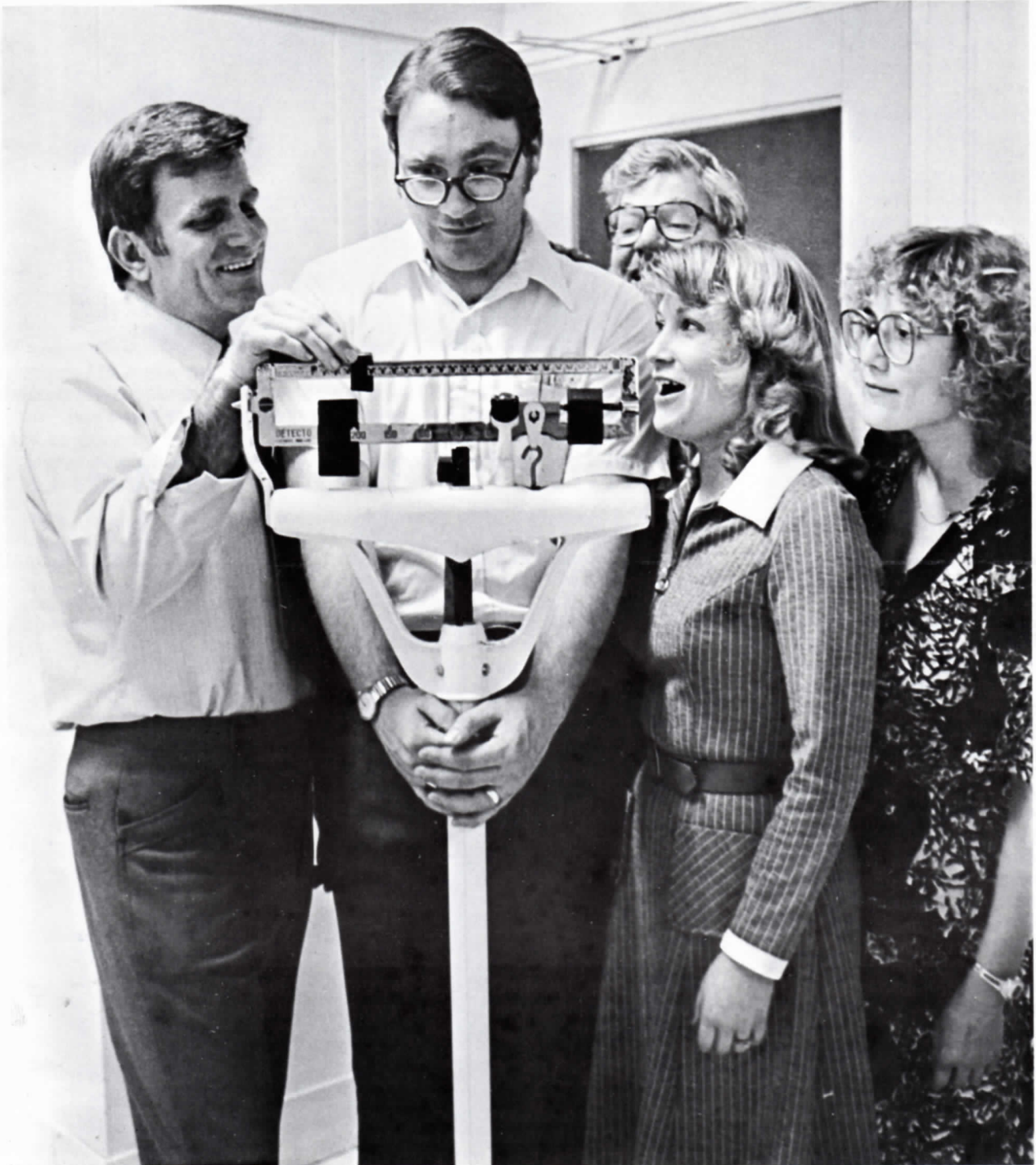


# the Westerner

Omaha Works

March, 1980



Must the truth always hurt? Not if one sticks to his diet. Scale watchers like these share the secrets of their success, while a doctor insists that dieting can be painless.

