

WEOMA/HEARTLAND NEWS

NOVEMBER 1, 2002

What's So Special About
... ?



THANKSGIVING

Although the first Thanksgiving in the United States was the Pilgrim's harvest celebration in 1621, the custom was not given official government recognition for 320 years.

During that time, Thanksgiving was celebrated in different parts of the country at various times throughout the year. In 1777, the Continental Congress declared the first national Thanksgiving and set the date in December for the next five years. President George Washington revived the holiday in 1789, and Presidents John Adams and James Madison continued the custom, although none of those celebrations occurred in autumn. During the Civil War, it was not possible to find a consensus on a date. Abraham Lincoln declared national Thanksgivings in April and August to commemorate military victories of the North.

Sarah Hale, a New England author and magazine editor, lobbied the federal government for years to establish the day as a national holiday with a constant date. In 1863, Lincoln obliged, setting the annual celebration for the last Thursday in November, a precedent followed by every president since. During the Depression, President Roosevelt hoped to extend the Christmas buying season by holding Thanksgiving a week earlier during 1939 to 1941. The move did little to boost store sales, though, and the public outcry at "Franksgiving" was so great that he later signed legislation permanently establishing Thanksgiving on the fourth Thursday of November.

Aviation History Month, Nov. 1-30.

November was the month in 1782 in which French brothers, Joseph and Jacques Montgolfier, experimented with filling paper and fabric bags with hot air, a step that led to the first hot air balloon and the science of flight. Also in this month, on Nov. 5, 1911, Calbraith Rodgers was the first to fly coast to coast across America.

Veterans' Day, Nov. 11.

Following World War I, the United States established Armistice Day to honor the soldiers who fought and died in that war. In 1953, the townspeople of Emporia, Kansas, renamed the day "Veterans' Day" in gratitude to the veterans in their town who had been killed or injured in World War II. Soon after, Congress passed a bill to adopt the name for the national holiday that now honors veterans of all American wars.

"New Day Pioneers"

As of a vote taken October 5, 2002 at the annual Pioneers conference, held in the beautiful city of Baltimore MD. The new name is "Telcom Pioneers" as the course of our industry has changed, including many products and companies. It is time for the World's greatest charitable organization to change also. For years known, as the best kept secret of the telephone companies now is the time to let the world know. A rose by any other name is still a rose. As we stride forward, the great work of the pioneers should continue, as a legacy to our past, a tribute to the present and a celebration to our future.



Remembrance Day

Canadians observe Remembrance Day, also known as Armistice Day, on November 11, a holiday that corresponds to Veterans' Day in the United States. Remembrance Day commemorates the signing of the armistice that ended World War I on Nov. 11, 1918, and pays tribute to those who died in all of Canada's wars. Many Canadians wear poppies to honor the war dead, a tradition that was inspired by the poem, "In Flanders Field," written by Canadian Lieutenant Colonel John McCrae after the Battle of Ypres in Belgium during World War I. The poem expresses the fear of fallen soldiers that they will be forgotten. Its first lines are: "In Flanders fields the poppies blow/Between the crosses, row on row/That mark our place." Proceeds from the sales of Remembrance Day poppies go to veterans' organizations.

Lighting of the Rockefeller Center

Christmas Tree, last week of November. Each November, the Center's gardens manager scours the Northeast in a helicopter looking for just the right Norway spruce. When he finds a tree that is well-shaped and approximately 80 feet tall and 40 feet wide, he asks the owners to donate their tree. It is decorated with 30,000 lights.

HEALTH

The Great American Smokeout Day

If you plan to quit smoking on Nov. 21, the Great American Smokeout Day, here's some advice on choosing a good cessation method from the medical advisory board of HeliosHealth.com, an online health resource:

- If you smoke 15 cigarettes or less a day, stopping cold turkey is likely to be your best bet.
- If you enjoy the hand-to-mouth actions of smoking, try chewing nicotine gum or using a nicotine inhaler.
- For ease of use and for fewer reminders of your habit, opt for a nicotine patch.

