

Hawks Leading Scorer Vegetarian

SCORA's kick-off game of the 1979 basketball season pitted last year's champions, the Shell Hawks, against the Turkeys. The Hawks won the game 52:31 with the assistance of the team's leading scorer, Jimmy Fonteneaux, analyst, Purchasing-Procurement, who scored 20 of the 52 points.

Jimmy began playing basketball seriously in high school and continued participating in the sport throughout his college years at Cisco Junior College and Prairie View A&M. After college, he played on Shell's City League and was instrumental in the formation of SCORA's basketball league last year.

It was Jimmy's skill in playing basketball that eventually led to his becoming a vegetarian. It all started simply enough. A friend, who wanted to learn the fundamental techniques of playing basketball, asked Jimmy to teach him in return for his teaching

purpose, multiple vitamin and one for vegetarians. Jimmy the basic concepts of his trade - orchestration. Jimmy readily agreed. Orchestration, along with song writing is a favorite hobby of the musically inclined basketball player, who once sang at the Astrodome during half-time of the Houston Oilers vs. Cleveland Browns game.

As Jimmy taught his friend the finer points of basketball, he soon became aware that his friend had an energy level that far exceeded his. This surprised him, as he considered himself healthy and full of energy. So pronounced was his friend's energy level that Jimmy questioned him about it. The friend then told Jimmy about the diet he had been on for about three years and suggested he try it for a month or two without any alterations.

Jimmy did - mostly to test whether or not it would make any difference in his sense of well-being. The diet was primarily vegetarian - no beef, no pork, little poultry or fish. It included an all

purpose, multiple vitamin and one for vegetarians.

Within just a few weeks, Jimmy began to notice an increase in his energy level. He no longer got stiff in his joints after a hard workout on the basketball court. His six-foot frame went from 202 pounds to 185. And, although he had never smoked, he still noticed an improvement in his breathing ability. Even his vision seemed better.

"Another benefit from the diet," says Jimmy, "was my giving up most alcoholic beverages, as I found they affected my system much more rapidly on the vegetarian diet. I now limit my drinking to an occasional glass of mild wine."

However, the dramatic changes for Jimmy, since switching diets, are his increased energy level and sense of well-being. Whereas before a single game of basketball would wear him out,

Continued on page 3.

Provident Fund News

The Provident Fund valuation is as follows:

Thrift Fund

The trustees of Shell Provident Fund have authorized a distribution of 1978 earnings for credit to thrift accounts of members at a rate of 5.705 percent per annum on average member balances. Members' statements of account were scheduled to be mailed by the end of January.

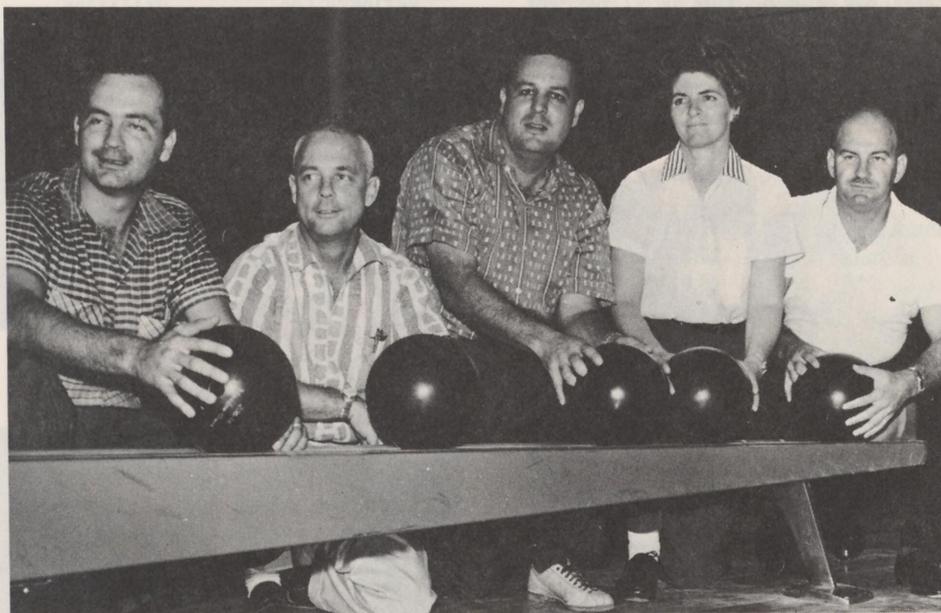
Settlements paid to outgoing members in 1979 will include earnings for 1979 at a rate of 5.85 percent per annum. Terminating members who wish to defer receipt of earnings for 1979 until the actual rate is available early in 1980 may return their settlement check for reinsurance.

