



Shellegram

Deer Park Manufacturing Complex

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Thursday, March 31, 1983

Now's the time to 'Take Stock in America'

The annual U.S. Savings Bond Campaign for all Shell locations begins April 1 and will continue through the end of the month. This is your opportunity to "Take Stock in America" by purchasing Savings Bonds through the Shell Payroll Deduction Plan.

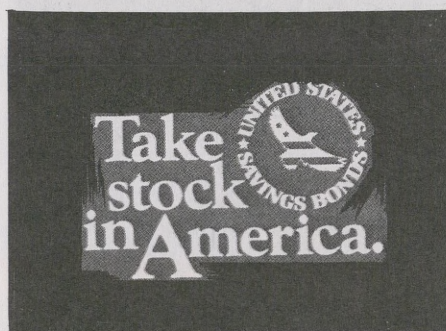
The U.S. Treasury Department states that the Series EE Bond is an appreciation-type security that now earns at least 85 percent of Treasury market rates when held five years or more. In addition, when held at least five years, these bonds are guaranteed to earn no less than 7.5 percent a year. Purchase price is 50 percent of face value; for example, a \$100 bond sells for \$50.

US Savings Bonds now pay market-based rates

Savings Bonds are guaranteed by the U.S. Government as to principal and interest. If lost, stolen, mutilated or destroyed, they will be replaced without

charge upon application — and they will bear the original issue dates.

Savings Bonds are a good way to provide for a child's education in the future. By placing the child's name on the bond,



and naming the parents beneficiaries, a tax-free college fund will grow with the child.

Bonds can also be used as a retirement supplement. By exchanging Series EE Bonds for Series HH Bonds, which pay interest semi-annually, you can keep deferring the interest so no taxes are due until later, when you might find yourself in a lower tax bracket following retirement.

Futhermore, the Payroll Savings Plan allows bonds to be purchased through regular payroll deductions. Bonds bought through the plan will be mailed directly to the employee. After six months, the bonds can be redeemed or exchanged for Series HH Bonds.

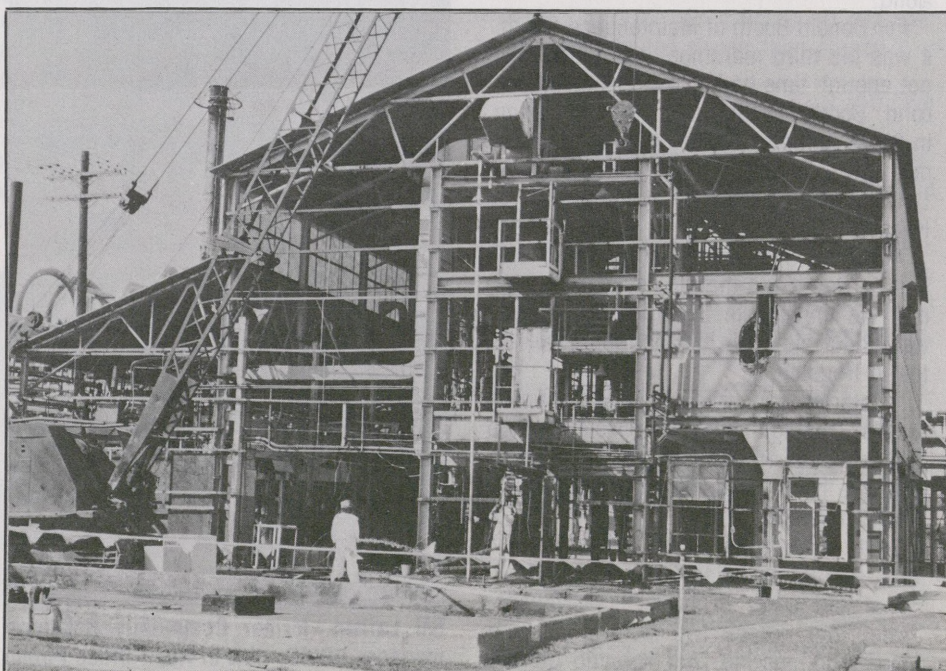
Best of all, U.S. Savings Bonds provide an easy and convenient way to save. By signing up, you can add to your future security and the strength of the nation.

