

# the Westerner

OMAHA WORKS

JANUARY 24, 1978

There's more  
than one way  
to outfox a cold

But how well do cold remedies work? This man and a number of other Works employees offer their surefire cures in this issue. And several employees reflect on their long-playing perfect attendance records.

Pages 4, 5

Also inside:

Youths get an early start in  
business.

Page 2

"Break a leg" is a wish for luck;  
most parties are fun — unless  
you're a skier.

Pages 6, 7

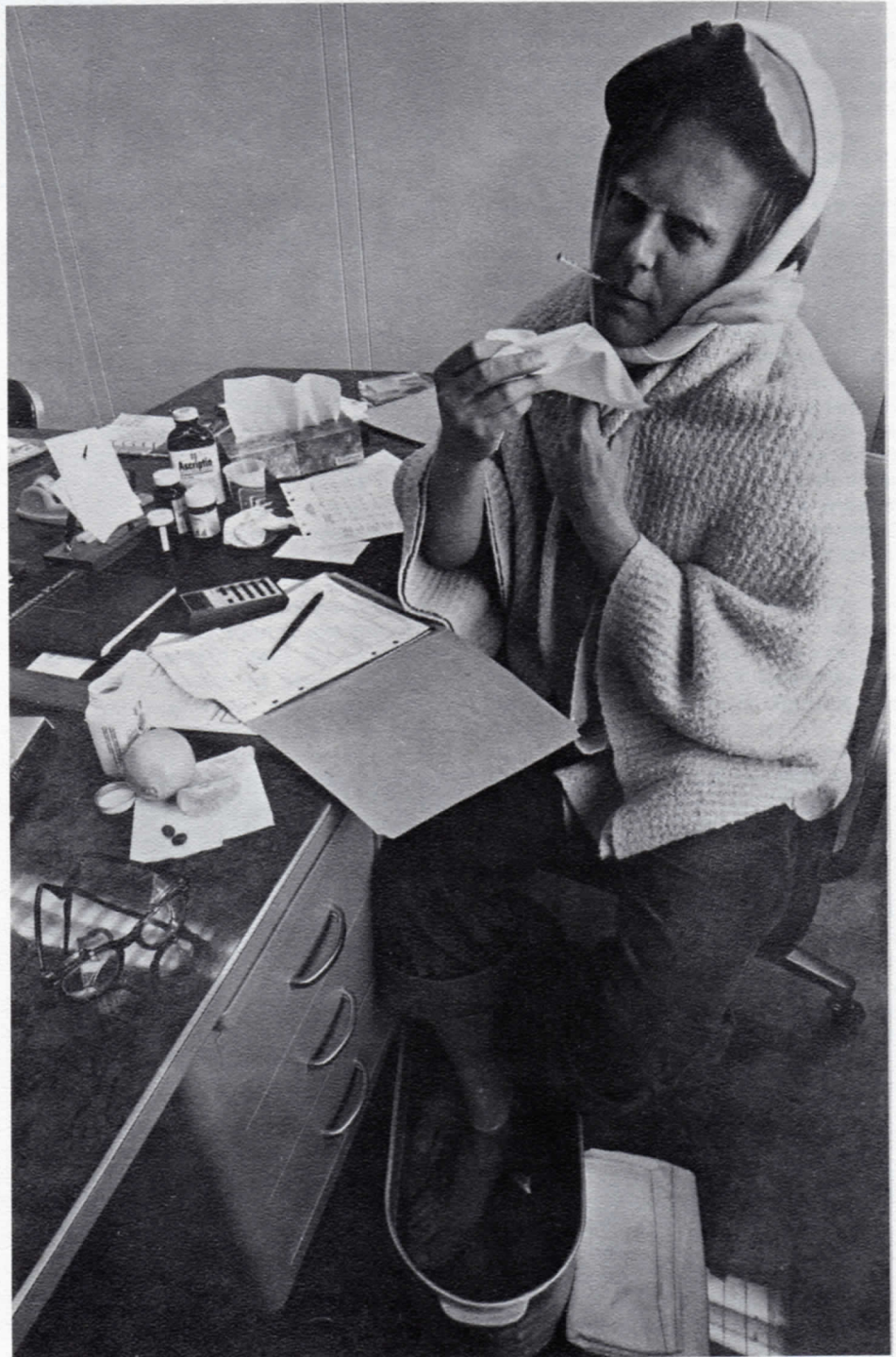


Photo by Rog Howard



# for your information

... According to a recent advisory from the New York District Director's Office of the Internal Revenue Service, certain Bell System employees were not covered under a company-sponsored "qualified pension plan" during 1975 and/or 1976. (It should be noted that the advisory in no way alters the company's current pension plan.)

The employees are those who were not participants in the Pension Plan section of the Plan for Employees' Pensions, Disability Benefits and Death Benefits because they were under age 25, or over age 25 with less than one year of service, or had started working with the Bell System after age 60; and did not participate in the Bell System Savings Plan for Salaried Employees, for either or both of those years.

Employees who are not covered by any "qualified pension plan" during a taxable year may be entitled to contribute to their own Individual Retirement Account, and to assist the IRS in determining an employee's eligibility to contribute to an Individual Retirement Account, the 1977 Form W-2 (Wage and Tax Statement) for any employee who was not a participant in the Pension Plan, the Bell System Savings Plan, or the Bell System Employee Stock Ownership Savings Plan will have a "No" answer to the question on Form W-2, "Was employee covered by a qualified pension plan, etc.?"

... "Breaking Up Is Hard to Do" at the end of a Neil Sedaka performance — a person in the audience will want to stay for more of the songwriter/performer's show. Works employees who joined Ak-Sar-Ben will find that out when they attend a Sedaka show March 14 through 19, just one of the attractions on tap this year. Ak-Sar-Ben's other entertainment for the year will include shows with David Brenner, Leslie Uggams, Steve Lawrence and Eydie Gorme and a family show. The \$18 membership also entitles a person to discounted rodeo and ice show tickets...

