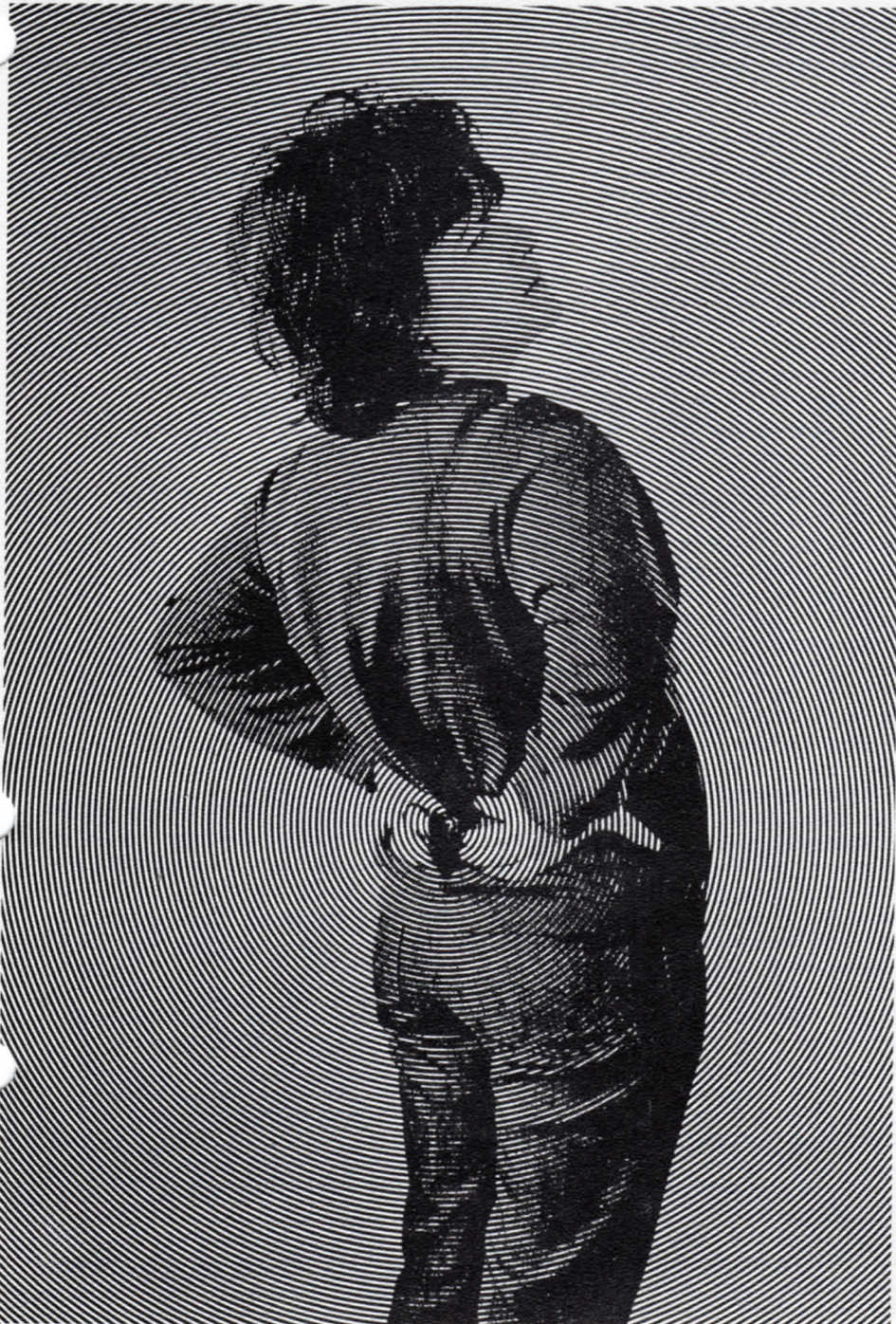


the Westerner

OMAHA WORKS

APRIL 4, 1978



Does work give you a pain in the back?

The Works is experiencing an alarming trend in back injuries and strains. The medical director discusses the problem, and there are exercises and tips to follow.

Pages 4, 5

Also inside:

"There'll Be Some Changes Made" is the name of the tune they're singing in the security department.

Pages 6, 7

Whitey Buel needs no caddie to carry his "foot mashie."

Page 8

for your information

... Retroactive to Jan. 1, 1978, hemodialysis — purification of the blood — performed at home or in an approved free standing surgical facility (such as a clinic that is operated by or through a hospital, though not necessarily on the same premises) will be covered under the Works' basic hospital plan. All such expenses formerly were covered under the major medical expense plan. Now all claims will be reviewed for Medicare benefits and paid under the basic hospital expense plan. If you or your eligible dependent is receiving hemodialysis treatment at home or in an approved free standing surgical facility, contact the benefit office for the new claim form . . .