You should soon receive Savings Bond information in the mail. If you're interested in participating in the program, fill out the application and send it to the address given.

Happy Easter!



Lube oil pilot plant undergoes dismantlement. It was built in 1947 for research and to help perfect commercial lube oil plant operations. Located across from the Financial Building, the pilot plant has been dormant since research moved to Woodhollow in the early seventies.



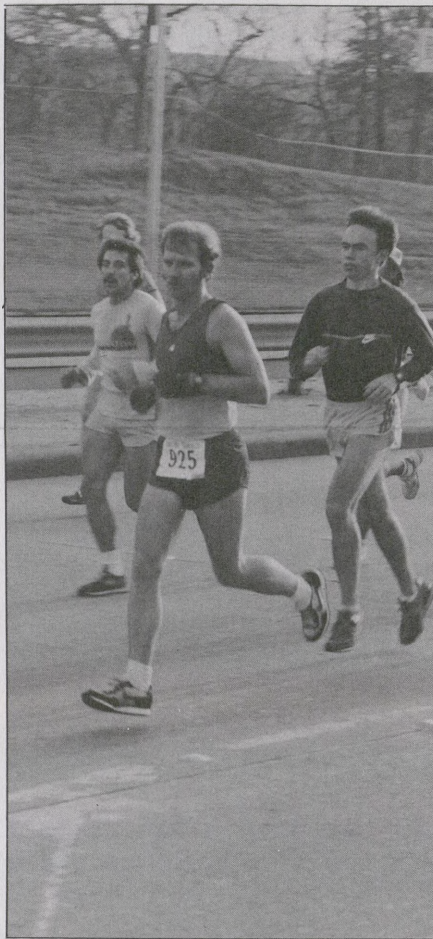
DPMC quintet travels 117.9 miles in Houston Marathon

Five DPMC stalwarts raced among the 3,500 long-distance runners competing in the recent 11th annual Houston Marathon. Four of them completed the 26.2-mile course — two loops from downtown through Memorial Park — and one settled for a respectable 13.1 mile round trip.

The DPMC runners, in alphabetical order, were Tony Arbaji, Sheila Barron, Donald Booth, Bill Coit, and Victor Romero.

It was the first marathon for Victor Romero of the Inspection Department. He may have experienced some beginner's luck, because he had a relatively easy time. "It was a lot of fun, when all was said and done," Romero rhymes. "I felt good; I guess I had that 'runner's high.' And when it was over, I recovered easily. Also, it helped to finish in 3 hours 38 minutes, beating my goal of 4 hours."

Romero gives a lot of credit to Bill Coit and Tony Arbaji for advising him on how to train for and run his first marathon. He ran alongside Coit during the first half of the race, receiving many pointers from the



Donald Booth (No. 925)

more experienced runner as they went along.

For Donald Booth of Maintenance-South, it was his third marathon, and apparently not enough time had elapsed since his second. Booth ran the White Rock Marathon in Dallas just six weeks before the Houston race. He had planned to take it easy in Dallas, treating it as a training run for Houston.

However, Booth was doing so well during the Dallas run that he decided to go all out. He finished in 3 hours 19 minutes, well under his goal, but that effort took its toll in Houston.

"I started out well in Houston," Booth recalls, "doing the first 18 miles at the rate of 6 minutes 45 seconds per mile. After that, the bottom dropped out! I was really tired at the end."

Booth recovered well, but came back too soon, running 20 miles just one week later. "That did a lot of harm," he admits. "After that, I took two months off, and considered quitting, but running gets in your blood."

