

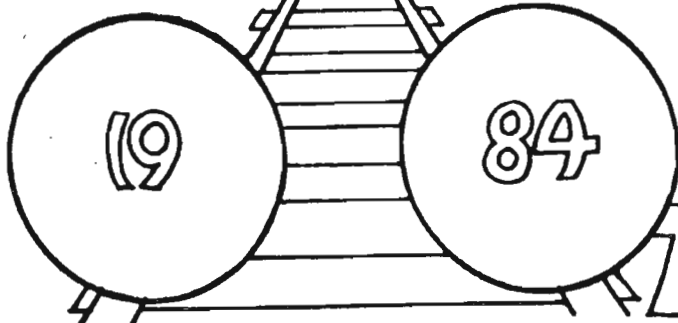


# The Milwaukee Road Southern Division Newsletter



DON'T FORGET YOUR RESERVATIONS:

FEBRUARY AND MARCH ISSUED  
1984



TOURNAMENT DATES: MAY 4, 5, 6, 1984

COST: \$9.50 each event

TOTAL COST: \$29.50 including "All Events"

MIDWAY PRO BOWL  
1548 University Avenue  
St. Paul, MN 55104

BANQUET: May 5, 1984

Cocktails 6:30 to 7:30  
Dinner 7:30  
Dance 8:00 to 12:00

PROM BALL ROOM  
1190 University Avenue  
St. Paul, MN 55104

COST: Cash Bar

Dinner: Filet Mignon (7oz.) . . . . . \$12.75 per person  
BBQ Ribs & Chicken Breast (6oz) . . . . . 11.80 per person  
Dance: included with dinner/ dance only . . . . . 3.00 per person

For more information call or contact:

Andy Ackland, 850 Juno, St. Paul MN 55102 (612) 224-7043  
Warren Heyne, 5439 Girard So. Mps. MN. 55419 (612) 824-1148

PUZZLE ANSWERS FROM THE January Issue:

1. a. Once over lightly  
b. Gossip columnne  
c. Short wave radio  
d. Captain Hook  
e. Good Afternoon  
f. Topless bathing suit
2. a. Broken Speech  
b. Nation Under God indivisible  
c. Yearly check up  
d. Open sesame  
e. Deer crossing  
f. Hold on a second
3. a. Calculated risk  
b. Small pox  
c. Different strokes  
d. Mixed Company  
e. Deminishing Law of returns  
f. Round of applause
4. a. Split level house  
b. Age before beauty  
c. Three part harmony  
d. Close encounters  
e. Short of breath  
f. Light hearted
5. a. Dangling participle  
b. Big man on campus  
c. Man in moon  
d. Chip off old block  
e. Duty above and beyond  
f. Day in - Day out
6. a. End not in sight  
b. Shadow of a doubt  
c. Skating on thin ice  
d. Two digit inflation  
e. Spread the gospel  
f. Arch enemy
7. a. Forked tongue  
b. Getting it all together  
c. Eaves drop  
d. Whipped cream banana split  
e. E equals MC squared  
f. Aluminum siding



OFFICE OF SOCIAL COUNSELING

DIRECTOR - BOB HICKLE

This is the second in a series of articles discussing the illness of alcoholism. These viewpoints are the result of a lifetime of watching alcoholics live and die, and do not necessarily represent the viewpoint of anyone else in the business.

Last time we discussed the fact that alcoholism is an illness. This time I want to discuss the fact the alcoholism is a family illness. It is my observation that the spouse of the alcoholic is ill, the children of the alcoholic are ill, and often such persons as parents and siblings also become terribly ill when someone they care about deeply is an alcoholic.

We all have to adjust to whatever situation in which we find ourselves, and thus it is with the family of the alcoholic. Often the means of adjustment is denial, a family denial that is as deep an impenetrable as that of the alcoholic. The denial usually involves cover up, and cover up only insures that the alcoholic will have even greater difficulty in finding sobriety. We will discuss denial in a later article.