Dealing with Tinnitus

Tinnitus, the condition characterized by a constant ringing in the ears, affects nearly 36 million Americans. Ear specialists say some cases are caused by a build up of earwax or as a side effect of certain medications. If a thorough ear canal cleaning doesn't work, see a doctor for a change in medication because tinnitus is sometimes an indicator of another illness, such as anemia or diabetes. To get temporary relief, limit your intake of caffeine, alcohol, nicotine, and aspirin. Listening to music at a low volume will also help mask the ringing.

NUTRITION

An Apple a Day ...

... keeps the doctor away, the old saying goes. And new research backs up the claim. Eating apples regularly can benefit your heart, lungs, and digestion. Apples are rich in antioxidants, which can lower cholesterol and help prevent heart disease and cancer. Cornell University researchers found that a medium-sized apple provides the antioxidant activity equivalent to 1,500 milligrams of vitamin C. Apples also contain significant amounts of quercetin, a nutrient that researchers have found can reduce the risk of lung cancer. And a medium apple contains five grams of fiber, more than you'll find in a serving of oatmeal. Fiber helps maintain healthy digestion and also has been shown to lower cholesterol.

| November | | | | | | |
|----------|-----|------|-----|------|-----|-----|
| Sun | Mon | Tues | Wed | Thur | Fri | Sat |
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

Our incomes are like our shoes; if too small, they gall and pinch us; but if too large, they cause us to stumble and trip.

C. C. Colton

Big shots are only little shots who keep shooting.

Christopher Morley

SAFETY**Safety Practices on the Job**

The On-Site Safety and Health Consultation Service of Jefferson City, Mo., says that one of the best ways to avoid accidents and injuries on the job is to follow all of your company's safety practices and procedures. This not only protects you but serves as a good example to other employees, particularly new hires who may not yet be familiar with specific job hazards. According to the service, the two biggest safety issues at most companies are wearing proper safety gear and safe operation of company vehicles and equipment.

E.R.C.

Come visit the Employee Resource Center Offering Free Notary service, Tuition assistance information. Child/Elder care grants and information on the Avaya Transfer Program. Employee national and local discounts, referrals for help with legal questions, stock information and more. "Come visit your one stop shop" for your entire employee needs? ERC Barb-3607 Larry-3523 Medical Benefits- 4954

If you can walk, you can dance.
If you can talk, you can sing.

— Zimbabwe saying

BUSINESS**Coping with Change**

Cooperative Resources International, a business consulting firm, says that many people in the workforce can expect to see their companies continually reshape themselves via mergers, outsourcing, subcontracting, and the formation of new alliances. In some cases, employees may find that they must take on more responsibilities with fewer resources and learn how to work with new co-workers, supervisors, and management. To better cope with these changes, the firm suggests:

- Identify what's important.
- Step outside your comfort zone, and work with the forces of change rather than resist those forces.
- Identify obstacles that limit your effectiveness.
- Understand the nature of stress and have a strategy in place for preventing overload.
- Take charge of your career and understand that employment strategy comes from the person, not the position.
- Stay physically and mentally fit, practice good health habits, and get enough rest and exercise.
- Keep a journal with your written goals and action plans.

**HOME****Wise Giving**

If you want to make sure that your charitable donations are going to worthy organizations that will use your gift effectively, follow these two guidelines: The Better Business Bureau Alliance says that a nonprofit group should spend no more than 50 percent of its income on fundraising and administration. The Combined Federal Campaign is more stringent, requiring that groups spend no more than 25 percent on expenses not directly related to their charitable objectives. The Internal Revenue Service requires nonprofits to make their Form 990 tax returns where you can determine their spending practices readily available; and legitimate charities will gladly mail these to you or direct you to websites that have this information.

**Heartland Council
Volunteers**

New Frontier
Chapter #137

President

Mo Grigsby

SR. Vice President

Larry Cherry

Vice-President

Jerry Golmanavich

Life Member Reps

Marie Pope

Mike MacVittie

Resource Manager

Cheryll Sumpter

Administrative ASST.

