

Worma Club NEWS

March 27, 1991

Easter



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Weoma Club Sports

NOTE:

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

- Editor

Bowling

WORK SERVICE LEAGUE

STANDINGS

	WON	LOST
BROADWAY BOWL	117	72
WESTERN BOWL	112	77
T.L.A.	111	78
MATTHEW'S	107	82
STRETCH MARKS	104	85
TOP GUN III	97	92
HIGGINS TROPHIES	97	92
W.E.R.M. ENTERPRISES	96	93
JESTERS	94	95
TEAM 16	93	96
JUST IN TIME	90	99
JETS	87	102
THE NEW COTTNER STREET	83	106
SABRES	79	110
YANK ME CRANK ME	75	114
OMALO'S	70	119

HIGH GAMES, SERIES-

Steve Bothwell (244, 227-653), Chuck Schultz (234, 213-638), Marvin Seaton (237-637), Jerry Kucinski (213, 212-622), Dave Chonis (213-590), Brian Seaton (584), Frank Bogatz (582), Bob Roh (211-559), George Chonis (216-566), Kevin Pluta (210-559), Archer Witherell (222-554).

Weoma Club

PRESIDENT

Jerome F. Berger

VICE PRESIDENT

Sharon B. Justsen

EXECUTIVE VICE PRESIDENT

Robert L. Miller

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Carlos M. Palacios

ASSISTANT TREASURER

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Clara C. Hendricks

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 Ethel S. Payton
 Pamela M. Raabe
 Hank J. Wnuk, Jr.

WEOMA NITE OWLS

STANDINGS

	WON	LOST
CHANNEL CATS	138	70
SANDBAGGERS	116	92
DILLIGAF	113	95
DODGERS	112	96
LUCKY'S	110	98
NO GAS	105	103
HIT & MISS	103	105
2 BEERS & MIX	96	112
MIA	91	117
BALL BUSTERS	90	118
COMFORTABLY NUMB	88	120
HAVEN FUN	86	122

MEN'S 200 SERIES-

Dan MORAN (206), Jim RHODE (213)

WOMEN'S 170 SERIES-

Linda McGUIRE (197, 171), Marti GREBIELSKI (174), Dee STINSON (173), Helen SOLOMON (187), Pat GRIFFIN (180), Kathy O'DELL (175), Sandy BARNES (170, 182), Jessie KNUTSON (181, 197)

MEN'S 500 SERIES-

Dave HOCHSTEIN (517), Tom GREBIELSKI (530), Bill DEEGAN (501), Steve O'DELL (536), Perry VOGEL (529), Dan KOVAR (533), Dale KREICK (502), Nate JACKSON (520), Lauren THROENER (549), Jim RHODE

(521), Doug JOHNSON (508), Mike FAGEK (504), Dan MORAN (602)

WOMEN'S 450 SERIES-

Jessie KNUTSON (535), Sandy BARNES (489), Dee STINSON (473), Helen SOLOMON (495), Marti GREBIELSKI (463), Linda McGUIRE (507)

SPLITS-

Sandy BARNES (5-7), Jim RHODE (3-10), Doug JOHNSON (5-7)

WEOMA CLUB FRIDAY MORNING MIXED LEAGUE

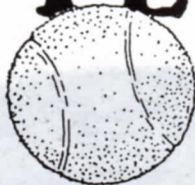
STANDINGS

	WON	LOST
CHUMPS	132	68
WILD BUNCH	121	79
STRIKES	115	85
STARS	107	93
LATE COMERS	100	100
TEAM #2	100	100
ODD BALLS	95	105
DIE HARDS	80	120
MISFITS	76	124
QUESTIONABLES	74	126

LAST WEEK'S HIGH SCORES-

Perry Vogel (200, 205-598), Don Janda (220-591), Gene Chleboun (510), Dave Borstad (508), Jeanine Krogmann (177-490), Carol Fuksa (192-487), Judy Rhodes (183), Liz Weil (177).

TENNIS



SIGN UP NOW FOR THE WEOMA CLUB TENNIS LEAGUES YOU ARE INTERESTED PLAYING IN AND RETURN THE FORM BELOW AND THE FEES TO ONE OF THE OFFICERS LISTED. EMPLOYEES, SPOUSES, AND IMMEDIATE

FAMILIES ARE ELIGIBLE BUT, YOU MUST BE FAMILIAR WITH THE GAME!