We know that the children of an alcoholic are about four times as likely to develop the illness as are the children of a non-alcoholic. As of now, no one knows if this is a genetic inheritance, or the result of living in the turmoil of an alcoholic household-- probably it is some of both. We see such things as a girl being raised by an alcoholic father, marrying an alcoholic, and then raising an alcoholic son herself. If she divorces the alcoholic spouse, she will often marry another alcoholic! It doesn't make any sense, but then very little in the business does!

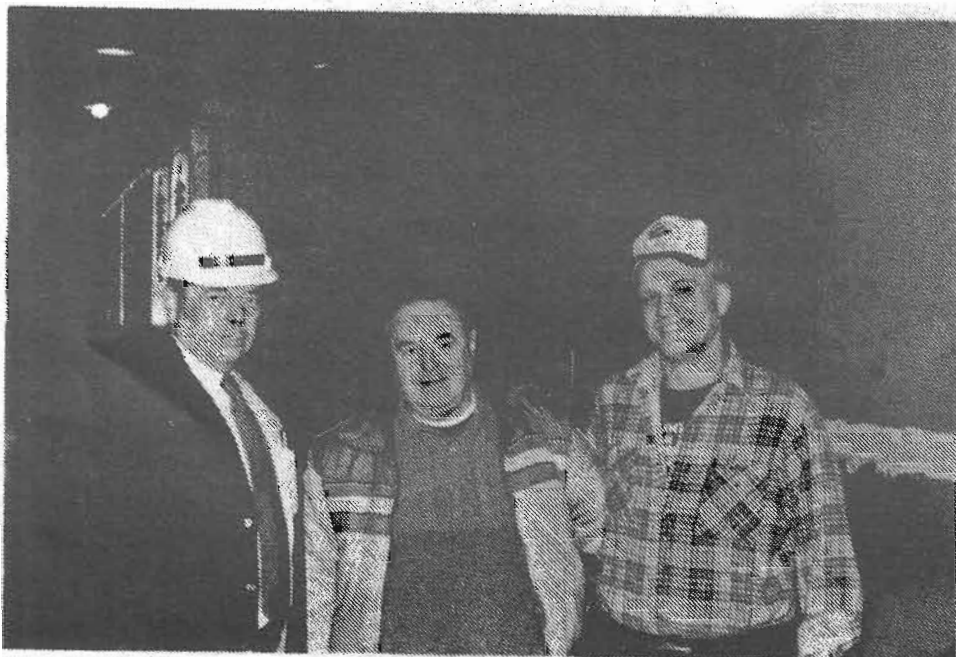
At any rate, when we treat the alcoholic, we must also treat the family. First, of course, is that the family is also very likely ill. Another important reason is that we ask the alcoholic to make huge changes in his or her life. If the family is not included in the change, they often find they are living with a stranger. The stress of these changes is difficult for everyone, but our programs are designed to help the whole family deal with this stress, and find a happy, contented sobriety.

FEBRUARY 1984 Article

BENSENVILLE NEWS

Machinst, LARRY DREW, retired on January 31, 1984 from the Bensenville Diesel House where Larry worked at the East End and was well known by the Engine Crews as well as throughout the Terminal.

Pictured at right are John Hohenadel, Diesel Hse. Manager, Larry and Bob Lahmann, Local Chairman IAMAW.



CONGRATULATIONS LARRY on a long, healthy and happy retirement from your friends at the Bensenville Diesel House and the Milwaukee Railroad.

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Our SYMPAHTY AND CONDOLENCES ARE EXPRESSED to the family of FRANK DOMINICK, SR. who passed away in January 1984. Mr. Dominick is the father of Frank Dominick of the Information Systems Department.

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CONGRATULATIONS to LINDA VERDAK of the Material Division on the birth of a baby daughter, Heather Dawn, born on January 4, 1984. Proud father is Chuck Verdak and a proud big sister is Holly who is age 3.

Congratulations to the Verdak family on their new arrival!!!!!!

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OTTUMWA AREA NEWS

CONGRATULATIONS to PAUL AND SHANNON VESELY, who have been blessed with a baby girl, MEGAN MARA, born December 13th, 1983 weighin 7 lbs. Paul is a carman at Ottumwa, Iowa.

CONGRATULATIONS to the proud parents!!!!!!!!!!

