

DOES YOUR NAME APPEAR  
SOMEWHERE IN THE  
"WIN WITH SAFETY"  
ARTICLE? IF SO, CALL  
X3415 or X3583 TO  
CLAIM YOUR PRIZE!

# Weoma Club

February 26, 1992

This paper is recyclable!

# NEWS



**Darla Plymale**

## Darla Plymale Claims \$1,200 LOTTO BULL SAFETY Jackpot

**DARLA PLYMALE**, 596-3, has claimed \$1,200 in the LOTTO BULL SAFETY AWARENESS CONTEST. Darla's correct response to two safety questions earned her the largest jackpot in the two year history of the LOTTO BULL contest.

Darla correctly answered this question: "What are two of the three most important elements of the HazCom program?" Her response was "warning labels on containers and Material Safety Data Sheets." That response won her \$800. The bonus question asked "What was the name of the safety video shown at your last safety meeting?" She received an additional \$400 for knowing the correct answer.

Darla's supervisor is **TERRY VANCLEVE**. Darla saw the video "The Life You Save" at a safety meeting held by Supervisor **CHARITY SMITH**. Darla is currently on loan in Charity's area.

Darla says she knew the answer by reading February's LOTTO BULL FACT SHEET and by working around chemicals on the job. "It's really important to pay attention to the chemicals," says Darla. "Too many people are allergic to different chemicals. People can look up the information on the chemical data sheets and find out the ingredients in the chemicals."

Darla says when she worked in the DSX area, she accidentally let a chemical come in contact with her plastic radio. The chemical melted the radio case. Darla says chemicals are "strong stuff, so you need to be careful."

Safety Supervisor **RICH SCHMITZ** says the LOTTO BULL contest is open to all represented employees and "is a great way to win and learn at the same time." Schmitz says "all you have to do is read the monthly fact sheet in the *Weoma Club News* and answer the questions when asked."

The \$1,200 jackpot accumulated over eight weeks. The jackpot now stands at \$100 and the bonus question is worth \$50.

### How to play the LOTTO BULL SAFETY AWARENESS CONTEST.



1. The contest is open to represented employees only.
2. Safety Fact Sheets are included in the *Weoma Club News* once each month. This

publication is available each Wednesday at all plant entrances.

3. Employees are encouraged to read the fact sheet and post it in their work areas.
4. Employee names are randomly selected by the Safety organization each week. A member of that organization asks the selected employee to respond to that week's question.
5. If the employee responds correctly to the question, a bonus question is asked about the video played at the department's latest safety meeting. If the correct response is given, the bonus is awarded in addition to the prize for the question based on the fact sheet.

6. If the selected employee is unable to answer correctly, the jackpot for the question is increased \$100 each week and the bonus question is increased \$50.



## Teamwork is the name of the game when change is involved

Sometimes you need to get really creative when dealing with unexpected change.

A recent retirement and plantwide belt-tightening challenged one group of employees to make necessary changes—and fast. The group needed to focus on service to internal customers, keep costs down and involve the entire work group.

Team members work in the lower level of Bldg. 20 in the print shop, the office supply storeroom, mailroom, the central file room, and the Omaha Team Works office. Employees include **LINDA CASHOILI, KAREN DAP-PEN, JOAN BEHLER, DEANNA TRAUGH, JAN ZIEMAN, GARY DYKE, MARILYN BONAIUTO, SALLY SWOBODA, JOHN TYRCHA** and **BEVERLY CAVANAUGH**.

Changes made by the group effective in early February include:

**Print Shop Hours:** 7:30 am-4 pm. This allows all three shifts to be serviced. (No personal or copyrighted material may be reproduced.)

**Office Supply Storeroom:** 7:30 am-4pm. No formal hours. This is a new twist for this self-service operation. Completed withdrawal forms are now required from authorized storeroom shoppers to help monitor and track expenses.

**Mail Service:** 1 drop/pickup per day (morning). However, department mail is sorted by 2 pm for individual department pickup (if desired).

**Keys:** Extra keys to desks, files, doors and overheads are available through the central file office. (See your secretary for the appropriate requisition form.)

**Office furniture:** Moves or needs and equipment repair? Call **JOHN TYRCHA**, x3779. The function is now handled by plant engineering.

