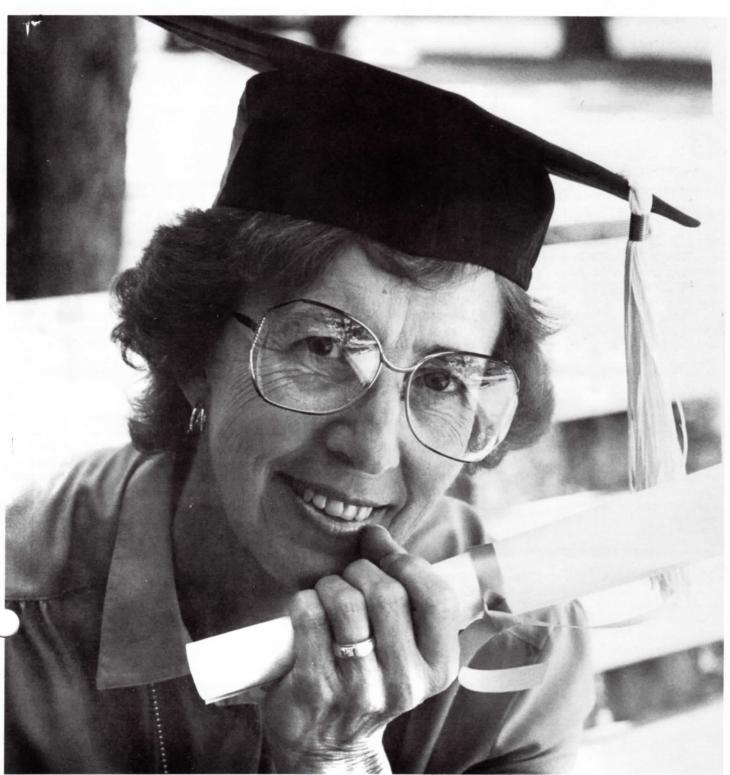


### WESTERNER

Omaha Works May/June 1990



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Can you make the grade?

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### On the cover

Vivian Wiblishouser knows the thrill of graduation. Although she chose to forgo spring baccalaureate ceremonies at the College of St. Mary, neverless she thinks that having earned a bachelor's degree after 10 years of weekend classes is cause to celebrate. Wiblishouser, a participant in AT&T's Tuition Assistance Plan (TAP) which covered her tuition, wrote "Amen" on the final company form she submitted indicating her schooling was completed. A story about her and other Works employees who have gotten a boost with their education thanks to TAP starts on Page 6.

### WESTERNER

Linda Ryan, editor Published by the reproduction department for employees of AT&T Network Systems, Omaha Works P.O. Box 37000 Omaha, Nebraska 68137 402-691-3795



## Final exams: It's your turn

**S**chool's out. Final exams have been taken, grades have been given and diplomas and degrees have been presented.

Can you make the grade on a "final exam" on the Omaha Works? It's easy – really. Read each question and choose the correct answer from among the multiple choice offerings. The right choice (get it?) for each question is given at the end of the test. A less-than-perfect score means it's back to summer school you go.

1. What is Halar®?

(a) A famous comet last seen in these parts in May 1986 that won't be seen again until the year 2061.

(b) A fluoropolymer that is used to insulate wire for plenum cable.

(c) A glow of light that surrounds the heads of angels and the folks who work in customer service.

2. What is a 76 binding post?

(a) A terminal to which wire is attached for the purpose of making an electrical connection between the central office and the customer.

(b) A small-town newspaper.

(c) An area in the lower level where people are punished if they cannot say what the initials "JIT" stand for.

3. What is top coating?

(a) A clear coating added to new cars to keep them looking shiny

but making it impossible to touch up paint chips.

(b) Chocolate sprinkles, nuts, crushed cookies and gooey syrup added to sundaes when we need to consume more calories.

(c) A layer of ink applied to the surface of wire to color the wire. The Omaha Works uses a patented inking process which topcoats the Halar insulation used on wire rather than dispersing the pigment throughout the insulation itself. This eliminates having to purge insulating lines of the different colors of insulating matter every time we want to change the color of wire being produced.

