

PLAIN TALKS

September 1988

Volume 67 Number 7



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Brenda Benoit, (above, left) secretary, Sabine Station, is a parent who also works full-time. Her comments on meeting the challenge of fulfilling both roles appear on page 12. Next to her in the photo are husband, Kenneth; daughter, Cayla; and son, Darren.

On the cover, working mother Nina Wiley, energy auditor, Conroe and her seven-year-old son, Adam.

PLAIN TALKS

September 1988

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Employees who change residences or offices should fill out company mailing-address-forms (GSU0012-00-81) and return them to the mailroom in the Edison Plaza. GSU publications, departmental mailings and other company information are not automatically forwarded; addresses must be corrected when employees move.

MAILBOX



Positive response

"Thank you so much for presenting the Gatekeeper Program to the participants in Deep East Texas Council of Governments Region," writes Betty Addington to **Sue Kendall**, customer affairs coordinator. "It was, indeed, a privilege to have you here and we have had a very positive response from those who attended."

Pleasant surprise

"There are essentially two kinds of surprises," writes William McCray of the Texas Department of Corrections in a letter to Western Division vice president **John Conley**. McCray received a pleasant one when he learned the TDC unit in Huntsville would receive a large refund from GSU. "It is a delight to do business with a large firm like GSU when that firm displays integrity and customer concern ... Thanks for strengthening our confidence in Gulf States."

Extremely satisfied

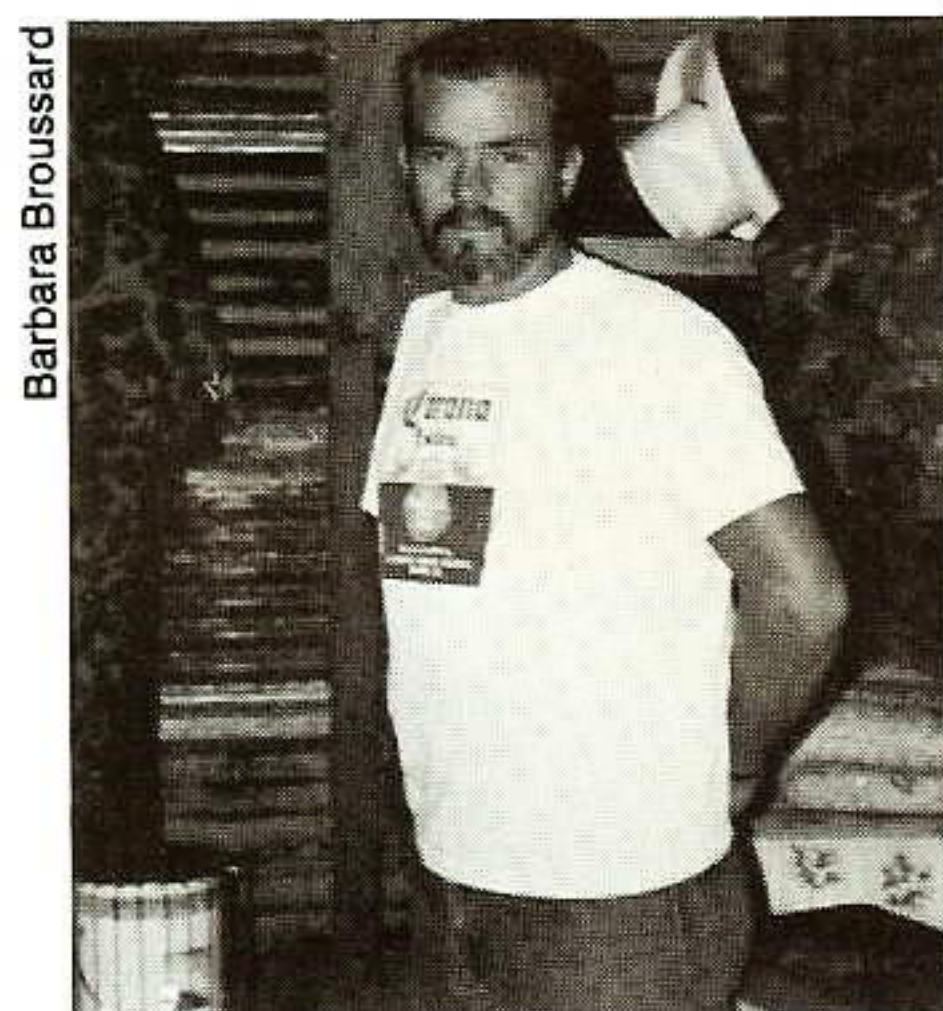
"I for one have been extremely satisfied with Gulf States Utilities Company," writes Wilson Longanecker, town councilman and GSU customer, in Sorrento, La., to Gonzales superintendent **Alvin "Bully" Dragg**. "You have been servicing my house for over 21 years now ... I can truthfully say that in almost any kind of weather or conditions, we have not experienced many power losses from your company. I certainly believe, with individuals such as yourself, that Gulf States Utilities will be one of our leaders for the future ... Thank you for showing that you care for your customers."