**Idea Process Account Information:** Staffed part-time (mornings only). However, account withdrawal information forms are available from 7 am to 4:30 pm in Bldg. 20, Rm. 30. Questions? Call x4967 or x3644. Leave your message and your call will be returned promptly.

**Training of employees:** We're cross-training all our people to do new things or to do things differently. Cross-training on machines, processes and services will help serve you better, especially during vacations. Employees are also planning to attend classes in the first quarter in internal customer

*It takes teamwork.  
It takes teamwork.  
It takes teamwork.  
It takes teamwork.  
It takes teamwork.*

service and instructional skills.

Engineer **JOHN TYRCHA**, **SUPERVISOR, BEVERLY CAVANAUGH** and the rest of the team are planning to re-evaluate the layout of machines and supplies to streamline the operation. Beverly is also working with the purchasing organization to refine the "supply order" process. Problem-solving team meetings resume in March.

## Leave civilization behind!

Say **yes!** when your 1992 Henry Doorly Zoo Membership rep asks you to join.

The new Lied jungle, complete with restaurant, opens April 1. Enjoy the new facilities as well as your long-time favorites at the Henry Doorly Zoo.



## Take Me Out to the...

\$1 Discount coupons are available for the **Omaha Boat, Sports and Travel Show** at the Civic Auditorium Feb. 25-Mar. 1, 1992. The discount is valid for Tues. through Thurs., 6 to 10:30 pm and Fri., 12-5 pm only. Coupons are available in the main and cable cafeterias and in the Employee Mall. Questions? Contact Pam Raabe, x3154 or Clara Hendricks, x3617.

## Bible Fellowship Meetings

All are invited to attend the topical Bible study series which began Feb. 20. The meetings are held in the Pioneer Club Meeting Rm. from 11:45 am to 12:15 pm. Bring your lunch and explore the issues we face in our lives every day. Scheduled topics are:

2/27	Humor
3/5	Money management
3/12	Abortion
3/19	The environment
3/26	Separation of church and state
4/2	Sports
4/9	Weight loss
4/16	Pornography
4/23	Persecution
4/30	Coping with stress
5/4	Self-discipline

## Attention, Golfers!

Golfers are needed for the Wednesday Elmwood League. Start date: Apr. 29, 1992. Tee times start 4:45 pm. If you're interested, call Bill Peters x3806.



## 1992 Weoma Skiers Enjoy AMTRAK/Winter Park Trek



*A group of AT&Ters take a break from the slopes...(l. to r.) LARRY & KRISTY THOMSEN, FRANK & ROSE MARKESI and PAT & GARY O'CONNOR.*



*Hey, hey, the gang's all here...The group posed for a photo on the Amtrak platform while waiting for the train to come home.*

Forty members of the AT&T/Weoma Ski Club found adequate, if not ample snow Feb. 1-6 in Winter Park, Colorado.

Of the five available ski days, four were bathed in brilliant sunshine. Temperatures were pleasant except on the last day, when the temperature, though cold, wasn't unbearable.

Most importantly, everyone had a good time and skied safely.

A wide variety of social and recreational activities were enjoyed by the group off the ski slopes. Both on and off the slopes, seasoned skiers took time to work with newer members on showing them around the Winter Park area. (Weoma skiers place less emphasis on the individual "hot dog" style of skiing most often seen in Olympic competition.)

**DARWIN FAGER**, trip leader, "thanks everyone for the excellent cooperation this year. It's indeed a pleasure to work with people like you."



*First time skiers start out with lessons on the bunny slopes, then head to the higher elevations.*

Skiing is regarded by some as a youth-oriented sport, but you'd never know that from the makeup of the Weoma Ski Club membership. Some of the Omaha Works' better skiers are retired.

One example: **NAT and SHIRLEY ADO-MONIS** haven't missed a Weoma Ski Club trip in years. This year, the couple was among the first to sign up for the early February trip to Winter Park.

While Shirley is a solid intermediate-level skier, Nat enjoys a more aggressive style. This year, Nat has decided to enter timed slalom competition at a Winter Park race course.

No one was surprised when Nat earned a bronze medal, and no one was surprised when he had to show identification to prove he really qualified for the "mature skier" category.

Congratulations, Nat, on a fine downhill performance!



**Shirley and Nat Adomonis**



# New Agreement With Anixter Means Larger Market Share For EW&C Products

by Sonja Coleman

A new agreement with Anixter is expected to give EW&C a greater share of the market for plenum cable, station products, DIW and LAN (Local Area Network) cable.