YOUR WEOMA CLUB MEMBERSHIP FEE WILL BE \$3.00 PER PERSON PER CATEGORY UNLESS OTHERWISE INDICATED. SHEETS MUST BE COMPLETED AND RETURNED BY APRIL 7 SO SCHEDULES CAN BE PLANNED.

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

BONNIE STUTO, DEPT. 553, x3649; JUDY TYLER, DEPT. 521, x3043; GENE STUTO, DEPT. 572, x3258.

NAME _____ DEPT. _____ EXT. _____

SHIFT _____ HOME TELEPHONE NUMBER _____

Please check categories you wish to play in:

MIXED DOUBLES _____ *WOMEN'S DOUBLES _____ SUB _____ WOMEN'S ADVANCED LEAGUE _____

WOMEN'S LADDER _____ WOMEN'S INTERMEDIATE LEAGUE _____ MEN'S LADDER _____

*MEN'S DOUBLES _____ SUB _____

LOTTO BULL CONTEST



Judy White, of Dept. 581-7 was glad she had looked at the March Safety Fact Sheet! She won \$300 by knowing the answer to the question, "the man in the picture is falling; what appears to be the cause?" The answer was: "A spill or liquid on the floor."

Judy missed the bonus question, which is based on the previous month's departmental safety meeting, so next week's Lotto Bull question will be worth \$100 and the bonus question will increase to \$250.

Read the fact sheets which are available at all plant entrances and in the main and cable cafeterias.

SAFETY TRIVIA

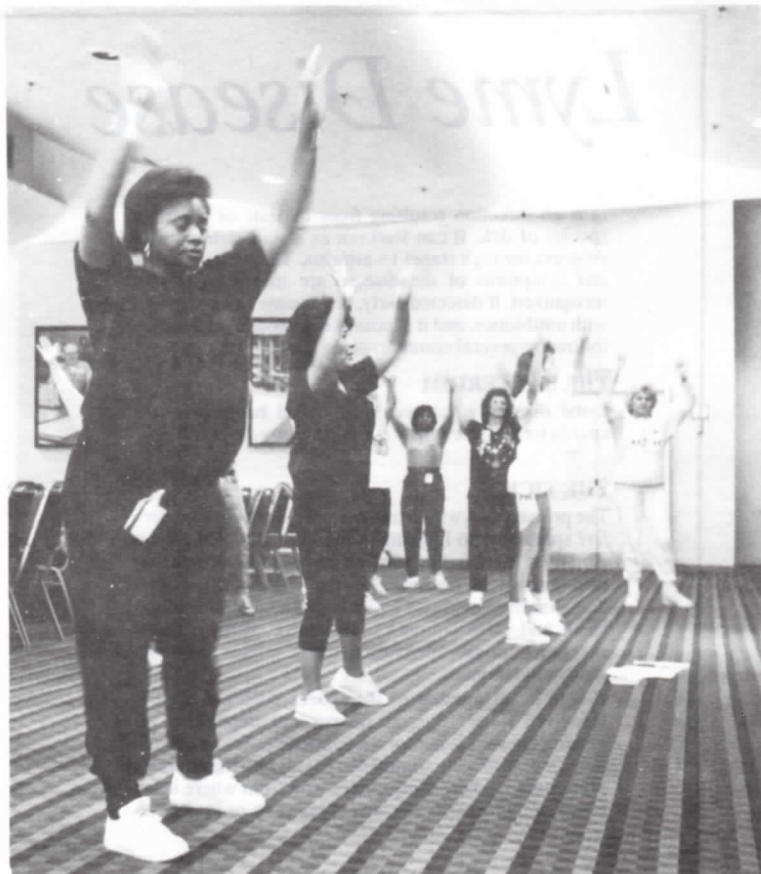
by Shirley

Trivia about winter fun:

1. Should sun screen be used in the winter?
2. What is equivalent to summer's severe sunburn?
3. What are the warning signs of frostbite?
4. How many people are treated annually in hospital emergency departments for injuries from sleds, toboggans and snow disks?
5. How many more suffer from ice skating mishaps?

