
WEOMA CLUB NEWS

Carmen Vacanti - Editor - X3549

Nov. 8, 1996



SPORTS

Congratulation to the New York Yankees for winning the Pennant. And for you Brave fans just because the Yanks won doesn't take away the fact that you won your division.

Nothing to report for any of the Weoma Club sports teams.

MONTHLY EVENTS

What's so special about ...
NOVEMBER?



National Election Day,
Thanksgiving Day, Veteran's
Day, American Education Week

National Chemistry Week, Nov. 3-9, 1996. National Chemistry Week is an outreach program of the American Chemical Society, the world's largest scientific organization. Its purpose is to enhance public awareness of the contributions of chemistry to everyday life and to the nation's economy. It is celebrated nationwide by local sections of the Society, industrialists and educators.

Geography Awareness Week, Nov. 10-16, 1996. The theme for this year is "Geography: Exploring a World of Habitats, Seeing a World of Difference." Sponsored by the National Geographic Society, the focus is to increase public awareness of the importance of the knowledge of geography.

Anniversary of unveiling of Vietnam Veterans Memorial, Nov. 9, 1996. Twelve years ago on this date, the Vietnam Veterans Memorial in Washington, DC, was completed with the unveiling of the statue "Three Servicemen," sculpted by Frederick Hart. The names of more than 58,000

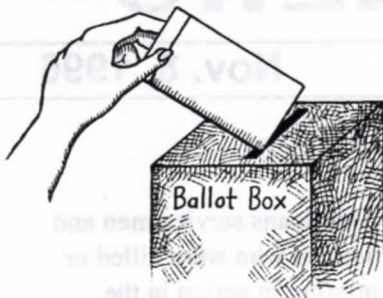
Americans service men and women who were killed or missing in action in the Vietnam war are inscribed on the black granite wall that dominates the memorial. A statue honoring the women who served in Vietnam has since been added to the memorial.

Birthday Hall of Famer: Marie Curie

Born in Warsaw, Poland, on Nov. 7, 1867, Marie Curie was a chemist and physicist. Working with her husband, scientist Pierre Curie, Mme. Curie discovered both polonium and radium in pitchblende, a uranium ore, in 1898. The couple received the Nobel Prize for Physics five years later for their work with radioactivity. Mme. Curie continued to study the subject after her husband's death in 1906 and won a second Nobel Prize, this time in Chemistry, in 1911. This award marked the first time in history that an individual had won two Nobel Prizes. Mme. Curie died of leukemia on July 4, 1934, at the age of 56. Her illness is thought to have been caused by her extensive exposure to high levels of radiation

CELEBRATIONS

Presidential Election



For the world's greatest democracy, it is a sad fact that voter turnout in the U.S. ranks the lowest of the 19 leading industrialized nations.

Only about 55 percent of potential voters participated in the electoral process in the last presidential election, according to the League of Women Voters.

In a recent survey, the League found that the cynicism that many observers blame for our low electoral participation is not a major factor. People stay away from the polls primarily because they don't understand the impact of elections on issues that matter to them or because they don't feel qualified or competent to make voting decisions.

Getting people to the polls on Nov. 5 has been the League of Woman Voters' top priority this year. Stresses League President Becky Cain, "The American system of democracy works best when people are engaged in politics and government -- when they vote."

Veteran's Day

Veteran's Day, Nov. 11, 1996, honors the millions of men and women who have served in the armed forces to defend our country. Many have given their lives in defense of our country.

Once called Armistice Day, Nov. 11 marks the anniversary of the signing of a treaty between the Allied and Central Powers in 1918 to end World War I. The Armistice prompted a day of spontaneous parades, business closings and general rejoicing around the globe.

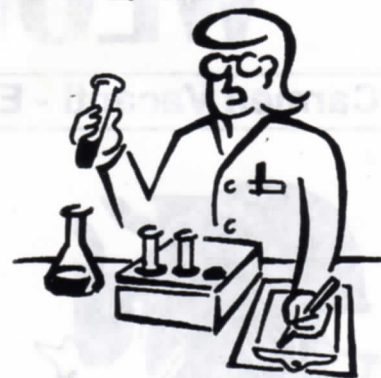
In 1938, Congress proclaimed that "each Nov. 11 shall be dedicated to the cause of world peace and ... hereafter known as Armistice Day."