<http://www.telephone-pioneers.org>

Sagittarius Nov. 22 - Dec. 21



Sagittarians are the knowledge seekers of the Zodiac, making them ideal researchers. Their curiosity often leads them to travel and to explore new areas.

At work These naturally hopeful folks make excellent team players because their enthusiasm and optimism can carry the day. Seek them out for big picture views, but assign someone else to handle the details.

NOVEMBER

| S | M | T | W | T | F | S |
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| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

November Poem

The changing from a summer breeze to winter blast must come. In between, the changing leaves autumn colors of fun. Small animals gather and store away, for the cold and hardship to come. Nature prepares all it loves, for a time without much sun.

CellPhone Fair

Thursday Nov. 21, 11 to 1 p.m. Offering Employee discounts on wireless phones and service. Company auditorium. Representatives from Alltel, AT&T, Qwest, Sprint and Verizon



THINK ABOUT IT!

" All Roads lead to easy Street"

1. Elvis said that "Heartbreak Hotel could be found here?
2. Between 1940 and 1962 this duo starred in seven "Road" pictures?
3. This 1969 album contains the hits "Come together" "Here comes the Sun" and "Something"?
4. Gordon Gekko tries to teach Bud Wolf that "Greed is Good" in this 1987 drama?
5. After passing "GO" this is the first property on a "Monopoly" board?
6. Bruce Springsteen won as Oscar for this 1993 hit song?
7. For one year in the early 1970s, James Franciscus played this blind New Orleans insurance-investigator on ABC?
8. Built in 312 B.C. this oldest and most important Italian road, was over 350 miles long?
9. A college professor (Jeff Bridges) begins to suspect his neighbor (Tim Robbins) is a terrorist in this 1999 thriller?
10. From 1960 to 1964 these two actors got their kicks on CBS "Route 66"?

Place answers in drop box outside of WEOMA club office. Winner receives a lunch ticket from our sponsor ARAMARK KAFE and food service director Marty Rew, for catering call x-3907 and two tickets to a Lancers Hockey game compliments of AT&T wireless our nationally contracted wireless vendor. Call AT&T at 402-203-0089

Omaha Area Discounts

- Alltel Cellular (669-1139)
- The Men's Wearhouse (1-800-776-7848)
- Cottman Transmission (895-9944) (339-6000)
- Quizno's Classic Subs (10% discount)
- Tire's plus (10% discount)
- Verizon Wireless (639-8000)
- Sprint PCS (598-8888)
- Valvoline Oil Change (895-5884)
- Tuffy Service Center (895-4274)
- Hertz #1232490 National #5654690 Avis #D650000 Car Rentals
- Ford Motor Company (877-975-2600)
- Auto Station (10% 896-5800)
- GM New Vehicle Purchase Program (1-800-960-3375)
- Better Bodies (333-5001)
- Gold's Gym (339-4653)
- North American Van Lines Relocation Service (331-6704)
- Curves for Women (891-1402) (682-9288) (328-0326) Service fee discount
- Jiffy lube (15% discount)
- Omaha/CB YMCA NO Enrollment Fees
- Gorges Pontiac GMC (402 593-4000)
- AT&T Wireless (402-203-0089)
- Webco Security (ADT) (402) 339-0655
- Annie Tax Service 10% discount 453-8124
- Paragon Auto Detail (20%)discount 894-0500
- Austin's Steakhouse 120 & L Show I.D.

- Brake Masters
\$14.95 Oil Change
- Madd Hatter's
457-4594
(15%)Discount
- Qwest Wireless
422-0988
- Millard Dairy Queen
Free upgrade Show I.D.
- West Omaha Glass \$25
dollars off Service
398-9012
- Let George Do It
Carpet & Upholstery
Cleaning(15%)894-4916
- Roberts Pool & Spa
(10%) 614-3446
- New Era Hair Design
(20%) 895-4020
- Laos Thai Market
4520 S. 24th St.(10%)
- Permanent Cosmetic
Specialist(20%)
discount 597-3931
- Midwest Eye Care, P.C
\$100 off per eye, for
LASIK surgery between
Aug 1, 2002 and Feb
28, 2003.
- Crossroads Family
Child/care Center
10% 926-4673
?

