

WEOMA/PIONEERS NEWS

JUNE 1, 2000

What's so Special About JUNE?

Father's Day



Father's Day was first observed on June 19, 1910, in Spokane, Wash. The idea originated with Mrs. John B. Dodd, who wanted a special day to honor her father, William Smart, a Civil War veteran. Smart, a widower, raised his six children on a rural farm in eastern Washington. Although many cities and towns celebrated a "father's day" for many years, it was not until 1966 that President Lyndon Johnson proclaimed it a national observance, declaring the third Sunday in June as Father's Day.

National Rivers Month, June 1-30. This month, Americans are encouraged to enjoy the many wonderful rivers of the United States, which add up to 3.5 million miles in length. American Rivers, a nature conservation organization, notes that the country's 158 Wild and Scenic Rivers (so designated and protected

because of their pristine and free-flowing condition) represent only a tiny fraction of the total 10,931 miles.

Stepparents' Week, June 1-7. This week honors the parents of blended families, which are more prevalent than any other kind in the U.S. According to the Stepfamily Foundation, half of all Americans have been or will be in a stepfamily at some point in their lives.

National Trails Day, June 3. The American Hiking Society sponsors this day to promote public awareness and appreciation of America's trails. According to the President's Commission on Americans Outdoors, 200 million people walk and hike on trails, 93 million bicycle, 11 million ski, and 10 million ride horses.

National Flag Week, June 11-17. This year marks the 40th anniversary of the U.S. flag's present design. On July 4, 1960, the 50th star was added to represent Hawaii's admission into the Union.

Birthday Hall of Famer:

Helen Keller, June 27, 1880

Helen Keller was born in Tuscumbia, Ala., the healthy daughter of a newspaper editor and his wife. At 19 months, she suffered a high fever that left her blind and deaf. For a time, she communicated with her parents by using 60 signs, such as shivering when she wanted ice cream. But she often flew into violent rages over her inability to convey deeper thoughts. Shortly before her seventh birthday, her parents hired a tutor, Anne Sullivan, who had once been blind herself but whose sight had been restored through surgery. Sullivan "signed" the alphabet on Keller's hand and taught her to read, speak, and write. She remained Keller's lifelong companion, accompanying her to Radcliffe College in 1904. While in college, Keller wrote her autobiography, *The Story of My Life*, which earned her enough to buy her own home. After graduation, she became a lecturer, advocating women's rights and higher pay for workers. She also helped establish the American Foundation for the Blind.

SAFTY**Beat the Heat!**

Summer heat can cause heat strokes, exhaustion, and severe sunburn. What's more, according to the National Safety Council, skin cancers take the lives of almost 9,200 people every year. The council recommends these precautions:

Avoid the midday sun (between 10 a.m. and 4 p.m.).

Wear sunscreen with a Sun Protection Factor (SPF) of at least 15. Apply 15 to 20 minutes before going out. Reapply every two hours and after swimming and sweating if the product is not labeled waterproof.

Stay away from shiny surfaces (water, outdoor furniture, metal roofs, etc.) because they can reflect up to 85 percent of the sun's rays on the skin, increasing the risk of burning.

Wear wide-brimmed hats, visors, sunglasses, and tightly woven clothing to protect against the sun's rays.

Drink plenty of fluids to prevent dehydration.

Do not consider it proof just because it is written in books, for a liar who will deceive with his tongue will not hesitate to do the same with his pen.

_Maimonides

HEALTH**H2O for Health**

Swimming, like other regular physical activities, can be very good for your health. According to the Centers for Disease Control, 20 minutes of swimming laps three days a week can:

- Increase longevity. Reduce the risk of heart disease.
- Reduce the risk of developing diabetes or high blood pressure.
- Help control weight.
- Help build and maintain healthy bones, muscles, and joints.
- Help older adults become stronger and better able to move about without falling.
- Promote psychological well-being.

Floss for Your Heart

For many years, researchers have noticed that patients with periodontal disease were far more likely to suffer from heart disease as well. The reason? A recent study at the University of Michigan has established the connection. It showed that the bacteria that cause gum disease (called porphyromonas gingivalis) also can cause the platelets in your blood stream to clump together, raising the risk of a heart attack. So floss your teeth regularly to remove that bacteria: it's good for your mouth and your heart!