The agreement, which requires that Anixter buy a specified dollar amount of cable from EW&C, means that AT&T will become one of Anixter's major suppliers, increasing EW&C sales. Sales to Anixter during 1992 are estimated at \$25 million for plenum cable, station products and DIW, and sales of LAN cable should bring in about \$9.5 million, according to **PAT REDING**, master scheduler and customer service coordinator.

The agreement with Anixter, one of the primary customers of EW&C, was negotiated during the end of '91 and the start of '92. Omaha Works Vice President **JAY CARTER** was a major player in the negotiations, along with AT&T account executives and PLM (Product Line Management) personnel.

Reding, who will coordinate all Anixter business at the Omaha Works, said, "The agreement is advantageous to both Anixter and EW&C.

"AT&T will become a more competitive company because we will reduce investment by supplying the distributor (Anixter) directly from the factory. We are giving Anixter discount pricing in exchange for volume orders that will be shipped from the Omaha Works—not our warehouse. We're saving investment costs and transportation costs. Also, quality will improve because there will be less chance of damage to our products due to reduced handling. Anixter and AT&T will jointly work to refine the process to realize shared cost savings."

Reding said, "The first orders Anixter placed during the last week of January and the first week of February were shipped from the warehouse. The next group of orders should ship direct from our factory. Anixter will provide AT&T with a two-month firm commitment and an additional four-month forecast on volume items.

According to **GARY EPP**, manager, EW&C Operations and Engineering, "This growing partnership with Anixter is one of the keys to achieving our sales objectives for 1992."

## Pilot Recycling Project Begins in the Office

A pilot project designed to collect paper for recycling is underway on the second floor of Bldg. 20, according to **SCOTT MAUCH**, contract administrator.

Scott says "It's definitely the people who are going to make the project a success. People tell us they're happy we're trying this, so now it's a matter of training people about which papers can be recycled and encouraging them to take the time it takes to sort their throw-away papers."

The proper sorting of the paper is critical, says Scott, because the recycler can use white paper only. An I'm a Recycler box has been placed on all desks on 2nd floor. Each employee is asked to sort out white paper into the boxes then discard their contents in special recycling containers found on the second floor near the two elevators. ServiceMaster employees will then dispose of the recyclables with an outside contractor.

Scott says "People say it's about time we started doing something about recycling, and you know recycling can become addictive. You just feel better when you know you're doing something to help the environment."

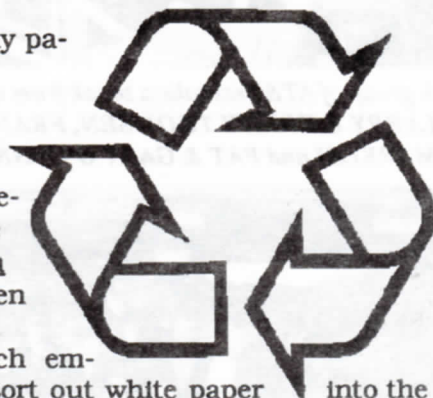
Unacceptable recycles include colored papers, newspapers and magazines and coated and glossy papers. Staples and paper clips are also unacceptable for recycling. Proprietary information to be discarded should be placed in the appropriate disposal container, not the recycling container.

Plant Maintenance & Plant Engineering Mgr. **RHETT ZEPLIN** says the success of the plan depends on the willingness of people to do the sorting and dumping. "We can't really afford to increase janitors and we want to avoid implementation costs, so we really need everyone's help."

Rhett goes on to say "It's not that we're making money on the recycling. It's that we know it's the right thing to do."

If the pilot program is successful, Rhett says the program may be expanded to include the entire 20 Bldg. He's even looking farther into the future with a much larger effort. Rhett says "We'll see what the attitudes are around the plant and see if someday we might go plantwide."

**WE  
RECYCLE**



**Editor's Note:** The Sports Section is not included in this week's edition of the *Weoma Club News*. We apologize for any inconvenience this may have caused.



A move to Hawaii, a job closer to ailing parents, a move to a city which offers more social life for young singles—all these changes came about through the Employee Career Opportunities System (ECOS).

We asked employees around the country from every business unit for their ECOS, Job Post, and ATS success stories. And success stories they are.