Our SYMPATHY and CONDOLENCES are expressed to the family of D. M. RICHARDSON Carman at Ottumwa, Iowa on the recent loss of his father.

OTTUMWA AREA NEWS CONTINUED:

GET WELL WISHES ARE EXPRESSED TO:

BEN RHOADS - Machinist and GERRY BAHR - Car Man at Ottumwa who are off work.

GET WELL WISHES FOR A SPEEDY RECOVERY!!!!!!

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SAVANNA/NANANT AREA:

OUR DEEPEST SYMPATHY AND CONDOLENCES are expressed to the family of KEITH GAGE on his sudden death.

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POLICE AND FIRE PREVENTION DEPT. NEWS:

Latta District Special Agent "HAP" RUPPRATH tried to escape December's cold wave by retiring to Florida before the holidays. We hear the cold caught up with him there anyway. Hap left in such a hurry that a proper send-off wasn't organized. He says he'll come back for it when the weather warms.

Hap's position has been transferred to Muscatine to help cope with heavy workload on the KC line. Dave Deglomine has been appointed DSA at Muscatine, Iowa.

Meanwhile, DSA Scott McLeod will handle the territory from Franklin Park to Louisville out of his office at Bensenville.

CONGRATULATIONS TO ALL!!!!

M. J. Curry  
Capt. of Police

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MILWAUKEE ROAD JACKETS !!!!!!!

WHO HAS THEM: Your Regional Personnel Offices at St. Paul, Milwaukee and Bensenville

WHAT ARE THE SIZES: SMALL (36) MEDIUM (38-40)  
LARGE (42-44) EX-LARGE ( 46)

HOW MUCH?? \$22.00 per check - All checks are to be made out to Milwaukee Road. (We do accept cash)

DESCRIPTION: Made in the U.S.A. - Orange Nylon with lightweight lining, slash pockets, snap front and regular collar. Milwaukee Road logo on left front and three black racing stripes down right front.

HOW DO YOU RECEIVE YOUR JACKETS? All jackets will be mailed direct to you.



OFFICE OF SOCIAL COUNSELING

DIRECTOR - BOB HICKLE

We have seen in previous articles that alcoholism is an illness and a family illness. In this article we will discuss the idea that alcoholism is a "unique" illness. It is an illness which is physical, spiritual, social and emotional, and the symptoms are behavioral. This fact alone leads us down all sorts of blind alleys, because many of us see only the behavioral symptoms, and decide to go to work on them. This approach has never worked, although countless people have tried it.

In 1956, the American Medical Association, in its annual meeting, declared that alcoholism is an illness. This alone makes the illness unique, because I know of no other illness that required a statement of the A.M.A. to prove that it is an illness. That has been a considerable time ago, but the medical profession has made little headway against the illness.

Alcoholism is the only illness that I know of that a person denies having. Not only that, but those around the alcoholic rally to his or her defense, also denying the illness exists. This certainly qualifies the illness as "unique"! It is also the only illness of which I know that requires that the ill person admit that they are ill before recovery can begin.

Another factor that makes alcoholism truly unique is that by and large, amateurs do a better job of treating than do the professionals. For quite a while, we had nothing our amateurs in the field, and many alcoholics recovered. Now the words are full of professionals (of which I am one) and we still have to rely on Alcoholics Anonymous, Al Anon and Alateen for much of our continuing therapy. They are made up of amateurs by any definition of the term.

So we have an illness that both the alcoholic and those close to him or her deny having, one that a person must admit to having before successful treatment can begin, and that has been "defined" as an illness by the doctors, an illness whose symptoms are behavioral but whose treatment must cover all phases of living and an illness that the amateurs treat better than the professionals.

Do you wonder that I call it unique??

MARCH 1984 Article ^

CHICAGO UNION STATION NEWS

CONGRATULATIONS are extended to BOB and NANCY YURSCHAK on the birth of NICHOLAS JOHN born February 1, 1984, at 6:18 a.m. and weighed in at 6lbs 9 oz. and was 20 inches long. Bob works in the Budget/Responsibility and Disbursement Accounting office in Chicago.

CONGRATULATIONS TO THE PROUD PARENTS!!!!

