

WESTERNER

Omaha Works
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On the cover

Evelyn Dawson, a molding press operator in Dept. 425, has reason to smile these days since improvements have been made through efforts of the department's quality circle — the "Magnificent Molders." One improvement which cut down on job frustration was to install side deflectors on the presses (shown in back of Evelyn's right hand) to prevent parts from missing a collecting bin and falling to the floor. For more about the circle's accomplishments, see story on this page.

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Circle 2 counts its successes

Remember watching the old television drama series "Naked City" — the one whose narrator would say there are millions of stories in the Naked City and "this is one of them"?

There aren't quite that many stories involved when it comes to quality circles at the Omaha Works, but there are a good number of success stories . . . and this is one of them.



BETTER HOSES . . . Dept. 425 machine setter Ron Hallett adjusts one of the new hoses on the regrind barrels that have been installed to prevent plastic particles from escaping. Ron is leader for Quality Circle No. 2.

Representatives of Quality Circle No. 2 — the "Magnificent Molders" — had a chance to tell about their accomplishments in a recent presentation before Works General Manager Jack Childs, management staff members of Organization 400, and several IBEW Local 1974 officers.

Circle leader Ron Hallett, assisted by Fran Kennedy, Evelyn Dawson, Dorothy Dennis and Sparky Bruning, showed slides of work areas in Dept. 425 to illustrate how the circle has attempted to improve the quality of work life.

As each presenter explained problems the circle tackled and their solutions, improvements to the quality of work life became clearer. On-the-job frustrations were being lessened and in some cases employee safety was enhanced.

Still another result of their efforts was a pleasant side effect: Solutions helped reduce the amount of material being scrapped in the department, which does injection molding of connectors. In 1983, the total defective work and error charges for the department was down by \$64,500 compared to the total for 1982 — almost half of 1982's charges.

The circle doesn't take all of the credit for the savings, said Hallett, but he thinks it played a significant role. He also said credit is due to departmental employees who operate the machines of circle members during their weekly meetings. Supervisors and engineers also have been supportive, he said.

Highlights of the circle's accomplishments are as follows:

—New bogey sheets have been designed which are easier for operators to fill out and which provide for more complete information.

—A backlog of rejected parts that must be "detailed" has been eliminated.

—Improvements are being made to hoses on regrind barrels to prevent them from breaking and spewing plastic dust, a health and safety hazard if left unchecked.

—Portable grinders are being kept in better repair.

—Samples of defective parts have been mounted on a bulletin board in the department to help operators identify more easily what is or isn't acceptable.

—Oil leaks, a common problem with hydraulic molding presses, are being monitored

more closely and repairs made within a reasonable length of time. Housekeeping and safety has improved and contamination of parts dropped on the floor has been reduced.

—Part chutes, side shields and deflectors have been installed on presses to prevent parts from falling to the floor, becoming contaminated and then being scrapped.

—The number of parts being scrapped has been reduced due to the strategic placement of scrap boxes and improved awareness among operators of what constitutes material to be scrapped.

Circles work on projects

The following lists recent accomplishments or current projects of Omaha Works quality circles:

Circle 1A — Central store-room, Dept. 532. Arranged for company-provided protective winter clothing for truckers and dock area workers exposed to cold weather.

Circle 2 — Injection molding, Dept. 425. Made formal presentation before Works general manager outlining solutions to circle's problems. Efforts to reduce the amount of material scrapped resulted in a substantial savings in total defective work and error charges for 1983 compared to 1982 — \$64,500.

Circle 3 — 710 connectors, Dept. 443. Working on new floor plan for packing area to allow better work flow.

Circle 4 — FDI and 80-type cabinet fabricating, Dept. 437. Designed and began employee training program showing how to use measuring instruments. A videotape of a training session is

shown to employees new to the department.

Circle 5 — 80-type cabinet and B-cable terminal assembly, Dept. 433. Currently studying the poor quality of incoming parts and equipment.