Equities Fund

January 15 - \$2.79

Shell Stock Fund

January 1-15 - \$32.656



Shell Teammates Still On The Job

Twenty years later, four members of this Shell bowling team are still on the job at the DPMC and the fifth member is still with the company. Can you name them? If not, see page 4.

Offshore Lease Sales

Shell, alone and with co-bidders, has been the apparent successful bidder on a total of 16 Gulf of Mexico tracts in two federal offshore lease sales held recently in New Orleans.

Bidding alone in the first sale, Shell was the successful bidder on four tracts totaling \$5,052,000. Bidding with Cities Service Company and Sun Oil Company (Delaware), Shell was successful

in two of the seven tracts bid on. Shell's share of these two tracts is \$1,671,500.

The Shell tracts lie offshore of Mobile, Alabama, and the Shell-Cities-Sun tracts lie offshore of Fort Meyers, Florida.

In the second sale, Shell bidding alone and with various combinations of co-bidders submitted 27 bids totalling \$326,445,972. Of these bids, Shell and co-bidders are the apparent winners of 10 tracts for a total cost of \$208,985,000, of which Shell's share is \$180 million. All the tracts lie offshore Texas and Louisiana.

U.S. Prices

Among Lowest

Retail motor gasoline prices are higher in many countries of the world than in the United States. Based on a survey of the capitals of 56 countries reporting to the Department of Energy, the U.S. ranks 11th lowest. The countries that have lower prices than the U.S. are mostly OPEC countries, or they are located near OPEC countries. They include: Ecuador, Venezuela, Saudi Arabia, Indonesia, Iran, Bolivia, Columbia, Turkey, Burma and Mexico.

Taking a straight average of the 56 countries, the regular grade gasoline price average was 114.7 cents per gallon, and premium gasoline was 130.4 cents per gallon. This is 77 percent higher than U.S. motorists pay for regular, and 81 percent higher than they pay for premium. Retail gasoline prices as of July 31, 1977, are listed below in cents per gallon:

	Regular	Premium
Saudi Arabia	11.3	14.5
Venezuela	13.2	30.8
Mexico	46.0	66.0
U.S.A.	64.9	71.9
Canada	69.2	74.6
Argentina	82.6	100.9
United Kingdom	118.3	120.8
Ireland	133.3	136.7
Spain	139.0	1.9.0
Sweden	143.6	147.4
West Germany	144.3	154.2
Denmark	162.0	168.0
Japan	162.5	177.7
Netherlands	164.2	168.2
Finland	166.0	173.0
Belgium	166.3	170.1
Israel	104.0	207.0

Source: Department of Energy, International Petroleum Annual January, 1979

Something Nice . . .

Nice things happen in a carpool. . . Like saving money on gasoline, parking, automobile wear and tear, and frayed nerves from battling traffic. . . Like meeting new friends or reading a book. . . Like having a preferred parking space - a lot closer to your office door. . . Like conserving fuel and decreasing pollution.

Carpooling today makes a lot of sense, and the smart folks are joining together and pooling together.

We can all benefit, and it's so simple and easy to carpool.