Take Steve Thompson, International Specialist with Federal Systems International. Thompson made it a practice to check ECOS frequently, hoping for a job abroad. He applied for positions in Paris, Seoul, Brussels, and London without success, despite his clever and aggressive packaging of himself. Says Thompson, "I really believe you're in a sea of applicants when you apply for these jobs. You need a way to distinguish yourself." Thompson distinguished himself by preparing a packet of materials which he sent to hiring managers and country managers when he submitted for a job through ECOS. This packet included a story and photo of Thompson in *Focus*, an article he wrote for a trade magazine, and a resume which emphasized his credentials. These credentials include B.A. and M.A. degrees. I wasn't really qualified for the job I now have," he says. "But I can learn anything."

While in DSG last year, Thompson continued his search for an international job. He searched ECOS for possibilities almost every week. One search revealed an opening for an international specialist in Federal Systems. He called the hiring manager and sent his packet of materials. "Three or four weeks later I was gone!" he says. On July 1st he began work in Honolulu. A 17-year veteran of AT&T, Thompson is extremely happy in the job he found through ECOS. "You have to be aggressive," he advises job seekers. Is he "resting on the laurels" of this new job he enjoys so much? Not exactly. He still checks ECOS at least once a week. You never know when that job abroad will appear. And when it does, he'll be ready.

Pat Kalish was a first level manager in BC Systems who was told to find another job

## ECOS - ATS - JOB POST

### How Well Do They Work?

within 60 days. "The first day I went into shock," says Kalish. "I couldn't even find my bus stop when it was time to go home. Then I decided that if I spent a month grieving, I would only have a month to act." She began her search the next day. "My family and friends were here in New Jersey," she says. "I wanted to stay here. But I was lucky. I rented an apartment, so I didn't have a house to sell. And my boyfriend and my cats were mobile." Kalish applied for 150 jobs all over the country through ECOS, and

to places as far away as Kuwait. She first called each hiring manager and described how her skills matched the requirements of the job. She

re-stated her skills in a letter, which she sent with three years of appraisals and a professionally-done resume. "Nobody called me," she says. "I had to call them." Her organization and persistence paid off. She found a job in IMS in Kansas City. "Put in for everything. Call everybody. And be courteous no matter what the result," she advises other job seekers.



Vicky Reburn

Diane Haddix was working in a CSC in Michigan when it was closed. "I was forced to find a job elsewhere," she says. She checked the AT&T Transfer System (ATS) daily, looking for jobs in Atlanta and Denver as well as her home state of Michigan. One month after she submitted on 12 openings, she had a job. "They were desperate, and

so was I!" she says. "One of my co-workers got a job through ATS in one day," she adds. "On the last day the Michigan office was open, she put in for every job available anywhere. By the end of the day, she had a job." Adds Haddix, "I love the system. The format is easy. And once you get into the system and use it, you can always add to and improve your resume."



Diane Haddix



John Buchanan

Computer Systems when she began checking Job Post, the monthly listing of Bell Labs openings. She called the hiring managers directly when a job interested her and sent them background information. She also tried ECOS, but she found it "less user-friendly than Job Post." Bass applied for five jobs. She received responses from four of the five hiring managers. These four responses resulted in two interviews and one job offer. Bass began her search in January. In March she began her new job at the Labs.

John Buchanan's story involves bigger numbers. Buchanan submitted on 150 jobs through ECOS last summer when he learned that his group in the Washington, D.C. area was being dissolved. He went on several interviews before finding his present position as a BCS staff manager. "I found my job within nine days of hitting the street," he says. "My bosses helped, but I believe that in this competitive

environment, you shouldn't depend on anyone.

Eva Fettig, a recent college hire, was dissatisfied with her job. She wanted to get her M.B.A. Degree in marketing, but the demands of her job made this plan difficult to realize. And she wanted to live in an area which offered more social life to young singles. "I decided to be adventurous," says Fettig. She searched ECOS for jobs in the Chicago area. She found a job in Network Services in Chicago, told her supervisor about it, and was offered the job at the first interview. "Choose jobs you are qualified for," she suggests. "People do a lot of complaining about the system. But no one will hire you unless you have a knowledge base to offer." Now in graduate school at the University of Chicago, Eva is enjoying her new job while moving closer to achieving her educational goals.