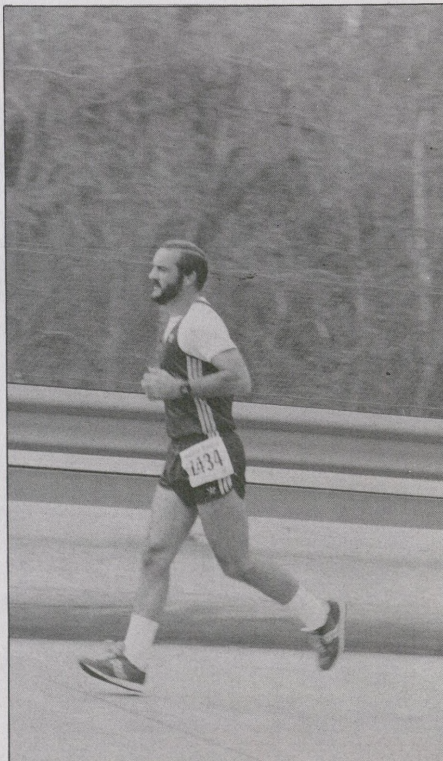
He's out there running again, and entering some of the five- and six- mile races. His goal for next year's Houston Marathon: "I'll break 3 hours."

Bill Coit, Project Engineering, also ran in Dallas, but had a pleasant surprise when the Houston Marathon rolled around. "I wasn't planning to finish the Houston Marathon, because Dallas wore me out, and I couldn't train properly during the short time between races," Coit explains. "I was just going to have some fun and do half of it, but I felt great at 13 miles and decided to keep going as long as I was comfortable. As it turned out, I felt so great toward the end that I sped up for the final four miles and finished in 3 hours 47 minutes, two minutes better than in last year's Houston Marathon."

Coit found that starting more slowly helped him immensely in the Houston Marathon. "Usually I can hardly lift my feet at the end, and this time I was able to speed up," he says.

He plans to continue running marathons. His goal for next year's Houston race is to beat 3 hours 24 minutes, his Dallas time and his best thus far.

Tony Arbaji, Utilities Control, is always training for a marathon. For six weeks



Bill Lafield, former Community Relations manager DPMC, now of Head Office Public Affairs.



Bill Coit (1) and Victor Romero

before the race, however, he's more diligent.

Arbaji took more ribbing than usual when he refused alcoholic beverages at a party last New Year's Eve. "At midnight, they forced me to take a sip of champagne," he reports with a smile.

He usually runs 10 miles a day, and avoids red meat, preferring chicken, fish and fresh fruits and vegetables. ("They call me the rabbit food man.") During the six weeks prior to a marathon, he tries to run a total of 350 miles. He'll vary the daily distance, such as 15 miles one day, 12 the next, five the day after, then six, etc. For the final pre-marathon week, he'll hold the running down to a total of 30 miles.

This year's Houston Marathon was Arbaji's third 26-miler. Last year, he ran Houston and Paris (France that is). He had to go easy in the '83 Houston Marathon due to a back problem caused by weight-lifting exer-



Marathoners coming and going.



Tony Arbaji (No. 438)

cises. His time was 4 hours 30 minutes, some 45 minutes slower than normal.

Why does Arbaji work so hard and give up so much for long-distance running?

"I really enjoy running," he insists. "It's my hobby. It's part of me. It gives me special time for myself, away from problems. It gives me a chance to know myself better. And, running relieves stress, makes you feel really relaxed. It enhances your health as well as your mind, and firms your body muscles."

What about all the aches, pains and injuries of which runners are often heard to complain?

"Running is an art," Arbaji asserts. "You have to do it right to avoid injuries. You need the proper shoes, and you have to know how to run. I've done a lot of reading on the subject. I don't have any injury problems from running. I listen to my body. If there is pain, I know to avoid what I did wrong."

