

Meet The Walk For Health Bunch

Many Pisgah Forest employees are deciding to take their lunch on the run these days as they discover the benefits of walking as part of their lunch period. They are reducing their calories, exercising their circulatory system and releasing tension. All this, the medical research says:

- Increases the heart's capacity
- Lowers blood pressure
- Lowers heart rates
- Helps control weight
- Contributes to a feeling of well being.

There are three trails, all between a mile and a mile and a half. The River Trail borders the ballfields, gardens and river. The Fendley Forest Trail follows a line of trees bordering the film plant. The Oval Trail is the road that circles the paper plant and warehouses. (Safety glasses are required on the Oval Trail.)

For a trail map and information on this exercise program pick up a brochure at the gate house.

Ron Brewer, Manager of Product and Inventory Control, walks every day he can to control his blood pressure. He doesn't eat any lunch and spends 30 minutes walking.



Bea Owen from Shipping and Receiving walks every day she works. She says it makes her day go faster and she feels healthier. She especially enjoys the peace and quiet.



S. T. Owens, a maintenance millwright, walks the River Trail two or three times a week. He grabs a quick sandwich before he starts. His purpose is just to stay in shape.



Ronald Teague, a maintenance millwright walks everyday to stay in shape for his Army Reserve duty. If he jogs it takes about eight minutes. Walking takes 15 minutes.



Sally Lynch from Machine Room 10-12 grabs a quick salad after taking 20 minutes to complete the River Trail. She says the walk relaxes her and makes her job easier. ☺

Service Clubs

Pisgah Forest

First To Reach 45 Years



Max Feaster
Maintenance Clerk



Eldred Burns
Finishing Services

30 YEARS

H. J. Aiken
Printing

A. L. Ballard
Utilities

C. W. Byrd
Winding & Calendering

J. L. Crowe
Production Adm.

J. E. Deaver
Paper Maintenance

P. H. Fisher
Film Finishing

R. A. Garren
Winding & Calendering

B. C. Goforth
Paper Quality Control

N. M. Greer
Paper Maintenance

J. S. Henderson
Mfg. Planning Sched. & Adm.

T. A. House
Paper Maintenance

R. E. Huggins
Refining

E. M. Houston
Paper Quality Control

C. K. Lance
Production Adm.

G. M. Limbo, Sr.
Paper Quality Control

J. T. Mahoney
Electrostatic Perforator

H. R. Marshall
Paper Quality Control

C. L. McGee
Film Marketing

Z. D. Turpin
Paper Maintenance

T. T. Whitmire
Paper Maintenance

T. C. Williams
Paper Maintenance

40 YEARS



D. M. Smith
Paper Finishing

L. E. Cooper
Paper Finishing



T. B. Corbett
Quality Control Adm.



J. A. Galloway
Paper Finishing



T. G. McCall
Film Finishing



G. W. Poor
Converting Adm.



L. J. Stamey
Paper Maintenance

35 YEARS



F. D. Sotomayor
Procurement & Traffic



J. W. Fanning
Film Maintenance



T. G. Leopard
Refining

C. R. Allison
Paper Maintenance

M. D. Cantrell
Chemical Operations

T. M. Cornwell
Technical

J. W. Cox
Utilities

B. Jones
Paper Maintenance

N. L. Logan
Paper Finishing

V. L. Penland
Mfg. Planning Sched. & Adm.

F. E. Tinsley
Machine Room 1-9

25 YEARS