Circle 7 — DFW wire spooling and coiling, Dept. 287. Gave presentation relating to studies on maintenance downtime.

Circle 8 — Exchange cable, final test and CONECS, Dept. 253. Gave presentation on a proposal to ship bales of scrap instead of reels, a cost savings.

Circle 9 — Exchange cable insulating, Dept. 251. Currently working on communication and morale problems within department.

Circles 10, 11 and 12 are new and members are being trained in quality circle procedures. The circles represent, respectively, Dept. 448, 700-type network interface jack; Dept. 287, connector cable; and Dept. 436, 8- and 9-type cast resin blocks.

It feels like rain

By J. W. Savage

“**S**torm front moving in from the west, barometric pressure falling, temperatures rising; prepare yourself for erratic, irritable feelings, restlessness and melancholia.”

Such a weather report may be heard on the 10 o'clock news before too long. The fickle weather that surrounds us not only colors our language with such phrases as “a sunny smile” or “a cold shoulder” and is the initial topic of most conversations, but also plays with our psyche seemingly at will. Recent studies in the field of bio-meteorology show humans are no more immune to the weather than flowers that bloom in the spring. “Weather influences, more than any other factor, the behavior of all living elements,” advises A. Richardson, a bioclimatologist affiliated with Utah State University.

The weather can be a stimulus for performing at high levels of accomplishment, or it can make us drag our feet. As the weather shifts and the barometric pressure fluctuates, so do our bodies. If there is an extreme either

way — watch out. It can addle your brain a bit.

THE REAL culprit in the weather family is the barometric pressure. As the barometric pressure — or weight of the atmosphere on the earth's surface — begins to fall, all sorts of peculiar things begin to happen. Some are quite explainable, while you may not be able to put your finger on others, such as feeling out-of-sorts, aimless or disgruntled.

As the pressure falls and the temperature and humidity rise, there is a marked increase in fainting spells and attempts at suicide. Lost and found areas have an abundance of forgotten umbrellas, and children become restless (after-school detention rates climb during these spells.)

Observation of school children when the barometer is low shows them to be more mischievous, more so than at any other time except before school vacations. Some time ago, the principal of a Quaker school, who predicted weather changes by his gouty foot, observed these patterns. When his foot began to ache, indicating a change in the weather was under way, he instructed his teachers to increase homework and athletic periods. He reasoned that the added activity worked off the youngsters' extra energies. It got good results.

There was once a rule in the Bank of England that all files were to be locked up during heavy fog days, when the barometric pressure was low. Errors made by clerks were high on these days, so officials placed the staff in other areas where the mistakes would not be so costly.

UNDER THE prolonged heat spells of July and August, police and militia all over the world are kept busy. Statistics document these “hot dog days” as being the most notorious for violent crimes and revolts. The number of arrests in New York City for assault and battery is 69 percent greater on days of more than 80 degrees.

More murders and crimes of passion take place during July and August than at any other time. It's also the season for revolutions. Literally, feelings boil

over: The decision to end relations with Great Britain was made in July 1775; the storming of the Bastille occurred in July; and the majority of riots are on the hottest days of the summer months. French novelist Anatole France once commented, “All the great revolutionary days are in July, August and September.”

During hot, humid weather when the body feels limp, a person's metabolism — the rate of converting food to energy — slows down. Less energy is needed for warmth and maintenance of body functions, and the appetite decreases. The heavy damp weight of the atmosphere saps vitality and strength. Although a person may admit to being a little “off-key,” he will still believe his work is up to par. Secretaries type slower and make more errors. Factory workers' production is off and of poorer quality. Accountants begin to make simple arithmetic errors.

One English scientist compared the effects of heat to fatigue. The British Journal of Industrial Medicine describes this as “a tendency to be satisfied with one's own efforts and to blame others, or the machine, for anything that goes wrong.” Generally, on days like that, it's best to stay in bed.

On the positive side, as the barometric pressure increases, a sunny, optimistic feeling can pervade our attitudes toward everyone and everything.

