

WESTERNER

Omaha Works
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On the cover

Life Member Pioneer Marge Warren goes to the head of the class when she gives a demonstration on how the human lungs work. She and other Life Member Pioneers have volunteered to make presentations on the effects of smoking to preschoolers throughout Douglas County. They are helping with a program sponsored by the American Lung Association of Nebraska. Assisting Warren with her demonstration is Jason Stastny who attends The Gingerbread House Preschool. A story about the program starts on this page.

WESTERNER

Linda Ryan, editor

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Pioneers team up with 'Octopuff'

"I'm going to ask my grandma not to smoke," one little girl volunteered.

Another youngster said, "I'm going to ask my daddy not to smoke."

They were among children at The Gingerbread House Preschool not far from the Omaha Works who had just witnessed a special presentation sponsored by the American Lung Association of Nebraska. Making the presentation was Marge Warren, recently retired from the Works.

The goal of the presentation is to make an impression on young preschoolers about the drawbacks of smoking — to get them thinking about never taking up the habit, Warren said.

In her presentation Warren is careful to point out, however, that smoking is an individual choice and a habit not easily

changed.

"How many of you suck your thumbs?" she asked the youngsters. When several raised their hands, Warren compared their habit to smoking habits.

"You know how hard it is to stop sucking your thumb," she said, adding that the same holds true for parents or grandparents who smoke.

"So be sure not to scold anyone who smokes," she said. But if someone tries to stop smoking "give that person lots of hugs and kisses to let him know how happy that makes you."

The purpose is not to alarm children about the hazards of smoking but to have a better understanding about the habit.

This is the fourth year that the Lung Association's program has been conducted throughout


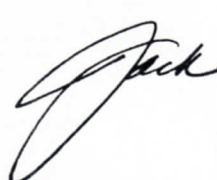
It is hard to believe that the holidays are once again upon us. They say that time passes quickly the older you get, but I like to believe that a busy schedule is a more likely explanation. Ours has certainly been a busy year.

During 1987 our efforts have resulted in an outstanding quality record in manufacturing operations. We have greatly improved our service to customers, and we are making great strides in cutting costs and reducing inventories.

We are in the midst of taking a heard look at ourselves. At

times we have embraced approaches that have been a departure from the tried and true. Our "just-in-time" manufacturing philosophy requires determination, innovation and confidence — qualities Omaha Works people possess in generous portions.

Thank you for your cooperation and help even when we may not have agreed about the changes and decisions we had to make. You have all earned yourselves a well-deserved holiday break. I wish you and your families a joyful holiday season and peaceful new year.



Manufacturing Vice-President

the state. This is the first year that the Works' Telephone Pioneers Cornhusker Chapter — of which Warren is a member — has helped to make the presentations. The chapter is assisting with the program within Douglas County.

Works retiree Wally Holm is coordinating the Pioneers' participation. He said about 17 Life Member Pioneers (retirees) have volunteered to make some 120 presentations in 70 preschools this year. Each presentation lasts a half hour.

The presenters bring along an "assistant" when they visit the preschools, Holm said. They bring a stuffed toy, "Octopuff," who is the star of the videotaped cartoon the children watch in the presentation.

Octopuff is a smoking octopus who gets the adult inhabitants

of the town of Kumquat to take up smoking. The children of Kumquat become dismayed over the polluted atmosphere of their village and begin a campaign to help adults stop smoking. They even win over Octopuff himself when he discovers food tastes better and the air smells better after he quits smoking.

After the cartoon, the preschoolers watch a demonstration about how human lungs work and how smoking soils clean lungs. They watch as smoke from a cigarette discolors child-size, foam rubber replicas of lungs.

Afterward, the youngsters are asked to take the "I'll never smoke" pledge. Together with the presenter and Octopuff they raise their hands in pledge. Each child receives a sticker and a

drawing of Octopuff to color.

The children generally watch the cartoon intently, Warren said, and they're always curious about how the lungs work. "Sometimes I feel as if it (the presentation) is getting away from me," but that's when her sidekick Octopuff directs the focus of her young audience.

Arlene Weingart of the American Lung Association has nothing but praise for the Pioneers' assistance. The association invites preschool administrators to comment about the program.