As World War I became a distant memory, public interest in observing the holiday waned. Veteran's groups pushed to have the observance honor all veterans. Thus, the day became Veteran's Day in 1954, designated as a day to pay tribute to all military personnel who served in American wars.

Nov. 11 is celebrated in other countries as Remembrance Day, Armistice Day, Victory Day or World War I Memorial Day.

BRAIN TICKLER

Chemistry Quiz



During Chemistry Week, Nov. 3-9, 1996, the 150,000 members of the American Chemical Society and chemists and chemical engineers worldwide remind us that everything in our lives is in some way the result of chemistry in action. Our food, clothing, houses, cars and medicine -- all the things we need to exist and that we can see, taste, touch or smell -- depend on chemistry.

Here are some questions to test your basic knowledge of the science. Good luck!

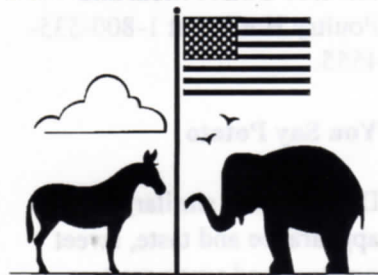
1. How many atoms of hydrogen are combined in a molecule of water?
2. What are the states of matter?
3. Name some common household acids?
4. What is the hardest form of carbon?

5. What is the chemical element that gives rotten eggs such a bad smell?
6. What is the name of the chemical that contains our genetic information?
7. Sucrose is the chemical name for what common household item?
8. The Attorney General of the United States is a woman with a college degree in chemistry. What is her name?
9. What is the name of the chemical that gives soda pop its fizz?
10. Name something in your kitchen that is made of chemicals.

Answers on page 4

:

FUN FACTS



Party Animals

The elephant was first used to symbolize the Republican vote by Thomas Nast in a satirical cartoon that appeared in Harper's Weekly on Nov. 7, 1874. Nast repeated the characterization several weeks

later and soon other political cartoonists adopted the image to

represent the party itself. The elephant soon became the widely accepted symbol for the Republican party. And, yes, those same cartoons used a jackass to represent the Democratic party. That symbol also stuck, although Democrats prefer to refer to the animal as a donkey.

Presidential Facts

- o Franklin D. Roosevelt became the only person to be elected to four terms as President of the United States when he defeated Thomas E. Dewey in the general election on Nov. 7, 1944. Roosevelt served only 53 days of his fourth term, dying in office on April 12, 1945, at age 63.
- o The presidential election of 1876 between Democrat Samuel J. Tilden and Republican Rutherford B. Hayes was not resolved until two days before the inauguration.

- o Theodore Roosevelt, in office from 1901 to 1909, was the first president to travel to every state, the first to visit a foreign country and the first to ride in an automobile.

What Are You Worth?

Feel like a million bucks?



Chemically speaking, you're worth even more. The value of the chemical elements -- oxygen, carbon, hydrogen, nitrogen, calcium, phosphorus and trace amounts of about 60 others -- in the human body is only about \$25, according to the American Chemical Society. However, those elements work together to produce complex biochemicals like hormones, proteins and nucleic acids worth almost \$6 million.

Winter is Just Around the Corner

If you're the hibernating sort, take note that Wednesday, Nov. 6 marks the halfway point of Autumn. At 9:32 a.m., EDT, there will be 44 days, 21 hours and 33 minutes remaining until the official start of winter.



Answers to quiz:

1. Two, along with one of oxygen
2. Solid, liquid and gas
3. Lemon juice, vinegar and orange juice are all acidic liquids
4. A diamond
5. Sulfur
6. DNA (deoxyribonucleic acid)
7. Sugar
8. Janet Reno
9. Carbon Dioxide
10. Everything in your kitchen --or any other room of your house -- is made of chemicals

HEALTH

To Your Health



o Belly laughs may ward off belly aches, according to a study presented recently at the American Psychosomatic Society's annual meeting. The study notes that people who appreciate a good joke suffer from less constipation, acid stomach and sensitivity to cold than individuals who do not have a sense of humor.



o **Frequent hand washings may be your the best defense against the germs that cause colds and flu that you may pick up. Use an antibacterial soap from a dispenser to avoid contamination. Likewise eschew cloth towels in favor of disposable paper ones.**

o Children or adults who have trouble swallowing pills may have better luck washing the tablet or capsule down with a drink from a bottle instead of a cup. The sucking action created when closing your lips around the bottle helps the medicine go down easier.