Most typical is “spring fever.” It starts with a slight problem with concentration, lazy, easy-going feelings or a devil-may-care attitude striking near the middle of April. It feels like a good day to take off from work since you're not going to accomplish much anyway. Basically, the human body is adjusting from the cold months to the warmer weather. Blood vessels are expanding to carry more blood to surface skin tissues in order to eliminate heat. For a short period, there is an increase of blood circulating through the body, which gives a slight euphoric or lightheaded sensation. Daydreaming prevails.

ON THE FAIR weather days of

Westerner

late winter, early spring and fall, when pressure is rising and the temperature is mild, people look better to one another. People feel good and want to get something accomplished. It's an opportune time to reconcile differences, to ask your boss for a raise or to patch up a lovers' squabble.

The environment buoys the spirit. In some cases, it can almost make one too optimistic, and this, too, can be a problem.

To some Europeans, Americans appear aggressive, always on the go and highly competitive. Other countries look at the price we pay of many heart attacks,

high blood pressure and nervous breakdowns. Granted, many of these ailments may be inherent to the ambitious, adventuresome spirit America was founded upon. But the climate of North America, particularly in those areas where the seasons make abrupt changes — like in the Midwest and New England — is probably the inducement for harder work.

The environment keeps man interested in and active with his surroundings. Consistent with this idea, some historians have developed "The Climatic Theory of Civilization," comparing industrial nations with underdeveloped nations using environmental conditions as a guide. Briefly, the major world powers are situated in the middle latitudes offering seasonal change. And the not-so-developed nations are centered in the extremely temperate or cold climates.

FOR YEARS, physicians have prescribed a weather prescription in their little black bags, thanks to the early studies of Dr. John Lining in Charleston, S.C., during the 1730s. He was a young doctor from Scotland who faced an epidemic of yellow fever. As there was no known medical technique for combating the disease, it was a hopeless situation.

When the emergency was over, Dr. Lining began investigations into the cause. Although he never found that the mosquito was the actual carrier, he did stumble onto the fact that the fever occurred only during the warmer months.

Fascinated, he delved further

into the study of weather and its effects on his own body. Dr. Lining's early notations showed his weight and susceptibility to the disease varied with the month, season, temperature and general weather conditions. These were the first such recordings in America.

Today, medicine recognizes the effects of extreme seasonal changes and sophisticated, high pressured society on the average person. Ideally, to be born in the northern part of the United States where there is definite seasonal change is fortunate. Those people are most active and less apt to contract sickness. The metabolism works to produce high energy and fight off germs.

But, when you near age 56, it is time to head south. The years of working hard and rapidly adapting to the environment become apparent. Doctors commonly advise moving to Florida, Arizona or Southern California where the pace of life is slower, and the heart can function in a relaxed condition, thereby adding more productive years.

FOLKLORE about feeling weather in your bones is true. Pains do have a seasonal trend. Some feel a kink or a twinge in a once-broken leg or an old scar. Others, especially arthritics and rheumatics, can say "feels like it's going to rain" and probably be correct. This sensitivity comes from the formation of new cells and tissue which are never in full harmony with the old skin. Although the exact cause is not conclusive, speculation is the falling barometric pressure affects the water content of the tissues.

The study of weather is still in the embryonic stage, but it is certain the elements comprising what is called the environment have affected man. So, if you're grumpy, don't blame it on getting up on the wrong side of the bed. Your irritable spirits could be due to the barometric pressure — so blame it on the weather.

J. W. Savage is a freelance writer and contributing editor for Bergan Mercy Hospital's Celebrate Health, a publication from which this article was reprinted.

National Weather Service Photo



Barely lift a finger? You'll pay

The following is one in a series of articles about health as part of "Love-Life," a health education program developed by the Immanuel Medical Center.



The American dream has come true. We can spend hours at work or play and barely lift a finger, thanks to modern conveniences like television, home computers, electronic video games, power lawn mowers, mopeds, elevators, automatic garage door openers, and people movers. Modern technology at its finest has given us all this . . . plus an out-of-shape, overweight society.