4. Why do we color wire anyway?
(a) To identify pairs for installation purposes. We offer five base colors for wire as well as 10 different "band" colors (gives the wire a striped effect) which results in

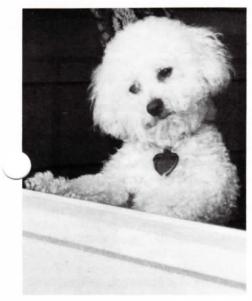
### Westerner to be quarterly

This issue marks the last bimonthly publication of the Westerner.

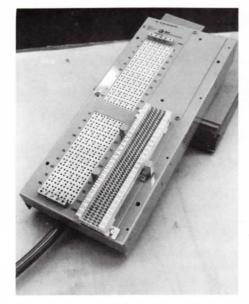
Following issues, the next one slated for publication in September, will be published on a quarterly basis. The change is being made so that editorial assistance may be directed toward the publication of Employee Involvement Today, whose editor is Linda Enterline.

The Westerner will continue to offer comprehensive news and feature articles about AT&T, the Omaha Works and its employee as well as retirements and service anniversaries.

Of course, your story ideas and comments about the Westerner are still welcome and encouraged. Please send your comments to Linda Ryan, Westerner editor, c/o public relations, Dept. 521.



SEE NO. 5 . . . Choose (a) . . .



(b) . .



or (c).

50 different combinations of wire insulation colors from which to choose.

(b) To hide the gray.

- (c) Because we like to color and are very good at staying between the lines.
- 5. Which of the three photos on Page 3 shows a building entrance protector?
  - (a) The doggie in the window.
- (b) Apparatus assembled in IBU 596.
- (c) Pinkerton guard Steve Peaslee.

6. What is a bus bar?

- (a) Short for "business barometer," an indicator of fluctuations in the Works' manufacturing operations.
- (b) An important piece of equipment made of aluminum or copper and used to ground central office equipment in the event of power surges.
- (c) A mobile salad bar on city buses, designed to attract more riders.
- 7. Why do employees who work in e DSX 3/4 area wear wired ack armbands that plug into an outlet?
- (a) To prevent electrostatic discharge (ESD) which could damage components during printed wiring board assembly and testing operations.
- (b) So employees won't get lost in a strong wind.
  - (c) It's a sign of mourning.

- 8. If you are looking at an AMADA you are looking at:
- (a) A member of a Greek fraternity at Creighton University.
  - (b) A motel.
- (c) A computer numerically controlled turret punch press that provides versatile and precise fabrication of holes in sheet metal used in various Works products.
- 9. What is a hog mill?
- (a) A popular, all-you-can-eat restaurant.
- (b) A plant where hogs are slaughtered.
- (c) A cutting tool used to remove large amounts of metal during milling operations.
- 10. Describe the "Blues Brothers."
- (a) Dan Aykroyd and John Belushi.
- (b) Merle Dinslage and Gene Saab.
- (c) The nickname for two automatic assembly machines blue in color that are used to help manufacture 710 connectors.
- 11. Why do we use Teflon® coating on all of our high-performance data cable?
- (a) Because you never have to worry about data sticking to the walls of the cable.

- (b) Because Teflon gives the best electrical performance of any plastic insulating material.
- (c) Because fried eggs won't stick to it.
- 12. What is an N-type cable terminal?
- (a) A pole or strand-mounted terminal used as an interface between the customer and the central office. It interconnects the customer's cable to the cable leading to the central office.
- (b) The passenger pickup point reserved only for the cable car that carries Nebraska "Go Big Red" fans
- (c) I used to know the answer but I can't remember it now.
- 13. Why are FDIs green?
- (a) Because these government agents have discovered that green is good camouflage that keeps them from being spotted during undercover work.
- (b) It is a standard color of FDI (feeder distribution interface) cabinets because green pigment has a very high resistance to damaging ultraviolet rays.
- (c) Because it is Rich Runnels' favorite color.

(Continued on next page)

### Final exams continued

14. Rose Rodgers is pictured on Page 4. What is she doing?

(a) Stretching spaghetti for Thursday's lunch menu. Stretching is what makes spaghetti go a long way to serve crowds.

(b) Making colorful string

licorice.

(c) Wiring an 1800-pair FDI cabinet panel.

15. Describe plenum.

(a) What you do to doors when humidity makes them stick.

(b) The opposite of fancyum.

