



Shell

# THE INSIDE STORY



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NUMBER 13

WEDNESDAY, JANUARY 30, 1980

## FAREWELL

To all my friends and colleagues:

Today essentially brings to an end my assignment at Deer Park. The past five and one-half years have seen great challenges and great successes. It is with tremendous satisfaction I view all of your accomplishments. New ideas, new ways, new relationships have become part of our working lives. I look to you to carry on the challenges of building upon these changes.

I thank you for your friendship and the support you have been to me. My only regret is I must leave without being able to thank so many of you personally.

I leave behind the following things for you to remember:

- . The value of time
- . The success of perseverance
- . The pleasure of working
- . The dignity of simplicity
- . The worth of character
- . The power of kindness
- . The influence of example
- . The obligation of duty
- . The wisdom of economy
- . The virtue of patience
- . The improvement of talent
- . The joy of originating

-Gary Dillard

## JUST DESSERT

Bob Connally, Complex Security Sergeant, is retiring. If you'd like to help see that Bob gets his "just deserts", join his Complex friends this Thursday, January 31, at the Chemical Main Office Annex (just outside the Chemical Main Gate) at 5 PM for coffee and cake. Any questions? Call Val on 7578.

### COMPLIMENTS TO THE CHEFS

Not that anyone's complained about the steaks they've been getting ... far from it! But the chefs who conceived and prepared the noon meals yesterday had the grateful crowds buzzing with compliments. Lou Boudreaux, General Services Manager, and Tom Rogosheske, General Manager for Szabo Food Service's DPMC activities, get the credit for coming up with the menu of Langustino and lobster tails, and the cafeteria staffs of Mrs. Crump and Mary Funk prepared it to perfection. Good show!

We understand upcoming menus will include barbecued beef and sausage (that's been in the smokehouse since last weekend) not to mention a special expanded Mexican menu, breaded flounder ... and Alaskan king crab. Watch your weight, folks.

### EXPANDED COVERAGE

Speaking of watching your weight, the following conversation more or less took place between your editor, Bill Gibson, and doctors Miller and Davis. If the belt fits...wear it.

Doc's: "That's quite a tray full of food you've got there. Anything on the menu you didn't pick up?"

B.G.: "I passed on the cottage cheese...I understand it's got more calories than you'd think. Besides, the price is right."

Doc's: "Is that all the closer you can sit to the table?"

B.G.: "You told me I ought to watch my weight. I'm just trying to get it out there where I can see it."

Doc's: "Very funny. Take that apple pie for instance: that one piece of pie is harboring 300 calories for you. An apple is only 100 calories."

B.G.: "Yeah?"

Doc's: "Yeah, and in order to burn off that extra 200 calories, you'd have to walk quickly for 35 minutes, or an hour slowly; or run for 20 minutes; or skip rope for 25 minutes; or ride a bike for half an hour."

B.G.: "What about working feverously at my desk?"

Doc's: "You don't put in that many hours. We've seen you hitting the junk food concession too. Know what else has 200 calories? Try: 10 cashews, or 18 potato chips, or a half cup of ice cream."

B.G.: "You have alternatives?"

Doc's: "Fresh fruit is good, and sweet tasting too. For instance, a banana has 90 calories, an orange 80, and a pear only 50."

B.G.: "OK, OK, you've made your point. And here I was just trying to be patriotic by not turning up my nose to all those good things the cafeteria staff was providing. Anybody want this piece of pie a la mode?"



## RED'S BRIGADE

Last Friday the winning badge number was 224. Claiming their jackets were J. A. Lyne, an operator in DU-1 by way of Westhollow, and Jeff Chan, an operator in G Dept., regularly a process engineer in Process Engineering-West. Only Ched Beecher, process manager of Lube-B came forth with badge 440 from yesterday.

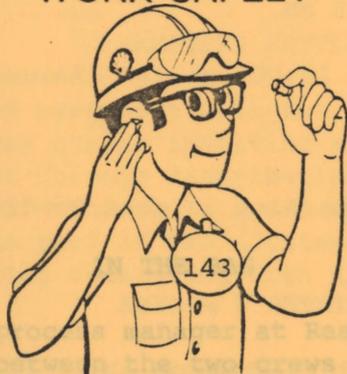
FRIDAY, FEBRUARY 1, 1968

## AND TO YOU SIR

Gary Dillard opened this issue with some warm farewell thoughts. Well, we have something for you too, Gary ... because it fits:

A good boss is someone who takes a little more than his share of the blame and a little less than his share of the credit.

## WORK SAFELY



**WEAR YOUR EAR PLUGS  
WHEN REQUIRED**

## WORK SAFELY

WATCH  
YOUR  
STEP—  
CLEAN  
UP  
SPILLS



**Varsity**  
Johnny Rios  
J. D. Nance  
Jerry Olivo  
John Szabo

**Scrubs**  
Les Daugherty  
Gene Flower  
Bill Boyner  
Milton Haynes