Kathy Daymude

"Don't become discouraged by the jobs you aren't selected for," advises Kathy Daymude, now a quality manager in



NSD. "Keep in mind that there may be thirty candidates or more seeking one position." Daymude submitted on 37 ECOS listings in a 9-month period. From these she got three interviews and one job offer. Daymude called hiring managers to get more information on what they were looking for. If she felt the job would be a good match, she sent her personal resume with a cover letter explaining her interest in the job and the strengths she would bring to it.

"If someone wants to whine about ECOS, send them to me," says Jeff Pierce, a sales planner in Network Systems. Pierce's position in GBS was declared surplus in September of 1990. He went into the system once or twice a day and investigated almost 30 positions. When he found a position which interested him, he called the hiring manager for more information about the job. If he was still interested, he submitted on the job. Even if a job had an identified candidate, if it interested him, Pierce submitted his credentials. "I didn't let that discourage me," he says. "It's not over till it's over!" Adds Pierce, "I wanted the hiring managers to know I was truly interested. And I asked them for the job when I went on the interview." His advice: "Don't assume the system will do the job for you. And don't depend on the ECOS resume alone. Sending your formal resume allows you to show your own style. Finally, remember that there is no substitute for voice-to-voice or face-to-face contact."

"I wouldn't have this job if it weren't for ECOS," says Dan Meier. Meier was a BCS systems consultant in Colorado when his parents, who lived in North Carolina, became ill. The distance, travel time, and expense of making frequent visits made a move to North Carolina desirable. With the support of his supervisor, Meier submitted on about a dozen jobs. He chose positions for which he felt he was qualified, where there was a good match. He used the ECOS system resume initially to pique the interest of hiring managers, then sent a hard copy of his personal resume. Meier is now a supervisor for NSD in Rocky Mount, North Carolina. "Don't be disheartened because some jobs have pre-identified candidates," he says. "Be optimistic. Things

don't always click on the first day of your search—or even the first month. But something will shake loose. There are bona fide needs in the corporation."



Tom McGuigan

"I wasn't even in the market for a job," says Tom McGuigan, now part of MicroElectronics' technical staff in Orlando. "I just happened to log onto ECOS to see what was out there. I would periodically go into the system about once a month. It's a good way to find out what's going on in the company," he says. His advice to job seekers: "Keep trying. I hear all jobs are 'wired', but this simply is not true. As a former hiring manager, I know the large number of responses an ad can generate. Calls are helpful. If you have additional information, give the hiring manager a phone call. And send your paperwork."

Vicky Reburn was working in Shreveport, Louisiana when her husband completed his Ph.D. and signed a contract in St. Louis. She began at once to search ECOS for jobs in the St. Louis area. Reburn was seeking a promotion. She had an M.B.A. degree and a CPIM (Certification in Production and Inventory Management). "This is me!" she said when she found her current job listed in ECOS. She had her boss call the hiring manager, and she submitted a professional resume and references. "They had someone else in mind, but my qualifications overwhelmed them," she says. Reburn got the job—and the promotion.



Dan Meier

Cathy Amon, now an executive assistant in BC Services, used the ECOS system to submit her credentials for 60 jobs, both laterals and promotions. "It was like going into a big abyss," she says. "You would receive no response until you would eventually discovered that the jobs had been filled or cancelled. Amon persisted. "I widened my spectrum and applied for more jobs. I began to send a resume, appraisal, and a cover memo outlining why I was qualified for each job. And I began getting a more positive response. I think it was my personal letter that really helped. It provided



Niels Nelson

something extra that made me stand out from the crowd." Amon was interviewed for ten positions and received two job offers at the same time. "Don't be timid about selling yourself," she advises job seekers. Find a vehicle you're comfortable with. For me it was the cover memo. Writing was easy for me. If you talk better than you write, make phone calls your vehicle. And don't get discouraged."

