBM Selectronic, electric, extra heads, \$100. 572-8957.

1950's CHEST TYPE COKE MACHINE, no inside rack, runs great, excellent shape, \$400. 572-8957.

SEWING MACHINE: Alco, with cabinet, \$75. 331-4165 after 5:30 p.m.

CANNON AE-1 CAMERA: with 35mm lens and UV filter, Cannon speedlight 155a flash unit, Osawa zoom lens 1:4.5, 80-205mm, all in excellent condition, BIKE: AMF men's 10 speed, \$40, TEAC RECORDER: 4-track, model A-2340SX, rarely used, excellent condition, \$250. 496-4438.

SOUND CAMERA & PROJECTOR: Bell & Howell, with light and speaker, make offer. 734-7032.

**Weoma  
Want Ads  
Work!**

# The Pioneer Porch

## Hello Autumn!

**HALLOWEEN'S COMING UP...** We have a new supply of ceramic figurines from New Hope Village, a Carroll, Ia., home for the disabled.



The assortment of autumn and Halloween pieces includes ghosts, goblins, pumpkins, scarecrows and other delightful figurines. All are hand-painted by the home's residents, beautifully detailed.

**THESE WILL GO FAST--**so don't waste time to come in and see our display.

Priced from \$3 to \$21

**A DOLL FOR ALL SEASONS...** All months, actually. Choose a doll of the month from our selection of porcelain, collectible dolls. Each is dressed in charming calico, turn-of-century style.

Stand--\$1 Doll--\$12

**SET CLOCKS BACK IN STYLE...** When we go back to central standard time, how about setting the time on this battery-operated, wood-inlay wall clock. Each is unique!

\$35

**IT'S FOOTBALL WEATHER...** And we've got even more new Nebraska football sweatshirts to keep you warm. Like tough-guy Blackshirts sweat-shirt with crossbones and skull, or stylish gray Harry Husker style. Suggested retail is \$24, but we're selling at a bargain price!

\$12 each

### STORE HOURS

#### MONDAY

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

#### WEDNESDAY

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

#### THURSDAY

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

#### FRIDAY

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