Totally great

Janis Ross of Port Arthur writes to thank **Jean "Trixy" Romero** and **Rod Tompkins** for their assistance with her family's move to a new home.

"I want to thank you for all the help y'all gave us. All of you were so helpful through the hectic process of our moving. I especially want to thank Trixy ... for her unending patience and kindness. Without her help I think I would have lost my mind. Also, I want to thank Rod ... for his help in explaining everything I needed. All of you have been totally great and I truly appreciate it."

Jean Romero is a service applications clerk and Rod Tompkins is a dispatcher. Both work in Port Arthur.



Barbara Broussard

Rod Tompkins



Jean Romero

Concerned, helpful and conscientious

Wayne Muenzler of the Texas Department of Human Services writes the following letter. "I recently had the pleasure of meeting Ms. **Georgia Harris** at a mutual client's home. She was very helpful and was instrumental in getting my client to accept some badly needed assistance from my agency.

"I would also like to compliment **Renee Stone**, whom I have known for several years. She, too, has exhibited much concern and helpfulness toward a number of my clients. My compliments to your company for having such concerned, helpful and conscientious employees as Georgia Harris and Renee Stone."

Harris is an energy auditor. Stone is customer affairs coordinator in Conroe.

Comprehensive workshop

Donald Robinson, president of Louisiana Association of Community Services Organizations, writes to thank **Harry Cormier**, Lake Charles senior energy auditor, for serving as consultant at LACSO's Professional Training Conference. "The conference was a tremendous success and it was all due to the professional comprehensive workshop that you conducted," Robinson writes.

Treated as a person

"We would like to thank you for helping us get our utilities connected in such a short period of time and with a minimum of deposit," writes a Gonzales customer to local office clerk **Sandy Jandura**. "In this fast-paced lifestyle we live it is definitely nice to be treated as a person and not just an account number."

First prize

Russell Coco, assistant superintendent of the Port Arthur Independent School District, writes **Sue Williams**, supervisor of customer services-Port Arthur, to thank her for judging the district's science fair. "I appreciate all that GSU did to help us make our science fair so successful," Coco writes. The staff development meetings and the booklets you shared were indispensable to us. ... As a judge, you win first prize!"

Positive attitude

"This is in reference to a meter reader in truck #6009," writes a Denham Springs customer. "I've never seen a nicer or happier person working out in the rain. Just wanted to compliment him on his very positive attitude."

The wet but happy meter reader was **Russell Rousseau**, T&D helper.

Nice reflection

Kay Wright of Jay Crow realtors in Baton Rouge writes to thank industrial representatives **Jim Glascock** and **Donald Sullivan**. "I am most appreciative of your help as well as are the new and old owners of the property. Your help was certainly a nice reflection on the quality of employees at Gulf States Utilities."

Medical/dental insurance

Register your dependents within 30 days

story and photos by Mike Rodgers

Marriage, childbirth and divorce are emotionally-charged events in your life which consume time, energy and concentration. They are also three circumstances with a direct impact on your employee benefits, particularly the medical and dental plans.

"Any time you get married, have a child or need to add or drop someone as a dependent for any other reason, you must notify Employee Benefits within 30 days by completing the GSU Medical/Dental Insurance Miscellaneous Change Notices," says Jommy Holder, coordinator-employee benefits. If you marry someone who already has children, the same 30-day period applies to your stepchildren. However, stepchildren must be permanent residents of your home to be eligible for GSU coverage. All such changes affect your group medical and dental insurance coverage.

There are penalties for failing to fill out the Insurance Miscellaneous Change Notice within the required time. A 90-day waiting period is added if you fail to return the completed form in 30 days.