ANSWERS:

1. Yes. Winter's harsh winds and glaring sun can produce damage more fierce than that in summer. Protect exposed skin on the face with a sunscreen of 15 plus factor.
2. Winter's frostbite.
3. Pale, waxy and firm skin which feels numb.
4. (C) 33,000
5. (C) 40,000



Physical fitness classes are becoming the "in thing" at the Omaha Works. Pictured above are just a few of the participants in the Works' TLC Beginning Fitness Program.

Popularity of Fitness Classes on the Rise

A determined group of fitness buffs meet in the company auditorium each Tuesday and Thursday to participate in the Works' Total Life Concept program: Beginning Fitness Classes.

Conducted by TLC coordinator Janice Spethman, the group goes through an active warm-up, aerobic workout and mat work followed by a cool-down period. The classes are adjusted to fit the exercise level of the entire group, according to Spethman.

"There has been a great response from those in the classes and they are wanting to attend more sessions - daily, or at least three times a week," Spethman said. The classes are now held on Tuesdays and Thursdays at 11:00 a.m. and 11:30 a.m. along with a 4:00 p.m. session.

One prevailing comment from those in the classes is: "I am glad this class has begun. It should have started long ago."

As the classes progress, so does the intensity of the workouts. After a moderate beginning, the pace has picked up as the participants get used to the routine. A total of 63 people attend the sessions.

Lyme Disease

... is an infection resulting from the bite of a certain species of tick. It can start out as a skin rash and can progress through stages to arthritis. The various stages and symptoms of the disease are increasingly well recognized. If detected early, the disease can be treated with antibiotics, and it is possible to protect yourself by following several common-sense tips.

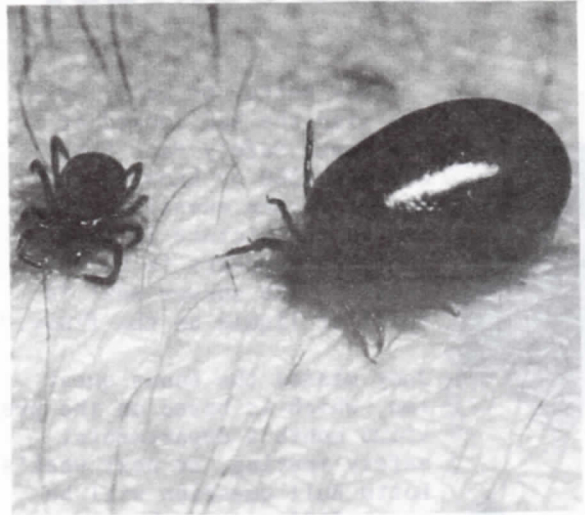
THE BACTERIUM

Lyme disease is caused by a coiled bacterium -- a spirochete -- called *Borrelia burgdorferi*

THE TICK

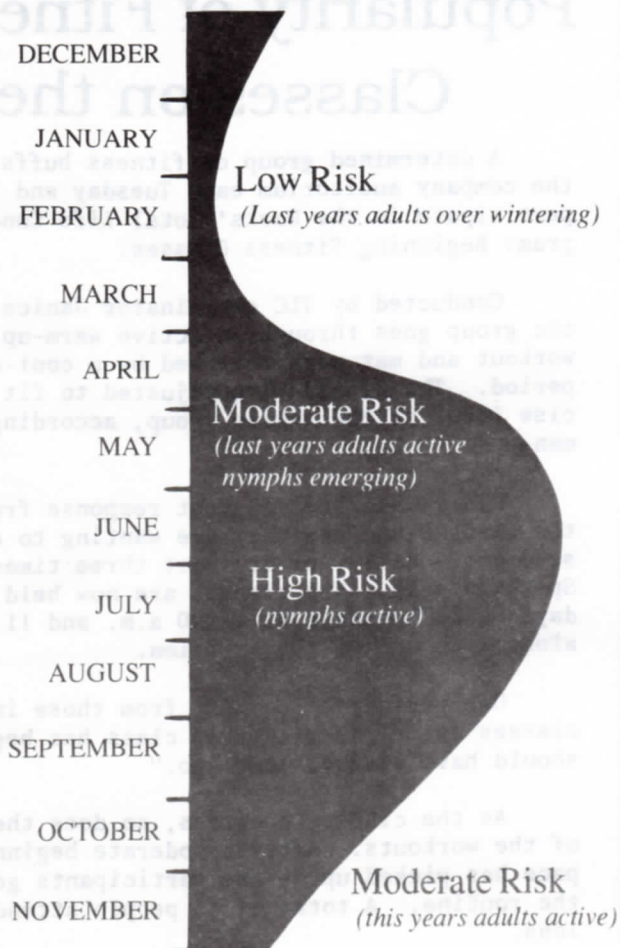
The primary tick which transmits the *Borrelia burgdorferi* spirochete to humans in the U.S. is called *Ixodes dammini*. It is smaller than the common American dog tick (known in Nebraska as the wood tick). *Ixodes dammini* lives in grassy and wooded areas and feeds on small and large animals -- like mice, shrews, birds, raccoons, dogs, opossums, deer, horses, and occasionally, humans.