... Lights, camera, action! Video-taping of "Third Class Mail" was completed last month by Roger Howard of public relations, assisted by Jerry Cozette of Dept. 524. Segments of the presentation were taped by the Corporate Education Center. Howard taped the remaining segments at the Works, and Cozette wrote and narrated the script. The program was the Works' first effort at taping in color. "Third Class Mail" re-emphasizes the Western Electric Co. and the Omaha Works commitment to protect the environment from pollution. It expands on Western Electric's Environmental Protection Policy and stresses the responsibility of the technical-professionals in carrying out the necessary controls . . .

... Not all University of Nebraska at Omaha courses are conducted on campus. For convenience, UNO offers a number of courses off campus. If such courses were made available at the Omaha Works, would you be interested? If so, contact Dick Reida in the personnel office, Ext. 3579 . . .

... The week of April 23 is National Secretaries' Week. Why not give your secretary a break? If you can't cut back on her workload that week, change the typewriter ribbon for her. At least, when you give her items that must be typed, don't scribble so she can read it.

HISTORY LESSON . . .
Three employees who will be models at the spring party get an idea of "The Way 'W.E.' Were" years ago. They are Wayne Andersen, Darlene Wilhelm (left) and Cassie Jackson.



Spring Party in late April

Dinner and a style show aren't the only things in store for those who attend the annual WEOMA Spring Party April 28 at the Peony Park ballroom. An evening of entertainment will include the Ralston Town Criers of Ralston High and a surprise planned by Emily Prerost and Jack Philby. The two will perform in keeping with this year's party theme, "The Way We Were." Ann Arnett and Dick Runnels will sing in duet the song of the same title.

The party, which opens with a social hour and cash bar at 6 p.m., is open to Works employees, spouses and friends. Tickets at \$7.50 per person include dinner at 7 p.m. and a fashion show at 8:30 p.m.

Models for the style show have been recruited from employees throughout the plant. They are George Brown, Wayne Andersen, John Henson, Bill Kirtley, Ed Allen, Rod Rightmeyer and

Dwight Lockhart. Also modeling will be Nancy Carbonell, Rachel Hartley, Linda Harmon, Cassie Jackson, Judy Bonner, Flo Helme and Darlene Wilhelm.

For information on where to buy tickets, stop by or call the WEOMA Club office, Ext. 3617. Helen Solomon and Marie Cook are chairing the committee planning the party.

The Westerner
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Frank J. Lefebvre
General Manager

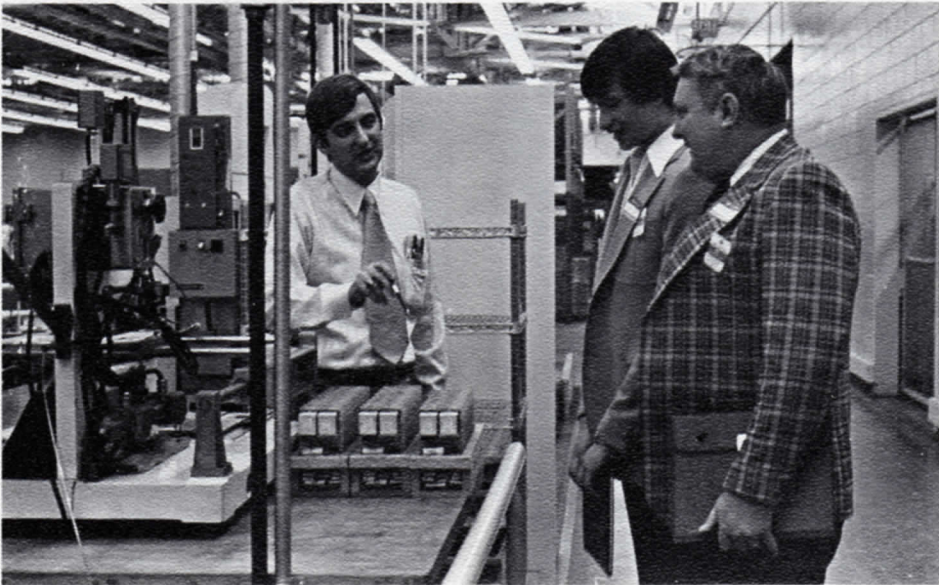
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ESOP statement?