NUTRITION**The Skinny on Mayonnaise**

Contrary to popular belief, mayonnaise is not the culprit in so many cases of food poisoning or spoilage. There is a danger when the mayo is homemade (with raw eggs). But that's not the case with the store-bought variety, which is made with pasteurized eggs. In fact, the highly acidic ingredients in commercial mayo, such as vinegar and lemon juice, help prevent the growth of harmful bacteria. Low-acid salad ingredients like potatoes, macaroni, tuna, ham, and chicken are more susceptible to the bacteria that cause food poisoning. Be sure that these ingredients are fresh if mixed with mayonnaise and prepare food with clean hands and utensils. Once a salad is made, keep it in the refrigerator until serving time. Even then, don't keep it out for longer than an hour.

Succulent Seafood

Don't like your fish dry, tough, and flavorless? Then don't overcook it. As a general rule, cook your fillets for five to eight minutes, depending on their thickness. An easy way to tell when fish is done: pierce the flesh at its thickest point. If it has lost its translucent color, flakes easily, and falls away from the bones, it is done.

FUN FACTS

Jumping the Broom When
Tying the Knot

The African-American wedding tradition of jumping the broom dates back to the era of slavery. In those days, courts or churches did not sanction slave marriages, so slaves developed their own rituals. At the end of a ceremony, the couple "jumped a broom into the land of matrimony." Folklore holds that whichever spouse jumped the highest would have the most power and authority in the marriage.

Theories abound regarding the symbolism of the broom. Some historians say it reflects a southern African practice in which a new bride helped her in-laws sweep the family home in a show of unity. And others say the broom is a symbol of domesticity and of sweeping out the old and sweeping in the new.

25th Anniversary of the
VCR

Sony Corporation of America introduced the first videocassette recorder for home use on June 7, 1975. It was called the Betamax and retailed for \$995. But Sony's product lost out in competition with a rival concept, the VCR. Now, according to the Consumer Electronics Association of Arlington, Va., 92 million U.S. households (roughly 93 percent of the total) own at least one VCR. The average price per unit today has dropped sharply over time to \$103.

State Quarters

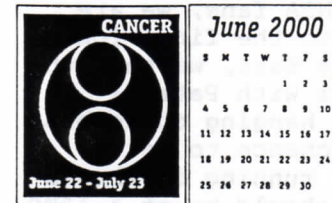


In a special program honoring the nation's 50 states, the U.S. Mint is issuing five new quarters each year over a 10-year period with designs selected by each state appearing on the reverse of the coin. In Year One, 1999, Delaware, Pennsylvania, New Jersey, Georgia, and Connecticut were honored. This year, look for Massachusetts, Maryland, South Carolina, New Hampshire, and Virginia. The sequence is based upon the dates in which the states joined the Union.

The History of the
Rocking Chair

Rocking chairs are an American invention. Historians, however, aren't sure who made the first one, though some give the credit to an unknown New Englander. It's believed that the first rocking chair appeared about 1860. The first written record of such an item was discovered in 1874 on a bill from a Philadelphia carpenter for "bottoming a rocking chair." Former presidents Theodore Roosevelt and John F. Kennedy were both partial to rocking chairs. Retired sea captains were also among their early admirers, possibly because the rocking motion helped to age the small kegs of Madeira they kept under the seats.

CALENDERS/HOROSCOPES

CANCER
June 22 - July 23

Those born under the sign of the crab are kind, nurturing, and imaginative, but also shy and sensitive. Because they view the world through their emotions, they can be moody.

At work: Cancers are diligent, if low-key, workers. Just don't put them in confrontational situations because they're likely to retreat into their shells.

ERC News

The Lucent Technologies Family care development fund is a multi-million dollar pool of funds negotiated between the CWA, IBEW and Lucent Technologies, dedicated to providing financial support through individual grants to community based child, school-age and elder care programs. To be eligible for a grant application you must.

- Have at least one lucent employee sponsor the project
- Care for at least one child or older relative of an employee
- Meet or exceed quality and professional standards

Applications are available in the ERC
Barb x3607 Larry x3523

SPORTS

Well NBA fans, we are down to the final four, in the East, we have the Knicks with Patrick Ewing hanging on to his last chance to get a ring, running on wheels that should be at a AARP convention. Then there are the Pacers the ultimate bridesmaids of the eastern conference. Out West everybody has the Lakers, best record best players not the best team. The Trailblazers the best team man for man one through twelve but you only play five at a time.