# for your information

The 21st annual WEOMA Bowling Tournament drew 264 participants last month. Now that the clatter of bowling balls knocking down pins has subsided, the winners can take a bow:

Women's division (first place in all categories): Team — Ruth Young, Beverly Clark, Helen Solomon, Evelyn Dawson, Pauline Smith; singles Class A — Pauline Smith; singles Class B — Ethel Payton; all events — Billie Rochell; high scratch game — Clarice Diggs; doubles — Earlene Brown, Clarice Diggs.

Men's division (first place in all categories): Team — Ross Carbonell, Dale Wineinger, Al Pickering, Arch Witherell, Dick Suverkrubbe; singles Class A — Dewey Ehrenberg; singles Class B — Bud Davis; all events — Terry True; high scratch game — Terry True; doubles — Terry True, Pete Heim.

Charlotte and Richard Wiebelhaus placed first in mixed doubles competition . . .

. . . The daughter of Glenda Allen of Dept. 441 is a finalist in the 1980 Miss Nebraska National Teen-ager Pageant. Sixteen-year-old Colleen Campbell will compete in state finals at Concordia College in June. Should she win the title, she will receive an all-expense paid trip to the national pageant in Atlanta, Ga., where she will vie for scholarships and other prizes. Colleen is a sophomore at Burke High where she is a member of the varsity gymnastics team . . .



Colleen  
Campbell

. . . IBEW Local 1974 has elected new officers to serve three-year terms. Elected March 5 were: president — Mike Quinlan; vice-president — Harlan "Whitney" Clark; financial secretary — Jim Hardick; recording secretary — Vern Larson; treasurer — Jack Philby; executive board officers — Ken Mass, Frank Wisniski, Marie Cook, Mike Kelly, Jim Curran, Bob Alberts and Marlene Wilson . . .



INS AND OUTS . . . Victoria Balsarini is one of the people in Dept. 444 who helps make sure Mike Szymanski's "baby" flies. She's wiring the "in" and "out" wires of cable to a 600-coil load coil before it is encased in a polyethylene cover.

## Patent is labor's reward

When 17-year-old Mike Szymanski took an operating job in the old "rubber shop" at the Hawthorne Works, he never dreamed he'd still be with Western Electric 35 years later. He certainly didn't think he would be awarded a patent.

Today, not only is Mike among those Omaha Works employees with the longest service, but he has the distinction of having been awarded a patent for the load coils manufactured here.

In 1977, Mike and Hawthorne co-worker John Eyestone began working on improving the packaging of load coils. The Bell System had been using load coils for a number of years to help suppress noise in the telephone circuit, Mike said. The design of the load coils Hawthorne had been manufacturing, however, were rather cumbersome in the field.

Working "night and day for about four weeks," Mike and John developed packaging for load coils that reduced volume by about 60 percent, weight by about 50 percent and price by about 20 percent, Mike said. They were awarded a joint patent for their design late last year.

Hawthorne ceased its load coil operations when Omaha began production of the newly designed models. Today Omaha is the only Western Electric location manufacturing load coils.

Mike came to Omaha in June 1978 as a senior engineer to help set up the operation. He knew all along his design of new load coil packaging could mean a transfer to Omaha from his native Chicago, but Mike was eager to move. "I wanted to make sure my baby flew," he said.

This is the first patent Mike has re-

ceived during his long career with the company. It might not have happened had he not taken that job in Hawthorne's old rubber shop.

Working full time, Mike began taking courses toward an engineering degree. Meanwhile, he advanced from operating to inspection in the rod wire mill, until finally he earned his degree. As an engineer, he worked in Hawthorne's precious metal reclamation, metals mill, and then load coils.

Now when someone offers Mike congratulations concerning his patent, it's no wonder he breaks into a broad smile and responds, "It really feels good."

