

WEOMA CLUB NEWS

J. F. Berger
EDITOR

June 14, 1988



Omaha Works Celebrates Its 30th Year; Activities Continue Throughout Week

The week has arrived for employees and their families to celebrate the 30th anniversary of the Omaha Works. Week-long activities will be occurring through Friday, June 17.

Those who were employed at Western Electric three decades ago recall the many changes that have taken place over the years and those memories will be rekindled when viewing the photo display in the main cafeteria next to the Enhanced Training Opportunities Program (ETOP) room.

Vintage cars produced during this period will be on display in the mall area (weather permitting) on Wednesday and Thursday during open house hours.

Employees will be treated to a lunch on their respective shifts and must bring the ticket provided. Free gifts will also be given away. Live entertainment of dancing and singing will greet the diners on Wednesday (first shift).

Plant tours will be conducted on Wednesday from 6:45 p.m. until 9 p.m. and again on Thursday from 12:30 p.m. to 3 p.m. and 6:45 p.m. to 9 p.m. Employees must accompany friends and family members or guests must have with them the green card pass.

The "What's Its" guesses must be returned by 8 a.m. on Thursday. The person guessing the number of parts in the fish bowl (or closest to it) will be announced about noon on Friday.

The Product Display Center will be open for tours during open house hours as well as other areas of the Works as described in a brochure to be provided at the beginning of the open house.

A video will be shown in the auditorium and the Telephone Pioneers will have a display in the Pioneer lounge.

It will be a week to remember...a week to be proud. Proud of our work, our community, our thirty years of making the best telecommunication products in the world. We are AT&T.

Enjoy!

NEWS LINE

OMAHA WORKS FEATURED ON AT&T NEWSLINE

The Omaha Works' celebration of its 30th anniversary will be a topic on AT&T's Newsline 800 number on Wednesday, June 15. Newsline features the latest AT&T news and stock figures on a daily basis. Wednesday is the day for Omaha Works people to be "in the news." Be sure to call the following number on that day to hear the news feature:

1-800 2ATT-NOW

WEOMA CLUB SPORTS

NOTE: League secretaries are asked to turn in score sheets to the Weoma Club office each week.

Golf

Applewood

WEOMA FRIDAY APPLEWOOD LEAGUE

STANDINGS

	PTS.
CENTURY FOUR	43½
FAIRWAY DEMONS	39
TOP FLITES	35½
FOUR PLAYERS	34
LUCKY ONES	30½
TOURWINS	27½

LOW NET (1 & 2)- Winter (31), Smyser (32).
 LOW NET (3 & 4)- Thoms, Palacios, Lamb (34), George (33).
 EAGLE- Smyser (#1).
 BIRDIES- Hunt, Stewart, George.

WEOMA TUESDAY APPLEWOOD LEAGUE

STANDINGS

	PTS.
JOE'S CORNER	63
DUFFERS	58
GOOD GUYS	52½
OUT OF BOUNDS	45
SENIORS	45
RUFFIANS	38½
WRECKING CREW	31
BOGEYS	25

LOW NET (1 & 2)- Duane Dolezal (36), Don Haluza (37).
 LOW NET (3 & 4)- Archie Wegrzyn (37), Lonnie Sick (38).

Miracle Hill

WEOMA MONDAY MIRACLE HILL LEAGUE

STANDINGS

	PTS.
OLD PROS	36½
CHIPPERS	36½
DIVOTS	33½
GORILLAS	33
TEE NUTS	32
FROG HAIR	25
ACES	25
WON PUTTS	18½

LOW NET (1 & 2)- Batchelder (34), Smith, Tolson, Wells (36)
 LOW NET (3 & 4)- Roehr, Lawson (34), Anderson (35).
 LOW GROSS- Kull, Batchelder (41).

Elmwood

WEOMA WEDNESDAY ELMWOOD LEAGUE

STANDINGS

	PTS.
XXXX-OUTS	42½
SIX-IRONS	40½
SOD SQUAD	40
TRADE WINS	39
TOGEYS	36
SHOP PROS	31
BALL BANGERS	29½
THE BOYS CLUB	21½

LOW NET- R. Oglevie (31), C. Woltz (30).
 LOW GROSS- G. Wooden (44), S. Pokorski, T. Schulte, R. Smyser (41).
 BIRDIES- D. Roswell (#10), T. Schulte (#15)

Entertainment



Effective May 26th, tickets for World's Of Fun, Oceans Of Fun, Adventureland and Silver Dollar City will be sold every Thursday from 11 a.m. to 12:15 p.m. in the Employees Mall.

Purchase of tickets may be in cash or check payable to "Weoma Club". Sorry, no payroll deduction.

Second and third shift employees should contact Marti Lenz, x3588.