OK let's go with something new! Pacers over Knicks and Trailblazers over Lakers and the NBA champion the Portland Trailblazer 4-2

**Attention:**

! To All Concerned!
The lucent/New Enterprise picnic is scheduled for August 13, (Sunday) 12-8pm at Funplex. All current employees, retirees, and their immediate families are invited. Tickets for a dinner and rides will be \$8.00 per person, children 2 and under are free. For those employees retiring before this date, tickets may be purchased by mail no later than July 22. Make check out to WEOMA CLUB. Mail to Lucent Technologies 12000 I ST. Omaha NE 68137 ATTN: WEOMA CLUB PICNIC. Additional information will appear in upcoming issues of this paper and on the monitors. Contacts:
Jeanett Bogue x-7026
Terry Moore x-3347
Thelma Cronin x-3419
Miyeko x-3174

FOR SALE

88 Chevy Berretta
75K, CD, Auto, Air, no rust 3,500 778-0376

Window AC 5000 BTU
\$75.00 935-0366

10 Gallon Aquarium
w/stand, filter, pump, hood & light, some fish, & other items -\$50.00
rlsheaton@netscape.net

22" Huskey mower mulch
or bag -\$50, 2 21" lawnboy mowers both with bags, self-propelled, can also mulch -\$100
Smith Corona PWP 125 word processor -\$25
rlsheaton@netscape.net

Child's folding playpen
-\$15 Toddler bed frame - \$5 Dinette table, 1 leaf 4 chairs -\$25
rlsheaton@netscape.net

1984 Old's Cutlass
Supreme V-6 298 cu in Rebuilt Transmission, American racing rims-CD player, body excellent new tires \$1200 O.B.O. 468-5865

1998 Mustang 5 speed,
air, power windows/locks keyless entry, alum. Wheels, tint \$14000 733-6627

1997 Dutchman, 26 ft
travel trailer with slide-out air, awning, power crank, excellent condition \$10,500 733-6627

WANTED

Brass Bed, full-size or double good condition & reasonably priced 455-0676

**THINK ABOUT IT!**

"Son of a Gun"

1. David Ogden Stiers played this character on M*A*S*H?
2. Donnie van Zandt plays for this southern rock band?
3. Before becoming Bond Pierce Brosnan played this con-man turned P.I on TV?
4. Maverick and Goose are the best in their class and one of them romances the teacher in this 86 film?
5. Johnny Rotten played for this British punk band?
6. Orson Wells was the voice of the never seen Robin Masters in this 80's TV series?
7. Though known for his robberies, this gangster (real name George) was sent to Alcatraz in 1934 for kidnapping?
8. Charlie Sheen, Emilio Estevez, Kiefer Sutherland, and Lou Diamond Phillips play the Tittle cowboys in this 88 western?
9. Henry Mancini played the awesome theme song for this 50's series starring Craig Stevens?
10. Voted one of the top 50 basketball players of all time he went to college at L.S.U. where he led the nation in scoring, he played in the NBA for Atlanta, New Orleans and Boston before he died in 88?

Place answers in drop box outside of WEOMA club office. Winner receives a lunch ticket from our sponsor ARAMARK KAFE and food service director Julie Gray, for catering call x- 3085



@ THE MOVIES


"GLADIATOR"

Gladiator a "man's movie" full of bone-crunching blood-spurting violence. It's not that this is a bad thing but after a while it tends to bore you.

General Maximus (Russell Crowe) leads the Roman army to a brutal victory in Germania. The Emperor bestows on him the honor of savior of Rome, The Emperor, who is dying wants Maximus to lead Rome instead of his not so manly son. The son hearing this kills his father, becomes emperor and orders Maximus death. Maximus escapes only to find his family brutally slain. He is taken captive and sold into slavery to Proximo (Oliver Reed) a Gladiator "manager" Maximus becomes a world famous gladiator who's popularity expands with each amazing victory. Finally the "ROCK" has come back to Rome, I mean Maximus. He comes back to the Colosseum where he defeats bad guys, tigers and men on chariots. He defeats the evil son, seduces the lovely sister and restores Rome and the people of Rome to it's proper glory

"Hey it's the Movies"

Great battle scenes!
Entertaining movie!