Advances in the last 50 years have made jobs physically easier and home lives more leisurely. We have inherited a dangerously inactive lifestyle that makes us more likely to develop heart disease and other degenerative illnesses. As a result, most of us today need to make exercise a part of our daily routines.

Exercise offers many benefits. Being physically fit is one of the best things we can do to live long and healthy lives. Regular exercise helps us look and feel good; increases strength, endurance and coordination; minimizes stress; controls weight and reduces chronic fatigue. In addition, it improves blood circulation throughout the body, while helping lungs, heart and other organs and muscles work together more efficiently.

Many people view exercise as a strenuous, regimented time in which we overtax our bodies and weaken our spirits. Exercise does not have to be that way at all. An exercise program should be selected carefully to provide

personal enjoyment. While it should be demanding physically, it should not be exhausting or painful.

Activities that often are recommended as part of an exercise program include walking, jogging, running, bicycling, swimming, skating, jumping rope, cross-country skiing, and dancing. These activities are particularly good because they are aerobic. This means they are rhythmic, repetitive, involve motion, use the large muscles of the body and challenge the circulatory system.

Aerobic exercise increases the blood flow to the working muscles for an extended period of time, which is particularly important for improving endurance and strengthening the heart. Sports like racquetball, handball, tennis, soccer and basketball also can be aerobic if the motion is continuous.

For best results, an exercise program should be followed regularly, at least three times a week. The exercise period should last at least 20 to 30 minutes. Five to 10 minutes should be used before and after exercising to warm up and cool down. This helps to prevent injuries and lets the body adjust gradually to activity.

When beginning an exercise program, don't try to do too much too soon. Don't push until you are ready to collapse. Exercise should be comfortable. If you overexert yourself you can cause serious injury or illness. You will know that you are doing too much if you are so out of breath that you cannot talk.

If you haven't exercised in a while, it is very important that you start out slowly and build up gradually. If you are over 35 or have a history of heart problems, consult your doctor before beginning an exercise program.

Once you begin a program, don't stop. The more you exercise the better your health. You don't have to be a fitness fanatic to reap the benefits. Exercise does not have to be a major pursuit, but like television and other modern conveniences, it should be a normal part of your daily life.



etc.

Patent awarded

Horst Woellner, a senior engineer in Dept. 271, has been awarded another patent, the ninth he has received within the company.

He shares the patent with Ray Swartz, a former senior engineer at the Omaha Works and now a department chief at the Product Engineering Control Center in Atlanta.

The two designed a wiping die to be used on the insulating line's annealer. Slightly smaller than the finishing die of the wire drawing machine, the wiping die assures that the surface of the conductor is smooth. This helps control the adhesion of the extruded plastic covering later applied to the conductor.

This brings to 50 the total

number of patents awarded to Works employees since 1964 for work originating here.



Horst Woellner

Attention, K-Mart shoppers

K-Mart, one of the nation's largest retail chains, will begin selling some AT&T phones and phone accessories by mid-April in about 400 stores.

K-Mart will be participating in AT&T Consumer Products' Phone Booth marketing program and will sell basic Touch Tone® and rotary telephones, some cordless telephones and accessories.

AT&T phones currently are being sold in about 6,000 third-party outlets.

Don't miss the auction

The annual Nebraska Public Television auction — Auction

'84 — to benefit the Nebraska ETV Network, will be aired nightly on the network (Channels 12 and 26) April 27 through May 5. Funds from the auction go toward network program acquisition and production.

All kinds of merchandise, services and gift certificates will be auctioned. The items have been donated by individuals and businesses across the state.

Several Works employees played an important part in this year's auction by contacting potential donors of items. They are Sandy Prue, Tony Militti, Vern Larson, Marcy Ruback, Bob Carlson, JoAnn Torson, Marlene Sedlacek and Paul Pickrel.