SILVER DOLLAR CITY — ADVENTURELAND

AT&T Safety Calling

SAFETY TRIVIA

by Shirley



Floris Sledge (r.), Dept. 266, is the first winner of June in the AT&T Safety Calling Contest. Supervisor Betty Nath (l.) presents a GE AM/FM stereo recorder to Floris. The slogan for June is "Wipe up SPILLS before they FLOOR you."

This week's Trivia Questions concern Occupational Safety

1. When using an extension ladder on smooth concrete what precaution should a worker use?
2. When using a hammer you should never: (A) hit another hammer (B) smash walnuts (C) hammer nails over your head.
3. How do you store oily rags? (A) thoroughly dry in a commercial dryer (B) in an open, well ventilated metal container (C) in a covered metal container.
4. What is a common cause of spontaneous combustion?
5. How many people are injured each day in work-related accidents in the U.S.? (A) 5,200 (B) 7,100 (C) 9,000.

Answers can be found on page 5

Crochet Club Meeting, Drive

The Crochet Club will meet on Tuesday, June 14 at 4:00 p.m. in the Weoma Club/Pioneer Work Room. All members are requested to bring yarn, broom stick needle and crochet hook.

During the week of June 20-27, the club will conduct its annual yarn drive. Boxes will be provided at the entrance doors for your deposit.

Camera Club-

Members Take Video Tour of Niobrara

The May meeting of the Weoma Camera Club featured Ray and Rachel Gillies who conducted a video tour of Nebraska. Highlights of the tour was a canoe trip down the Niobrara River and a buffalo stew dinner on the bluffs overlooking Fort Robinson.

An election of officers was held and Al Dusek will be the president of the club for the next year. Bob Stofko was elected vice-president and Tom McNulty, treasurer.

The final meeting of this club year will be held on June 21 at which time awards will be presented. The program for the evening will be a slide show entitled "Alaska" presented by Larry Lass.

Join the members of the club and cool off as Larry takes them through our largest state. Refreshments will be served.

**ITZARRIVED
ITZAMAZING
ITZAPPETIZING
ITZAUTHENTIC
ITZAWESOME
ITZAVAILABLE
ITZA GREAT**

(BEGINNING JUNE 20th)



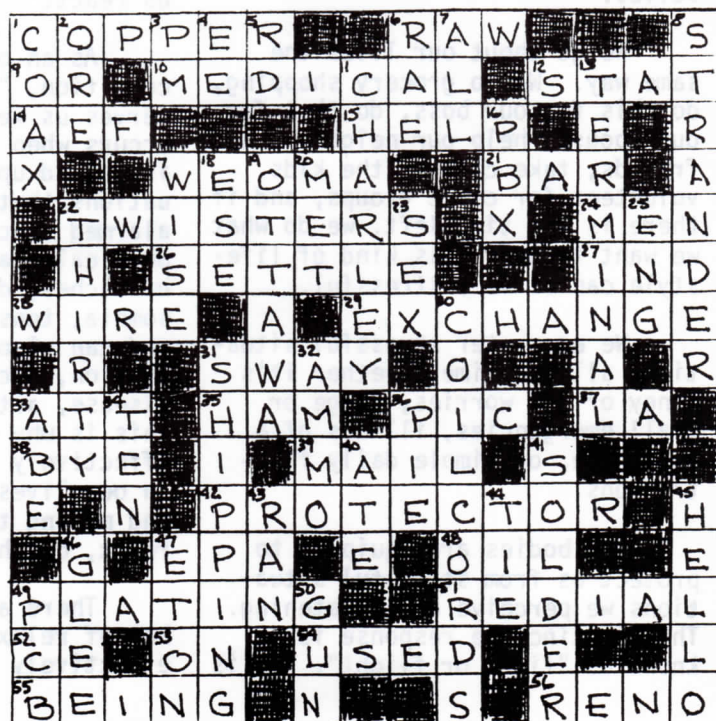
CROSSWORD PUZZLE CONTEST ANSWERS

ACROSS CLUES

1. #1 raw material
6. material lab
9. ETHER/
10. Dept. that gives Band-aids
12. Used in quality control (abbrev.)
14. American Expeditionary Force
15. S.O.S.
17. Paper or club
21. X- switch
22. Wire processors
24. Chess pieces
26. What Pioneers did in Omaha
27. Home of former Indianapolis Works (abbrev.)
28. Our biggest moneymaker
29. Cable transferred to Phoenix
31. Swing and with Sammy Kay
33. Cognomen
35. ARA specialty
36. Polyethylene Insulated Cable
37. Los Angeles
38. Ta Ta
39. This room handles letters
42. Product that keeps lightning at bay
47. Environmental Protection Agency
48. Back-up fuel for boilers
49. Room with view in N.E. corner of Bldg. 30
51. Busy signal "try again"
52. Short for civil engineer
53. Light switch position
54. Material sold at pioneer porch
55. Existence
56. Nevada gambling town