@@@ Out of 5 

Omaha Area Discounts

- Alltel Cellular (677-0110)
- The Men's Wearhouse (1-800-776-7848)
- Cottman Transmission (895-9944)
- Quizno's Classic Subs (10% discount)
- Tire's plus (5% discount card)
- Airtouch Cellular (681-0909)
- Sprint PCS (598-5000)
- Valvoline Oil Change (895-5884)
- Tuffy Service Center (895-4274)
- Hertz, National, Avis, Car Rentals
- Ford Motor Company
- Samsonite Co. Store (332-4321)
- Auto Station (10% discount) 896-5800
- GM New Vehicle Purchase Program 1-800-960-3375
- Better Bodies 333-5001
- Gold's Gym 339-4653

Call the E.R.C. 3523 or 3607

Huge! Pioneer Store

Sale! Come in check out the savings.

The pioneers would like your help! On a small sheet of paper or below list items you would be interested in buying at the pioneer store.

Drop in drop box outside pioneer office

WEOMA CLUB

2000
Officers & Directors

- President - James Boger
Executive Vice President
Doug Thoms
Vice President-
Jeanette Bogue
Treasurer- Tom Pauley
Assistant Treasurer
Nycole Wandvik -Tolle
Administrative Assistant
Thelma Cronin -3419

Directors

- | | |
|-------------------|-------|
| Joe Williams | -4831 |
| Dave Negrete | -3218 |
| Tom Abbott | -3499 |
| Roger Wesley | -3504 |
| Terry Moore | -3347 |
| Larry Cherry | -3523 |
| Charleen Thompson | -3185 |

Answers to last Months
"Think about it"
"Monkey Do"

1. Mickey Dolenz
2. Clyde
3. Rafiki
4. Bubbles
5. Sea Monkeys
6. Casey
7. Monkey Business
8. J. Fred Muggs
9. Dian Fossey
10. Scopes Monkey Trial

The entry with the most correct answers wins, if more than one has all the correct answers than a drawing is used to select winner. Must submit by the 25th of each month

Call - 3523
WINNER
(Helen Latimer)

Experience is a hard teacher because she gives the test first, the lesson afterward.
- Vernon Law

Heartland Council PIONEERS

Chapter #137

President

Marcy Dergan

SR. Vice President

Mo Grigsby

Vice-President

Larry Cherry

Life Member Reps

Mary Jane Hendricks

Bob Attebery

Resource Manager

Alice "Bunny" Clark

Administrative ASST.

Thelma Cronin

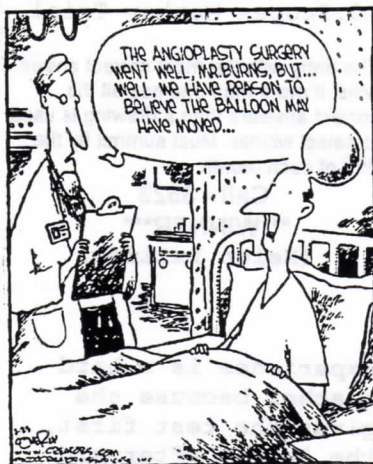
The Durham Western Heritage Museum present's **That's All Folks!** The art of Warner Bros. Animation, a major exhibition of original artwork from the world of Warner Bros. April 22 - June 18, 2000 Call: 444-5071

Celebrate!

Fitness Month! this month only. Lucent Technologies employees can enroll with **24-hour fitness club** for only \$99 each No long-term contract! Open 24 hours a day Hurry offer expires 6/30/00 13921 S Plaza Omaha NE Call 895- 5550

SPEED BUMP

Dave Coverly



BUSINESS BOOSTERS

If Work Is a Circus ...
Don't Be an Elephant

Jim Donovan, author of *This is Your Life, Not a Dress Rehearsal*, wrote about his experience visiting backstage in Madison Square Garden during an appearance by the Ringling Brothers Barnum & Bailey Circus.

I was able to walk around looking at all the circus animals. As I was passing the elephants, I suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at any time, break away from their bonds, but for some reason, they did not. I asked a trainer why.