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CONGRATULATIONS to Signal Systems Designer RAY E. HARRIS and department Secretary JUNE DOPP who were married on November 25, 1983.

BEST WISHES FOR A HAPPY MARRIAGE!!!!

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CONGRATULATIONS to MARJ BELL on her retirement. Marj worked some 30 plus years with the Railroad. Her last position was as a communication report clerk.

CONGRATULATIONS for a long, healthy and happy retirement from your friends on the Milwaukee Railroad

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CONGRATULATIONS TO JAMES W. ZDEB who retired from the Milwaukee Railroad on January 7, 1984 after 25 years of service. Mr. Zdeb started out at Fulleton Avenue as a stock boy for the keypunchers. Jim worked in the Technical services dept.

CONGRATULATIONS FOR A LONG, HEALTHY AND HAPPY RETIREMENT.

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OUR GET WELL WISHES are expressed to WALTER KEHOE Retired clerk from the Bensenville Terminal who recently fell and shattered his hip. Mr. Kehoe is at home and doing fine.

OUR GET WELL WISHES ARE EXPRESSED FOR A SPEEDY RECOVERY.

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NAHANT NEWS:

Warren Davis, retired Car Foreman at Nahant was made Potentate of El Kahir Temple at a recent meeting.



Warren Davis

## Shriners elect leader

Warren Davis, 32 Julie Ann Drive NW, was elected Potentate of El Kahir Temple at a recent annual meeting.

Davis, who has served as Master of Mizpah Lodge, is also a member of the Cedar Rapids Consistory where he was recognized in 1977 with the rank of "Knight Commander of the Court of Honor." He joined the Shrine in 1970.

Also elected to the Shrine divan during the meeting were James E. Barnes of Cedar Rapids, Chief Rabban; Vilas "Sid" Morris of Cedar

Falls, Assistant Rabban; and John R. Ketelsen of Marion, High Priest and Prophet. The newest member of the divan is Frank Mead of Delhi, who was elected Oriental Guide. George A. Chmelicek and W. Robert Cherry, P.P., both of Cedar Rapids, were elected Treasurer and Recorder, respectively.

Jack R. Roland of Cedar Rapids, was elected sixth vice president of the Central States Shrine Association.

MEDICAL SERVICES HEALTH TIP  
BY  
FRED RODRIGUEZ, R.N., M.S.N.

"MEDICAL TIDBITS"

SITTING AND SWOLLEN FEET

Swollen feet and ankles are an all-too-familiar condition if you spend long hours sitting at a desk, in a car or in a pressurized aircraft. But Jacksonville, Illinois podiatrist Dr. Jerry D. Brant says it isn't necessary to live with the condition.

Brant says the lack of muscle movement can also cause swelling, or edema, in lower extremities. "The muscles in the legs aren't being used, and as a result, they do not perform their function as a venous pump to send blood back to the heart. Fluid collects here, and the result is swollen feet."

Brant advises various isometric exercises in order to enhance blood circulation and comfort. "One can begin by contracting the toes on the right foot--holding them in that position for perhaps 30 seconds--and then relaxing the foot." This exercise can be done five times, alternating between feet, Brant advises.

By tightening the calf and thigh muscles (using the same technique of contracting and relaxing), you will also do much to enhance circulation and comfort. This increased circulation helps provide greater amounts of oxygen to the entire body.

Walking and standing whenever possible are also beneficial. At the office, try walking down the hall to deliver your message, rather than calling. In an airplane, you can walk from the front to the back of the cabin to refresh yourself. And a brisk walk at rest areas can help rejuvenate you during trips.

Brant also advocates regular walking programs as a healthy form of exercise. Walking, when done at a brisk pace, can enhance the cardiovascular system and muscle tone.