A significant number of the *Ixodes dammini* ticks -- from ten to as high as 65 percent depending on geographic area -- harbor the spirochete. When the tick bites, the spirochete sometimes passes into the animal's bloodstream where it multiplies, and from where it can be taken up by other blood-sucking ticks or insects.



Female *Ixodes dammini* tick is shown in its engorged and blood-engorged state (about seven times actual size).

The Danger Months When ticks bite people



TICK HABITATS

The *Ixodes dammini* tick is widely distributed in the eastern U.S. As of the spring of 1989, this tick had not been recorded in Nebraska although it had been found in neighboring states. The tick's preferred habitats are wooded areas and adjacent grasslands. It is spread in the wild by animals -- birds, mice, raccoons, and deer, for example -- but domestic animals such as cats, dogs and horses can also carry the ticks closer to home. The range of the tick -- and Lyme disease -- appears to be growing as more houses are built in woodlands and as the ticks are distributed inland by birds and other animals. In California and other western states, the spirochete is carried by *Ixodes pacificus* ticks. In the southeastern U.S., *Ixodes scapularis* is a confirmed vector. The Lone Star tick, *Amblyomma americanum*, which is found in parts of Nebraska, has been reported to be a minor vector in parts of the southern United States. Additional ticks are now being investigated as potential vectors.

THE BITE

A tick bite is not painful -- the *Ixodes dammini* tick is so small that its presence often goes unnoticed. In most cases the tick simply bites, draws blood for its nourishment, and drops off. If the tick happens to be infected with spirochetes, it may transmit them during the feeding process. It is important to realize that a tick bite does not always result in Lyme disease.

REMOVING TICKS

The best way to remove a tick is to use a small tweezers. Do not squeeze the tick's body. Grasp it where its mouthparts enter the skin and tug gently, but firmly, until it releases its hold on your skin. The tick's barbed mouthparts (see photo on cover) will not let go easily, so take your time, and be patient. Save the tick in a jar labeled with the date, the location of the bite on your body, and the place where you think you acquired the tick. Your doctor may find this information and the tick specimen helpful in diagnosis if a rash or other symptoms of Lyme disease subsequently appear. Wipe the bite area thoroughly with antiseptic.

TREATMENT

Like most illnesses, when detected early, Lyme disease is easily treated. As it "settles in," it is harder to deal with...but it can still be handled.

For the early stages of the disease, oral antibiotics are the preferred treatment. Once treatment begins, the rash usually fades within days; symptoms of headache, fatigue, and muscle pain may take longer to resolve. Later stages of the disease may require injections of antibiotics, sometimes administered at a hospital. It is important to follow your doctor's instructions on medications to be certain that the spirochete has been completely eradicated.

IBEW - AT&T ETOP OMAHA TECHNOLOGIES COMPUTER REGISTRATION

REGISTRATION ENDS March 22, 1991

DOS is a six week course. The first class runs from April 15- May 24 1991

Notice: A special offering will be held for 2nd shift employees on Tuesdays.

Classes will begin at 12:15 am.

Section 9 will be offered to the Hearing impaired.

Monday Tuesday Wednesday Thursday Friday

	<i>Section 3</i> 12:15-2:45 am DOS 6 Weeks			
<i>Section 1</i> 8:45-11:15 am DOS 6 Weeks		<i>Section 7</i> 8:45-11:15 am WordPerfect 12 Weeks		
	<i>Section 4</i> 12:45-3:15 pm KEYBOARDING 12 Weeks	<i>Section 8</i> 12:45-3:15 pm WordPerfect 12 Weeks	<i>Section 10</i> 12:45-3:15 pm Beginners Computer Awareness 12 weeks	8:30 AM - 12 Noon
<i>Section 2</i> 4:15-6:45 pm DOS 6 Weeks	<i>Section 5</i> 4:15-6:45 pm KEYBOARDING 12 Weeks	<i>Section 9</i> 4:15-6:45 pm WordPerfect 12 Weeks	<i>Section 11</i> 4:15-6:45 pm Beginners Computer Awareness 12 weeks	LAB DAY
	<i>Section 6</i> 7:00-9:30 pm KEYBOARDING 12 Weeks		<i>Section 12</i> 7:00-9:30 pm Beginners Computer Awareness 12 weeks	1:00 PM - 6:00 PM