"I used ECOS for eight months before I found the right job," says Niels Nelson of NSD. Nelson had been working in Arizona for IMS for six years. "ECOS gave me the opportunity to match my goals and training to several different business units," he says. "It also helped me to discover which jobs included relocation." Nelson sent a one-page personal resume for each of the eight ECOS job listings which interested him. He scheduled a class in New Jersey, and went

on eight interviews in a one-day period. Of the job he took, he says, "The ad read just right. It captured my interest. It was almost like karma." The hiring manager interviewed him, then set up interviews with her peers in other organizations where there were openings. He chose the job with her organization and is extremely happy there. "Use ECOS for the tool it was meant to be," he says. "It is just one part of the overall staffing process. Keep your resume up-to-date, and remember that a 'no' is never final. Remember that you always have control over your career as far as your choices are concerned." Nelson still searches ECOS periodically. He tells his friends when he finds positions which match their expertise. When his career goals change, Nelson will again search ECOS for himself.



Cathy Amon

No mechanized system can offer success to everyone. But with persistence, determination, optimism, hard work—and luck—there will be more and more success stories. ■

K.C.

*Note: A special vote of thanks to those whose stories weren't included in the article, but whose input helped us greatly:*

Lisa Allocco Sherrie Mazzocchi  
Tom Davitt Doug Morlok  
Bill Holgate Mike Peterson  
Lisa Jaycox Dan Sullivan



The Telephone Pioneers Present—

KICK THE WINTER BLAHS

**JOIN US  
AT THE  
THEATRE**



# The Funny Bone Comedy Club

## Thank You Notes

We'd like to send a special thanks to all who sent cards, plants, flowers, money and condolences at the loss of my mother-in-law and my father. Your thoughtfulness will always be remembered.

Sincerely,

Cathy and Dominic Zappia

Thank you all for the cards, visits and flowers while I was in the hospital. I am undergoing a new form of chemotherapy because the cancer has spread to other areas. The new drug causes my blood counts to drop, making me susceptible to infections. Your kindness and thoughtfulness will always be remembered.

Louise Kushinsky

Friday, March 6

8:00 pm

Preceded by dinner at  
Bishop's Buffet (114th & Dodge)  
(all you can eat)

6 p.m.

Featuring Ritch Shydner and Jason Dixon

**\$11.00** includes both dinner and show

Tickets are on sale

Tuesday and Thursday, Feb. 25 & 27

11 am-12:30 pm

Main cafeteria or Pioneer Office

## Avoiding Slips and Falls At The Office Ann Drebot

It may come as a surprise that falls are the most common type of office injury. Yet almost all falls can be prevented by using common safety sense and learning how to recognize and correct typical fall hazards in the office environment.

### Understanding Balance

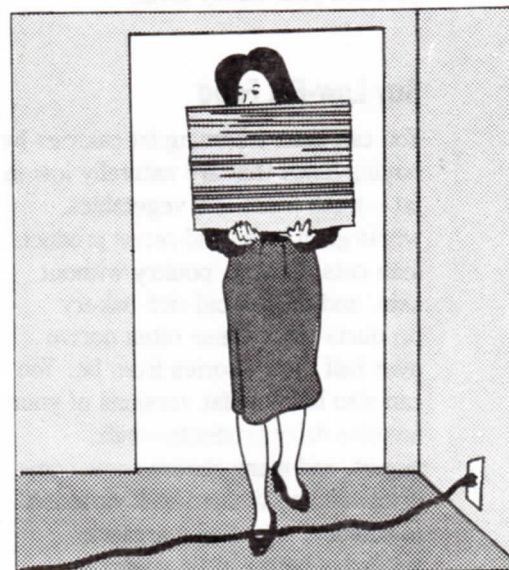
A fall occurs when you lose your balance and your footing. In short, your center of gravity is displaced and there's nowhere to go but down. You may be thrown off balance by a slip (on a wet floor, for example) or a trip (over an obstacle in your path), but once you lose your footing and support, a fall is inevitable.

### Common Fall Hazards

One of the most common causes of office falls is tripping over an open desk or file drawer. Bending while seated in an unstable chair and tripping over electrical cords or wires are other common hazards. Office falls are frequently caused by using makeshift "ladders" (such as a chair, or a stack of boxes) and by slipping on wet floors (by the water cooler or coffee machine, for example). Loose carpeting, objects stored in halls or walkways, and inadequate lighting are other hazards that invite accidental falls. Fortunately, all of these fall hazards are preventable. The following checklist can help you stop a fall before it happens.



One of the most common causes of office falls is tripping over an open drawer.



Look before you walk—make sure your pathway is clear.