... Cash payments in the Bell System Savings Plan Periodic Partial Distribution will be mailed on Feb. 22. AT&T stock certificates for shares included in the Periodic Partial Distribution will be issued a week later.



WHAT A DEAL . . . Wilma Buck, Dept. 722, ponders making a purchase from J. A. member Paula Osborn.

## J.A. groups in business

Diversification is good business, if product sales by Western Electric-sponsored Junior Achievers are any indication. Two Junior Achievement (J.A.) companies, Tro-Co and Western Enterprises, had a corner on the market last month when they conducted business from tables in the cafeteria. Yarn dusters, wooden planters, engraved name plates and even cactus plants were among the products that turned the lunch crowd into shoppers.

During the school year, youths who belong to J.A. learn firsthand about the business world by forming their own companies and manufacturing products. For the past dozen years, Works employees have served as advisers to the J.A. companies. This year 16 advisers are working with the youths, with Ed Kot (Dept. 444) being management adviser for Tro-Co and John Bell (Dept. 477) management adviser for Western Enterprises. Dick Daharsh (Dept. 333) is management adviser for a third Works-sponsored J.A. company, Wizbiz.

Advisers meet with their respective

### *A share in AT&T*

All eligible employees recently received a package containing detailed information on the Bell System Employee Stock Ownership Plan (ESOP). The plan enables eligible employees to become owners of AT&T shares at no cost to them, the first time such a plan has been offered. All beneficiary designation forms must be returned to supervisors by Jan. 27, so the forms may be forwarded to the W.E. ESOP coordinator in Greensboro, N.C.

companies once a week for at least two hours in the downtown J.A. office. In addition, advisers meet with the youths on Saturdays whenever extra production time is necessary. At twice-a-year trade fairs and semiannual "clearance sales," advisers are present to lend a hand, too.

It all adds up to a lot of time, but the advisers — like Joe Bonaiuto of Dept. 443 — "enjoy working with the kids."

Bonaiuto, who has been a J.A. adviser for seven years, said, "It's a good learning experience for the kids and for me." His son and daughter are J.A. members, and as adviser Bonaiuto is able to "keep in contact with what the kids are thinking today," he explained.