Photos by Don Treat

Sheila Barron of Economics and Scheduling knew going into the Houston Marathon that she would be entirely satisfied to cover half the distance, or nearly twice as far as her longest run up to then. She accomplished that goal, not without pain, but found it an exhilarating experience. "You get a high from being there, the people, all that goes on," she says. "I couldn't have run 26 miles, but next year I will. Meanwhile, I'm going to build up to it and enter more of the shorter races."

If all of the DPMC runners in this year's Houston Marathon are joined in the '84 race by the DPMC folks who ran in '82 but couldn't make it this year (Rick Erickson, Chris Nicknish, Jeff Daniels, and Mike Geehan), and one new runner from DPMC materializes, we'll have a solid delegation of 10 in the 1984 Houston Marathon. Come on gang, you can do it!

Deer Park Fun Run set for May 7

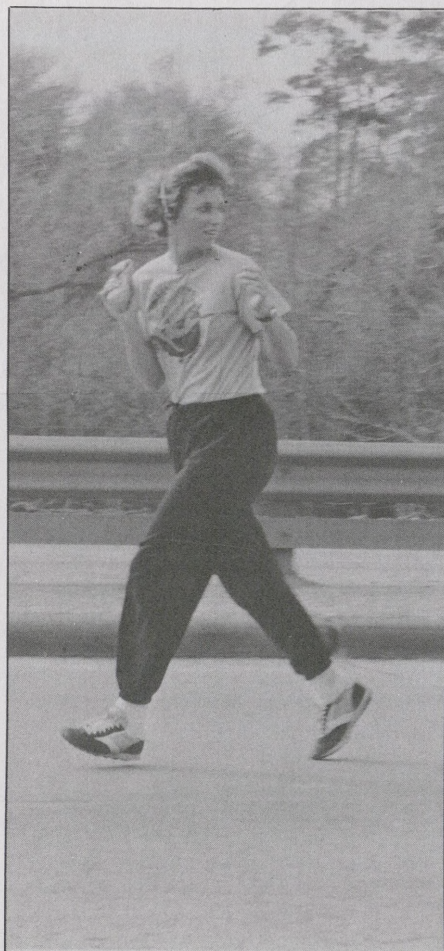
You don't have to be a marathoner to enter the Deer Park Fun Run, scheduled Saturday, May 7.

The distance is a mere 10 kilometers (6.2 miles). The race starts 8 a.m. at the Deer Park High school North Campus Stadium, and ends at the same place. The course, through the streets of Deer Park, is completely paved, and the run will be held regardless of the weather.

Trophies will be awarded in several age groups, and one will go to the Deer Park business with the most runners completing the race. The first 400 to register receive Fun Run '83 T-shirts.

Entry fee is \$4.50 in advance and \$6 at the run. Register at the Deer Park Community Center, 610 East San Augustine, or send check to City of Deer Park, Fun Run '83, P.O. Box 700, Deer Park, Texas 77536.

For further information, call 479-3002.



Sheila Barron

Classifieds

FOR SALE

1982 Dodge Charger. Black, power and tilt steering, air, five-speed, AM/FM stereo, alloy wheels, radial tires, four-wheel disc brakes. \$500 and assume payments. Call 479-0301.

1979 Malibu. Low mileage, loaded. \$3,000. Call 480-5072.

1978 Mini-Winnebago. 18 feet long, 360 engine, power, heat/air, automatic, sleeps four, 3KVA power plant, 56,000 miles. \$10,000. Call 353-1488.

1978 Chevy Caprice Classic. Comfort package, excellent condition. Selling to buy new car. \$3,300. **1977 Buick-Opel.** Automatic, air, spoke wheels, landau top, good condition. \$1,000. Call 479-4939.

1977 Thunderbird. Original owner, excellent condition inside and out. \$2,950. Call 427-4886.

1967 Ford Bronco. 4 x 4, 302 engine. \$2,300. Call 472-4926 or 930-1251.

Prowler travel trailer. 1980 model, 27 feet, excellent condition. \$6,500. Call 498-2378.