o If you are monitoring your salt intake, be sure to include medications in your calculations. Many common drugs contain 1000 or more milligrams of sodium in a daily dose. The antibiotic erythromycin, for example, packs 6,900 mg. of sodium. The Food and Drug Administration may soon require sodium labels on some drugs. Currently, your pharmacist is the best source of sodium information.

o Hormonal changes may cause contact lenses to become uncomfortable at certain times each month for some women. According to an article in the Journal of the American Optometric Association, changes in estrogen levels can alter the thickness and sensitivity of the cornea and change the composition of tears. Symptoms vary from person to person, so tracking periods of discomfort is the best method of pinpointing the problem. Your eye doctor may suggest using "artificial tears" to provide some relief.

NUTRITION

The study concluded that the only way to guarantee that the stuffing is safe is to cook it outside of the bird.

For revised cooking times and information about other food safety issues, call the toll-free USDA Meat and Poultry Hotline at 1-800-535-4555.

You Say Potato

Despite great similarities in appearance and taste, sweet potatoes and yams are two different vegetables.

The sweet potato is a member of the morning glory family and is grown in the warmer parts of the U.S. and the Caribbean.

Yams are the starchy, tuberous roots of certain African climbing vines, which

are also grown in South and Central America.

Some groceries use the names interchangeably, and, many of the potatoes labeled "yams" sold in supermarkets in this country are actually sweet potatoes.

A Sandwich Fit for a King

Elvis would have loved it.

November plays host to Peanut Butter Lovers' Month, the anniversary of the creation of the sandwich (Nov. 3) and Homemade Bread Day (Nov. 17). Put them all together and you'll get Elvis Presley's favorite food, a peanut butter sandwich.

"The Presley Family Cookbook" offers the following recipe for a delicious peanut butter sandwich.

3 tablespoons peanut butter
4 slices bread
1/4 cup margarine, melted

Toast bread lightly and spread with peanut butter. Place into medium hot margarine; brown on both sides. Serve immediately.

FAMILIES

Miles of Smiles

Nothing can depress your holiday mood quicker than spending several hours cooped up in a car with bored and restless kids. But if your holiday travels involve more than going over the river and

through the woods, you needn't resign yourself to several hours of whining. There are countless travel games that can be played with few or no props to keep children -- and adults -- occupied until you reach your destination.

Alphabet Soup

Players take turns naming, in alphabetical order, items in a particular category. For example, if "Animals" is the category chosen, the list might begin like this: Antelope, Baboon, Cat ... To make the game more challenging, require each player to list the all previous responses.

Smile Awhile

The object is to elicit a smile or wave from passing motorists and their passengers by smiling and waving at them. This game can even be played by a single child. (Adults might want to pass on this one.)

Road Sign ABC's

Two children or two teams of kids (or a child and parent) can look out of opposite windows for signs, billboards or other printed information to try to be the first to find the letters of the alphabet, in order. (It's not a good idea to include license plates.)

The Quiet Game

Every parent's favorite, the Quiet Game is a competition to see who can be the quietest for the longest period. You can specify a period of time or a number of miles as limits or leave these open and hope the kids fall asleep in the process!

WANTED

Roommate (young or old) non-smoker - North Omaha call 451-8024, after 5 PM.

FOR SALE

6 PC living room set, heavy wood frame with brown and gold cushions \$130, also, Apple II with printer, monitor, 40 MG hard drive, 3.5 and 5.25 disk drives, sound card, system saver, expanded keyboard, Apple Works 4.0 and lots of software \$500 or best offer call 334-2239 after 4 PM.

Gitane 10 speed 20" bike good shape \$50 or best offer; queen size waterbed mattress 50% waveless with heating pad and control and mattress cover \$50 or best offer; and Cannon T50 camera with case and Pentax flash like new \$150 or best offer call 333-0170.

1982 Ford Bronco XLT AM/FM pullout, A/C, cruise mud tires and raised, low miles runs excellent \$4200 or best offer call 572-7572.

FOR SALE CON'T

1988 Chevy Van w/6' high top,
6.2 liter Diesel rebuilt w/10000
miles, fully loaded \$7500 or
best offer call 895-9597 leave
message.