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General Manager

**Linda Ryan**  
Editor

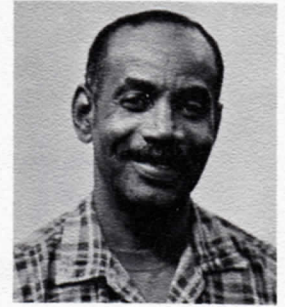
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 **Western Electric**



# service anniversaries



Alfred Brown  
30 years 2/15/48

## february

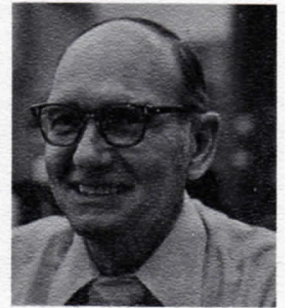
### 20 years

W. Bartak  
R. I. Beardsley  
E. C. Bosak  
V. L. Hovey  
D. P. Hutchison  
E. Jershin

G. C. Parkerson  
L. Perkons  
R. S. Tomczak  
C. P. Zvolanek  
L. W. Berggren



George Bures  
30 years 2/26/48



Vincent Kieffer  
25 years 2/16/53

### 15 years

A. K. Davis  
J. T. Malmos  
W. S. McCormick Jr.  
M. K. Merrick  
J. H. Metoyer

R. F. Metzler  
R. J. Renter  
E. Snutch  
L. S. Maaske  
G. H. Shelton



Harold Slaight  
25 years 2/2/53

(Not pictured)  
Eugenia Paulisczak  
25 years 2/2/53

### 10 years

C. H. Blanchard Jr.  
J. R. Faust  
R. R. Kelly

E. B. Montgomery  
B. B. Prather

## retirements



Ruth Dent  
21 years



Charles Schmidt  
20 years

## suggestion box



Strack

A check for \$575 came in handy for Willi Strack (Dept. 741) just before the holidays. He received the check for his suggestion that a punch press indexing table be replaced with a single action air cylinder. His idea will save the Omaha Works \$3,821.76 per year.

Evelyn Sacco (Dept. 284) earned a check for \$170 for her suggestion that the printing of Employee Personnel Records be limited to Friday and/or Monday.



Keith Pieper  
19 years



# Weathering the cold

That "common" cold has an uncommon way of frustrating medical science's attempts at a cure, even today. Dr. Charles Kraul, the Works medical director, and Dr. Donald Perkin, associate medical director, are sure of that much. It's what triggers a cold and what alleviates the symptoms that raises uncertainties.

Hundreds of viruses cause colds, and "there is absolutely no antiviral drug effective against those viruses," Dr. Perkin said, though someday there may be. Antibiotics, he added, have no effect on viruses (they work on bacteria infections).

"The only drugs we have of any value against colds only combat the symptoms," he said, such as decongestants, pain relievers and anti-inflammatory drugs.

Dr. Perkin noted that many people confuse a nasal allergy with a cold, and treat it as such instead of trying to treat the allergy. "A cold is a specific respiratory infection," with symptoms being headache, stuffy nose and thickening of mucous, he said. It usually takes a cold a

week to 10 days to run its course.

How a person catches cold is debatable. Sitting in a draft or getting wet in the rain isn't likely to bring on a cold, Drs. Kraul and Perkin said. However, "any dramatic (with emphasis on dramatic) change physically or mentally could trigger a cold," Dr. Perkin said, to the extent that the body has undergone shock. But, then, such a person might have come down with a cold, anyway, he added.

It's more likely that one catches a cold because people "sibilate" when they talk, Dr. Kraul said. They eject a spray of saliva, however subtle, that can carry a cold virus. Similarly, a person can become infected by coming in contact with droplets from someone's sneeze or cough.