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Editor

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 **Western Electric**

# service anniversaries

## march



Stan Ross  
35 years  
3/26/45

### 20 years

R. L. Hedin  
M. M. Helme  
L. B. Paeper

J. D. Pelczynski  
C. E. Simmons Jr.

### 15 years

O. G. Ayala  
C. M. Brown  
A. Dupree  
S. T. Ellis

J. L. Grovijohn  
J. E. Harris  
V. F. Jones  
A. G. Latimer

J. S. Marfisi  
B. N. McCarter  
R. D. Plummer

S. T. Shaw  
E. H. Sohl  
S. G. Tate

### retirements



Raymond White  
32 years



Charlie Sowers  
32 years



Lynn Allen  
28 years



Mary Welshinger  
29 years



Margaret Maurer  
23 years



Carl Bachenberg  
21 years

Not pictured:

Edward Schleiger  
35 years



Esther Miller  
15 years

### 10 years

J. Alvarado  
D. C. Arnburg  
B. S. Bekaert  
R. J. Belmudez  
V. B. Boults  
B. C. Clanton  
D. E. Clements  
G. G. Daugherty  
J. B. Doose  
J. A. Farley  
M. S. Foster  
G. R. Funk  
R. H. Geise  
G. L. Giesing  
R. Z. Grimm  
A. C. Haar  
L. E. Hoffman

N. C. Honomichl  
I. Jones  
E. M. Lynch  
V. H. McDermott  
L. S. Meyer  
R. Morgan  
G. Morgan III  
J. M. Mueller  
K. B. Mussack  
P. B. Nicholson  
D. C. Oneal  
J. M. Osterchill  
R. C. Peterson  
J. P. Phalen III  
A. D. Pickering  
K. C. Prince  
W. M. Psota

S. L. Riepl  
T. R. Risinger  
R. S. Schimonitz

B. V. Sterkel  
D. E. Tennant  
D. C. Williams

### suggestion box

One week after **Heintz Feuerberg** of Dept. 741 received a \$1,675 suggestion award, he said he still couldn't believe it.

Maybe he'll believe it when he and his wife take a trip to Europe next year. The award Heintz earned has been banked as "a nice down payment" for the trip. A native of East Germany, he hopes to see his sister in East Berlin and visit his wife's relatives. The last time he saw them was four years ago.

Heintz said he has won a suggestion award before, but not one of this size. His winning suggestion was that miniature wire spring relay armature hinge stock be purchased to width size, thus eliminating punches on tools used for shearing.

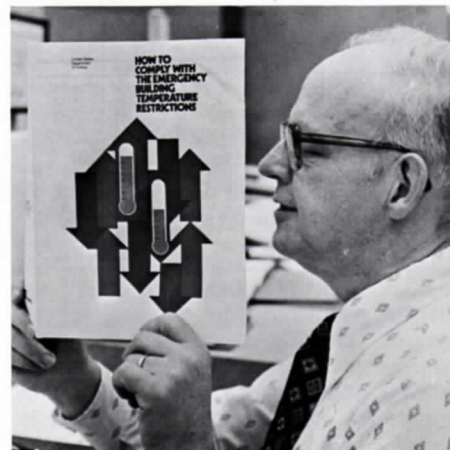
Other suggestion award recipients include:

**Jeanne Opryszko**, Dept. 435, \$420.

**Fred Cappello**, Dept. 745, \$180.

**Francis Beringer**, Dept. 746, \$130.

## energy... less is more



WHEN THE Omaha Works received notice last fall of emergency restrictions imposed by the federal Department of Energy, we were ready. Basically, the restrictions require that thermostats be set at 65 degrees in the winter and 78 degrees in the summer; that thermostats for domestic hot water be set no higher than 105 degrees; and that heating and cooling systems be shut off when a building is unoccupied. John Peterson (pictured here) of Dept. 743 said the Works already was in the habit of lowering temperatures and shutting down systems on weekends to save energy. The effect of the guidelines, then, was to refine the measures already taken. The Works is subject to unannounced federal inspections to assure the rules are being followed. A certificate of compliance is posted in Building 20 on the first floor, just opposite the personnel office.



People with weight problems could well be the fastest-growing majority in the country . . . if not in numbers, certainly in pounds.

"One of the most prevalent health problems today is obesity," said Dr. Lee Grant, Works medical director. About 70 percent of the nation's population is overweight.

Most people don't have more than 20 to 30 pounds to lose, he said. But it's not just the aesthetics that should concern people. "Obesity causes and seriously aggravates many illnesses — heart disease and diabetes, for example." An additional incentive to lose weight is that a person at his ideal weight "will feel better, have more energy, and be more physically attractive," the doctor said.

When people do decide to shed pounds, their biggest mistake is trying to lose too much too quickly. "What they should strive for is losing no more than two pounds per week," he said.