Classes start the week of: April 15, 1991

Please indicate your choices by Section #: 1st Choice _____ 2nd Choice _____

Name _____
 Address _____ City _____ St _____ Zip _____
 Home Phone () _____ Work Ext. _____
 Soc. Sec. No. _____
 Shift: From _____ to _____ IBEW Local: Salary 1614 Hourly 1974
 Eff. Service Date _____ (Circle one)

RETURN THIS FORM TO THE DROP BOX IN MAIN CAFETERIA OR DEPT. SECRETARY.

Classified Ads

Advertisements must be submitted to the Weoma Club office absolutely no later than 7 a.m. on Wednesdays for the following issue.

Wanted

Parakeet cage, large enough for 2 parakeets with stand if possible, reasonably priced. 328-2610 Council Bluffs after 5 p.m.

Mu... have used Schwinn Air Dyne, if you don't want to sell please use it. 477-1494 ask for Dave.

Free

SOFA & MATCHING CHAIR: floral print, blue, green, rust, needs a little mending but usable. 733-7629.

For Rent

APARTMENT: nice one bedroom, furnished with carpet, air conditioning, off-street parking in quiet area, near Hanscom Park, utilities paid except heat, \$250. 234-7865 or 344-0535 leave message.

HOUSE: 3 bedroom with garage, air conditioning, fenced yard, 4813 So. 50th Ave., \$485 plus deposit. 593-1835.

For Sale

Sports Equipment

Gu... for hunting & collectables. 592-3148 9 a.m. to 3 p.m.

GOLF CLUBS: left-handed set, full set irons, 1,3,4 woods, \$140. 333-8439.

Home Entertainment

MAG... VOX RECORD PLAYER/AM-FM RAL... plays 33's, 45's & 78's, Mediterranean style cabinet, 3-sided, 49" wide x 18 1/2" deep x 28 1/2" high, make offer. 333-8447 after 5 p.m.

Appliances

GE MICROWAVE OVEN: over the stove, excellent condition. 895-3654.

Home Furnishings

TWIN BED: like new, ornate testor pine canopy bed (without canopy) box spring & mattress included, \$300 or best offer. 345-8030.

BEDROOM SET: 6 pcs, oak wood queen size, includes mirror, triple dresser, 2 nite stands, chest, headboard/frame, (mattress/box springs). 492-9012.

FORMICA TABLE: 60" round, excellent condition, \$35. 895-3654.

WATER BED: super single with bookcase headboard, 6 drawers, heater, liner & mattress, \$100. 492-8429.

DINETTE TABLE: 42" round, with 4 chairs, \$40. 721-8647 in Fremont after 5 p.m.

Lawn & Garden

LAWNMOWER: Target brand, \$90. 492-8429 after 4:30 p.m.

SNOW BLOWER: Ariens, 4hp, self-propelled, 3 speed, starts & runs good, will handle the worst drifts, \$150. 333-6698.

Garage Sales

Inside Sale: clothing, TEEN boys, girls, juniors, young mens, and misses, popular styles, lamps, TV-stereo console, gift boxes, magazines, great buys, Millard area. 896-8656 after 3 p.m.

Tires

TIRES: (4) 225 VR50, 15" Goodyear Gatorbacks. 895-6359 11 a.m. to 3 p.m.

Entertainment—Pam Raabe

TIRES: (2) Michelin X P235/75 R15, studded mud & snows on Chev. wheels. 592-3148 9 a.m. to 3 p.m.

Parts & Accessories

ESKA OUTBOARD: 15 hp, plus fuel tank, \$225, STEP BUMPER: (1) chrome, for Ford pickup, \$85. 289-3710.