Call the E.R.C. 3523 or 3607

FOR SALE

Mini Van -Trailer Hitch
Class I 91-95 Chrysler
Dodge or Plymouth
complete \$45 O.B.O.
895-5222

Bikes- 10 speeds 12
speeds, free style all
need minor work \$15 to
\$30 895-5222

Art Sale

Quality Framed Art
30% to 70% off
Auditorium 7th & 8th of
Nov. 7-8,10-1pm 3-6pm

All Ads must be in by 12
noon the 25th of each
Month or they will not
make the paper for the
following Month.

The News Staff

WEOMA CLUB

2002

Officers & Directors

President

Jeanette Bogue

Executive Vice President

Brett Schultz

Vice President

Dave Negrete

Treasurer- Tom Pauley

Assistant Treasurer

Loreno Jameson/NA

Administrative Assistant

Joyce Gosch -3419

Directors

Joe Williams -3338

Associated Clubs:

Outdoors Adventure

Camera, Toastmasters

Tom Welles -7423

Outdoor Sports: Men's

Golf, Men's Softball,

Mixed Golf, Ski Club,

Sportmen Club and Tennis

Doug Bush/NA -3174

Indoor Sports:

Basketball, Bowling,

Racquetball, Volleyball

Indoor Soccer

Judy Coffey -3390

Entertainment & Tours:

Tours and ticket sales

Ed Van Cleave/NA -3721

Special Education/
Training

Christmas Party

Larry Cherry -3523

Publicity & Weoma Reps

**The WEOMA Club is looking
for Officers and
Board Members for 2003 The
positions that need to be
filled are:**

Vice President, Asst.
Treasurer, Indoor
Sports, Entertainment &
Tours, Associate Clubs
and Christmas Party
Activities
If interested, please
contact Dave Negrete
x3512

Holiday Book Fair!

Up to 70% off

Nov 12 & 13 Auditorium

7am -8am, 10:30 -1pm,

3pm - 6pm

Heartland Volunteers



@ THE MOVIES

"Brown Sugar"

I went to this movie pre determined that, I would not like it. I was not in the mood for one of those "waiting to exhale" Terry Mc'Kill'Men kinds of films. I was wrong! This romantic comedy was very well done. Two best friends since childhood he Dre (Taye Diggs) a record producer and she Sidney (Sanaa Lathan) an editor of a music magazine draw the lines of their friendship from the first time they fell in love with Hip-Hop. As they approach the ripe old age of 30 he feels his career has lost its direction and she feels that all she has is work no romance. As he prepares to marry someone else, her cousin Francine (Queen Latifah) tells her to declare her love telling her, she "will get the buddy and the booty" but she refuses to face her love for him. Also (Nicole Ari Parker) and (Boris Kodjoe) as Reese and Kelby the love interest of the two friends. A breath of very fresh air was the performance of Mos Def as Chris an inspiring rapper, who will not compromise his style. He tells Dre that he Dre is the Humphrey Bogart guy in "Casablanca" and as Hump let's "fine'@" Ingrid Bergman fly away with that other man, and he walk's away in the fog with a guy. He lets him know he won't be that guy, walking with him. Hey! Try a little "Brown Sugar"

@@@ Out of Five



Answers to last Months

"Think about it"

"M.C.s Get Hammered"

1. Marion Cunnigham
2. Marsha Clark
3. Marie Curie
4. Motley Crue
5. Michael Crichton
6. Michael Chiklis
7. Mark Calavecchia
8. Marilyn Chambers
9. Monte Carlo
10. Mary Chapin Carpenter

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

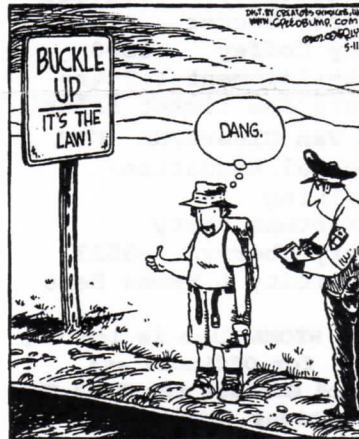
WINNER

(Barb Cremeens)