Usually this can be done by "a slight change in diet": cut back on breads,

eliminate high-calorie desserts, avoid fat-containing foods, and cut down on the total amount of food eaten. Good eating habits combined with regular exercise help take the pounds off and keep them off. The exercise "can be done painlessly" in the form of walking at least for 20 to 25 minutes four times a week minimum, Dr. Grant said.

**THE NECESSITY** of checking with a physician before beginning a diet depends on how much weight a person must lose. Dr. Grant said a visit to the doctor definitely is in order if one has 40 or more pounds to shed, or if special or medical conditions exist.

A doctor's help also might be desirable to determine an individual's ideal weight. Standard weight tables are helpful, but do not allow for varying factors — bone structure and muscle mass, specifically. Thus, it's possible that two women of the same height, for example, would have different "ideal" weights.

A physician should be consulted if an exercise program other than walking is

being considered, to determine heart and lung fitness, Dr. Grant noted. He also warned against the dangers of becoming a "weekend athlete," the person who engages in strenuous activity at irregular intervals. To avoid needless strain and for the best results, exercise should be done regularly.

The fact that some people appear to lose or gain weight more readily than others is due to metabolism and individual lifestyles.

"Some people's furnaces are set up higher than others," he said. "They burn calories more quickly than others." Metabolism can and does change with age, too. "The older you get, the harder it is to lose weight and burn calories."

Lifestyle, likewise, can affect person's ability to control his weight. A person lives in an environment in which food is a very important part of the culture, he must be prepared to find ways to avoid calories from excessive or rich food.

**THE WORKS** medical director has little regard for diet pills to help lose weight. "Certainly there are very few reasons for anyone to take diet pills. You can't stay on them for the rest of your life," he said.

Many diet pills contain a derivative of amphetamine, which acts as a central nervous system stimulant. A person may suffer from nervousness and have difficulty sleeping, not to mention the danger of becoming dependent on the pills. The pills do curb the appetite, but Dr. Grant questions a person's ability to

(Continued on Page 6)

# Winning a losing game

# Diet with the group . . .

Misery may love company, but at least two groups of Works employees have discovered that the misery of dieting can become much more palatable when it's done together.

There is a loosely knit group of "scale watchers," whose members subject themselves to daily weigh-ins on the hallway scale outside the medical offices. The other is a much more highly organized group called The Fat Club, whose members must adhere to strict rules or be out of the club.

**THE SCALE WATCHERS**, who hail from the accounting department, rely on mutual association as incentive to stick to a diet. They needn't lose a set number of pounds to be considered one of the group — they don't even have to weigh in together.

What matters is that each is trying to lower or maintain his weight. They keep each other informed about how well they are doing, following an honor code system.

If someone reports a pound or two lost, he's praised. "If someone's naughty and has gained, we harrass him a little," said group member Gene Lake. A successful report tends to encourage other members to follow suit, he said.

That good-natured teasing may tempt them to withhold information, noted member Gay Allen: "If you've lost weight, you go back to the department and tell everybody. If you've gained, you just kind of sneak back."

Scale watchers know all the tricks to weighing themselves. "I always take off my shoes," said member Cindy Fricke. John True and Dick Maxwell admitted to emptying their pockets first.

All of them said they prefer the Works scale to home scales because they think it's closer to being accurate. If the thought of passers-by witnessing their weight is too upsetting, they can "weigh in" early in the morning when everyone else is buying coffee," as Gay prefers. Or they can do as Cindy does: Move the scale markers back to zero so no one will ever know.

**THE FAT CLUB** is nothing new back in the tool room. Its members have lost weight before — maybe a total of 2,000 pounds in the last five years, said a member — only to gain it back, lose, then gain again.

"This time we really mean it," said club chairman Tom Schulte, referring to the current "fat-athon" which began at the start of the year. Once members lose 10 percent of their individual weights, they plan to maintain their new weights.

Twelve of the original 13 members each has managed to lose the required one pound minimum per week according to club rules. They weigh themselves

"before a witness" every Monday, Tom said. "You can be sure that we wear lightweight pants, no T-shirts and socks with holes in them" that day.

Removing one's shoes is permitted to make the pound minimum. "So far no one's stepped on the scales in their underwear," Tom noted.

The most difficult part about their fat-athon, one member offered, is "not eating," especially if one is of the opinion, "If it tastes good, eat it," member John Winchester said.