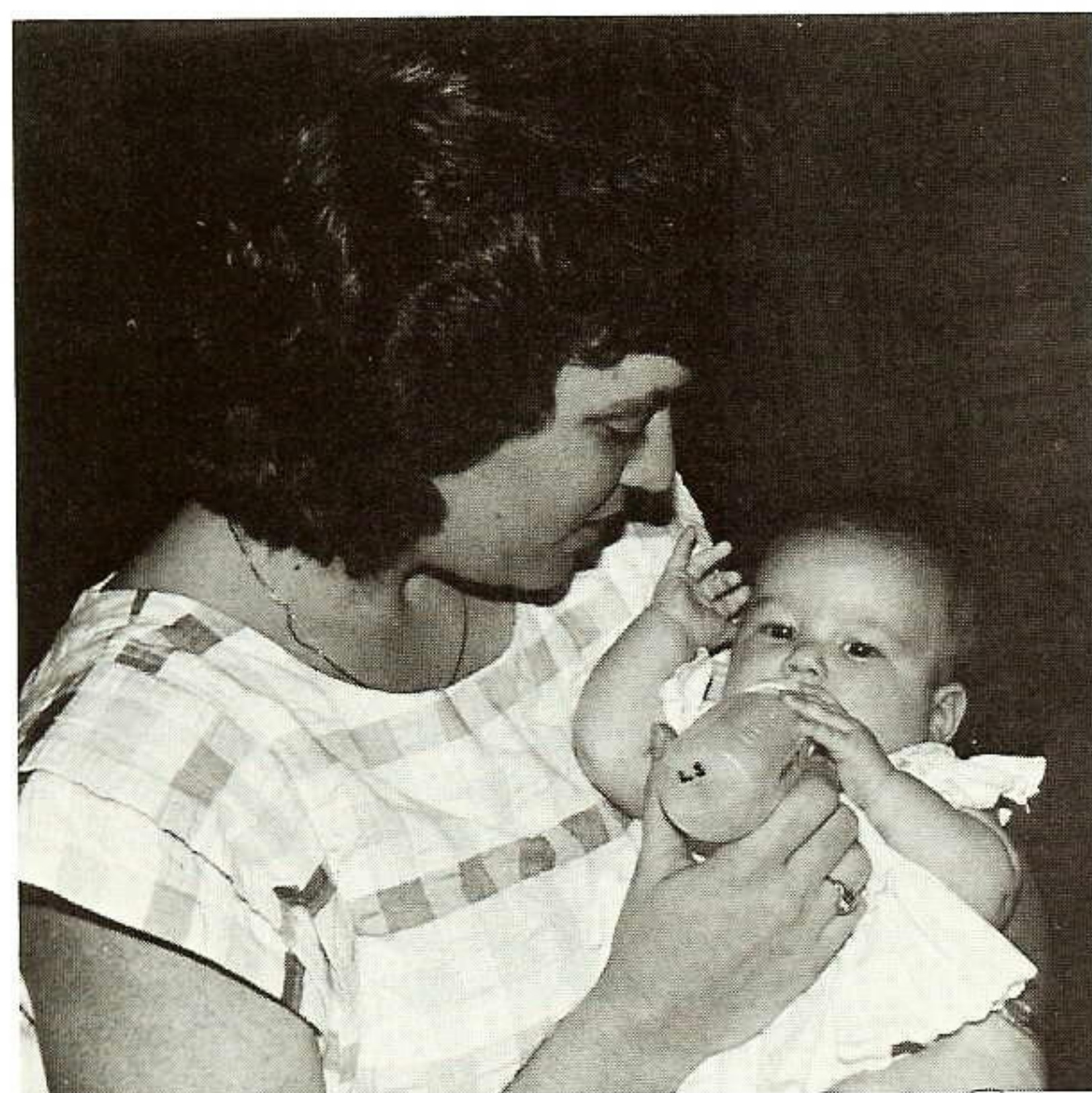
"What that means," Holder cautions, "is at least 90 days without coverage. If you have an accident or serious illness during that time, the GSU medical plan won't pick up any of the expenses; you will."