All eligible employees should have received by now the Bell System Employee Stock Ownership Plan Annual Statement of Account. If you haven't received yours, tell your supervisor so a request may be submitted for a statement.

 **Western Electric**



Works sponsors student's tour

A SOUTH HIGH senior visited the Bell Laboratories Murray Hill location last month, sponsored by Western Electric-Omaha Works. Bob Safranek (center), son of Mr. and Mrs. Elmer Safranek, was chosen by Omaha Public School administrators as an outstanding science student to participate in the Bell System High School Science Visit Program. Purpose of the program is to promote career motivation in the science and engineering fields and to increase science awareness. Bob, who plans to study electronics at the University of Nebraska at Omaha, passed up a chance to take a scholarship test in order to make the tour. Pictured in Building 30 with Bob is Paul Eisenhauer (right), a South High physics instructor who also went on the tour, and Phil Warren (Dept. 721), who is showing circuit packs to the visitors.

Shari Reimers seeks Miss USA title

The daughter of Gary Reimers (Dept. 523) has her eye on the Miss USA title. Shari Reimers, recently chosen Miss Nebraska from among 24 contestants, will represent the state in the Miss USA pageant April 29 in Charleston, S.C. The 19-year-old University of Nebraska at Lincoln student will compete for a \$10,000 scholarship and a chance to go on to the Miss Universe pageant.

Shari is a graduate of Millard High and is majoring in dental hygiene at UNL, where she is a member of Delta, Delta, Delta sorority. She has won numerous awards in baton twirling and dancing, and was first runner-up in competition at the Professional Models convention last year in New York.

Finals of the Miss USA contest tentatively have been scheduled to be televised April 29 on WOWT, Channel 6.



Shari Reimers

Put the words into Tom's mouth

Word and pun fiends, where are you? Help put an end to a matter that has gotten out of hand entirely.

A few weeks ago someone in the public relations department (and we won't say who) began spouting off "Tom Swifties." A Tom Swiftie is like that certain brand of potato chips: One is not enough. In no time other members in the department, as well as passers-by, couldn't resist interjecting their own Tom Swifties into the conversation. It got so that persons would be deep into their assigned jobs when out of the blue someone would say, "Yes, we have no bananas," Tom said fruitlessly." And the whole process of trying to top someone else's Tom Swiftie would begin anew.

"What on earth is a Tom Swiftie?" you may ask. It's easier to give examples, but we'll try to define it, too. A Tom Swiftie consists of a quote by none other than Tom Swift (don't ask who he is). But, an adverb must be included which puns with what Tom says. Example: "My wife left me," Tom said ruthlessly. For a super Tom Swiftie, it's even better if the adverb (in this case, ruthlessly) relevantly de-

scribes the situation. Example: "I've killed my wife," Tom said ruthlessly. In the latter example, there not only is a pun but an accurate description of the kind of man who would commit such an act.

Other examples of Tom Swifties include: "We lost our pineapple crop," Tom said dolefully. "Thank you for the Parmesan cheese," Tom said gratefully. "Drop your weapons," Tom said disarmingly.

"I'm a staunch supporter of Ms. Abzug," Tom said bellicosely. "This guitar is out of tune," Tom said fretfully.

"The transplant didn't take," Tom said broken-heartedly.

You can see how the matter indeed has gotten out of hand. That's why other Works employees are invited to send in their own Tom Swifties to the Westerner (care of public relations, 520), and the best ones will be published. Be sure to include your name and department number — use the entry form on this page if you wish. Maybe if a Tom Swiftie to end all Tom Swifties is received and printed, we'll all be able to get back to working in relative peace and quiet.

Here's my Tom Swiftie(s):

Name: _____ Dept.: _____

Support your local back

An even dozen has a nice ring to it except when it describes the number of disabling cases at the Works. As of March 12, the safety department had recorded 12 disabling cases, compared to four cases during the same period last year. Injuries incurred during the same period accounted for 84 lost workdays this year; 79 last year.

What is significant about the 12 disabling cases is that four of the cases involved back injuries and three hernias. That compares to two back injuries and one hernia during the same time last year.

"We have a very alarming trend developing," said Rudy Rudolfo of the safety department. He speculated that unfamiliarity with new jobs in the shops is contributing to the increased incidence of back injuries and strains.

However, the Works' medical director, Dr. Charles Kraul, cautioned that back injuries aren't necessarily confined to those jobs requiring heavy lifting. Persons in sedentary jobs — office and light lifting work included — generally have the highest incidence of back injuries.

"**LIFTING** weight is less important than working at a mechanical disadvantage," Dr. Kraul said. Lifting something in an awkward manner can do more harm than lifting something heavy.