"So far it has been fantastic," she said. Comments describe the visiting Pioneers as being "very well prepared" and being able "to speak with the children at a level they can understand.

"The children are really learning from the program."

ONCE UPON A TIME
... Children at
The Gingerbread
House Preschool an-
swer questions
Marge Warren asks
about Octopuff's
visit to Kumquat.
Octopuff sits
patiently in the
background.





INSTALLATION . . . Jody Brewer of Dept. 269 (left) helped out in the Works' data center by wiring 110 patch panels that interface with the fiber optic backbone of the local area network. Below left, an installer cuts glass fiber at the terminating end and Bill Reisz (below right) uses a syringe to inject epoxy glue into a connector to hold the glass fiber in place prior to termination. Reisz pulls fiber optic cable (opposite page) through conduit at a junction box located in Building 30.



Fiber optics comes to the Works

A project which involves the first application of fiber optics at the Omaha Works is nearing completion.

Roughly five miles of fiber optic cable and plenty of new conduit are part of the Omaha Works' local area network (LAN). A LAN is a communications network that accommodates a small local area — in this case, the Works' offices and plant.

The network will enhance access to various data devices throughout the Works — information systems such as

those pertaining to design, manufacturing and production control.

A primary function of the network will be to provide access to data on quality performance directly and immediately from the manufacturing process, said Rod Conser. Conser is a senior engineer who is coordinating the network design and installation.

"The machines will be able to communicate with us," he said. He explained that various data on product quality will feed

into the network's computer system for instant access by engineers, supervisors and layout operators. For example, one will be able to check if a machine is running at the proper temperature or whether and when a defect has occurred.

"We will be able to respond quicker to problems and thus reduce scrap and improve a process," Conser said. "It means we can improve our product quality and delivery time to the customer."

Another feature of the network will be the ability to load manufacturing programs into numerically controlled machines by computer rather than by a manual tape method. The latter is time consuming and poses more chance for error, he said.

The broad capability of fiber optics signal transmission and its immunity to electrical interference makes this a versatile network, Conser said. Fiber is the one media that has the capability to meet the communication requirements of the Information Age.

Actually, the backbone of the LAN is fiber optics, but it also includes feeders of twisted pair copper and 110 patch panel system components, all of which are made here at the Works, Conser said. The network also uses multiplexers to translate signals from copper to fiber optics.

The fiber optic cable is manufactured at the Atlanta Works, and the installation of the LAN is being handled by AT&T Network Systems installers, with the help of Omaha Works personnel.

Conser noted that the whole project is an example of the company's ability to adapt Information Age technology to suit individual customer needs.



The Christmas I remember



“My wife Liz is a social worker and works with senior citizens. It’s not unlike her to develop friendships with the people she helps. So for Christmas a few years ago she wanted to invite an elderly woman and man she knew to our house for dinner.

I was a little leery about it. I didn’t even know them. I was planning on eating dinner, reading the paper and watching TV, but I agreed.

We brought them over and before dinner they played with our son, Chad, and his toys. We don’t have our families in Omaha so it was like having grandparents over. They were so happy . . . and it made me feel different. It really gave me a good feeling to do something for them.

We tend to push the elderly aside and think of Christmas as being for the young. I know we could have brought gifts to this couple and that alone would have been appreciated. But to take them into our home and into our hearts was really special.”

Charles Taylor
Dept. 084



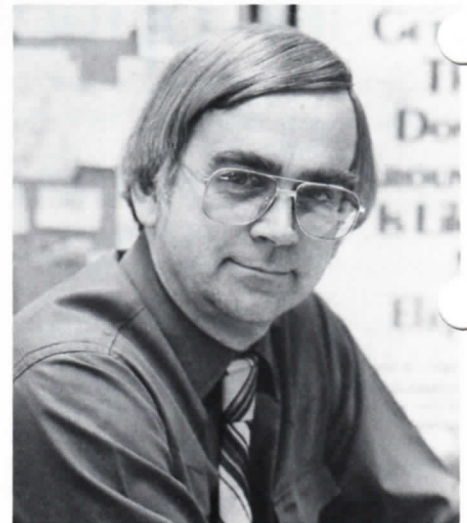
“On the day after Thanksgiving in 1965, our trailer home was totally destroyed by fire. Fortunately we weren’t home when it happened, but it was a shock when I got back.