(c) The air return path of a central air handling system, such as ductwork or open space above a suspended ceiling. The plenum cable we make, a special fireresistant cable used in buildings, is installed in this air space.

16. Define "fiber optics backbone."

(a) A comprehensive light fiber cable network throughout the Works' buildings which handles high-density information such as computer data, with the potential to handle voice and video transmissions.

(b) A set of vertebrae held together with glass pins.

(c) That part of the human skull which encases the eyeballs.

17. What is a powder paint room? (a) Where women go to freshen

up their makeup.

(b) Where paint in powder form is stored.

(c) A special room where powder paint is electrostatically applied to cabinet parts as they move along a line prior to being baked dry. Electrostatically applied paint provides for more even and thicker distribution than wet paint, and adheres better to corners and crevices for longer wear.

18. Employees make a family of composite cable (nicknamed "hybrid" cable) in the cable shop.

What makes this the hottest electronic wire and cable product going?

(a) It offers the transmission capability of both fiber optics and copper. It simplifies installation because only one "pull-in" is required to lay cable for transmissions over fiber optics and copper.

(b) Due to the success of hybrid seed corn, this hybrid cable should prove just as popular.

(c) It's one of the nicest families you'll ever know.

19. What is a 700 jack assembly? (a) What you use to change a

flat tire.

(b) A convention limited to 700 people named "Jack."

(c) A registered interface that maintains the connection between telephone company and multicustomer equipment and clearly demarcates which belongs to the phone company, which to the customer.

20. What is a C.O. connector? (a) The role that Arnold

Schwartzenegger plays in his latest movie.

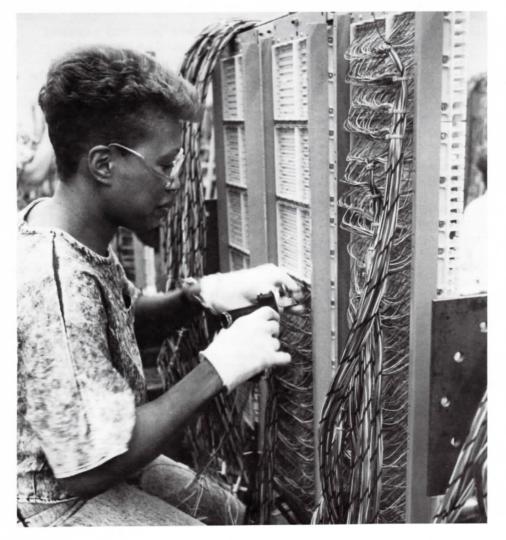
(b) A unit for terminating and protecting outside plant cables going into a central office. The unit is equipped with 3- or 4-type plugin protectors to provide electrical protection to the central office apparatus as well.

(c) Someone you should know to

get ahead in your job.

#### **Correct Answers:**

1-b; 2-a; 3-c; 4-a; 5-b; 6-b; 7-a; 8-c; 9-c; 10-c; 11-b; 12-a; 13-b; 14-c; 15-c; 16-a; 17-c; 18-a; 19-c; 20-b.



ROSE RODGERS . . . What is she doing? See No. 14.

### etc.

Marx, Hughes visit

The president of AT&T Network Systems, Bill Marx, spent a day visiting with Omaha Works employees and touring the shops May 24. Accompanying him was Greg Hughes, president of Network Cable Systems.

Marx met with a cross-section of more than 200 Works employees in the auditorium, providing an opportunity for questions and answers after his presentation. He lauded employees for their increasing involvement in the decision-making process of manufacturing operations, saying that employee responsibility and responsiveness to the customer's needs go hand-in-hand to ensure the company's success.

Marx and Hughes also spent portions of the morning and afternoon touring Buildings 30 and 50, stopping to talk with employees along the tour.

### Alliance scholars

The Omaha Chapter of the Alliance of Black Telecommuncations Employees has awarded \$500 scholarships to three recent high school graduates. This is the second year the organization has awarded scholarships, which were presented at a brunch May 12 at the Holiday Inn.

The recipients are Kimberly Spurlock, daughter of Evelyn Spurlock: Scott McPhaull, son of Shirley McPhaull, and Trena Guidry, daughter of Mr. and Mrs. James Oates.