Preventive measures are just as questionable. There is an ongoing debate whether extra Vitamin C doses can ward off colds, but "there is no real scientific proof that Vitamin C has any preventive powers against colds," Dr. Perkin said. Neither can smelly rubs help one avoid

Remember how Mom used scarves and leggings in the winter how she paled when you came in so rain? Heaven forbid that you should the homemade remedies. On the Mom's words still ring true as the remedies for a cold. Two V's while still other employees explain enough to accumulate 10 or more

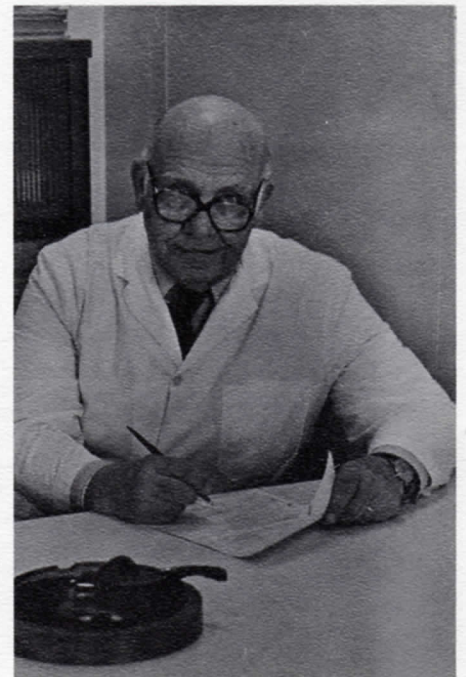
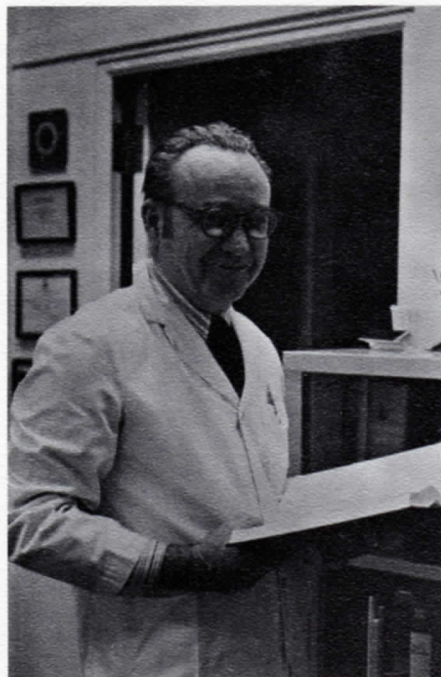
colds. In days past, people used to rub asafetida (an odoriferous resin from the carrot family) on their chests. The theory was that "no self-respecting cold would come near you," Dr. Perkin said.

If a smelly rub seems a strange preventive measure, some treatments for a cold are even stranger, if not dangerous. Some people used to take a few drops of kerosene on a lump of sugar as medicine, Dr. Perkin said. And the practice of soaking one's feet in hot water while one is wrapped in a warm blanket probably began as an attempt to keep warm when there was no central heating, he said.

"If something makes you feel better, that's half of getting well," Dr. Perkin acknowledged. Still, he recommends a cold treatment that seems almost cliché: Rest, drink plenty of fluids and take aspirin to relieve cold symptoms and reduce inflammation.

Or, a person can do as Dr. Kraul, who was asked what he was doing for the post-holiday cold afflicting him: "This cold isn't doing anything for me; I'm not doing anything for it."

STILL NO CURE . . . Dr. Perkin (left) and Dr. Kraul agree that the "common" cold still has medical science stumped.





bundle you up in sweaters, coat, until you hardly could walk or see? Or coming wet from puddle-jumping in the snow catch cold — and if you did, out came the pages employees reveal whether they tell their precautions against and doctors provide medical viewpoints on how they've managed to stay healthy and years of perfect attendance on the job.

# A decade on the job and hardly a sneeze

Some folks never get sick, or at least, they've never missed a day's work because of sickness. The Omaha Works

regularly recognizes a number of employees who have completed a year of perfect attendance.

The fact that these persons are able to weather even the worst of Midwest flu seasons certainly is no small feat. But even more noteworthy are those employees who have acquired 10 or more years of perfect attendance. By computer records at least seven such persons can claim that achievement.

One of them, Phil Stubbe of Dept. 473, has a 14-year perfect attendance record. "I've never had anything more than the flu," Stubbe said. When he did get sick, it somehow always happened on a weekend or holiday.