We lost all of our clothes, baby things . . . we had to stay with my folks. The next week I went back to work. My co-workers had taken up a collection — not just in the department, but throughout the plant.

They gave me clothes, dishes, toys — I remember a blond teddybear — and they gave me money. I was so touched.

That Christmas was special because my kids probably wouldn’t have had one at all if it weren’t for my friends and co-workers. They really care about you.”

Shirley Murphy
Dept. 268



“When I was about 8 years old, some big kid at school told me there was no Santa Claus. I really didn’t want to believe him.

That year I wanted an erector set. It was Christmas Eve and still there wasn’t a single gift under the tree. I knew my parents didn’t have money to buy gifts. It was looking pretty bleak. At that point you want to believe in something, but still that kid had said there was no Santa.

That evening we went to visit an aunt. It was okay. We stayed out kind of late. When we came home we walked in the front door and lo and behold — there was a present under the tree! The erector set!

But how did it get there? My parents had been with me. It couldn’t have been the neighbors — we didn’t really know them that well.

So on that Christmas, at least for me, there just had to be a Santa.”

Jerry Kalina
Dept. 465

er most



“I was one of 12 children growing up in Evergreen, Ala. The Christmas I remember best was when I was about 4 years old.

We had a rule that none of us could go see what was under the tree on Christmas morning until we had said a family prayer together. So I remember we prayed and washed up and then I ran out to open my gifts.

And there it was. A little green tricycle next to our shoeboxes that were filled with fruit. I was thrilled! One of the older kids put me on it and I could almost reach the pedals. Somehow I managed to ride that tricycle all around our yard.

I realize now how special it was for me to have a toy like that in those days. We were sharecroppers and didn't have much money. But my parents always made sure that we had good food to eat and a gift especially chosen for each of us. That makes it all the more special.”

Alice Woods
Dept. 261



“Being a December baby, I had grown used to having a Christmas gift double as a birthday gift, too. It was different in 1966. My teen-aged daughters pooled their earnings and surprised me with a beautiful ‘mother’s ring’ on my birthday.

But on Christmas Day there was more. They gave me a Christmas stocking. I’d never had one before. And then they gave me a framed portrait of the three of them. It was then I realized how much trouble they went through just for me.

They had their picture taken one Saturday when they took the family car to do grocery shopping for me. I remember they left with big curlers in their hair. They returned very late and I was worried. When I asked them what had happened I knew they were not telling me the truth. So I grounded them! Here they had taken good clothes with them for the picture and changed back so I wouldn’t know. They even put those old soup-can curlers back in their hair.

We still laugh about it today. My girls are the pride of my life . . . and the best gifts I could ever have.”

Mary Olsen
Dept. 971-D



“Last Christmas was the best. My oldest son, Mike, was coming home from Massachusetts with his fiancée, Debbie.

We were all pretty nervous about it. You know, the usual apprehensions: What will she think of us? Will we all get along?

It turned out there was nothing to worry about. My other children traditionally put on a family play. This time they had put one together especially to welcome Debbie. And they presented her with their handmade gifts.

I was so proud of them — and Debbie was overwhelmed by their thoughtfulness. From the beginning she wasn’t an outsider. She was one of us. And that made Christmas for me.”

Carl Soby
Dept. 544

How to survive holiday parties

The holiday parties have started. So has the flow of booze.

Now wait . . . before you get the idea that this is another one of those articles on the good or bad of drinking, it isn't.

It's a guide for those of you who drink and those of you who don't. The following information and suggestions are offered to help hosts and guests have a good time at holiday celebrations but to stay out of jail and get home without injury to themselves or someone else.

For party-givers

Maybe you're having a small, informal get-together with the neighbors or a large dinner party. If you decide to serve alcohol, here are some tips to help keep you — not the alcohol — in control of the party:

- **Keep the lights up and the volume down.** When people are deprived of a reasonable ability to see, hear and converse, they tend to drink more than usual out of desperation and/or boredom.

- **Avoid overload.** The person

who tends the bar should be someone with good judgment. Beware of over-eager volunteers who tend to be heavy-handed. Never pay a bartender or catering service on the basis of how many bottles are emptied. Provide jiggers for accurate (and observable) measuring at "do-it-yourself" bars.