Tempers rarely flare up, however. As Ken Wadum explained, "I don't get grouchy — I'm that way normally."

In fact, members delight in hurling "fat jokes" at each other. Apropos captioned photos find their way to department bulletin boards, and the group even keeps a scrapbook complete with end pieces of belts belonging to those with trimmer waistlines. The good-natured ribbing seems to provide the incentive to lose weight.

**EACH HAS** his reasons for dieting. "It's not easy carrying all that weight around all day," said Frank Caruso. Member Jerry Sparck knew he was too heavy when "my boat motor wouldn't pull me on skis."

(Continued on Page 6)

## . . . or go it alone

She's still "startled" when she unknowingly walks past a mirrored wall, thinking the trim figure she sees is someone else.

Eleanor Hundt of Dept. 413 is used to seeing a heavier self — some 50 pounds heavier. But that old self began transforming into the "new" Eleanor in August 1978 when "something clicked," she said. "I got tired of being fat" and resolved to lose excess weight for good.

Not that she hadn't tried dieting before, and successfully at that. Somehow she always managed to regain what she had lost until "the only thing I knew would fit were my shoes," she said.

This time around, Eleanor took a different approach. First — and most important — she convinced herself that "food is unimportant. It's a matter of mind," she said. Labeling herself a "foodaholic," Eleanor explained that she can eat even though she's not hungry. "I start eating and that's it."

Complete abstinence from liquor may solve an alcoholic's problem, she said, "but a foodaholic still must eat." The

(Continued on Page 6)



Tom Schulte



Ken Wadum



Jerry Sparck



Eleanor Hundt



Joe Kessler



John Winchester

# How to win at losing

(Continued from Page 4)

muster will power in the face of hunger after the pills are stopped.

Dr. Grant also has little faith in devices which, when strapped to various problem areas of the body, are said to take off inches. Neither does he think much of fad and "crash" diets as ways to take off pounds permanently.

A person can go on a starvation diet for a short period — "it isn't going to kill you, particularly if you're not trying to lose more than 10 or 15 pounds. But it doesn't do you any real good," he said. People tend to gain back weight lost through such diets, because they have not nurtured proper eating habits to maintain their lost weight.

He does think that recognized commercial weight reduction programs do have merit. Many take a group therapy approach and "sometimes this can be very helpful," he said.

**STILL**, in groups or individually, gradual weight loss is the key to dieting, Dr. Grant reiterated. Weight is gained slowly; it should be lost slowly.

When one cuts back on desserts and starchy foods, it doesn't mean the food selection is less enjoyable, either. "You don't have to have potatoes all the time — pick a vegetable with fewer calories — become calorie conscious," he said. "You've got to learn to like a lot of different foods" and dieting becomes easier.

"Most people must constantly control their weights," he concluded. The best way is to weigh yourself the same time every day, and don't let your weight get out of hand."

# Christmas without goodies

(Continued from Page 5)

answer, she decided, was to "cut out." Eleanor has quit eating late-night snacks, she's eliminated all pastries, desserts and bread, and eats smaller portions of other foods. As she shed pounds, her incentive grew.

Christmas is the most difficult time for her because she misses the goodies — "I have such a sweet tooth," she said. She has learned to expand her food choices by acquiring new tastes for foods she substitutes for those on her forbidden list.

Occasionally, she falters: "I do go on binges," Eleanor admitted. Not long ago she bought a cherry pie and "I ate the whole thing myself."

By February of last year, she had lost 50 pounds and decided to begin an exer-



"LOOK, REAL FOOD!" . . . Dieters Frank Caruso (left) and Jerry Jones would gladly trade their salads for the array of food on the tray of Vince Mankowski, an early dropout of The Fat Club.

# Together they lose weight

(Continued from Page 5)

The way each loses weight varies, too. Joe Kessler "switched mainly from beer to diet pop." Ken and John like to lift weights, while Frank avoids eating all the leftovers at home. Frank also re-enrolled in judo school where "twice a week they beat on me until the weight is gone," he said.

Jerry Jones simply cuts down on what he eats, but someone suggested, "that means he eats for three people instead of five."

Members like what they see when they view themselves in the mirror, now. "I

even tuck in my shirt occasionally," Tom said.