"Just pulling out a chair and having it snag on something can put strain on your back," Dr. Kraul said. Statistics show that two out of three American workers will experience back problems in their lifetimes. Dr. Kraul believes those two out of three persons are just those who seek medical help, because "I don't think there is an adult who has never had a back pain."

Some persons may suffer only one episode of back pain, while others "have several with greater frequency," he said.

Statistics also show that 80 percent of all back injuries stem from too little exercise, which results in weak abdominal muscles and weak hip flexor muscles.

Strengthening the abdominal muscles through exercise is "like having a built-in corset," Dr. Kraul said. The Modified Williams Exercise Plan is an excellent

way to exercise to avoid or alleviate low back pain, he added.

"They're simple, they take only 10 minutes a day, and they're designed to strengthen back muscles and particularly abdominal muscles. But they're so simple, people don't do them," he said, as if difficulty measures effectiveness.

Some exercises, Dr. Kraul added, are bad for the back, such as touching toes or sit-ups. If a person insists on doing sit-ups, he should keep his knees flexed and his toes propped under a heavy object.

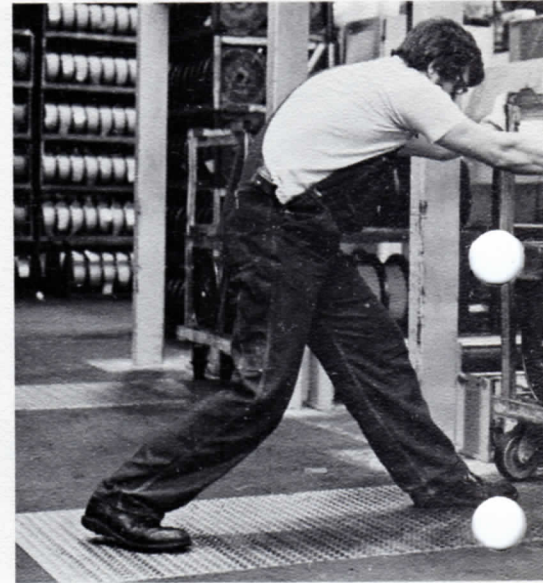
ANOTHER factor in back pain is degeneration of the spinal discs, which can begin while a person is in his 20s. "As you get older, you have less strength to do things in general," Dr. Kraul said. So, by the time a person is in his 30s and 40s, attacks of back pain may grow more frequent, with pain in the buttocks or shooting pain in the legs. Symptoms may not be unlike those of arthritis for a person in his 50s.

"Women probably have more back problems than men," he said, simply because of physiological differences. In fact, vacuuming the carpet "is one of the worst things a woman can do to her back." Wearing high heels also throws a woman's body forward, Dr. Kraul noted, and to compensate, she must curve her spine to stand "straight." That puts needless strain on the lower back.

"One of the worst postures to maintain is the military position," he said, with one's chest thrown out and abdomen sucked in. "Avoid the 'S' curve," and keep the spine straight as if you were pushing your back against a wall.

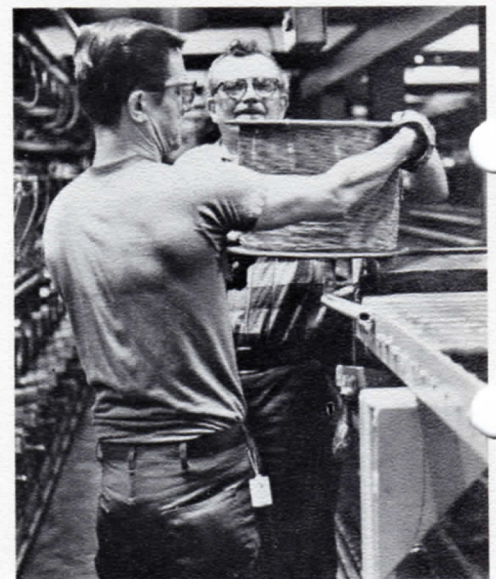
Aspirin should help relieve back pain and reduce inflammation, Dr. Kraul said. Heat pads also help to relieve muscle spasm.

But the best way to ease back pain is to avoid those things that can trigger it. With regard to lifting objects, ideally that means keeping a straight back. Depending on the object and its position, however, keeping a straight back may be impossible (such as reaching into a station wagon to lift something). In general, he said do "what is comfortable and lift close to your body."