Savings plans results

The following are the January unit values for the AT&T Savings Plan (SP), the AT&T Savings and Security Plan (SSP) for non-salaried employees, and the AT&T Voluntary Contribution Plan (VCP).

	<u>SP</u>	<u>Units credited per dollar</u>
	<u>Units value</u>	
AT&T (new)	1.0000	1.0000
Government		
Obligations	3.3997	.2941
Equity Portfolio	2.5950	.3853
Guaranteed		
Interest Fund	1.6052	.6229
Diversified		
Telephone		
Portfolio	3.7152	—
	<u>SSP</u>	<u>Units credited per dollar</u>
	<u>Units value</u>	
AT&T (new)	1.0000	1.0000
Guaranteed		
Interest Fund	1.7043	.5867
Diversified		
Telephone		
Portfolio	1.7280	—
	<u>VCP</u>	<u>Units credited per dollar</u>
	<u>Units value</u>	
AT&T (new)	1.000	1.000
Mutual Fund Equity	1.549	.645
Money Market Fund	1.122	.891
Guaranteed		
Interest Fund	1.191	.839
Diversified		
Telephone		
Portfolio	1.177	—

Diversified Telephone Portfolio represents shares in the old AT&T. No new investments are being made in this fund. Bankers Trust will not have the unit values for February and March on time. They will be at least three weeks late.

Service anniversaries

25 years

G. R. Baumgart	439	4/22
J. H. Beck	234	4/13
R. J. Bohac	282	4/27
F. P. Bullard	231	4/13
W. K. Carson	253	4/27
D. D. Carstens	232	4/27
H. E. Clanton	235	4/20
R. C. Engler	439	4/7
E. A. Glinski	448	4/30
G. R. Hopkins	531	4/29
F. T. Kennedy	231	4/14
M. W. Kennedy	448	4/28
E. D. Kent	431	4/15
L. E. Kroeger	439	4/27
I. G. Lileikis	439	4/7
L. A. Meisinger	023	4/13
R. R. Patrick	251	4/6
P. U. Peacock	425	4/20
L. M. Pendrock	253	4/6
J. E. Philby	251	4/1
J. M. Pilant	421	4/8
E. J. Rueschhoff	023	4/13
R. L. Slattery	251	4/6
C. E. Soby	234	4/3
H. L. Staub	425	4/29

J. B. Sweeney	235	4/6
T. E. Waples	514	4/6
B. R. Wolkins	231	4/24
K. L. Wright	251	4/27
R. M. Yeck	282	4/24
D. C. Zak	282	4/30

20 years

S. K. Barnes	287	4/26
L. Jordan	282	4/29
J. Modie	251	4/27

15 years

J. J. Furst	532	4/7
R. S. Gray	443	4/29
S. L. O'Dell	282	4/17
D. W. Muller	425	4/2
Y. B. Russell	443	4/16
R. T. Serp	421	4/9
A. H. Spanel	448	4/21
E. A. Stoltenberg	432	4/23

10 years

K. J. Anderson	3443	4/1
M. B. Carpenter	232	4/10
L. K. Jurgens	442	4/30



Last frame

Sales have been steady ever since the Pioneer Porch (formerly called the Pioneer Store) began stocking jackets sporting AT&T's new color stripes — red, blue and black.

Lined windbreaker jackets are

available in navy or white and feature light or heavyweight linings. They have the AT&T insignia patch and vertical striping — just like the ones Pioneer Life Member Hugh Wagner (right) is selling to Ken Adams of Dept. 287 (from left), Lillie Kalin and Geraldine Busing, both of Dept. 442.

And for the young at heart, the Pioneer Porch also carries silver-gray baseball jackets with strip-

ing at the neck and cuffs.

Newly hired employees are buying the jackets, noted Pioneer administrator Tom Olson, but so are long-time Works employees, apparently interested in replacing their old blue and gold-striped jackets with the new.

An AT&T insignia patch also is available at the store to sew onto clothing.



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