Cab high camper. Paneled, insulated, boot, fan, cream color. \$350. Call 427-9078.

Chevy 350 engine. Late model, three-speed turbohydramatic, can hear run. \$250. Call 477-0328.

Mercury propeller. 85-horsepower, 13 x 19. \$45. Call 472-3018.

Pick-up camper top. Fiberglass, eight feet. \$275. Call 946-2770.

"Eez-In" auxiliary outboard motor bracket. \$40. Call 472-3018.

Air compressor. One horsepower electric 110 volts, two cylinder, 12 gallon tank on wheels, air gauge on tank and regulator with air gauge. Low hours. \$225. Call 472-1440 after 4:15 p.m.

Men's bike. Ten-speed, good. \$60.

Women's bike. \$25. **Boy's bike.** 13-inch, needs repair. \$10. **Headboard.** Green over white, 53 inches wide, excellent. **Deer head.** Mounted with deer hoof gun rack. **Two guns,** fair condition. Call 473-4978.

Four van captain chairs. Dark blue, good condition. \$75 each, sold in pairs. Call 444-5437.

Lot. Near Hobby Airport, 62 x 134. Owner will finance. Call 991-3521.

Gunne Sax formal full-length dress. Size 3 junior, peach colored, brand new, perfect for prom. \$50. Call 470-1087.

Glass-topped breakfast table. 40 in. by 61 in., 1/2 in. thick beveled edge tempered glass. Glass sits on large rattan and heavy chrome base. Four chairs, rattan back, chrome arms, and rust colored velvet seats. Retail for \$1,100 a year ago; will sell for \$425. Call 479-8714.

Swing. Wood, five feet long, with chains for hanging. Will deliver. \$5. Call 531-4949.

Property in western Arkansas. 25 mountain acres, large two-story brick house, two large storage bldgs., magnificent view, spring water. Owner finance with substantial down payment. Call 501-394-5119. Or write to Rt. 2, Box 293A, Mena, Ark. 71953.

FOR RENT

Clear Lake house. 4-2-2, fenced and draped. Available end of April. \$700 per month plus deposit. Call evenings 488--0418.

University Trace condo. 2-2 1/2, two-story, in good location with pool, sauna. \$625 per month. Take a six-month lease, or longer, by 4/8/83 and get a free color tv! Call 480-8260.

WANT TO RENT

Dune buggy for one week beginning June 10. 861-6271.

WANT TO BUY

Outboard motor. 15-18 horsepower. Prefer Evinrude or Johnson. Call 487-1013.

WANT TO START

Musical group. To play 50s-60s music and original music. You need not play an instrument, but must have good rhythm and a desire to learn. Call 477-0328.

FREEBY

Black Lab. Male, 4 1/2 years old. No papers and has not been trained. Call 422-4069.

LOST

Australian copper penny. Pocket worn since 1943. Very smooth and about diameter of half-dollar. Likely locations: South Admin. Bldg., East Operations Bldg., or CCU revamp trailers. Sentimental value only. Call W.R. Knowles, Ext. 7491.

FOUND

Fluke meter case for digital VOM. It's located in C.P.S. control building (Ext.6795).

PERSONALS

Thanks to my friends and co-workers for the gifts and party on my retirement from Shell. The tools will be handy in finishing our new house in Madisonville. It has been a pleasure working with all of you, and sincerely hope that if you come by my way you will stop in for a visit.

Ray Dean

Thanks from the Ream and Caskey families to all the many friends for the flowers given for the funeral of Mrs. Jenny Ream.

Darrell Caskey



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Published weekly by Shell's Deer Park Manufacturing Complex for its employees and pensioners. All inquiries should be addressed to **Shellegram**, Shell Oil Company, P.O. Box 100, Deer Park, Texas 77536.

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