



THE INSIDE STORY



Shell

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NUMBER 31

FRIDAY, MARCH 7, 1980

WHAT'S COOKING?

The DPMC menu for next week will include:

Monday Lunch: breaded veal outlet. Dinner: rib eye steak.
Supper: barbecued brisket.

Tuesday Lunch: rib eye steak. Dinner: pork chops. Supper:
chicken pot pie.

Wednesday Lunch: turkey and dressing with cranberry sauce.
Dinner: bacon-wrapped steak. Supper: beef tips and noodles.

Thursday Lunch: nachos, enchiladas, smoked ham steak, tacos.
Dinner: chicken fried steak. Supper: wieners and baked beans.

Friday Lunch: frog legs. Dinner: fried shrimp. Supper:
baked chicken breasts and mustard sauce.

Saturday Lunch: fried chicken. Dinner: meat balls and spaghetti.
Supper: smoked pork chops.

Sunday Lunch: T-bone steak. Dinner: roasted beef. Supper:
stuffed crabs.

Each meal will also include a changing variety of assorted vegetables, salads and a selection of desserts.

BLOOD PRESSURE

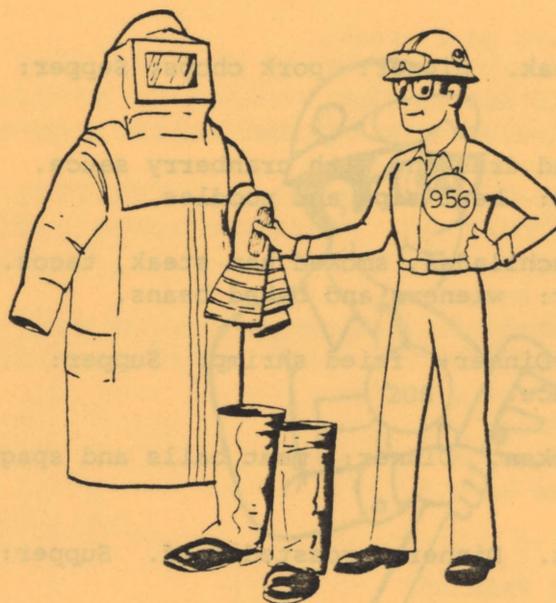
Dr. David Miller, medical director, reports blood pressure examinations conducted at the DPMC haven't resulted in finding anyone who is seriously ill--only persons with moderate blood pressure elevations. But he warns, strike conditions--such as long shifts and extra stress--may carry with them the possibility of pushing blood pressure readings up. Everybody's blood pressure fluctuates up and down a little bit. But to help keep your blood pressure from being consistently too high, Miller advises DPMC employees to be selective in what they eat and drink as far as caffeine and highly salted foods, which can both aggravate your blood pressure, are concerned. Not only should you watch how much coffee, tea and soft drinks you consume, but you should also cut down on potato and corn chips and the little packages of beef jerky and sausage (which contain large amounts of salt).

OBEY ALL DPMC SIGNS & SPEED LIMITS

To offer insiders a chance to keep up with their blood pressure readings, nurses are conducting blood pressure checks at both cafeterias from 11:30 a.m. to 1 p.m. Tuesday. Frequent blood pressure checks are also being conducted at unit control rooms.

WINNING NUMBER

R. L. Taylor, a foreman at the electrical shop, is the latest winner of a Red D. Worker jacket, having found his badge number of 652 to be lucky. Today's lucky number is 956.



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FOUND

One gold earring Thursday near the Refinery Cafeteria. Call Les Cole on 6301, describe and claim.