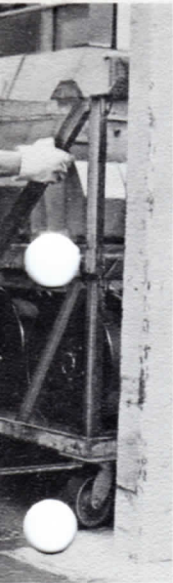


Exercise: plain and simple

The Modified Williams Exercise Plan consists of the following simple but effective exercises designed to help a person avoid or alleviate low back pain. Exercise on a hard surface covered with a



IT TAKES TWO . . . John Beckman (facing camera) and George Klavins, both of Dept. 253, lift a load too heavy for one person — a 100-pound, No. 534 reel.



WRONG AND RIGHT . . . Dwight Lockhart (Dept. 251) shows the wrong way to pull out a tandem line pallet full of 533 reels (left). At right he keeps a straight back and uses his legs to pull correctly.



Easy does it on your aching back

Do you sometimes suffer from low-back pain? Here are some tips to help you live with the problem when your back acts up:

WHEN SITTING: Sit in straight chair with firm back; avoid swivel chairs or chairs on rollers; never sit in same position for prolonged periods — get up and move around.

WHEN DRIVING: Push front seat of car forward so knees are higher than hips (this reduces strain on back and shoulder muscles); always fasten safety belt and shoulder harness.

WHEN STANDING, WALKING: Don't stand in same position for longer than a few moments — shift from one foot to the other; when standing, don't lean back and support body with hands — keep hands in front of body and lean forward slightly; open doors wide enough to walk through comfortably; carefully judge height of curbs before stepping up or down.
(Continued on Page 8)

thin mat or heavy blanket, with a pillow under the neck for comfort. Start slowly and carefully. Don't overdo exercises.

Don't be alarmed if the exercises cause some mild discomfort which lasts a few minutes. (If pain is more than mild and lasts 15 or 20 minutes, stop and do no more exercises until you see your doctor.)

EXERCISE 1: Lie on back with arms above head and knees bent. Move one knee as far as possible toward chest while straightening out other leg. Go back to original position with both knees bent and repeat movements, switching legs. Relax and repeat exercise.

EXERCISE 2: Lie on back with arms at sides and knees bent. Bring knees up to chest; with hands clasped, pull knees toward chest. Hold for count of 10, keep-

ing knees together and shoulders flat on mat. Repeat the pulling and holding movement three times. Relax and repeat exercise.

EXERCISE 3: Relax with arms above head and knees bent. Tighten muscles of lower abdomen and buttocks at same time so as to flatten back against mat. This is the flat back position. Hold position for count of 10. Relax and repeat exercise.

EXERCISE 4: Sit on hard chair. Let body drop until head is down between knees. Pull body back up into a sitting position while tightening abdominal muscles. Relax and repeat exercise.

EXERCISE 5: Stand erect while holding on to a table or chair. Squat down, straighten up again, relax and repeat exercise.

Lifting: Follow the 10 rules

When new jobs and products are introduced in a plant, as they are at the LaVerne Works, more caution is required and good lifting practices must be established, said Rudy Rudolfo of the safety department. "Employees have to develop a whole new routine," he said.

Also to be considered is the age of the employee population, said Dan Boland of safety engineering. Employees at the Works are getting older, he said, and this demands more caution in lifting. "The potential for back problems is greater with an older population."

The following are 10 rules that should be followed when lifting a load:

1. Size up the load.
2. Test the load.
3. Set feet firmly: one foot alongside

the load or as close as possible, the other foot behind the load or apart for stability.

4. Grasp load firmly with both hands.
5. Choose a comfortable lifting position, with or without a straight back. Keep weight balanced between both arms.
6. Set muscles of torso, legs, shoulders and arms to lift and lift; keep load close to body.
7. Lift gradually and avoid jerks or twisting motions.
8. Move with the load; use your legs and feet, not your body.
9. Put load down generally in the reverse order of lifting.
10. Never lift beyond your strength: Get help.



THAT'S THE WAY . . . LaVerne Hanke of Dept. 434 (also on cover) properly pulls out a load then uses her body to lift it. An improper way to lift such a load would be to bend over and lift, without kneeling close to the object.

Security is . . . improved methods

To Linus of the "Peanuts" comic strip, security is a blanket. At the Omaha Works, security is new and improved surveillance methods. A number of additions and improvements are being made in the Works' security department, said Clarence Tompsett (Dept. 746). Plans include an improved camera system that scans not only east and west parking lots, but also the office personnel lots and even the 120th Street intersection.

Two cameras each are being installed at the east and west lots, Tompsett said. At the project's completion, a camera will have been mounted on Building 30 and on Building 50, that permits views in semi-low-light conditions. On a pole at each lot, a camera that works in low-light conditions will have been mounted.