- **Don't push it.** Put the bar in one place (or two at big affairs) and leave it there. Don't walk around with a smile on your face and a bottle in your hand. Guests can walk to the bar for refills.

- **Feed them well.** Serve plenty of the right kind of snacks — but not too salty! Choose food high in protein (chicken, shrimp), low in calories and high in fiber (veggies). They help line the stomach, slow down alcohol absorption and answer the body's need for "fuel" which often triggers the urge to drink.

- **Avoid too many bubbles and too much sugar.** Carbonation and sugar hurry alcohol to the brain (wine coolers work twice as fast as wine). Offer plenty of non-carbonated mixers such as water and juice. Make sure the carbonated beverages

you provide are sugar-free (and salt-free if possible.) They taste just as good.

- **Serve non-alcoholic drinks, too.** Make them just as available, attractive and refreshing as alcoholic drinks. One out of three adults today choose not to drink alcohol, and those who do drink occasionally prefer not to do so.

- **Don't delay dinner.** A cocktail hour should be just that — no more. Wine with dinner is an option, not a necessity. If guests are to drive home, alcohol shouldn't be served after dinner.

For party-goers

Two out of three adults will drink alcohol in one form or another at a party. You can have fun, get home safely and not feel as if you have the "flu" the next morning if you follow these tips:

- **Don't go thirsty.** Drink water or some thirst-quenching, non-alcoholic liquid before going to a party. That way you won't gulp down an alcoholic drink that will dull your brain as well as your thirst.

EAP draws favorable response

Now in its fifth month of operation, the Omaha Works' Employee Assistance Program (EAP) has been attracting a good response from employees and their families.

Counselor Bill Ivins said more

than 60 employees have called him for assistance, most of them visiting him in his Works office. In addition, he has counseled at least 40 members of employees' families.

The numbers "are a few more than we had expected," Ivins said, but the program is stabilizing now.

The program was established in August to provide counseling services free of charge to employees and their families. Ivins sets up office hours twice a week to accommodate employees on all three shifts. He gives case-by-case crisis intervention and diagnosis and refers employ-

ees or family members to competent, community-based agencies when it is warranted. Ivins does not provide therapy services.

Although the nature of each case is kept in strict confidence, Ivins outlined a pattern to the kinds of cases he has had. Marital and alcohol/drug-related problems each account for about 20 percent of his caseload, he said. Family problems range from 25 to 30 percent and emotional problems from 20 to 25 percent.

The EAP counselor said he is impressed by the candor of those who seek his services. "They

• **Eat a little something before leaving.** Even if dinner or snacks will be served, eating ahead has two purposes: It reduces the body's need for fuel which alcohol fills, and it helps curb your appetite for fattening holiday foods.

• **Pace yourself.** The normal body can handle one drink (1.5 ounces of liquor, 5 ounces of wine, 12 ounces of beer) per hour. More than that overloads the body's systems. Drink slowly, drink something else between alcoholic drinks, talk a lot, nibble on snacks — anything to give your body a break.

• **Beware of the "blue funks."** Moods and physical condition drastically change the body's ability to handle alcohol. If you are feeling low or high, if you are tired, getting over a cold or even a broken heart, be careful. You should drink one-third to one-half less than a person who is on "even keel." You might even consider not drinking at all.

• **Don't be afraid to say "no."** If you prefer not to drink, say so. That applies both to non-drinkers and drinkers who know when they have had enough.

When the party's over

Despite your good intentions and best efforts, someone may drink to much. Don't ignore or minimize the problem. Instead, you have several choices to make:

- If there is a "designated driver" at the party, have that person take the impaired guest home, or select a sober guest to do the driving.

- Assuming you have not had too much to drink, take the person home yourself.

- Call a cab and pay for it yourself if necessary.

- Walk the guest home if he or she lives in your neighborhood.

- If all else fails, give that guest the spare room or the couch for the night. It's better to change the sheets than to risk losing a friend.