Vehicles

1980 CHRYSLER LE BARON: 2 door, automatic. 339-8114.

1987 CHEV CELEBRITY: 4 door, auto, air, tilt, AM/FM radio, no rust. 334-8075.

Miscellaneous

PROM DRESS: size 7/8, pink and white, floor length, just like new, \$25. 496-0931.

WAGON (1) TRICYCLE (1): \$20 each. 492-8429 after 4:30 p.m.

WOOD BURNING STOVE: Air tite, Trail Blazer, never used, \$649 new asking \$375. 253-8069.

STEREO: small with 2 speakers, \$25, GUN RACK: 4 position with drawer, \$6, KIDS GAMES: Hurry-up, Concentration, Easy Money, Game of States and Othello, HO GAUGE TRAIN SET: 721-8647 in Fremont after 5 p.m.

FRAMES: (9) for paintings, assorted sizes, colors. 333-8447.

Weoma Want Ads Work!

Hundreds of fascinating innovations for contemporary living. 150,000 square feet of do-it-yourself remodeling ideas, energy-saving ideas and much more for the whole family.

36th Annual

OMAHA Home Show '91

OMAHA CIVIC AUDITORIUM

TUES-SUN APRIL 2-7

\$100 DISCOUNT ON ADULT ADMISSION

BIGGER THAN EVER THAN EVER EXHIBITS ON ALL 3 LEVELS!

DISCOUNT TICKETS AVAILABLE IN EMPLOYEE'S MALL AND IN MAIN CAFETERIA & CABLE CAFETERIA.

DIRECT QUESTIONS TO PAM, X3154 OR CLARA, X3617.

The Forester Sisters April 2 & 3
Osmond Boys April 4 & 5
Denny and the Jenners April 6 & 7

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

The Pioneer Porch

DIRECT FROM FACTORY TO YOU - SAVE - SAVE - SAVE

AT&T PLAYING CARDS



Playing Cards — Make AT&T the dealer's choice! Custom bridge-size cards are made of top-quality card stock, plastic-coated for long life. Packed in single tuck flap case.

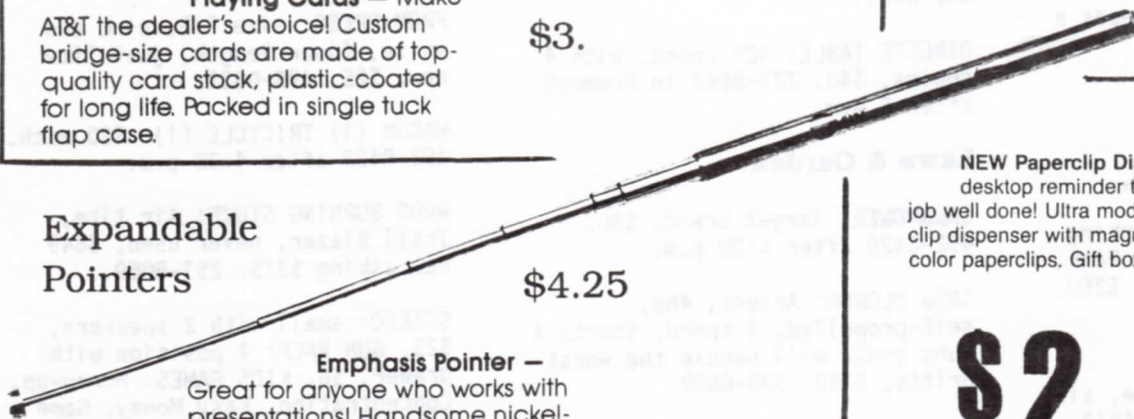
\$3.

NO-SPILL MUGS



\$3.50

Expandable Pointers



\$4.25

Emphasis Pointer — Great for anyone who works with presentations! Handsome nickel-brushed finish. Extends to 25 1/4".

NEW Paperclip Dispenser — Give a stylish desktop reminder to show appreciation for a job well done! Ultra modern, high impact plastic paperclip dispenser with magnetic top is filled with handy assorted color paperclips. Gift boxed.

\$2



FASHION DOLLS



No. 8/446 — 11 1/2" Plastic FASHION DOLL Each doll is dressed in a purple evening dress with velcro closure. Each in a window display box.

\$2.50

UNBREAKABLE SUNGLASSES



\$5.

Sunglasses — Keep AT&T in the public eye! Trendy black wayfarer-style glasses with extra dark acrylic lenses and neck cord.

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.