(Continued on Page 8)



Janssen



Mausbach



Brennan



Jones

## ... And wear your socks

How do you catch cold and/or what's your surefire remedy? Employees throughout the Omaha Works responded to these questions. Their answers follow:

**Peter Brennan, Dept. 251:** "Sweating on the job." Remedy — He drinks hot buttermilk.

**Bess Balus, Dept. 287:** "When I put the garbage out in my bare feet, usually the next day I have a cold." Remedy — Butter in hot coffee. "It loosens up a tight throat — my kids love it."

**Al Jones, Dept. 722:** Remedy — Blackberry brandy and orange juice. "It makes you sweat, it tastes good and relaxes you — and if you drink enough you don't really care how sick you are."

**Clara Hendricks, Dept. 1153:** Remedy — She ties a big red handkerchief around her neck before she goes to bed. Why red? "It's the biggest handkerchief I can find." The heat generated at the neck helps heal, she said, and the handkerchief "keeps the Vicks from getting on the sheet."

**Donald Nelson, Dept. 1152:** "If everybody would stay home with their colds, then I wouldn't catch one." Remedy — Hot buttered rum.

**Bob Janssen, Dept. 2252:** He catches cold "when I shower in a hurry and my hair isn't dry, then I run out in the cold

weather." Remedy — Extra sleep and vitamins.

**Howard Clark, Dept. 251:** Damp and chilly weather encourages a cold. Remedy — Get extra sleep and keep throat warm. Also, apply mentholated rub to the chest, or breathe the fumes of a spoonful of the rub held over a candle. "It'll freshen you up."

**Steve Miller, Dept. 251:** Remedy — It's important to keep one's feet warm, so he wears his socks to bed. Also, extra blankets help him "sweat it out."

**Rudy Delgado, Dept. 251:** "Sleeping in a drafty bedroom." Remedy — A spoonful of honey helps the medicine go down.

**Donna Matthes, Dept. 722:** She disagrees with the drafty bedroom theory,

and even keeps her bedroom window open 18 inches even in subzero weather (of course, she's under an electric blanket). She avoids getting colds by taking Vitamin C, eating vegetables and staying away from processed foods, she said.

**Delores Dunekacke, Dept. 2252:** Change in temperature triggers a cold. Remedy — Drink plenty of juices.

**Kathy Mausbach, Dept. 1153:** She hasn't had a cold in three or four years, she said, until she came back to work at Western. In four months she's had three colds, but she can't pinpoint a specific cause. Remedy — Blackberry brandy and orange juice (if out of brandy, use Kahlua). (Continued on Page 8)



Balus



Clark



Coakley



Nelson



# What goes up the slopes . . .



ON THE WAY UP . . . A skiing foursome gets in practice time on Omaha's version of a mountain slope.

Tell a stage actress to "break a leg" on opening night and you wish her luck. Tell Betty Nath of Dept. 441-10 to break a leg before she heads down a slope, and she will tell you she would rather "break my little finger so it won't cramp my style on skis."

Betty never had gone skiing until earlier this month when she joined other Works employees on a WEOMA-sponsored, three-day ski holiday in Steamboat Springs, Colo. She was eager to go skiing, she said, because "you should try everything you possibly can in a lifetime."

Doug Haase, of Dept. 441, shares Betty's views. For him, his wife and two children, the trip was to be their first attempt at skiing — in snow, that is. The Haase family enjoys water skiing, but there just may be an advantage to snow skiing, Doug said: A fall in the snow shouldn't smart nearly as much as a fall in the water.

The threat of injury didn't deter Betty or Doug from going on the ski trip. But, then, none of the Works employees who have become ski buffs seem to worry about injury. The ski "bug" may be infectious, but a skier will tell you the "fever" feels good.

"I think it's the most thrilling sport," said Patti Marino of Dept. 721. One of the 31 persons who went on the WEOMA ski trip, Patti hadn't skied in 15 years. But she used to ski quite a bit when she lived in Wyoming and Montana, and she "never had a bad spill," she said.