Such cameras will afford better views of the parking lots at night, Tompsett said, and their positioning should allow improved views between and over camper trucks. Because the cameras can turn nearly 360 degrees, the guard monitoring the screens at security headquarters also will be able to check for suspicious activity at the Building 20

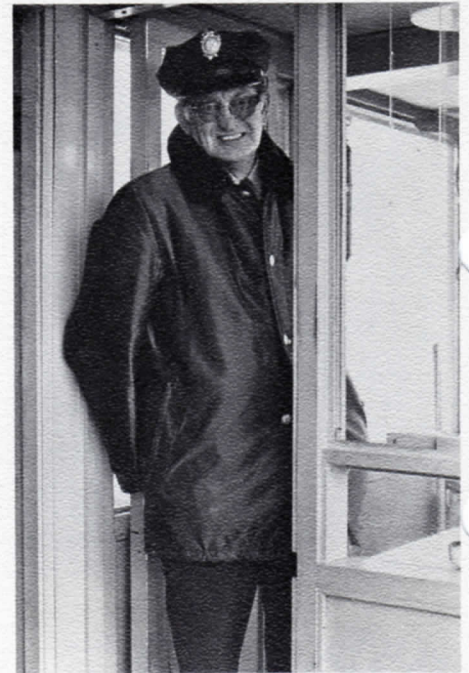
parking lots, or watch for traffic problems at the 120th Street intersection.

In conjunction with improved parking lot security, basic maintenance was completed in November on lighting in all lots, Tompsett said, so the lots are brighter at night.

At each of the two TV gates — at the east and west lots — three new cameras have been installed, Tompsett said. One camera provides a facial view, and another focuses on the Western Electric identification card. A third camera at each gate provides a full view of a person and the area from the top down.

The facial and pass cameras were replacements, he said, but the overhead cameras are new to the system. The overhead camera allows a guard to check objects a person may be carrying. Because all the cameras are new, they also provide clearer pictures, and replacement parts should be easier to obtain, he added.

Another change at the TV gates involves the double doors. Tompsett said adjustments are being made that would require the first door to be closed before



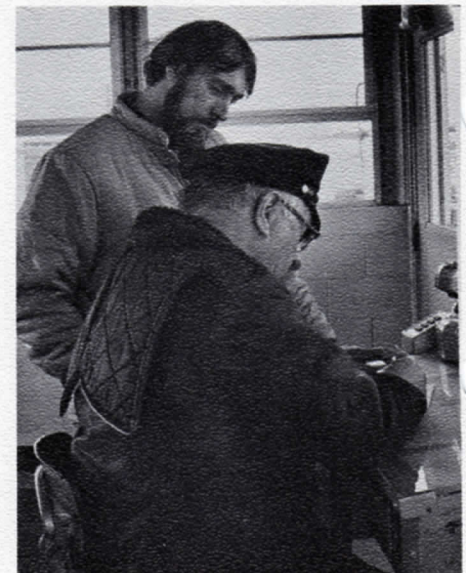
GOOD MORNING . . . Or, good afternoon. Joe Leyendecker greets employees at one of the TV gates.

the second door is opened. Previously, the second door may have opened before the first door was closed. It was possible that, during busy periods, a number of persons might have gone through the gate without showing identification.

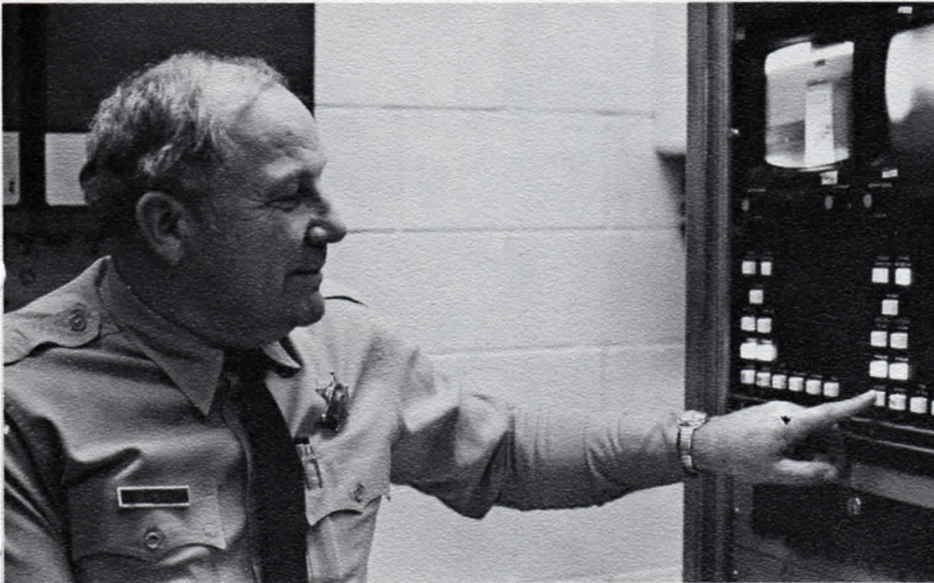
At the security office, a new and more compact console is being installed that will feature six TV screens. The old console had just two screens that provided multiple views of Works' locations. With the new console, guards will monitor two screens that provide multiple views, as well as watch four additional screens, Tompsett said.