DOWN CLUES

1. A kind of cable
2. Dug from ground for 1-A
3. Afternoon
4. Short for electrical engineer
5. Rural delivery
6. Girl's name
7. Everyone
8. Big cable machine
11. Hello
13. Product in strips and blocks
16. Formerly a major product at Omaha
17. Owl Club
18. Opposite of WNW (abbrev.)
19. Canadian capitol
20. Ran into
22. This anniversary
23. Gender
25. School subject (abbrev.)
30. Formerly made on coilers
31. Last department to see product
32. Short for ammunition
33. Honest
34. Roman X
36. High cal cafeteria offering
40. Dined
41. Wire joining metal
43. What the mall joggers did
44. Must be worn by male engineers
45. First part of slogan
46. club sings at Christmas
47. College in England
49. Toxic chemical removed from premises (abbrev.)
50. Used for wire wrap



Take it easy, it's good for you

If someone were to ask you what you would rather be doing right now, would you have an answer? You bet you would. It would take you about a half-a-second to respond. Your mind would immediately conjure up thoughts of floating in a sun-filled pool while sipping an exotic drink, dining in an elegant restaurant, fishing in a mountain stream, or even slouching on the couch in front of the TV.

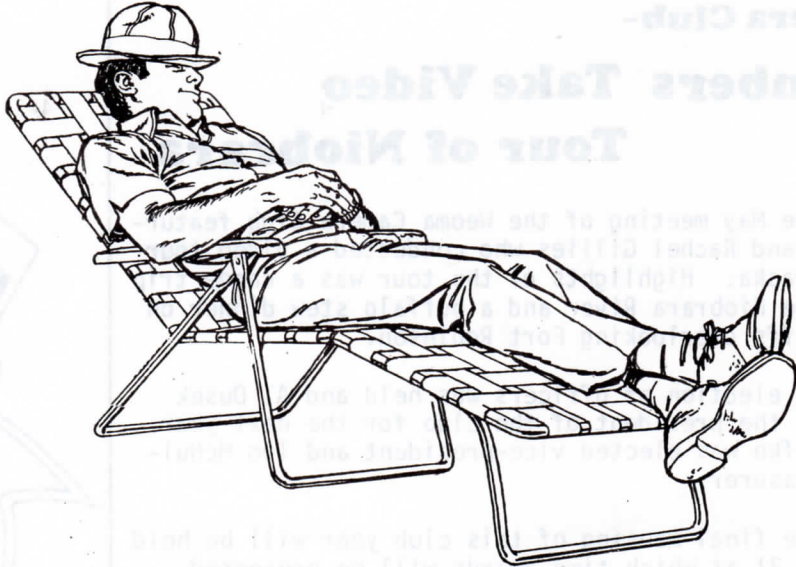
Most of us have no trouble visualizing a serene environment where we can kick off our shoes and just take it easy. Unfortunately, the average American lifestyle does not always accommodate this urge for relaxation.

There are all kinds of reasons for this. Time is one of the biggest. Too often we spend our time like we spend our paychecks. When we get paid we have to pay some bills. We pay the rent, the car payment, the utilities, the credit cards and if there is anything left, we spend it on ourselves.

We go about our lives the same way. We go grocery shopping, do this for our boss, do that for our spouse, help our neighbors and friends, take care of the kids, volunteer for civic groups, and if there is any time left, we do what we want to do. This kind of lifestyle can be very stressful.

We encounter stressful situations all the time, whether it's money or job worries, large or small emergencies, illness of a loved one, or simple daily frustrations.

Our bodies are equipped to protect us from stressful situations we perceive as threatening. This instinctive response is known as "fight or flight". It is



an automatic reaction that either prepares us to do battle or run away. When we reach this state, our bodies change. We receive a shot of adrenalin, our heart beat, breathing rate, blood pressure, and blood flow to the muscles quickly increase to help us react.

As an occasional physical condition, "fight or flight" serves us well. The problem occurs when this stress response is called upon too often in situations that need not require an alarmed reaction. The reoccurring physical changes can lead to headaches, diarrhea, fatigue, insomnia, tense muscles and cramps and can also be linked to hypertension, ulcers, back pain, heart disease, arthritis and cancer. This is why we must work more effectively to control the stress in our lives. Learning to relax, and making the time each day to relax, can help.

There are an unlimited number of relaxation techniques that effectively provide a temporary

release for stress. You can decide which ones work best for you. Some examples include breathing exercises, back rubs and body massages, meditation, listening to soft music, taking a hot bath or shower, fantasizing and reading. The activities should be calming, rather than arousing. The focus should be on the here-and-now, using your sensory equipment to experience the sounds, tastes, smells, touch, and sights that draw attention away from thoughts and feelings that cause stress.

Once you incorporate relaxation into your daily routine, you will begin to notice and enjoy more of life's little pleasures. Your attitude will be more positive and you will more effectively cope and deal with those things that normally cause you stress. With any luck, perhaps the next time someone asks you what you would rather be doing, you can reply, "I'm already doing it!"