Kimberly Spurlock



Scott McPhaull



THUMBS UP . . . Bill Marx (left) gave the "thumbs up" sign when he stopped to talk to Carl Soby (right) and Al Sheppard (middle) of Dept. 511. They were discussing the important roles of trades and engineering in manufacturing.

Spurlock is a graduate of Burke High. She plans to attend Creighton University where she will major in business administration.

McPhaull, a graduate of Central High, will attend the University of Nebraska at Omaha (UNO) and will pursue a civil engineering degree.

Guidry will attend St. Mary's University in San Antonio, Tex., to major in international relations. She is a graduate of Bellevue West High.

The scholarships were awarded on the basis of grades, extracurricular activities and recommendations of school and community officials, said Cid Stinson,

chapter president. "We are very pleased to be able to help a few of our youngsters who have demonstrated that they care about excellence and have set goals to become productive citizens and contribute to the greatness of America.

### **Promotions**

The promotions of two staff members in the informations systems development department (ISD) have been announced.

Tom Adamson and Dave Martin both have been promoted to senior staff members. Their promotions were effective on May 15, 1990.



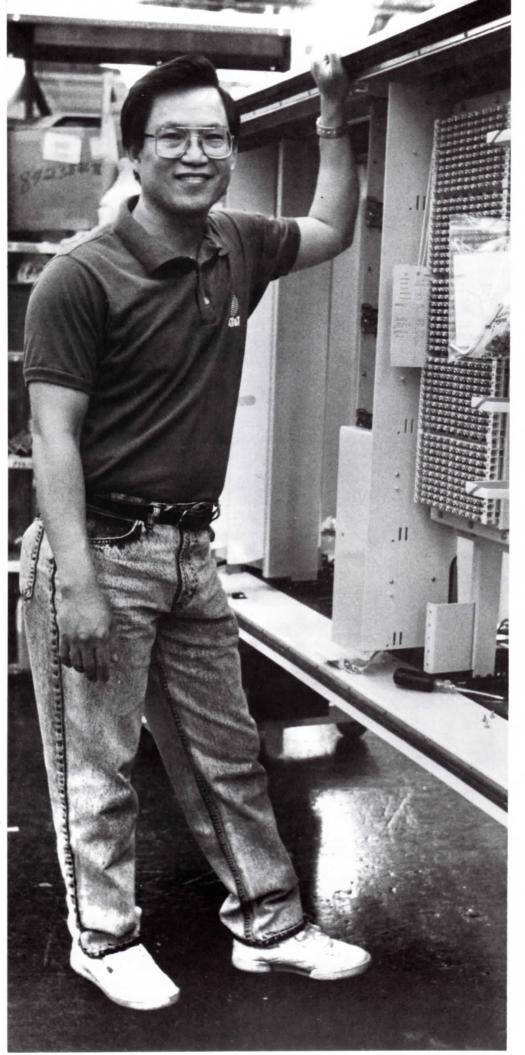
Trena Guidry



Dave Martin



Tom Adamson



# TAP is a in quest

**B**i Van Nguyen is back in school.

It's the second time around for Nguyen, who is going after a bachelor's degree again. Only, this time he is tackling his studies entirely using English—not his native Vietnamese—in a land far removed from what used to be his home.

Vivian Wiblishouser, meanwhile, is finally out of school. After 10 years of weekend classes and juggling homework with job and household responsibilities, Wiblishouser finally has the college degree she was unable to pursue right out of high school.

Two people, two backgrounds, but one common goal: To achieve their "personal best" in higher education. What's more, both have relied on AT&T's Tuition Assistance Plan (TAP) to help them reach their goals.

The company encourages employees to pursue work-related education that will help the individual perform on a job more effectively as well as expand the employee's career options. TAP refunds the cost of tuition and

BI VAN NGUYEN . . . He works on 80-type cabinet power panels while on his second-shift job, and on getting A's when he's attending classes at CSM. If it weren't for the company's tuition assistance, he said, "I wouldn't be going to school."

# atalyst for learning

approved fees to eligible employees enrolled in courses or degree programs at accredited learning institutions.

To be eligible for tuition assistance, an employee must meet the requirements of approved courses or programs (details are available in the Employee Resource Center. Bldg. 20, lower level – west). In general, a course or degree program must improve or maintain an employee's job-related skills or help qualify an employee for jobs reasonably attainable within AT&T. (However, the company makes no commitment to employees in TAP that they will earn improved job status upon completion of course work beyond that to which they are entitled).