### Fall Prevention Checklist

- ☐ Look before you walk—make sure your pathway is clear.
- ☐ Close drawers after every use.
- ☐ Avoid bending, twisting, and leaning backwards while seated.
- ☐ Secure electrical cords and wires away from walkways.
- ☐ Always use an appropriate stepladder for overhead reaching.
- ☐ Clean up spills immediately.
- ☐ If you see anything on the floor—a pen, a paper clip etc.—pick it up.
- ☐ Report loose carpeting or damaged flooring to appropriate manager.
- ☐ Make sure walkways are well-lighted.
- ☐ Walk, don't run!



# LOW FAT COOKING TECHNIQUES

## *Trimming the Fat From Your Family's Meals*

Most of us eat far more fat than we need—almost 6-8 tablespoons each day. But, for sound nutrition, we only need to eat about 1 tablespoon of vegetable oil a day. Considering the link between high-fat diets to heart disease, obesity, and cancer risk, it makes sense to limit our intake of fat. Most nutritionists agree that eating no more than 30% of our daily calories from fat sources is a good rule-of-thumb. The following tips can help you trim excess fat calories from your daily menu while continuing to enjoy the foods that you and your family love.

### Buy Low-Fat Food

You can start trimming fat calories by buying foods that are naturally low in fat—fresh fruits and vegetables, whole grain bread and cereal products, lean cuts of meat, poultry without skin, and fish. Avoid rich bakery products since these often derive over half their calories from fat. You can also buy low-fat versions of your favorite dairy products—milk, yogurt, and many cheeses now come in low-fat or skimmed-milk varieties. In addition, try using margarine instead of butter, plain yogurt in place of sour cream, and vegetable oil instead of shortenings or lard.

### Bake, Broil, Poach, or Steam

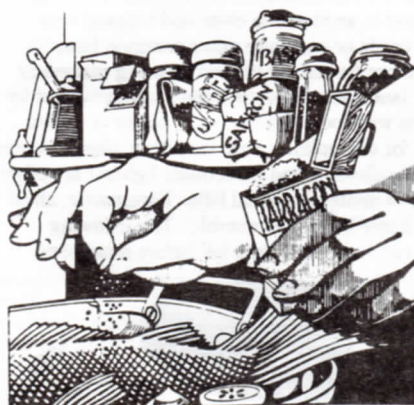
You can further de-fat (and de-calorize) your menus by using cooking techniques that require no added fats. Instead of frying or



Buy low-fat foods.



Bake, broil, poach, or steam.



Season with herbs and spices.

sauteeing your food, bake, broil, or poach it. Non-stick vegetable oil sprays can be used to treat pans or grill to prevent food from sticking. Food can be poached (lightly simmered) in seasoned water or broth for added flavor and aroma. You can also steam or microwave almost any meat or vegetable. (Both methods retain nutrients, flavor, and color of most foods and take less time than most other methods.)

### Season With Herbs

Herbs and spices add interesting flavors to foods and help make fats like margarine, sauces and gravies unnecessary. Herbs and spices can be purchased fresh or freeze dried, minced or powdered. (You can plan on using about half as much dried herbs as you would fresh ones.) Experiment with wide varieties like sage, dill, oregano, curry, chili powder. Flavorful seasonings can also help you cut down on added salt. You can also use fresh lemon, lime, or vinegar to season salads rather than using high fat salad dressings.

### Experiment

Try experimenting with your own family favorites, like substituting skim-milk mozzarella and farmer's cheese for the whole milk mozzarella and ricotta in your lasagne recipe, or topping your baked potato with chopped tomato, chives, and plain yogurt instead of butter, sour cream and salt. Remember—the fat you reduce may be your own!

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BE BULLISH ON SAFETY...PLAY LOTTO BULL!



# 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.

## For Rent

ONE BEDROOM APARTMENT: all utilities paid, has basic cable, central air conditioning, and garage, \$225/month, available March 1. 1-234-7865 Louisville, please leave message and I will return your call.

## For Sale

### Pets

BEAUTIFUL AKC DOBERMANS: black and tan, born 12/21/91, ready to go! Shots, wormed, DVM checked, tails and dew claws done! Must see! 731-3428 ask for Diane.

### Sports Equipment

GOLF CLUBS: 11 piece Northwestern, left hand, used 1 season, light weight bag included, \$75. To see call 493-2385.

### Appliances

REFRIGERATOR: Gibson, ideal for basement or garage, beer or pepsi, \$50. 333-7438.