But don't expect to see the tool room group sporting new clothes to show off new physiques. As one member said, "We're just glad that what we have finally fits."

**EDITOR'S NOTE:** On the cover are "scale watchers" Gene Lake (from left), John True, Dick Maxwell, Cindy Fricke and Gay Allen.

## BSSP/SSP results

The following are the January unit values for both the Bell System Savings Plan (BSSP) and the Savings and Security Plan for Non-Salaried Employees (SSP):

	BSSP	
	Units Value	Units Credited Per Dollar
AT&T	1.9097	.5236
Gov't Obligations	2.0571	.4861
Equity Portfolio	1.5538	.6435
Guaranteed Interest Fund	1.0071	.9929
	SSP	
	Units Value	Units Credited Per Dollar
AT&T	.8920	1.1210
Guaranteed Interest Fund	1.0885	.9186

# Who says go? They do

Just when it appears things are going smoothly, there's not enough spinodal to go around.

It's not a simple matter of running to the store to buy more, either. Spinodal may sound like a kind of ice cream, but it's really a copper-based alloy crucial to the manufacture of 711 connectors.

Spinodal is one reason why the Omaha Works isn't in a "ready to manufacture" (RTM) mode with regard to 711 connectors. It also points to the important role of the Works' New and Changed Design Committee.

"The committee has the sole responsibility for determining the RTM date," said Gene Saab who chairs the group. The Product Line Planning and Management (PLPM) organization in Atlanta tells us what we will manufacture at Omaha, but the New and Changed Design Committee says when.

The committee seeks to determine as accurately as possible the date a new product or significantly changed product will be available to customers. The importance of that function cannot be underestimated, Gene said.

"The telephone companies have planned their jobs around a promised product. If we don't meet the announced date and it's not delivered on schedule, it hinders the completion of their project," Gene said. They may turn to competitors for the product and we would lose sales.

**THE COMMITTEE** was formed in July 1977 "to better coordinate the introduc-

tion of new products and changes to existing LTA products," Gene said. Today when the committee meets formally once a month, about 60 different products are reviewed to determine an RTM date.

To arrive at a date for a product, each of the following factors must be considered: engineering data; Bell Labs design information; coordination of drawings; manufacturing and tool analysis; layouts; ordering materials; coordination of plant facilities, and tool-made samples for Bell Laboratories.

Members on the committee have diverse skills to better determine an accurate RTM date: production control personnel; engineering department chiefs for all LTA products; the Works' new products administrator; and a representative from Atlanta's PLPM. Besides Gene, committee members include Jack Harper, Maurie Johnson, Bob Denton, Tom Bowman, Ralph Brewer, Roger Neumann, Irv Rada, John Bell and Jim Schwetz.

Not until the situation is "go" in all areas can Atlanta's PLPM be notified that Omaha is ready to manufacture a product and have it available by a certain date. The PLPM, in turn, works with AT&T to announce the availability of the product to the operating telephone companies.

**EVEN IF** a product could be highly in demand by customers, the RTM date isn't set prematurely. Instead, we often



**COMING ATTRACTION . . .** Karen Anderson of Dept. 435 heat-stamps 711 connectors that are being manufactured on an allocated basis in advance of an RTM date. Meanwhile, planning engineer Al Kummer (right) discusses the qualities of spinodal with Jack Harper.

work with the customer to provide limited quantities in advance of our full-scale production — the RTM date, said committee member Jack Harper.

The 711 connector is one such product expected to be quite popular with customers because its contact elements have a "memory" permitting multi-gauge wire usage and up to 10 reconstructions. The Works has been making some 711 connectors for customers on an allocated basis, Jack said. To date, the committee hasn't announced a firm RTM date because of difficulties getting plastic parts and a shortage of spinodal, the alloy which gives the connector its memory capabilities.

Without the committee to determine difficulties and resulting delays in production, said member John Bell, "it's possible that an unrealistic RTM date (for the connector) could have been established." A promise to the customer would have been broken.

"We do have a tremendous responsibility and work under a lot of pressure because of the potential loss of sales," admitted Gene Saab. But significant strides have been made in determining a delivery date to the customer.

"Even though we still miss some dates, communication lines to the customer have improved considerably," he continued. "Now the committee can peg problems in advance and alert the customer so he can revise his planning."