During a calendar year, an average of 75 to 100 Works employees like Nguyen and Wiblishouser are enrolled in TAP, said Chere Hunt of the resource center. Their course of study and the reasons why they chose to "hit the books" vary.

The empty nest

For Wiblishouser, her decision to pursue a bachelor's degree in business administration was influenced by the empty nest syndrome.

Her youngest son graduated from high school in May 1979,. she said, "and by summer I could see it was going to be a dull life."

She came across a newspaper ad for the College of St. Mary (CSM) which offered a new degree program to adults who wanted to further their education. Wiblishouser signed up for just one course initially - the "dynamics

of business" - to see how her "learning capabilities" would fare. After all, she hadn't been in school since her high school days 25 vears earlier.

"I really got hooked," she said, admitting, "I've always liked school." Wiblishouser, who is now a supervisor in IBU 593, was a third-shift production employee back in '79. She used to take her school books to work to study during breaks. One night her supervisor noticed her studying and told her about the company's tuition plan.

"That helped me to decide to go back full time," she said, and she enrolled in CSM's degree program. With tuition assistance, she could fulfill the dream to attend college which she had as a high school senior.

"I had won a scholarship to go to Midland College but financially my family wasn't in the position to pay the difference" in tuition costs, she recalled.

Ten years of classes on weekends, taking anywhere from three to nine credit hours per semester, wasn't easy. "I had a hard time," she said, not being able to spend time on weekends with her four children and their growing families. She especially missed specialoccasion celebrations like weddings and birthdays, often dashing to a party after classes "to see if there still were cars parked out front."

Still, Wiblishouser never missed one class except in the last semester when she was hospitalized, and she never doubted that she would earn a degree. "As the hour added up, it gave me momentum to continue," she said, "and I had

good support from my kids."

She graduated in December 1989 with better than a 3.5 (B+) grade point average. Without tuition assistance, she thinks she still would have pursued her degree but probably not at the college of her first choice.

"I am just thrilled," she said about having graduated, and is grateful for the company's tuition plan. "I encourage my employees to go back to school, too.

'Accept it as a challenge," she tells employees, "make it a strong point in your personal goals." People may think they don't have time to continue their education but fortunately, she said, priorities change as people grow older.

At some point, it's not so important to do things like "washing all of the windows every spring." What matters more, she said, is personal growth.

Set an example

"I want to be the best I can be." said Nguyen about his return to school. He seeks a bachelor's degree in computer information

systems management.

Never mind that he already has devoted long hours of study toward a degree as part of his military training in the Vietnamese naval academy. Nguyen, his wife and three children make their home in America now, having escaped by ship under mortar fire when Saigon fell to the North Vietnamese in April 1975.

"I have come here to a new culture to start a new life," he said, "and I want my children to

(Continued on next page)

### TAP is catalyst continued

understand the importance of education. Education is very important for any culture."

His drive and determination are not surprising if one considers Nguyen's background in South Vietnam. After high school in 1967 he passed a national exam which qualified him for his country's naval academy, and eventually he was commissioned as a lieutenant, junior grade.

In 1971, he began serving alongside American military personnel in the Navy SEALs, an elite squad whose secret missions infiltrated behind enemy lines. He was equally skilled in undersea and airborne assaults and jungle warfare.

He was injured on two separate occasions when his squad was ambushed. He was recovering in Saigon from his second injury when it became apparent the city would topple to North Vietnam. Nguyen, his wife and first-born infant son narrowly escaped. (In fact, his brother and sister later escaped and only his mother remains in Vietnam.)

In September 1975 Nguyen's

family moved to Omaha, where he began working for an AT&T service center in 1977. In 1983 he came to the Omaha Works where he now assembles 80-type cabinets in IBU 581 on second shift.

He began taking a couple of weekend classes at CSM through the Tuition Assistance Plan last fall and, after a summer break, will resume studies this fall.

"It is very difficult," he said.
"You have to schedule and balance
your time, you want a good grade
average." The difficulty is
compounded because English is
Nguyen's second language
(actually third—he also speaks
French).