GAS WASHER AND DRYER: Whirlpool, \$50 each. 330-3829 call between 4 pm & 9 pm.

### Home Furnishings

SOFA: gold velvet, Master Craft, 84", \$50. 330-3829 call between 4 pm & 9 pm.

DINING ROOM SET: solid oak, light table w/2 leaves, 6 chairs, hutch-china cabinet, \$500 or best offer. 330-3829 call between 4 pm & 9 pm.

SOFAS (2), CHAIRS (4), OCCASIONAL DAK TABLES (3), CHROME & GLASS OCCASIONAL TABLES (2), ARC LAMP (1), KITCHEN TABLE: with (2) chairs. 896-2678.

## Miscellaneous

LADIES RING: 1/4K engagement ring with 6 diamond wrap-around band valued at \$1900 asking \$1400, MAN'S WEDDING BAND: 5 diamonds valued at \$900 asking \$500. Wedding cancelled. 571-4138.

TEEN AGE MUTANT NINJA TURTLES: 25 figures, turtle sewer, turtle wagon and more, all for \$75, cost over \$200. 733-8361.

AIRLESS PAINT SPRAYER: Wagner Power Painter #200, used once, new \$100 sell for \$50. 895-4690.

PROM DRESS: size 5, strapless top with purple sequins and purple bottom. 332-3441.

PAINT: 4 gallons exterior gray taup by Sophir Morris, \$35. 572-8564 (Can mix additional to match)

BIKE: 3-speed Huffy, used very lite, very good condition, handle-bars upright, only \$10. 895-1748.

EXERCISE BIKE: Schwinn Air-Dyne, new is \$700, used is \$450. 330-4977.

TELEPHONE: AT&T Cordless Nomad 4000, \$30. 733-7499 after 4 p.m.

## Vehicles

1973 3/4 TON 4X4: with snow plow and glass tite topper, new paint, new brake system. 331-5691.

## Tires

MOTORCYCLE TIRE: new 130/90 H/6 Sears Avenger, \$50, BOAT TRAILER TIRE: new P16580 B13, \$25. 1-234-3435 after 6 pm in Louisville (message machine 4 rings).

## Royals Tix, Anyone?

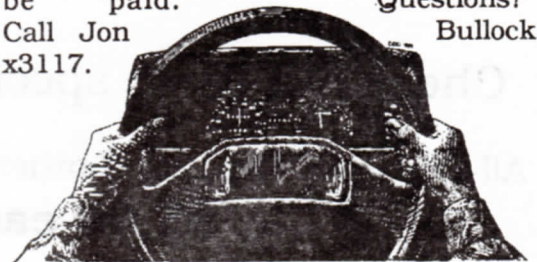
The home season of the Omaha Royals Baseball Team begins with the Apr. 16 opener against the Indianapolis Indians.



Interested in tickets? Call Carmen Vacanti, ext. 3549.

## AT&T Weoma Wheels Club

Come on, all you club members and wanna Bs. Let's get to some meetings! The next meeting is Friday, Mar. 6 at 7 pm at American Classics at 132nd and L. Officers will be elected and membership dues are to be paid. Questions? Call Jon Bullock, x3117.



Anyone wishing to develop and improve:

- \*Good speaking and presentation skills
- \*Ability to think quickly and clearly on her feet
- \*Better listening talents
- \*Strong leadership skills

Toastmasters can Help!

Visit the WEOMA Toastmasters Club

Wed., Feb. 26, 1992

4:05 pm

Pioneer Lounge



Eliminate scrap by doing the job correctly the first time.  
When scrap is collected, do your part to make sure it's sorted properly and doesn't become contaminated.  
Recycling scrap puts money in our pockets.  
It's also the environmentally responsible thing to do.



# The Pioneer Porch

Is the Pioneer Store  
expensive?



When pigs fly!

Check out these special buys on great selections:

All-Occasion Cards and others with blank insides  
**\$1.00 each**

Fire Extinguisher, Ideal for home, auto  
or boat. UL rated. 1-A; 10-B:C  
(small supply)  
**\$12.75 each**

**SHOCKING!!!** Shoes Laces  
**\$1.00 each**

Birthstone Necklace and Ring  
for Youth  
**\$5.00 per set**

## STORE HOURS

### MONDAY

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

### WEDNESDAY

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