1991 Honda Accord LX
excellent condition, low miles,
very nice, must see \$10,800 call
451-1817.

Chrome "Epic" rims with Tri-
Star design. Purchased new in
April tires included \$1000 call
453-0777.

Professionally framed retired
Terry Redlin print "Prairie
Springs". This is a signed and
numbered print call 333-6779
for more information.

TURKEYFEST

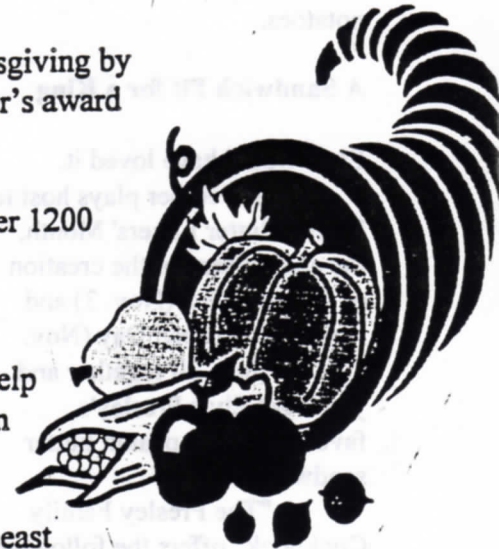
1996

Do your heart some good this Thanksgiving by
participating in the Heartland Chapter's award
winning Turkeyfest project.

We're cooking 50 turkeys to feed over 1200
needy and homeless individuals this
Thanksgiving.

Cook a turkey, bake some cookies, help
in the kitchen, or help deliver food on
Thursday Nov. 28, 1996

The supplies can be picked up in the east
office parking lot on Monday, Nov. 25, 1996
3-4:30 P.M.



We'll be happy to help out!

_____ Cook a turkey & deliver to Salvation Army between 6 - 8:00 P.M. on Wednesday

_____ Bake cookies & deliver to Salvation Army by 6:30 P.M. on Wednesday

_____ Help in Salvation Army Kitchen -- 6:00-8:00 P.M. on Wednesday

_____ Help in kitchen from 10:00 A.M. to noon Thanksgiving Day

_____ Deliver meals on Thanksgiving Day -- 10:30 to Noon

Name _____
Home _____ Work _____
Phone _____ Phone _____ Shift Day _____ Eve _____
Night _____ Retired _____

Please return this form to the Pioneer Office by November 19th.
A Pioneer will contact you about making 1996's Turkeyfest the
best ever!!!

WEOMA CLUB

The purpose of the Weoma club is to fulfill the employees' needs for organized social, recreational and educational activities as well as to provide a medium for employees to cooperate in the public welfare and charitable endeavors of the community.

The active membership of the Weoma Club shall consist of all Lucent employees on roll/on tract at the Omaha Works.

Employees, retired employees, and members of their families can participate in Club activities sponsored by the Company.

Join the Lucent Weoma family -----The Club That Cares

Looking for a Notary!!!
Looking for a job on ATS!!
Looking for T.A.P. Forms!!
Looking for work/family information

Look to the Employees Resource Center

Richard - X3169

Marie - X3607

Larry - X3523

ETOP

Just a reminder...

The ETOP enhanced

Learning Center's

Library/Computer Lab

hours of operation are:

Monday through

Wednesday

7:30 AM to 6:15 PM

Thursday

7:30 AM to 8:45 PM

Friday

7:30 AM to 4:30 PM

Drop by and put to use these resources!

Etop Funding

Tap book reimbursements

MUST be submitted for funding during the quarter or semester in which the tap course was taken.

Failure to do this will result in your tap book reimbursement not being funded.

Anniece - X3894

Sharon - X3828

Etop Staff Office

WEOMA CLUB LAS VEGAS TRIP

Sunday - Monday - Tuesday
March 9, 10 & 11, 1997

Includes

- roundtrip airfare from Omaha to Las Vegas
- roundtrip flight/hotel transfers
- 2 nights hotel accommodations

Monte Carlo hotel - \$269 per person, dbl. occ.

New York, New York hotel - \$289 per person, dbl. occ.

Contact Carmen Vacanti ASAP (691-3549) for reservations!
First-come basis. Limited space. Rate subject to change after Nov. 15.

Reservations must be accompanied with \$50 deposit.

Final payment due: Friday, Jan. 17, 1997