He squeezes in study time in the morning after his wife and children leave for work and school, after household chores are done and before he must report to work. He makes a point of planning family activities on weekends after classes because, he said, "the family must come first."

Although he admits to having "highs and lows" on the path to earning a degree, Nguyen said he is grateful that TAP has given him the opportunity. He also is determined to impress upon his children by example the importance of seeking a good education.

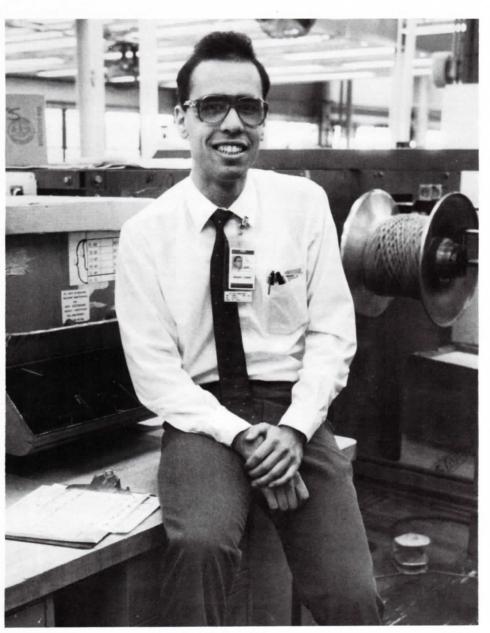
"They know I have a degree in my country, they see me starting over, they see me come home from work exhausted," he said. He does it not because he expects it will land him a different job, Nguyen continued, but because "education is important for the total person. I do it for myself."

He reminds his children: "A person without knowledge is like a tree without fertilizer. It cannot grow."

#### Wants a challenge

It's a good thing Sandra Schovanec of IBU 592 likes to reacin her leisure time. It's made it easier for her to adjust to being a student at Metropolitan Community College after assembling and testing DSX 3/4 apparatus on the day shift.

Schovanec has been a participant in TAP for the past three years, ever since she began



JERRY ALVAREZ . . . With a bachelor's and master's degree already to his credit, Alvarez (pictured in the Reelex winding/packing area) is considering returning to school for yet another degree.

attending Metro in pursuit of an associate degree in business management.

A single parent with a teen-age daughter still at home, Schovanec said affording tuition "would really be difficult for me" without TAP. "I like the fact that the company pays the tuition in advance" instead of waiting until grades are given.

She decided to enroll in the college, taking two to three courses per quarter, because "I want more of a challenge," she said. "I like working for AT&T – the benefits and pay – but I want more than

production line work."
Schovanec said that earning a degree is no guarantee that she will embark on a business career with the company, but she wants to be prepared in case that opportunity ever should arise. Anyway, she thinks her studies already have helped her at work in Justin-Time (JIT) and certification applications.

Juggling work and home duties with school usually isn't a problem for Schovanec. Her 13-year-old daughter is active in sports, so she tries to schedule classes around practices and games.

"Personally, I don't find it difficult, I enjoy being a student and doing homework," she said. She envisions that she will pursue a bachelor's and a master's degree, "going to college with my daughter – it probably will take that long."

Schovanec usually takes a week night and a Saturday course, and "I stay up late quite a bit. That's my best studying time when there's no noise or distractions." If she gets bogged down in an assignment, she goes to bed and gets an early fresh start. It must work – she carries a 3.9 (A) average.

"I push my daughter, so I figure have to push myself, too," she xplained.

Schovanec thinks more employees would return to school using TAP, but "fear of change or the unknown may be keeping some of them from pursuing their education.

"They need to try it," she suggested. "They'll probably kick themselves for not doing it sooner."



SANDRA SCHOVANEC . . . She's determined to get an associate degree, then a bachelor's, then a master's – even if it means using a day of vacation to study so she can maintain her near-perfect grade point average.

School by satellite

During the first year of his studies toward a master's degree in manufacturing systems, Jerry Alvarez commuted twice a week roundtrip about a 100 miles to the University of Nebraska at Lincoln (UNL). For the next two years until he earned his degree, he traveled only a fraction of a mile to classes.

Alvarez attended classes on Works premises the latter two years, he said, by way of satellite dish hookup with UNL (the university's CORPNET program). It eliminated the worry of missing classes when the weather was too inclement to drive to Lincoln.