Stumped for holiday gifts? Have a friend or friends who are difficult to find gifts for during the Yuletide season? Give them a gift that keeps on giving give them "CURTAIN CASH" Curtain cash is the brainchild of the Theatre Arts Guild (TAG). This non-profit organization, consisting of members of the acting community, in the Omaha/Council Bluffs area, sell Curtain Cash to encourage people to attend "live theatre". Curtain Cash is redeemable at 12 theaters in the Omaha/CB area where "live theatre" is performed. This theatrical "script" can be used as "legal tender" at the following: Bellevue Little Theatre, Blue Barn, Briget St. Briget, Chanticleer, Circle, Dundee Dinner Theatre, The Grande Olde Players,

The Omaha Community Playhouse, Ralston Community, Shelterbelt, Snap Productions, and The Stages of Omaha. Using curtain cash puts a friend or you in the seats of a "Live" Theatre Production and helps these little theaters increase their attendance. Live Theatre has always been popular in Omaha and curtain cash makes it possible for you to introduce a friend to a form of entertainment they might not have experience on their own. Curtain Cash brings them to the theatre for a live and exciting night of laughter and cheers. To purchase "Curtain Cash" contact Donald Wieczorek 558-3465 or E-Mail me at cocowiz@msn.com.



Every Vote Counts

Election Day comes on November 5th this year, and if you think your vote doesn't count, consider these historical cases:

1645 - one vote gave Oliver Cromwell control of England.

1649 - one vote was the margin that ordered the execution of Charles I of England.

1795 - one vote in Congress decreed that American laws would be written in English not German.

1845 - one vote in the Senate brought Texas into the Union.

1868 - one vote saved President Andrew Jackson from impeachment.

1875 - one vote changed France from a monarchy to a democracy.

1876 - one vote gave Rutherford Hayes the U.S. presidency.

1923 - one vote gave Adolph Hitler leadership of the Nazi Party.

1960 - one vote per precinct elected John F. Kennedy to the U.S. presidency.

Confiding a secret to an unworthy person is like carrying grain in a bag with a hole.

African proverb

Weoma/ Heartland News Staff

Editors----- Larry E. Cherry -3523

Rameses II
Debbie Grady

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Tom Welles

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Heartland News Kari Oehme

Arts & Entertainment-----

John Maxwell

Jerry Golmanavich

Cindy Kelly



WINTER WONDERLAND

HEARTLAND VOLUNTEER LIFE MEMBER LUNCHEON

GERMAN AMERICAN SOCIETY
3717 South 120th Street
Omaha, Nebraska

Tuesday, Dec. 10, 2002
Cash Bar 10:00 AM
Program 11:00 AM
Lunch 11:30 AM

MENU

SWISS STEAK
SALAD
MASHED POTATOES
RED CABBAGE
STEAMED VEGETABLES
ROLLS & BUTTER
STRAWBERRY FRUIT FLUFF
COFFEE OR ICE TEA
COST \$11.50



**SEATING SPACE IS LIMITED - ONLY THE FIRST 400
RESERVATIONS WILL BE ACCEPTED**

Make checks payable to: HEARTLAND VOLUNTEERS

Mail to: Heartland Volunteers
12000 I Street
Omaha, NE 68137

Please reserve _____ seats at the Life Member Winter Luncheon
(\$11.50 each)

Name _____ Telephone number _____

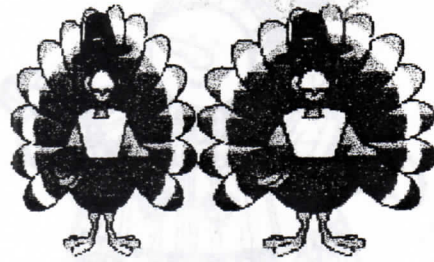
Guest _____

SORRY NO PAYMENTS WILL BE ACCEPTED AT THE DOOR

Life Member Representative Marie Pope - 894-0126

TURKEYFEST

2002



Do your heart some good this Thanksgiving by participating in the Heartland Volunteers award winning TurkeyFest project.