CAFFEINE CUTS BLOOD FLOW TO BRAIN

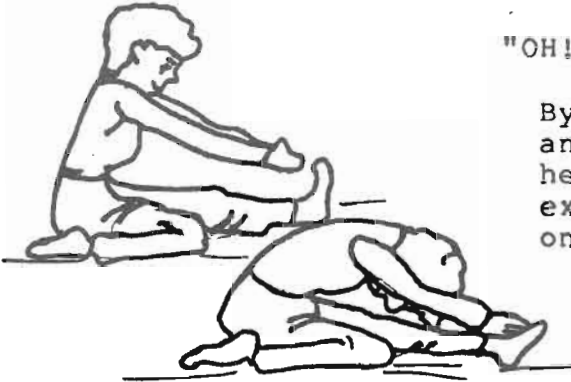
The amount of caffeine in two cups of freshly brewed coffee can reduce blood flow to the brain by as much as 25%, reports Vanderbilt psychiatrist Roy J. Mathew. Mathew measured changes in the brain blood flow of 24 healthy volunteers who were given 250 or 500 milligram doses of caffeine. Both doses reduced blood flow in all regions of the brain by 20 to 25% within 30 minutes.

The reduced blood flow could affect people with blood vessel disease, epilepsy or mental illness, Mathew says, although scientists don't yet know what effect the decreased blood flow might have on healthy people. There is an association between blood flow and brain functions such as memory, ability to concentrate and motor skills. Caffeine could also reduce the effectiveness of medications targeted for the brain.

Medical Update  
Nov. 83 - Dec. 83



MEDICAL SERVICES HEALTH TIPS  
BY  
MELANIE T. ELLEXSON, OTR  
(3rd in a series)

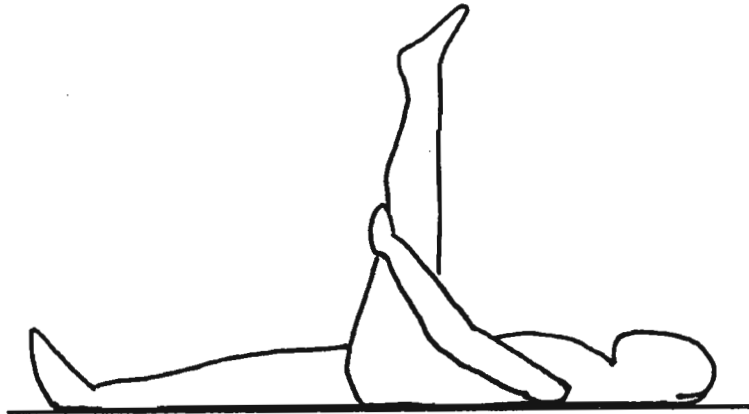


"OH! MY ACHING BACK"

By now every Milwaukee Road employee spouse and child should be half-way on the road to a healthy back! For all of you who tried the exercises from last month - a gold star. Come on all you skeptics. Let's get with it!

Here are the remaining 5 exercises. Add these to the basic 4. Remember, once a day is good, twice is great!

5. Stretching the Hamstrings



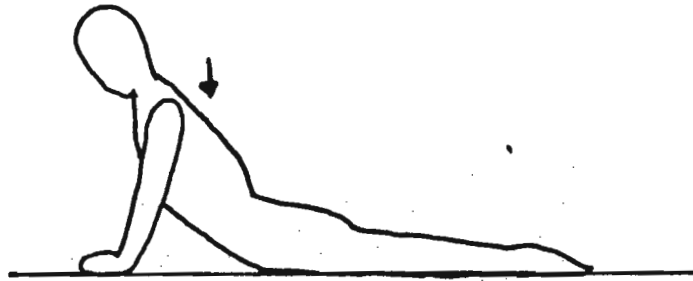
Lie on your back. Raise one leg with the knee bent until your thigh is vertical. Hold the thigh with both hands as shown and straighten the knee as far as you can. Hold for 5 counts then lower to the floor. Repeat 10 times each leg.