The company's Group Dental Insurance Plan provides the same 30 day notice and again, the penalty for failing to file the Dental Miscellaneous Change Notice is very severe. Holder says that late applicants will have to provide evidence of insurability comprising an exam by a dentist and a set of x-rays. You pay the cost of the exam and the x-rays. Further, the dentist must fill out a form and submit it along with the x-rays to the Provident Dental Review Board. Should

the review board determine that you are not in good dental health, coverage will be denied. According to Holder, if you are found to need such treatment as fillings, orthodontia, wisdom teeth extraction or braces for your children, you must have it done at your own expense before you are permitted to join the plan. Less than 30 percent of the late applicants are allowed to join.

"Obviously it's far easier to fill out the form within the required 30 days and send it in," says Holder. "We need it to make sure that those applying are eligible for coverage." Medical and Dental Miscellaneous Change Notices are available from Employee Benefits or Employee Relations representatives.

Dependent changes should also be reported on the Dental Change Notice within 30 days. (Below) Barbara Dawson, dental hygienist, prepares to examine Jennifer Rodgers, daughter of Michael Rodgers, senior employee communications representative.



Newborns should be claimed as dependents within 30 days of birth. Janet Strahan, associate systems analyst, Beaumont, gives three-month-old daughter, Lindy, her lunch.





Although only an infant when her father, Jimmy Smith, died, Fay Ann grew up with Gulf States (1970 photo).

Gulf States scholarship program helps pay for college education of deceased employee's daughter

by E. Kelly Merritt

Jimmy Smith had a lot of sense, says his widow, Mrs. Chloetele Barclay. Many long-term Gulf Staters will agree. A quiet but likeable man, Smith was well-known and well-respected.

"I thought he was real smart," says close friend Jamie Pike, serviceman-1st class, Woodville. "He tended to his own business."

Pike has remained close to Jimmy Smith's family in the 18 years since his friend's death. He says he sees "quite a bit" of Jimmy Smith in Smith's daughter, Fay Ann. "She is quiet ... undoubtedly smart," Pike says. "She resembles Jimmy a lot that way."

Eighteen-year-old Fay Ann was graduated magna cum laude from Beaumont's Westbrook High School in May. This month, she begins studies at The University of Texas at Austin, where she hopes to earn a double degree in international business and modern language. Gulf States will help pay for her education through the College Scholarship Program for children of deceased and totally-disabled employees.

Fay Ann was only seven-months-old when her daddy died in a line accident on July 5, 1970. He had joined the company in 1952 as a

lineman and later became line foreman. While a lineman, he also served as representative for bargaining unit employees.

Despite the tragic separation from her father, Fay Ann has grown up as a Gulf States supporter — and shareholder. Her mother tells stories of dressing up a toddling Fay Ann and her young stepbrother and taking them to the Annual Shareholders' Meeting. "We'd make a big event of those meetings," Mrs. Barclay says. And

though normally quiet, Fay Ann speaks up for the company without hesitation. "The company gets a bad rap," she says of the recent spell of negative publicity. "It's a business just like any other."

Mrs. Barclay says Gulf States meant a lot to Jimmy Smith. "He was Gulf States 100 percent of the time," she says. That's why it means so much to her that Fay Ann receives a scholarship from GSU.

Under the College Scholarship Program, Gulf States will pay \$1,200 for Fay Ann's education each academic year for four years. The benefit is available to children of deceased and totally-disabled employees who completed at least one year of GSU service.