"When they are very young and much smaller, we use the same size rope to tie them and, at that age, it's enough to hold them," he said. "As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never break free."

Like the elephants, how many of us go through life hanging onto a belief that we cannot do something simply because we couldn't do it before?

It is easier to fight for one's principles than to live up to them.
— Alfred Adler



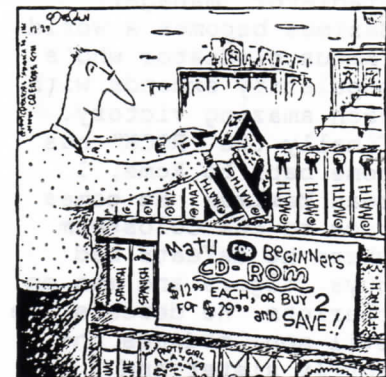
@ THE MOVIES

"Mission Impossible II"

I'm leery of films that precede their debut with a lot of hype. Usually the hype in the trailer, is the movie and the movie going public is stuck paying for a tired story, not the case here. This is the mission impossible we looked for in the first M.I. But didn't get. M.I. 2 is more like it, the real deal. M.I. 2 has a believable story line, a love interest, a dreaded virus, villains we hate, entrepreneurs we dislike, and Tom Cruise. The special effects are as good as the matrix and the stunts are unbelievably and acrobatic Cruise. Director John Woo has this movie on "Cruise" Control. It's a good one
@@@ Out of five

SPEED BUMP

WHIZ#
Dave Coverly



Weoma/ Pioneer News Staff

Editors----- Larry Cherry -3523
John Lennon
Tracy Boyce
Sports----- Terry Moore
Sam Davis
Reporters-- E.T.O.P.--Sharon Buzzell
Sally Swoboda
ERC Barb Bokowski
E.W.C. Kari Oehme
Arts & Entertainment----- Whiz
John Maxwell
Jerry Golmanovich

HEARTLAND COUNCIL NEWS

A Publication of Lucent Technologies Heartland Council Pioneers

May 26, 2000

Issue #5

DID YOU KNOW?.....

The officers of the Council are:

President - Marcy Dergan

Vice President - Mo Grigsby

Vice President - Larry Cherry

Life Member Representatives:

Mary Jane Hendricks & Bob Attebery

Administrative Assistant:

Thelma Cronin

Pioneer Liaison:

Doug Thoms

Marcy Dawkins has distributed **HUG-A-BEARS** to the Douglas County Sheriff's Department and Boystown Fire Dept.

The **Driving for the Blind** project volunteers hosted a picnic for people who participated in the Walk for Independence held at Zorinsky Lake on May 13th.

Thank you to the many volunteers who made the **PARKING LOT SALE** a success on April 30th.

Congratulations to Bob Kemp, Project Director for **SIGHT SCREENING** who was awarded an Outstanding Volunteer Award from Prevent Blindness Nebraska.

Dick and Cathy Maxwell reported that there were 6412 volunteer hours submitted for the month of May. Thank you volunteers!

Recent Bereavements:

Edward J. Thompson 4/18/2000

Johanna S. Skinner 4/2000

Leo B. Scheibelhofer 4/2000

Richard Kobjerowski 5/2000

Donna Diggins is responsible for reporting bereavements among our membership.

Ron Siwa & Gene Stuto are organizing the **BOWLING FUN NIGHT** August 12th at Western Bowl. Watch for information.

Playground **MAPS** were painted at Weeping Water Elementary School, Hartman School and Mount View School as part of this years Global Day of Caring.

Congratulations to Bunny Clark who will become the new Region 18 Vice President for the Pioneers on July 1st.

The next **PARKING LOT SALE** will be held on **SATURDAY**, June 24th.

100 trees were planted at Benson Park as part of the Global Day of Caring.

Bonnie Anderson drives members of the blind diabetic support group to monthly meetings.

Thank you Ralph Brewer for many years as Project Director working with Easter Seals.

Upcoming Events:

Life Member Luncheon – June 13, 2000

Installation of Officers – June 16, 2000

BE NICE TO THE VOLUNTEERS!

Check out Omaha's Newest Health & Fitness Facility

You're all invited!

"Lucent Technologies Employee Appreciation Week"

Alegent Health Lakeside Wellness Center

Invites you to be our guest!