"If you love the outdoors, the pine scent, the mountains and being 13,000 feet up, skiing is breathtaking," said Henry Sedlacek of Dept. 1231. He and his wife, Marlene of Dept. 723, learned to ski four years ago. They have gone skiing at every opportunity since then, in-

cluding the WEOMA trip.

Ed and Susie Dellinger, both of Dept. 441, also went to Steamboat Springs. They recalled the first time they went skiing three years ago, when they missed the signs pointing to the beginners' slope. Instead, the Dellingers found themselves heading down a tougher slope, complete with ruts.

And once when they were skiing, Ed Dellinger was headed for some trees. As he zigzagged between trees to avoid a collision, he skied deeper into powdered snow, until "all you could see was his hat in the snow and him laughing," Susie said.

Laughing? Sure, mishaps on the slopes are more often fun than they are injurious, the skiers interviewed said.

"Everybody falls — even the most experienced," said Ruth Ann Foster of Dept. 270. And if one is going to fall, "just fall on your bottom and you won't get hurt," added Marlene Sedlacek.

Today's ski equipment also helps minimize injury, Works skiers said. For example, boot bindings release in a fall to prevent breaking a leg.

Those who ski fast and carelessly are most likely to be injured, said employees interviewed. Nor is it a good idea to try to do stunts on skis, though Bob Justen of Dept. 413 admitted, "Sometimes I do them out of control — nothing on purpose, of course."

"Once you try skiing you're hooked," Ruth Ann Foster said. With each ski trip she takes, she looks forward to the challenge, "Can I get down the hill?"

General Manager Frank Lefebvre shares her views. "The harder the slope the better," he said. Since he began skiing 14 years ago ("I got tired of watching my son ski"), he has never been hurt. But he did get lost in the woods once "trying



GETTING READY . . . Doug Haase buckles his boot as Henry Sedlacek watches. Meanwhile, Susie Dellinger (right) lends support to Betty Nath.





# . . . Always comes down

to take a shortcut," he said. Even then there was no need to panic, because "what goes up comes down," the general manager said. A person just may not end up in the spot he had intended.

As with any sport, there are precautions to be taken in skiing. Take advantage of lessons offered on the slopes to learn the basics, Works ski fans said. Bring plenty of suntan lotion or sunscreen to prevent sunburn, and resist the temptation to ski beyond one's ability — particularly if one is overfatigued, if it is late in the day or if the weather is inclement.

And it's very important, they said, to exercise regularly at least a month before going skiing. Kneebends and fast-paced walking effectively build up ankle muscles. "Otherwise, your legs will give out, you'll tire very easily and you won't be able to take in a full day of skiing," said Henry Sedlacek.

In fact, should any Works employee bump into a man in the stairwells who is walking down the steps backward, don't be perplexed. That's just General Manager Lefebvre exercising before his next trip to the slopes.

WHICH WAY'S DOWN? . . . Sedlacek, Haase, Nath and Dellinger (at top, from left) prepare to go down a hill. "Nothing to it," says Nath (left), but, alas, all good things must come to an end (lower left and bottom).





# AT&T: Comply fully with program

The following is the conclusion to a series of questions and answers regarding the Supreme Court's decision on telephone registration.

## Is only Bell system telephone equipment "grandfathered"?

No. Most manufacturers of telecommunications equipment have produced sets of various types which have been lawfully directly connected in the past. All such equipment is covered under the "grandfather" provision.

## Is the "primary instrument" concept included in the FCC's registration program?

No, it isn't. The FCC program indicates that customers have the option of providing their own main or extension telephones.

## Why has AT&T been opposed to allowing customer equipment to be directly connected to the network?

Terminal equipment that is improperly designed, maintained or connected will interfere with the proper functioning of the telephone system as well as with the service of other customers. Some types of equipment can generate hazardous voltages which would injure telephone company personnel and damage equipment.

In opposing registration, we said we did not believe that the FCC's program provided adequate technical safeguards against such harms which could result from the connection of customer equipment. Our concern has been that with the proliferation of customer equipment, the quality (and ultimately the cost) of telephone service would suffer.