Originally a member of the Works engineering staff and now a

supervisor in IBU 553, Alvarez had a bachelor's degree in mechanical engineering when he began his master's degree program in 1985. He earned his master's by August 1988.

He praised the company tuition plan as "an incentive for people to explore any career possibilities they may have without (burdensome) expense."

He decided to go after a master's degree because, "it's another tool to help me do my job," Alvarez said. "I saw there were many things going on here (such as JIT involvement), and this master's program had a lot of things I could

(Continued on Page 11)

### Retirements

These employees have joined the growing list of Omaha Works "alumni." Their retirements are effective in May or June.

### Not pictured:

Geraldine Busing – 19 years Larry Doeden – 30 years Ralph Haines – 29 years Gladys Hamaker – 27 years Anita Hicks – 22 years Arnold Lessig – 29 years Patricia Reber – 21 years Donna Roth – 25 years Kenneth Saar – 30 years Robert Sterba – 32 years Wilbur Upton – 33 years



Bob Beardsley 32 years



Lavonne Stamp 21 years



Sonja Schultz 27 years



Robert Hogg 33 years



Ruby Hilt 29 years



Roland Michaelsen 33 years



Alta Cooper 20 years



William Wyszenski 24 years



Elizabeth Dean 24 years



Wanda Beasley 19 years



Mona Payne 23 years

## For safety's sake, get the facts

Many people hold mistaken beliefs about common safety and health subjects, which can result in serious injury for you or your family. If injury does occur, taking the wrong emergency response action can have disastrous results.

In fact, preventable accidents are the leading cause of death in every age group under 45. The National Safety Council offers this list of common summertime safety and health "myths," and the facts you need.

MYTH: Lightning never strikes the same place twice.

FACT: If lightning strikes a place once, it is likely to strike that place again. Lightning seeks the shortest route to the ground, and that route often is the tallest structure in the vicinity. So tall structures are often struck by lightning many times. The Sears Tower, for example, has been struck by lightning countless times.

MYTH: You can get tetanus only by stepping on a rusty nail.

FACT: Tetanus germs are everywhere – street dirt, garden soil, even on our bodies and clothing. They can enter the body not just through deep puncture wounds, but through cuts, insect bites, scratches and any other skin break. Guard against tetanus by cleaning wounds immediately with warm water and mild soap, then applying a clean bandage. Rinse the wound and change the bandage at least once a day. Also,

be sure to get a tetanus shot every 10 years.

MYTH: Mayonnaise is often the cause of food poisoning.

FACT: The acid in mayonnaise may actually kill some bacteria that cause food poisoning. Mayonnaise probably gets the blame because many foods prepared with it – such as chicken, ham, fish and eggs, become contaminated either as a result of improper handling in their preparation or from leaving them at room temperature for too long.

MYTH: A drowning person surfaces three times.

FACT: Many drowning victims sink like rocks and never reappear. Others struggle and thrash to the surface a dozen times before finally sinking. Either way, you can't predict how long a drowning person will struggle. If you see someone struggling in the water,