June 1st - June 30th

Bring in this flyer and receive a **ONE WEEK PASS**
(Must also presents Lucent ID Badge at check in)

**Join and receive
50% off Enrollment Fees**

Experience all that we have to offer!



Lucent Technologies
Bell Labs Innovations

BLACK AND GOLD SCHOLARSHIP BALL

DOUBLETREE HOTEL located at 1616 Dodge St.

Saturday June 3, 2000 8:00pm-1:00am

Tickets are \$15.00 (singles)

\$25.00 (couples)

Entertainment: Project Soul and 'DJ' David Akpan

For tickets see any ABLE member or contact

Thelma Eley 691-3822 or Gwen Harris 691-3499

Conchita Corbino 3rd shift 778-7423, Reno Jameson 3rd shift x3449

Valerie Vinson 3rd shift C schedule x3156

Ron Eley 2nd shift B schedule x3697

Marvin Walker 3rd shift B schedule x4921

RETIRING?

Steven L. Martin, CFS

of

River City

Financial Group, L.L.C.

invites you to a

FREE SEMINAR DISCUSSING

Retirement Planning Principles

- **Do I have enough money?**
- **Is it in the right places?**
- **What about Social Security?**
- **What are your pension options?**
- **The Global Founders Grant.**
- **How to safeguard my investments
against a falling market.**

Seminar Date

**Wednesday, June 7th
6:00 P.M.**

Includes Dessert & Beverages

at...

**The Bel Air
Banquet Room**
12100 West Center Rd.
Suite 520

*Please call to Register
as seating is limited:*

333-7660

RSVP by June 5th, 2000

ATTENTION: LUCENT TECHNOLOGIES EMPLOYEES ARE YOU PLANNING ON RETIRING?

SALOMON SMITH BARNEY

Cordially Invites You To Attend A Timely Presentation on:

RETIREMENT PLANNING

Topics:

- IRA Rollover: How to avoid taxes while rolling over your 401(k)
- Retirement Planning Analysis: How much income?
- Asset Allocation: Stocks, Bonds, & Cash
- Investment Options: Managed Accounts & Mutual Funds

Speakers:

- Andrew J. O'Daniel
Vice President-Investments/Portfolio Manager
Financial Consultant
- James R. Clement
Financial Consultant

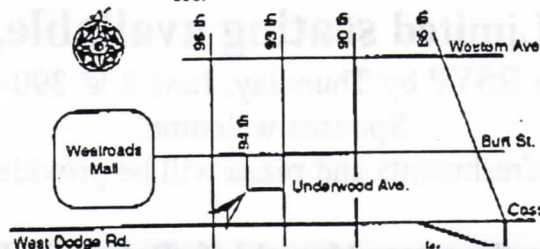
Dates and Times:

- June 7th 10:00 am 1:00 pm 4:30 pm
- June 22nd 10:00 am 1:00 pm 4:30 pm

Refreshments will be served

Place:

- 9394 West Dodge Road, Suite 250, Omaha, NE 68114



SALOMON SMITH BARNEY

9394 WEST DODGE ROAD, SUITE 250, OMAHA, NE 68114

SEATING IS LIMITED. PLEASE RSVP TO SARA KOUB AT 399 6343 TO RESERVE A SPACE

\$\$\$ Smart People Finish Rich \$\$\$

- Understanding Retirement Options
401(k) rollovers, Roth IRA's, Traditional IRA's,
- College Education Funding Ideas
Education IRA's, Uniform Gift to Minors Act, Roth IRA's
- Personal Investing
Mutual Funds, Stocks, Bonds, Unit Investment Trusts
- Long Term Care Insurance
Long Term Care for yourself or your parents

Presenting: Rob A. Randels, CFP
Scott A. Zaloudek

Date: Monday, June 12

Time: 4:30 – 5:30 p.m. (please try and arrive by 4:15)

Place: Embassy Tower, Suite 500
9300 Underwood Ave
(2 Blks North of 93rd & W. Dodge Rd.)

Limited seating available,

Please **RSVP** by Thursday, June 8 @ 390-8256.

Spouses welcome.

Refreshments and pizza will be provided.

Sponsored by Northwestern Mutual Life/Robert W. Baird & Co. Inc.