We're cooking 30 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 Thanksgiving.

The supplies can be picked up in the east office parking lot on Friday November 22, 2002 from 3-4:30pm.



We'll be happy to help out!

_____ Cook a turkey & deliver to **Salvation Army Renaissance Center (38th & Cuming)** between 6-8:00pm on Wednesday Nov 27th

_____ Bake cookies & deliver to Salvation Army by 6:30pm on Wednesday or deliver to Pioneer Office by 3:00 pm. Wednesday, Nov. 27th.

_____ Help in Salvation Army Kitchen, 6-8:00pm on Wednesday, Nov.27th.

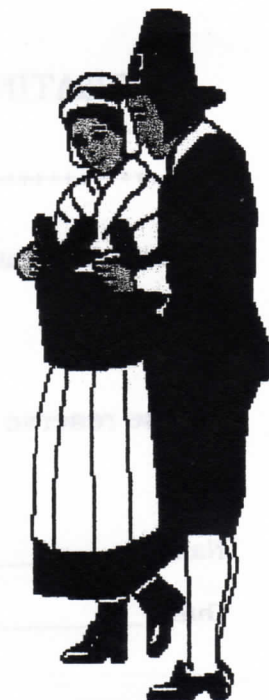
_____ Help in kitchen from 10-Noon Thanksgiving Day

_____ Deliver meals on Thanksgiving Day, 11:00-1:00

Name _____

Home Phone _____ Work Phone _____ Shift _____

Retiree _____



Please return this form to the Pioneer Office by November 14th -12000 I Street Omaha NE 68137 402 691-3564

9% Monthly Discount for All employees and up to 5 Family Members!!



*100 Bonus Anytime Minutes on \$29.99 Or
 *200 Bonus Anytime Minutes on \$39.99 &
 Higher Digital & Regional Advantage Plans!
 *\$26 Start of Service Credit = \$10 Activation
 Nokia 1260 phone is FREE with new service!



| | | | | | | | | |
|------------------------|--------------------------|--------------------------|------------------------------|-------------------------------|-----------------------------|---------------------------------|--------------------------------|--------------------------------|
| Nokia 1260 FREE* | Nokia 3360 \$29.99 | Nokia 6360 \$74.99 | Ericsson T61LX \$64.99 | Ericsson R300lx \$32.49 | Motorola V60 \$139.99 | Panasonic Duramax \$84.49 | Panasonic Versio \$32.49 | Panasonic Allure \$84.49 |
|------------------------|--------------------------|--------------------------|------------------------------|-------------------------------|-----------------------------|---------------------------------|--------------------------------|--------------------------------|

(\$19.99 upgrade) Rate Plans - Please Check One Nokia 8265 (not pictured) \$97.49

Basic Plan \$16.99 60 min. per month \$.40 per min additional airtime in home
Long Distance: \$.20 per min
Roaming : \$.69 per minute outside home calling area.
Home Calling Area: Counties Douglas, Sarpy, Pottawattamie Cass, Lancaster & Dodge

Home Calling Area: Digital Advantage Plan & Shared Advantage: NE Counties: Cass Douglas, Sarpy, Saunders, Lancaster, Gage, Dodge, Otoe, Johnson, Nemaha, Pawnee, Richardson, Butler, Colfax, Polk, Platte, Boone, Nance, Merrick, Washington. IA Counties: Pottawattamie. Missouri: Springfield, St. Louis. Kansas: Wichita metro area Illinois: Chicago metro area

Digital Advantage Plans:
 \$29.99 - 200 min per month /\$.40 +100
 \$39.99 - 350 min per month /\$.40 +200
 \$49.99 - 600 min per month /\$.35+200
 \$69.99 - 900 min per month /\$.35 "
 \$99.99 - 1400 min per month /\$.30 "
 \$149.99 - 2000 min per month \$.30 "
 \$199.99 - 3000 min per month /\$.25 "
Home calling area: ←
Nationwide Long Distance: \$.20 per min.
Roaming outside home area: \$.69
Promotions: \$39.99 & Above plans get Unlimited Night & Weekend minutes for the life of the plan. 200 additional anytime minutes Free Nationwide Long Distance.
\$29.99 plan get Unlimited Night & Weekend minutes for the life of plan. 100 additional anytime minutes and Free Nationwide Long Distance.