Service Anniversaries



40 Years
D. O. Henry
Refinery Lab



40 Years
W. E. Ursprung
Utilities



35 Years
T. R. Bradley
Maint. South



35 Years
C. E. Henderson
Training



30 Years
J. P. Callaghan
Maint. South



30 Years
W. B. Cummins
Lube A



30 Years
H. V. Gettys
Maint. North



30 Years
R. A. Johansen
Eng. Support



30 Years
J. C. H. Joyce
Proj. Engineering



30 Years
J. D. Lee
Purchasing



30 Years
J. W. West
Inspection

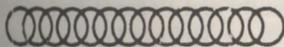


30 Years
A. M. Wigginton
Engrg.-Proc. Control



FEBRUARY 1979 UP COMING EVENTS

- * SQUARE DANCING EACH TUES.
- * HOLIDAY 2/19
- * BOARD MEETING 2/17
- * BASKETBALL EACH WED
- * BOWLING EACH THURS.
- * DANCE 2/17
- * BINGO 2/24
- * SKATE PARTY 2/28



JOIN **SCORA** AND JOIN THE FUN

WATCH BULLETIN BOARDS FOR
OTHER SPECIAL EVENTS ALSO FOR
TIMES, DATES, ETC.

FOR INFORMATION ON PUBLICATION
OF **SCORA** EVENTS CONTACT
BOB JOHANSEN - 6433

Prevent "Early Blur"

"Early blur" can lead to tragedy.

This is simply a combination of sight and sound factors which can cause a hunter to mistake another person for a deer.

Hunter safety programs always stress the importance of positively identifying any target before shooting. But there's another way a person in the outdoors can be protected from his careless fellow outdoorsmen - the use of "blaze orange" clothing.

Studies by the military, universities and clothing industries have shown this

color to be the best for hunters' protection.

The Texas Parks and Wildlife Department feels the use of daylight fluorescent orange is important and requires all participants in public hunts on wildlife management areas to wear at least 400 square inches of the material on their outer clothing.

Deer hunters need not worry that the blaze orange color will spoil their chances. Deer cannot distinguish colors, seeing only varying shades of gray.

Drive Better, Not Lucky

Just because you have a good driving record doesn't mean you're a good driver. You could just be a lucky one.

Skillful driving means more than physically getting a car from Point A to Point B. Being able to mentally sense what's going on around you and detecting potentially dangerous situations are often more difficult. To be a really good driver, you must master both physical and mental skills, according to the Driving Skills Book published by Shell.

Overall, you should remember the three C's of driving: cooperation, communication and concentration.

Competition driving's great - on the race track. It has no place on the freeway.

Tailgated? Don't slam on your brakes or be intimidated into driving too fast. Slow down and give the tailgater every opportunity to pass.

And when you're cut off, back off. Cut off again? Back off again. If you get frustrated and start following too close, you're only increasing your chances for a rear-end collision. Keep a level head. Be calm. Never let emotion get the best of you.

Don't isolate yourself. Let other drivers know what you plan to do. Use your signals.

Drive defensively. Be alert. Keep your mind on driving. Remember that driving's a task.

Here's a tip: try to keep a moving oval of space around your car - front, sides and back. This way, you can move to avoid trouble. Traffic conditions may make this difficult to do all the time, but do it when you can.

Vegetarian

Continued from page 1.

now he can run two-to-three miles in the morning and still have enough energy to play a game or two of basketball later in the day.

After a year and a half of sticking with the vegetarian diet, Jimmy plans to continue on it. The former meat lover no longer misses the juicy steaks, sausage or bacon of his former days on a carnivorous diet. Even when eating out, he prefers a meatless meal. However, he occasionally orders fish, which assists in replenishing iron and trace elements essential to his well-being when on the go.

And Jimmy Fonteneaux is a man on the go.



Jimmy Fonteneaux is a meat lover turned vegetarian for a purpose.

Employee Tidbits

Maintenance North instrument man Leonard E. Milholland's daughter, Gayle, sells aerial photograph of downtown Houston to the *Houston Chronicle* for \$400. Automotive employees Jerry A. Davis, garage mechanic No. 1, and Wes E. Clark, paint and body repair, maintain order during Thursday's confusion. Tom G. Martin, draftsman, Engineering Support, made honorary member of the Gulf Coast Air Force (GCAF). Maintenance South boiler-maker Jeff R. Wilson missing set of work clothes. Nancy Pompa, senior clerk, Maintenance North, slimmer by 30 pounds.