### Service anniversaries

	40 years		Frederick Chadwick	6/14	20 years	
	Delores Dunekacke	7/31	Henry Davidson, Jr.	6/21	Steven Agata	6/10
			Patrick Franklin	6/7	Steven Alloway	6/8
1	35 years		Dorothy Gray	6/17	Charles Bohline	6/1
	Jesse Flohr	6/8	Charles Griffin	6/28	Robert Burdett	6/8
	Elmer Sharples	6/23	Joyce Hitchock	6/12	Roger Howard	6/15
	Charles Woltz	7/4	June Jaros	6/24	Wesley Nicholas	6/22
			Fonda Faton	6/29	Richard Runnels	6/24
	30 years		Carl Jones	6/29	Joseph Skupa	6/22
	Frederick Bednarz	6/22	Peter Josoff	6/9	Michael Wenninghoff	6/22
	Gerald Boyer	6/14	Harvey Kunz	6/3	Patricia De Bolt	7/7
	George Coventry	6/13	John Lassek	6/1		
	Edward Dellinger	6/10	Thomas Munger	6/14	15 years	
	Michael Du Rae	6/3	James Norville, Jr.	6/14	Audrey Kasal	6/21
	Jackie Frum	6/5	William Rosencrans	6/7	Audrey Rasar	0/21
	Joseph Kessler	6/6	Roscoe Secret	6/7	10	
	Patsy Klement	6/8	Johnnie Shambley	6/9	10 years	0.10
	Robert Koster	6/28	Eugene Sterkel	6/7	Kelly Casey	6/2
	Dwight Lockhart	6/13	Robert Stofko	6/21	Mark Curtis	6/6
	Walter Peterson	6/3	Gene Stoltenberg	6/10		
	Betty Snodgrass	6/18	Lois Story	6/7	5 years	
	Harry Callsen, Jr.	7/28	Jean Taylor	6/11	Bruce Clark	6/7
	Barbara Fitchhorn	7/11	Eugene Wills	6/28	Linda Dembowski	6/3
	Ruby Hilt	7/28	Ralph Avolio	7/26	Rose Fitzpatrick	6/11
	Lloyd Honeywell	7/25	Francis Caruso	7/26	Jerry Glenn	6/10
	William Miller	7/26	Loretta Daubman	7/15	Marthana Petti	6/3
			Nicholas Johnson	7/26	Kevin Ramplin	6/10
	25 years		Cherylene Leffall	7/14	Dean Schwery	6/3
	Ira Adamson	6/21	Frank Melva	7/8	William Huckins	7/22
	Carrie Barclay	6/28	James Sempek	7/1	Kenneth Kelly	7/13
	John Barnhill	6/7	Dorothy Stika	7/3	Patricia White	7/26

take immediate rescue action.

MYTH: If a boat overturns, you should try to swim to shore.

FACT: Even good swimmers often underestimate the distance from a boat to shore, become exhausted trying to swim back, and sink. The best thing to do if your boat overturns is to hold onto the boat until you are rescued. The boat will provide needed flotation, and it is much easier for rescuers to spot a boat than a lone swimmer.

MYTH: Butter or oil is the best treatment for a burn.

FACT: These are among the worst treatments. They hold in the heat of a burn and allow burning to continue. The best treatment for minor burns is plain cool water. Soak minor burns in cool water for 30 minutes or more, until pain ceases. More severe burns require professional medical care.

### TAP is catalyst continued

apply from the classroom textbook to the field."

Alvarez quickly discovered, however, that attending a university as an adult with a full-time job was considerably different from attending as a full-time undergraduate student out of high school.

"I had to learn to manage my time wisely – balance between job and school," he said. His engineering job didn't necessarily begin and end in an eight-hour period. "Many nights I would work over, like when you're in the middle of something and you can't leave."

With classes to attend, Alvarez made a special effort to complete his work here so as not to miss a session. And once he was in class, it sometimes was difficult to maintain class concentration because, "you may be all wound up from work – thinking about problems at work" instead of course material.

Despite the night and weekend homework, "I think it was worth it," he concluded. "Don't think about it, just do it," Alvarez would tell employees considering a return to school. If the goal is worth the sacrifice, "that's half the battle.

"It's really not that hard. You have to have drive to accomplish your goal, don't let anything distract you from it, and you must be organized and disciplined." Once you graduate, "you forget about all of the hard work."

In fact, Alvarez is thinking about seeking tuition assistance to go for another master's degree... this time, in business.



### Last frame

**D**on Horvath (second from right) and Clayton Jones (third from right) received a standing ovation when each was presented an American Red Cross Heartland Chapter Certificate of Merit on May 8.

The occasion was the recognition awards ceremony conducted

during the chapter's annual luncheon meeting held at the Holiday Inn.

Horvath works in IBU 582. Jones is the son of Aretha Jones of IBU 553. Both men were honored for reviving a near-drowning victim at Upland Park swimming pool last summer. At the time, Horvath was managing the pool for the summer and Jones was one of his lifeguards.

The inscription on their awards reads, "for selfless and humane action in saving human life." It

was issued in Washington, D.C. and signed by the chairman of the Red Cross, George Moody.

The Certificate of Merit is the highest award an individual may receive from the Red Cross in recognition of safety service. Locally, only about 30 such awards have been presented since 1939.

The presentation to Horvath and Jones was the highlight of about 40 miscellaneous awards that were given out in the Holiday Inn ballroom.