## Nuclear expert speaks at Works

INTERVIEWS by the media are nothing new for Norman Rasmussen (right), who heads the nuclear engineering department at the Massachusetts Institute of Technology. The author of the "Rasmussen Report" — a study of nuclear plant safety — was a guest speaker at the Omaha Works during Engineers' Week last month. In 1975 he led a 60-member team of nuclear experts in what became a controversial study on the safety of light-water reactors. The study was considered a standard of atomic safety estimates. The visiting expert, a strong supporter of nuclear power, was interviewed by local media after speaking with Works' engineers and tech-pros.



**SAFETY PRACTICED . . .** Bob Morey (left) and Jerry Proctor watch the operation of an in-line welder, one of the machines in Dept. 728 featuring guards (visible in foreground).

## SQC is keeping tabs on quality

They're keeping their calculators handy in the statistical quality control (SQC) department.

The points are being tallied to determine which subbranch will have acquired the best quality record by the end of 1980, said Lyle Hermanson, SQC department chief.

For each of the eight rating periods during 1980, each subbranch will be awarded points according to its quality performance. Performance will be evaluated based on five criteria: T-rates; lowest Demerit Index; greatest Demerit Index improvement over previous rating period; lowest percent of process weeks "out of control"; and greatest reduction in percent of process weeks "out of control." For the first rating period of 1980, Subbranch 280 accumulated the most points for the best quality record.

The effort is an attempt to increase awareness of the importance of quality workmanship, Lyle said. It follows an excellent quality record for 1979, when the Omaha Works had no more than five products rated below normal for the year.

The Works' goal for 1980 is to have no more than six products rated below normal. This year, more products are on the quality rating list than last year, increasing the chances for problems to surface, Lyle said. "This means we're going to have to try even harder."

# Never let your guard down

A plaque hangs in the office of Dept. 728 commending the department's employees for having achieved one million man-hours without a disabling injury on the job.

They take seriously the motto, "Always keep your guard up."

Air tools, presses, forming tools and high-speed coil winders are examples of the kinds of equipment used by department employees to manufacture miniature wire spring relays. There's a potential for a lot of smashed fingers, said Bob Morey, department chief.

But for five years and two months — from Oct. 7, 1974 to Nov. 5, 1979 — not one disabling injury occurred in the department. Employees have been careful to use machine guards and take other precautions to assure their safety.

"There's an element of luck involved" in working one million man-hours safely, Bob said, "but our people are very conscientious, too."

Jerry Proctor, a department employee who operates an in-line welder, has a

theory about how the safety record was attained. "Everyone looks out for one another," he said. "If you see someone doing something unsafe, you make them aware of it."

For example, the machines have guards, said Jerry, but the operator must remember to use them.

Agreeing with Jerry is Betty Clanton, who operates a machine to weld contact elements on the mini-relays. As she worked, she pointed out sparks that sometimes fly out from the machine's moving parts. Using her machine's plastic guards at all times is essential for protection, she said.

All 206 of the department's employees attended one of two programs in the auditorium last month for refreshments and presentation of the plaque. Chuck Meetsma, Works general manager, presented the plaque to Bob Morey, who accepted it in behalf of the employees. Each employee received a flashlight, courtesy of the safety organization.



**ALL WOUND UP . . .** Judy Coffey of Dept. 443 demonstrates to Dennis Belieu (left) and John Williams the load coil winding technique.

## Works sponsors tour of Bell Labs

The Omaha Works sponsored a tour of the Bell Labs Murray Hill location last month by a student and teacher from Central High. Dennis Belieu, a senior at Central, and John Williams, a chemistry teacher, were selected by the Omaha Public Schools to participate in the Bell System High School Science Visit Program.

The aim of the program is to promote career motivation in the science and engineering fields and to increase science awareness. The son of Mr. and Mrs.

Wendell Belieu, Dennis plans to attend Iowa State University where he will enter the College of Engineering. He plays the French horn in Central High's band and orchestra, and is co-captain of the swim team.

Prior to their departure for Bell Labs, both student and teacher were guests at an Omaha Works luncheon and tour. Also guests at the luncheon were the Belieus; Dr. Owen Knutzen, superintendent of OPS; and Dr. Gaylord Moller, principal of Central High.