SIGNING IN . . . Melvin Glisman has a visitor sign in at the front lobby.



CHECKING IN . . . Art Kahnk talks with the driver of a delivery truck at the truck gate.



PUSH THE BUTTON . . . Jim Detmers watches the screens at the console at guard headquarters.



SERVICE, TOO . . . Karl Holz bids good-bye to June Fischer of Dept. 443.

The guards on duty

It's not easy being the "bad guy." Take the policeman's job, for example. When he finds a crying toddler lost and roaming in the street, then returns the child home safely, he's a hero. When he tickets someone for running a red light, however, he becomes that cop who doesn't have anything better to do.

It's not much different being a security guard. "It's a no-win business," said one member of the security department. If someone takes up two spaces in the parking lot or parks in a way that blocks the passageway, a disgruntled employee may complain to a guard. But when the guard goes out and tickets the offending party, he's apt to get an earful again — "Why pick on me?"

Talks with guards at the Works reveal that employees tend to expect more than a guard's job entails. When goods are stolen from an employee's car in the parking lot, it's not uncommon for the guards to shoulder the blame.

Although guards regularly patrol the lots, it is infeasible that every employee's car be watched constantly, said Clar-

ence Tompsett of the security department. "When people park at the Westroads, they don't expect the stores to guard their cars, do they?" he said. Another member of the department suggested that thefts could be reduced if windows were rolled up and cars locked.

GUARD JOE Leyendecker recalled how guards used to help employees start their cars during cold weather. "But the same ones would always need help," he said, explaining that it was easier to have a guard jump-start a car than buy a new battery. Especially on night shifts, a guard may have jump-started an average of 15 cars. Because of abuses of the service and the time it consumed, such help was discontinued, he said.

"In this line of work, you have to have broad shoulders," said H. D. (Abe) Abraham, who works on the third shift.

"People think we're harrassing them" by writing tickets, Leyendecker explained. But a guard's keeping tabs of where persons park can work to the employees' advantage, too, he said. If a car's lights are on or a tire is flat, if the driver is registered a guard could alert him of the problem by checking the files.

"We're trying to help them (employees) out the best we can," Leyendecker said.

Sometimes, trying to help out can be most frustrating, said guard Art Kahnk. At night when a guard takes over switchboard duties for the Works, calls occasionally come in from small children. "They're crying and they want to talk to 'Mommy,' but all they know is that she works at Western Electric," Kahnk said. With no name or department number to go on, a guard is helpless in finding "Mommy."

GUARD DUTY also can be lonely, remarked Karl Holz, who has spent almost 22 years on the job. It's lonely patrolling the plant on weekends when few people are working, or waiting at the gates between shifts. "But you've gotta learn to pace yourself on this job. You learn to live this way — that it's going to be quiet at times out here," Holz said.

Overall, the guards interviewed said they are satisfied in their jobs. For Ray Otte, who is the first guard the Works hired, working on the third shift — from midnight to 6:30 a.m. — means he is able to tend to his personal business in off hours. Otte, hired Oct. 1, 1956, explained that when he's off work, the persons he must see for business purposes are working.

Abraham, a Works employee for 22 years, agrees about working on the third shift: "It suits my fancy." Then, too, the company's benefits make the job worthwhile, he added.

Perhaps the most enjoyable aspects of the job are the variety of duties involved (the guards constantly rotate posts and assignments), and the "chance to meet a lot of different people," as one guard noted.

The job has its humorous moments, such as when husbands and wives are waiting at opposite parking lots for each other before going home, or when a person — in all seriousness — asks a guard, "Do you remember in what lot I parked?" Leyendecker said.

Other moments aren't so humorous. "Once a girl tore my coat," Leyendecker said, when he told her she couldn't get into the plant.

As Abraham said, "Some encounters you would just as soon forget."