We have also maintained that in a registration environment at least one telephone company-provided instrument-

the "primary instrument" — should be part of basic service for single-line customers to help assure their continuity of service, facilitate repairs and permit orderly introduction of technological change.

We have strongly opposed the requirement that we must register our equipment. By design it is certainly compatible with — and provides adequate protection to — our network. Registration of our own equipment will unnecessarily increase the cost of service to the consumer.

## What is the Bell System's position now?

We will comply fully with the program. The aim of the Bell System is to provide the best telephone service possible. Registration won't change that aim. Customers who provide their own equipment are still our customers, and we intend to provide the best service we can no matter who owns the equipment.

## Hardly a sneeze in a decade

(Continued from Page 5)

Jim McCallum of Dept. 761 explained his incentive for perfect attendance: "I don't want my boss to know he can get

## Take your socks off for no one

(Continued from Page 5)

**Eileen Vendetti, Dept. 722:** Lack of humidity triggers a cold.

**Lona Bluhm, Dept. 1153:** She claims vitamins keep her from getting a cold, but offered this remedy: Goose grease rubbed on the neck, then wrap the neck in a dirty sock and go to bed.

**Gerry Coakley, Dept. 2252:** Remedy — She rarely catches colds now, but told of a cold remedy used when she was a child. A warm mixture of turpentine, kerosene and camphor was applied to one's chest to relieve a chest cold.

**Graham Seiter, Dept. 740:** One catches cold by getting one's feet wet posing for a front page picture in the Westerner. (Editor's note: A day after the picture-taking session, Seiter was stocking up on aspirin for an achy head and sore throat lozenges.)

along without me," he quipped.

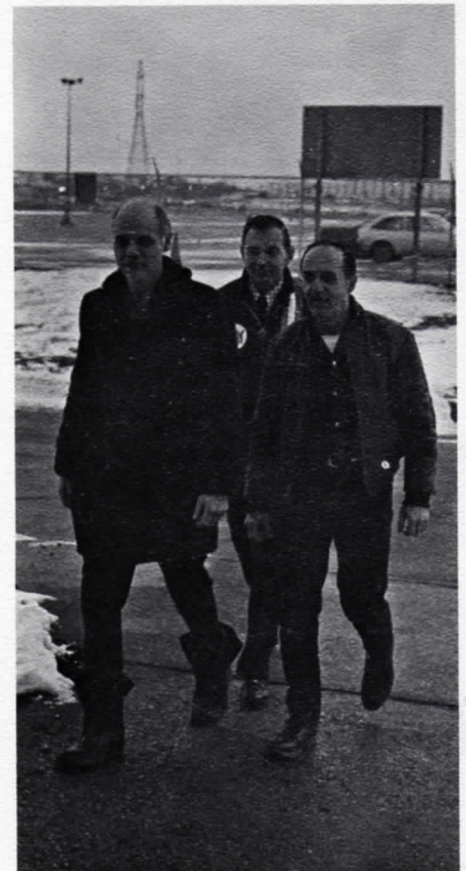
During McCallum's 11 years of perfect attendance, he never had more than a minor cold.

"I've got a job here and I should be here," is McCallum's philosophy. In fact, if he had his way, he would have 17 years of perfect attendance, but once he had strep throat and was sent home to recuperate for two days.

Another employee with a good attendance record, Joe Koch of Dept. 744, thinks that much of people's sickness is psychological. "If you like what you're doing, if you don't mind coming to work, then you don't get sick," he said.

Koch, like McCallum, has a 11-year perfect attendance record, and both were transferred from the Buffalo Works. Not even Buffalo's heavy snowfalls tarnished either men's records, but it was easier to hop a bus in bad weather there than it would be in Omaha's suburbs, Koch noted. He's not sure what effect a severe Omaha snowstorm would have on his perfect record.

Neither is Stubbe sure how long his health streak will continue. "Probably what will happen," he said, "is I'll be sick every day of my retirement."



ANOTHER DAY . . . McCallum (left) Koch and Stubbe (back) add another day to their perfect attendance records.