Information for this article was excerpted from "The Lite Guide for Party Givers and Party Goers," a brochure developed by Omaha's Alcohol Awareness Committee, Inc. The guide was based on a similar guide developed by Dr. Robert L. DuPont Jr. and paraphrased from his book, "Getting Tough on Gateway Drugs," ©1984, American Psychiatric Press, Inc.



are very straight-forward with me," which is important in determining the kinds of help that could be most beneficial, he said. Openness is also a good indicator that employees feel comfortable with the confidential treatment of their problems.

Ivins spends an average of one hour with a client. Sometimes a session includes psychological testing to help uncover the root of a problem. His clients are not required to follow through on referrals Ivins may make, but he makes sure they understand how critical referrals are to solving individual problems.

In general, employees seem

appreciative of the program, Ivins said. "I've had quite a number of favorable comments concerning the availability of an outside counseling service."

Ivins said he expects the holiday season to have an effect on demand for his services. "Usually there's a big bulge just before or just after Christmas," he said, explaining that alcohol/drug or family-related problems dominate.

"There is so much happening at this time of year — parties and family gatherings — that these existing problems are reinforced," he said. He offered some suggestions on how to curb

holiday stress:

"Don't get your expectations too high about the family being a totally compatible unit. If it hasn't been all year, it won't be at Christmas." He suggested having family celebrations in smaller groups or clusters.

"And above all, don't try to do everything yourself."

Employees or members of their families who want to talk or meet with Bill Ivins should call 691-3416.

etc.

Ideas pay

Several Omaha Works employees had some extra spending money for gift buying because of suggestions they turned in to the employee suggestion program.

James Richardson of Dept. 541 earned a \$3,185 award for his idea. He developed and suggested modifications to a Huestes rewinder that reduce "down time" for machine maintenance. Thanks to his idea, the rewinder now has fewer problems and maintenance costs have been cut.

Willard Brink's award of \$625 was presented for his idea on how to salvage cable on reels which do not properly wind the cable. Brink works in Dept. 283.

An award of \$345 was presented to Dwight Lockhart of Dept. 286. He proposed a simple change in how cabinet corners can be welded which eliminates grinding the weld.

Holiday spirit

Every year they congregate in the Works auditorium and every year they draw "oohs" and "aahs."

"They" are the hundreds of dolls dressed by employees and their families for the Salvation Army to distribute to needy youngsters. This year more than 850 dolls were dressed and displayed in the auditorium for employees to view during their lunch break.

The display included "toys for boys," handmade gifts employees donated for little boys. Featured were 30 handmade wooden trucks.

Across the aisle and attracting just as much attention were 2,800 mittens, caps and scarves — some of them handmade — for the Salvation Army to

distribute.

Money collected for the toy drive this year amounted to more than \$3,800. A group of employee volunteers used the money to buy toys one Saturday before the holidays. Like the dolls and mittens, the toys will be distributed to needy families by the Salvation Army.

Another award

The Works' industrial waste treatment plant has been awarded the Scott Wilbur Award by the Nebraska Water Pollution Control Association. The award was presented in recognition of outstanding operation and maintenance.

This is the third award the Works has received in recent years, having earned the honor in 1982 and 1984.

A trophy was presented to the Works and individual plaques were awarded to supervisor Gerry Garbina and plant operators Glenn Lund, Marty Scheibhofer, Gene Payne, Terry Pinneke and Gerry Bogatz.



DRESSED FOR CHRISTMAS . . . Members of the Dress-a-Doll committee display several of the hundreds of dolls Works employees dressed for the Salvation Army. From left are Lili Carlson, Jan Menks, Barb Erasas and Sylvia Hearn.

Service anniversaries

35 years

G. Herzog 12/25
T. Joyce 12/26

30 years

J. D. Geppi 12/29
L. J. Gurbacki 12/27
R. D. Lamb 12/5
C. C. Syslo 12/9
G. J. Brown 1/4
Dvorak 1/20
V. Harris 1/24
M. E. Obrecht 1/2
S. Palermo 1/27
H. E. Peterson 1/29
R. S. Synowiecki 1/16

