

Are You In Shape?

(Ed. Note:
This is the first in a two-part series of articles about physical fitness. Olin employees have been interviewed on the subject and you'll read their comments in this issue and the next one.)

Physical fitness is fashionable today. Many people want to "feel good about myself" and regular exercise seems to be one way of maintaining self-confidence in one's appearance. Besides that, people are also declaring that exercise is biologically good for the body, and may help lessen some illnesses.

We have Olin employees who are exercise conscious, and who participate in a broad spectrum of activities.

Biking

Determining it "great for energy conservation and physical fitness," Supt. Fibre/Pulp/Chemical Don Rogers bicycles for more than just fun. He rides his bike to and from work each day; the total distance is 11 miles and it takes 25 minutes of his time each way, he says, "which doesn't inconvenience my schedule as jogging or swimming or other forms of exercise. I come to work and go home anyway, so why not choose a physical fitness style which suits my normal schedule?" he asks.

Bicycling for three years, Don confesses he doesn't ride his bike if inclement weather prevails. "I don't think it's safe in the rain. It's too easy to turn over and get hurt. Also, cars and bikes don't mix too well in good weather. In bad weather, it's even worse," he says.

Before becoming a bike buff, Don tried his hand — rather his legs — at jogging. "I jogged about six months before I gave it up. I didn't like the time I had to slot each day. It took up more time than I was willing to give," he explained.

Looking for a physical activity which would not directly cut into his personal time, Don came up with the idea of biking for exercise. A firm believer that people should get some form of exercise each day, to stay in shape mentally and physically, Don says biking's a "good way to relieve stress and frustration, and gives you time to think about your day and plan, in your head, activities for work or home."

And, as if biking five days a week to the plant isn't enough, Don sometimes takes long hauls, usually with friends, during weekends. He says he prefers to ride with a group of people but "bikes" to work alone.

"There's no one going the way I go," he states. He rides on back roads because traffic isn't as bad. "I'd rather go the extra distance than fight with vehicles. Bikes aren't much noticed by other types of traffic."

In conversation, Don mentioned that the state of Oregon allocates three per cent of its annual highway budget for "bike paths." He explained that bike paths are a strip of surface located adjacent to the highway.

Besides bicycling, Don plays occasional tennis and enjoys swimming although swimming becomes a problem unless he has opportunity to an inside pool.

When asked about his plans for continuing his biking exercise program when icy, cold weather sets in this coming January and February, the tall, lithe, dark-haired bicyclist replied, "I'm considering buying rollers to set up inside my home. Then I can ride despite the weather."

Weight-Lifting

A Golden Gloves champion in North Carolina and runner-up for the title in South Carolina, Export Packer in Finishing Cecil Lowery has hung up his gloves to flex his muscles. For 15 years he has toyed with weight lifting; only in the past 3 1/2 has he taken the sport serious, conditioning himself through a rigorous 90-minute program he engages in regularly on a daily basis.

While the art of weight lifting requires great strength, Cecil contends that it is mental activity as well. "You won't lift unless you're mentally ready," he added. The mental attitude is so important, he said, "that sometimes I have to take a few days off to reorganize myself mentally. You just get torn down psychologically."

Cecil was on a football scholarship at the University of Georgia when he became interested in weight lifting. Now, he works out at an indoor gym downtown. He rents the building and the equipment is his. He exercises 20 minutes skipping rope before he begins lifting. Three days a week, Mondays, Wednesdays and Fridays, he works his upper body while Tuesdays, Thursdays and Saturdays he strengthens back and legs. Sundays, he rests.

A partner to work out with "will cause us to push one another. There's a little competition and you'll drive that much harder," he said. His oldest son, Eddie, occasionally works out with him. Eddie recently placed third in a Region Three Physical Contest in Greenville and competed September 27 in Mr. Teenager North Carolina in High Point.

One of the features which keeps Cecil attracted to weight lifting is "you can see immediate results. After my program each day, I spend some time flexing muscles. It makes me feel really good after I've had a

good work-out." Another reason he prefers weight lifting to other forms of exercise is that the activity is not seasonal, and a team is not required to participate.

He recently returned from a "Mr. America Over 40" competition in Atlanta. "A man there who was at least 60, maybe older, placed," he said. Cecil added it was his first weight lifting competition. And who knows? Years down the road it may be Cecil who places at a contest like the fellow he spoke of.

Softball

For 2-1/2 years, Gerald Edwards, Defective Bobbin Inspector in Paper Finishing, left a sport he loves — softball — because of back problems. He had been playing for 15 years, and smashing home runs one after the other. This being the second season he has been reinvented, "I feel better now than I ever felt. At first, it took me awhile to get back in the swing of things, but I got encouragement from the boys. That helped me," Gerald said.

Gerald's batting average is over 500 and he plays for the County League and Olin's Industrial League where he is the lead home run hitter for both, hitting 100 home runs this season. A first baseman, Gerald says, "I like to stay as fit as I can. This is the best way I know to do it. There are

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This illustrated sports line art is contributed by Trish Breen. Trish, a Secretary in Technical, is a native of Rhodesia, Africa. She is pursuing a BA Degree in Fine Arts from UNC-Asheville. She has been employed by Olin for two years. Watch for a feature on Trish in an upcoming Olin PROFILE.

United Way

It's People Helping People!

It's that time of the year again when United Way is getting underway in Transylvania County. The goal this year is \$109,595. Five divisions, which include an industrial one, are responsible for meeting this goal, a 3.8 percent increase from last year. Fourteen area agencies are being served this year by United Way.

The Industrial Division's goal is \$73,676. As in the past, Olin is again participating in a plant drive to help meet this goal. Employees will have a chance to give through payroll deduction or cash or check, if they prefer. Last year, Pisgah Forest employees pledged a total of \$22,552 for Transylvania County.

What are some of the reasons

employees should consider giving to United Way? How does United Way really help people? In the first place, we, at Olin, are taxed heavily by the Government. We have no say-so, no control over where the government chooses to spend our tax dollars. By contributing to the United Way, we are sure that our money will help many needy people as well as young people who will be tomorrow's industrial, county and community leaders and citizens. The United Way allows our community citizens to work together for causes needing attention in our community. Does the government know what the real community needs are? No, but our own community people do. Americans are a people

who want to help. When a family produces huge medical bills or a family loses all it has through some catastrophe, we come to the rescue immediately. This brotherly love in action are the concepts of sharing and helping personified. The most inclusive package of human services ever established, the United Way is the one philanthropic organization which Olin endorses each year. It is because Olin cares about its community, its people, that the plant conducts its own drive each year. Olin supplies the local agency with volunteers and our plant personnel organize and sponsor the plant program.

Among those agencies being served

this year by United Way in Transylvania County are Brevard Chapter of American Red Cross, Daniel Boone Council (Boy Scouts USA), Brevard Rescue Squad, Brevard and Pisgah Forest Lions Club (White Cane), Jenkins Community Center, Meals-On-Wheels, Pisgah Girl Scouts Council, Inc., Rosman Rescue Squad, Salvation Army, Transylvania County Humane Society, Transylvania Youth Association, Transylvania County 4-C Program, and Transylvania Community Hospital.

When you are asked to give this year by a solicitor who will be approaching you in the near future, think about some of the reasons you read here about "Why Give?"