6. Strengthening the Back Muscles



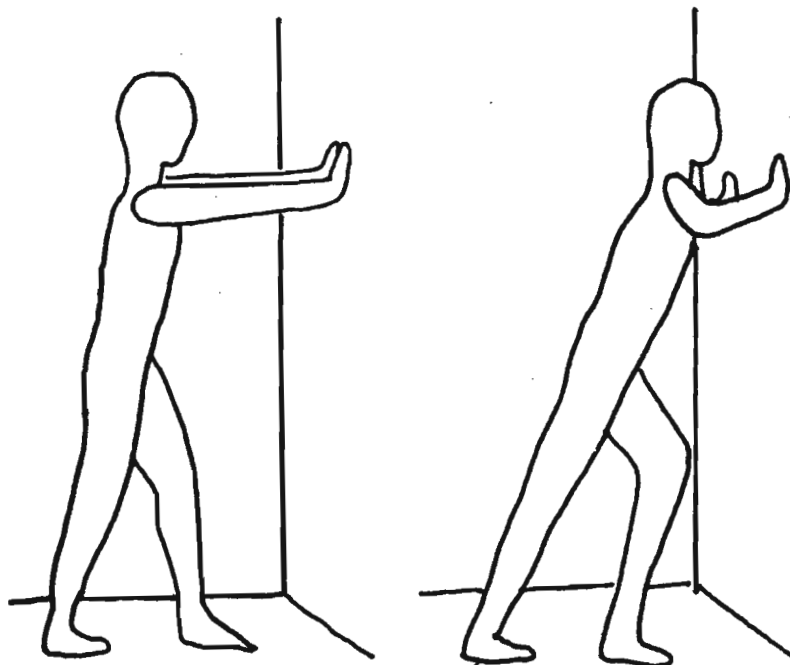
Lie on your stomach with a large pillow or rolled jacket under your belt line. Keep your arms and hands at your sides. Raise your head and shoulders slightly off the floor without curving your back. Hold for 5 counts then slowly lower to the floor. Relax for 5 counts. Repeat 5-10 times.

7. Stretching the Back



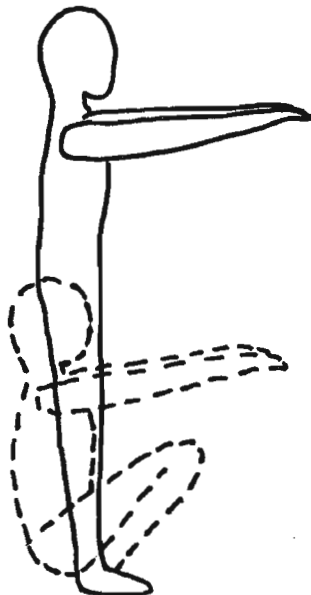
Lie on your stomach with your upper body supported by your elbows. Straighten your arms, like a push-up. Keep your pelvis on the floor. Relax and let your upper body sag between shoulders and pelvis. Hold for 5 counts. Relax for 5 counts. Repeat 5 times.

8. Stretching the Heel Cords



Standing facing a wall with one leg in front of the other and arms extended to the wall as shown. Keep the back foot flat on the floor. Bend both elbows and the forward knee so that your body tilts forward and your forehead touches the wall. Keep the back foot flat on the floor as you do this so that the heel cord is stretched. Hold for 5 counts. Change legs and repeat 5 times each leg.

9. Deep Knee Bend



Stand as shown with back straight and feet flat on the floor. Slowly lower yourself into a squat position. Try to keep the soles of your feet flat on the floor as you do this. Remain in the squat position for a count of five. Stand up with the back straight. Repeat 5-10 times.

Sports activities can be just as important to a healthy back and general physical condition as exercise and proper nutrition.

Experts on back care suggest avoiding some sports and always performing warm-up exercises before any physical activity.

Swimming is the best activity for the back because the water bears most of the weight of the body. Stay away from the butterfly stroke because it forces you to arch backward. Swimming is also excellent for your cardiovascular system.

Bicycling is also excellent for strengthening leg muscles and tightening abdominal muscles.

Running or jogging is also recommended as is cross-country skiing for it keeps the knees bent and the back properly flexed to stretch the muscles. Downhill skiing gets lower marks because of the danger of injury from a fall.

Golf is okay, but not great due to the arching of the back when you swing the club. Tennis is fine, but modify your serve so that you do not arch backward at the top.

Baseball and football (even touch) are too stop-and-go to be very high on the recommended list.

Not recommended are water skiing; the back is arched too dangerously, and bowling; the presence of extra weight on one side is asking for it.

Good luck with your exercises!