25 years

A. J. David 12/17
R. W. Dye 12/13
D. E. Hamilton 12/3
R. O. Hart 12/17
T. L. Latimer 12/31
E. A. Petricek 12/3
D. R. Pooley 12/27
J. J. Scott 12/13
B. W. Spencer 12/14
J. H. Stanfield 12/4
J. A. Willis 12/5
G. H. Wooden 12/11
D. E. Frye Jr. 1/2
K. K. Heitmeier 1/2
R. L. Nightser 1/15
E. J. O'Dell 1/14
M. S. Raff 1/7
G. D. Ruckman 1/21

A. T. Sakalas 1/7
D. R. Stickman 1/29

20 years

J. R. Chambers 12/14
C. R. Dixon 12/22
V. K. Gundlach 12/11
C. C. Hendricks 12/12
M. M. Malone 12/3
J. D. Proksel 12/26
W. Rokus 12/18
R. C. Schaaf 12/4
D. L. Stastny 12/11
J. K. Witte 12/26
M. Z. Wortman 12/17
J. S. DeVault 1/4
A. G. Gilbert 1/2
C. P. Gilson 1/15
N. R. Hunt 1/12
H. M. Johnson 1/31
B. N. Jones 1/25
F. D. Kilton 1/1
H. T. Latimer 1/22
E. Y. Lukowski 1/12
D. G. Lusero 1/12
W. C. Maly 1/29
H. Newman 1/23
J. Purnell 1/23
S. G. Robertson 1/15
R. P. Rose 1/17
J. V. Roucka 1/29
C. G. Singleton 1/30
C. T. Stanley 1/18
J. Tolston 1/29
M. T. Wright 1/3

15 years

B. S. Morehouse 12/10
A. R. Khabani 1/15
N. S. Mentzer 1/26
V. H. Winnicki 1/21

10 years

J. S. Myhrberg 12/21
K. L. Hrbek 1/27
P. R. Meiman 1/20

1988 holiday and vacation calendar

The Omaha Works has designated the following as holidays, standard vacation days and management personal days (MPD) or excused workdays (EWD) for 1988. (Note: A date for the floating holiday had not been assigned in time for the Westerner deadline.)

Jan. 1 — New Year's Day

April 1 — Good Friday

May 30 — Memorial Day

July 4 — Independence Day

Sept. 5 — Labor Day

Nov. 24 — Thanksgiving Day

Nov. 25 — Day after Thanksgiving

Dec. 23 — Day before Christmas

Dec. 26 — Christmas Day

Dec. 27 — MPD or EWD

Dec. 28, 29, 30 — Standard vacation days

Jan. 2 — 1989 New Year's Day

Personal days off without pay or remaining management personal days or excused workdays may not be substituted for standard vacation days. The balance of an employee's vacation eligibility shall be scheduled with the approval of one's supervisor and consistent with the needs of the business.

Works reaffirms EO policy

The Omaha Works reaffirms its commitment to AT&T's policy of affording equal opportunity (EO) to all of its employees and applicants for employment, and pledges to take appropriate affirmative action to ensure its reality. The Works affords all persons treatment in a manner fully consistent with all applicable laws and regulations, without unlawful discrimination or harassment because of race, color, religion, national origin, sex, age, physical or

mental disability, or because of one's status as a special disabled veteran or veteran of the Vietnam era.

Anyone who thinks that the Omaha Works has failed to meet its EO obligations should contact the Works' EO coordinator, Gene Saab (Ext. 3061), personnel and labor relations manager, or those assisting him on EO matters: Carolyn Yates (Ext. 3401) and Gail Merrick (Ext. 3597).



Last frame

Smile . . . you're on company camera.

Employees were sitting pretty while their photos were taken just before the Christmas holidays. Their color photos will be affixed to new company identification passes which will

be issued sometime during the first quarter of 1988.

The new passes will be used when the Works introduces an electronic time and attendance system next year. The system will replace the time card system employees currently use. It will "clock in" employees by reading a magnetic code on the back of each pass.

Besides an added use for company identification passes, they also will have a new look — or rather, the employee pictured

will have a new look. Instead of a straightforward pose in which the employee looks directly at the camera, the employee's face and eyes slightly turn away from the camera. This corporate-directed pose better defines a person's facial features and aids in proper identification.

Portable cameras were taken into shop areas after Thanksgiving vacation to begin photographing employees. Above, Betty Armendariz strikes a pose for picture-taker Keith Fink.



AT&T
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