H. M. Hancock, senior inspector, Safety, seen wearing new, dark green jumpsuit. Miss America 1979, Kylee Barker, sends Bob Johansen, design draftsman-group leader, Engineering Support, her good wishes. Refinery Lab chemist Ron Novosad and Dispatching dock operator R. C. "Bob" Leezer become "poppas." A. L. Taylor, Maintenance North, painter, picks up gift certificate.

Classifieds

FOR SALE

1974 Pinto 3-door, radio, W.W. S. belted tires, 20+ mpg, new paint, good condition. \$850. 944-4765

1975 Fiat 124 Sport Spyder 5-speed, AMFM stereo, one owner. \$3,700. 334-5053

1979 Camaro 3-speed turbo, new tires, 2 Rally wheels, 350-4 crane cam, heads shaved, headers, glass packs, rebuilt engine, needs some body work. \$1,000 with engine; \$600 without engine. 476-0857

Set of twin mattresses and (all metal) springs. \$25. 376-7742 between 6-8 p.m.

1976 Cutlass Supreme Brougham, excellent condition, 2-door. AM-FM stereo cassette, velour interior, fully loaded. \$4,600. 487-2955

1971 Galaxie 500 2-door, V8, 3512, P-S, air, radio, \$695. 472-8836

1975 Ford van, captain chairs, 64,000 miles, very good conditon. \$3,400. 477-2483

Lot at Westwood Shores, Lake Livingston, Trinity, 18-hole golf course, country club membership. Assume payments of \$86.71 per month. Two bar stools, naughahyde and chrome, 3½ months old. \$60 each. 487-2083

4'x48' regulation Wards ¾" slate, return pockets pool table. 36" Whirlpool gas stove. Sears 10,000 BTU air conditioner, 1 year old. Sears 110V air conditioner, 1 year old. Attic fan and blind. 946-5454

Harvest gold, built-in dishwasher, needs some work, 3 years old. \$265. 479-5018 or 476-7354

1967 GTO, new brakes, radiator-wiring-tires, 389 hi-performance, runs good, restorable. \$700. 1975 Reinell 15' Bow Rider, 45 hp Chrysler, completely equipped, enclosed cabin top. \$2,495. 482-5567.

1971 Olds Delta 88 Royal, P-S-B, AM-FM stereo, very good condition, new tires, regular gas. \$850. 488-2183

1975 Monte Carlo 350 2BL, P-S-B, Landau roof, very clean, 37,000 miles. \$3,500 or best offer. 991-5414 after 5 p.m.

25' diameter, in ground or above ground swimming pool, 4-6' deep, filter pump, vacuum, deck. \$1,000. 944-2728 or 643-4883

2 and one-third acres corner lot in Rolling Hills Subdivision, ½ block off of Appleby Sand Hill Road in Nacogdoches, Texas, all utilities. 472-3180

FOR RENT

3-1-1 house in Gulfgate area, central air and heat, available February 15. \$350. 664-9095

WANT TO BUY

14' flat bottom aluminum boat and small utility trailer. 473-4616

4-speed transmission for short block Chevy. 487-5386

LOST

Large Puma knife, brass and S.S., wood handle. 422-5819

FOUND

Silver Waltham woman's watch, white enamel pierced earring, 9 keys on ring, glasses in black clip-on cases, ladies safety glasses. Claim in room 151 of refinery administration building.

PERSONAL

My family and I cannot find words to express our feelings for the wonderful party, scroll and clock given me upon my retirement January 17. What a send off where you enjoyed so many friends. Thanks and may God bless all of you. Come by to see us at 11635 Bourgeois Forest Drive in Houston.

—D.W. and Ina Stewart

Shell Teammates

Left to right are: Everett Doiron, now at Westhollow; Charlie Stebbins, analyst, Training; J.D. Washburn, process manager, CA Operations-Intermediates & Solvents; Ann Washburn, operator No. 1, Alkylolation; and Al Dugas, ER analyst, Scheduling-Chemical.



Deer Park Manufacturing Complex

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. 100, Deer Park, Texas 77536.

Dotti West - Editor

P. O. Box. 100
Deer Park, Texas 77536