Regional Advantage Plans
 \$29.99 - 100 min per month /\$.40 +100
 \$39.99 - 200 min per month /\$.40+200
 \$49.99 - 400 min per month /\$.35 +200
 \$69.99 - 600 min per month /\$.35 "
 \$99.99 - 1000 min per month /\$.30 "
 \$149.99 - 1600 min per month /\$.30 "
 \$199.99 - 2500 min per month \$.25 "
Home calling area: Nebraska, Iowa, Kansas, Missouri, Illinois.
Roaming outside multi-state area \$.69
FREE Long Distance within the U.S.
Promotions: \$39.99 & Above plans get Unlimited Night & Weekend minutes for the life of the plan. 200 additional anytime minutes
\$29.99 plan receives Unlimited Night & Weekend minutes for life of plan & 100 additional anytime minutes.

AT & T Digital One Rates:
 \$59.99 - 450 Min per month
 \$79.99 - 650 Min per month
 \$99.99 - 900 Min per month
 \$119.99 - 1100 Min per month
 \$149.99 - 1500 Min per month
 \$199.99 - 2000 Min per month
Nationwide Calling - No Roaming Charges & No Long Distance Charges.
Add on Packages:
\$9.99/ 1000 Nights & Weekend minutes
\$99.99 1000 Anytime minutes
\$ 9.99 for 250 Minutes M2M
\$14.99 for 500 Minutes Mobile to Mobile (to any AT&T Market from any AT&T Market)

Shared Advantage
 \$59.99 - 500 anytime minutes 1000 Weekend minutes
 \$89.99 - 1000 anytime minutes 1500 Weekend Minutes
 \$119.99 - 1500 anytime minutes 2000 Weekend minutes
Local unlimited calling between users while in AT&T Wireless Digital footprint (Greater Omaha & Lincoln)
 2 phones included in price. Additional lines \$19.99 each w/a \$5 monthly discount promo.
Home calling area: Stated above.
Free National LD from Home area

National Network (AT&T Cities)
 \$34.99 - 300 min per month
 \$49.99 - 500 min per month
 \$74.99 - 1000 min per month
 \$99.99 - 1300 min per month
 \$149.99-2200 min per month
No Roaming or LD charges anywhere on the AT&T Wireless National Network.
Promo: Unlimited Night & Weekend Minutes for the life of the plan. Plus 200 additional anytime minutes (please check coverage map to see what cities are included @ attwireless.com)

All plans include: Voice Mail, Caller ID, Call Waiting, Call Forwarding, 3-Way Conference Calling, and Text Messaging (receive unlimited messages , just \$.10 per message sent.)
 Equipment Insurance \$3.99 mo.
 Mobile Assist - \$2.99 mo. (Promo: 2 months FREE)
 Text Messaging - \$4.99 (send, forward, reply 100 items)
 9% Discount on all rate plans. (allow 2-3 billing cycles to appear on statement.) 9% also applies to overages.
 \$36 Activation Fee \$26 Credited (allow 2 bills)
 One Year Contract
To order: Call 1-800-388-3235 & Reference your Foundation Account Number (FAN) 13006. Or stop at an AT&T Wireless Retail Store. Q's before ordering: lori.heger@attws.com or 203-0089.
Fax 402-964-3974

Nights & Weekends M-F 9pm-5:59 am; Friday 9pm to 5:59 am Monday.

Subscriber Information:
 Company Name Avaya _____ Name _____ Home Phone: _____
 Work # _____ Social Security Number: _____ Date of Birth _____
 Home Address: _____ City: _____ State: _____ Zip: _____
 Business/Other Address: _____ City: _____ State: _____ Zip: _____
 Send Bill To: Home Business Send Phone To: Home Business **Promotions Expire 11-30-02**