Western's answer to Lee Trevino

Lee Trevino used to bet golfers for whom he caddied that he could outplay them, using only an empty Dr. Pepper bottle as a club. Whitey Buel (Dept. 441) is just as unconventional in his golf wagers, only he uses his foot as a club (otherwise known as a foot mashie).

But, that's jumping ahead in the story. First, understand that when Buel says, "I enjoy playing golf," he's not talking about just an occasional Saturday morning game. He's talking about playing in invitationals and opens across the country and sharing tees with the likes of singer Andy Williams, Tom Aaron, Dave Hill and Joe Porter. Aaron won the Master's Tournament a few years back, and Hill is "one of the top 50 money winners of all time," Buel said.

Buel competes in the tourneys as an amateur, but he doesn't "really feel that much pressure" playing against the big names. In the 18 years he has been playing golf, Buel is finding it easier to retain composure in competition with the pros the more golf he plays. That includes about 10 to 12 tournaments a year.

Not even a rather unnerving experience could shake Buel's game at the recent Tucson (Ariz.) National Golf Club Invitational. Buel and his partner came in fifth out of 75 teams entered. Buel's scores in the four-day event were 83, 76, 76 and 72, scratch. He and his partner finished with 271, with 265 the winning score.

THE UNNERVING experience began sometime during takeoff from the Denver airport — unknown to Buel at the time. The jet on which he was riding blew out two front tires. Twenty minutes out of Phoenix (where Buel was to visit his son, Steve, before heading for Tucson), the pilot alerted passengers to problems with the landing gear. After circling twice over the control tower, the pilot attempted an emergency landing. The jet landed on its back wheels first, then "belly-flopped" to a stop on foam on the runway.

Fortunately, Buel had arrived a few days early before the tourney's start in Tucson. "I didn't eat for two days," he said, so the extra days gave him a chance to get over the flight's trauma.



BEATS HOLE IN ONE . . . Buel displays the ball and the "foot mashie" that made history. Lee Trevino, move over.

Other competition has brought Buel to such cities as Las Vegas, Dallas and Denver. Many of the tourneys are sponsored by private country clubs and are open to members only and their guests. Because Buel belongs only to the local Oak Hills Country Club (where, incidentally, he founded the Oak Hills Invitational Tournament), often he must rely on invitations by members of other clubs to play in tourneys. The invitation to play in the Tucson tourney was extended by a man Buel met at the Butler National Invitational in Chicago — his opponent, in fact.

"IT HELPS to have a lot of 'millionaire' friends" who belong to different country clubs, Buel quipped. Having a wife who is "a nice lady" and puts up with his "tourney hopping" doesn't hurt, either. It also helps to play a good game of golf so people will want you as a partner, or so clubs will extend a direct invitation to a tourney. Buel, whose golf average is 76-77, was a member of the four-man team that has won the state championship for the past two years.

"I never play to lose," Buel admitted. "When you win it makes the ride home so much more pleasurable."

It's that competitive spirit that resulted in Buel's unconventional one hole of golf, during which he used the "foot mashie." When his daughter, Bobbie, was in high school, she won the Oak Hills junior girls' championship. She and Buel were discussing her game at dinner the day she won. Buel was teasing her about taking nine strokes at the second hole, when three is par. He bet her he could play the hole in fewer strokes just by kicking the ball.

They headed for the Oak Hills course, stopping at the clubhouse to explain their plans. Off to the second-hole la-

dies' tee they went, with about 50 curiosity seekers following. By then it was almost dark. "I didn't know whether to kick the ball with my toe or to use the side of my foot," Buel said. He decided on the toe method, although it would smart through his loafer. In five shots — rather, kicks — Buel played the hole, to the applause of the spectators.

Buel had the ball "engraved" because the event is the most memorable in his golfing career, he said. It is more memorable than having made a hole in one three times, which he's also done.

But, it may be just as well that Buel is savoring his victory while he can, because his children seem to be catching up to him in golfing skills. Just two years ago, son Steve used to win only one out of 10 games of golf against his father. Now, Buel said, Steve "beats me all the time — and I don't like it."

Easy does it

(Continued from Page 5)

IN BED: If doctor prescribes absolute bed rest, avoid severe strain by not raising your body or twisting and turning; lie on side and draw one or both knees up toward chin when sleeping; don't extend arms above head — relax them at side; don't sleep on stomach; sleep on flat, firm mattress.

YARD WORK: Remember, a little exercise every day is better than a whole lot on the weekend; wear protective clothing to keep perspiring body from getting chilled, except on very warm days; don't go into air-conditioned building while you're perspiring.

MISCELLANEOUS: Don't make beds or run vacuum; prolonged hot bath can relax strained back; avoid overweight.