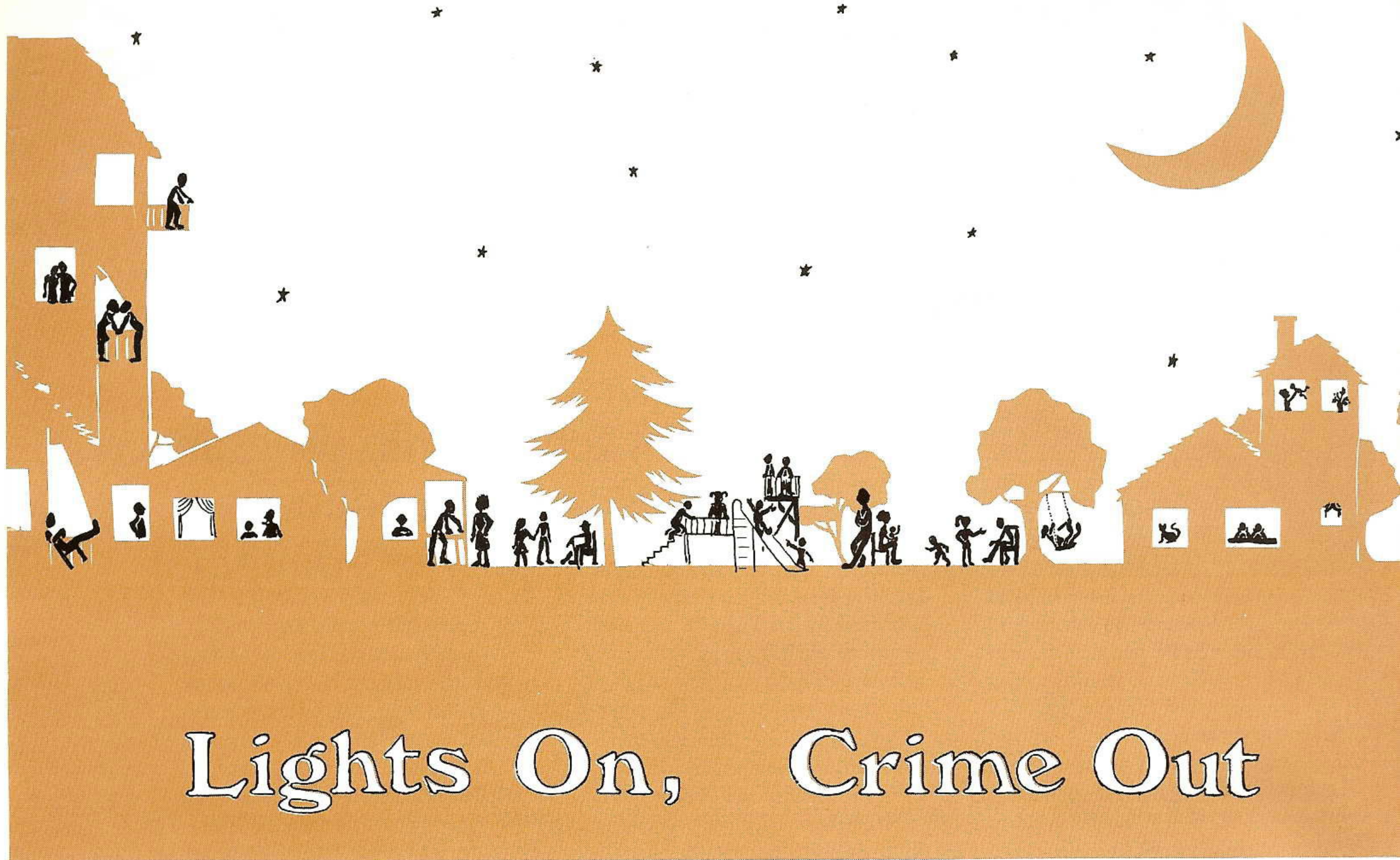
Since its inception in 1961, the program has funded scholarships for 184 students, including 12 during the 1987-88 academic year. Participants must be full-time students and maintain a satisfactory scholastic record.

Scholarship applications are available through the vice president of the division or department where the deceased or disabled parent worked. The program is administered by Employee Benefits at the direction of the College Scholarship Committee.

Photos courtesy Chloetele Barclay



Fay Ann Barclay



Art by Linka Peveto

by Robert Adams

To turn out the lights on crime, many people in neighborhoods around GSU's service area sat in lawn chairs and supported National Night Out.

The National Association of Town Watch (NATW) sponsored the event, which drew participation by some 20 million people in 7,000 communities nationwide. The basic theme was people, lights and neighborhood camaraderie.

The event, which heightened crime prevention awareness, also generated support for local crime prevention efforts, strengthened neighborhood involvement in crime prevention campaigns and sent a message to criminals. Police departments actively boosted the campaign throughout the area. Residents turned on all their outside lights and left them on all night.

"Lighting is a major factor in deterring crime," says Bobbie Ireland, commercial development analyst. "That's one reason the

NATW worked with the Edison Electric Institute to get electric companies to act as local sponsors," she continues. This was the fifth annual National Night Out and GSU's first year to participate.

"Local police departments were very pleased that we provided the groundwork for the event," says Ireland. "Most customers weren't aware that GSU worked behind the scenes. But we worked actively with area lighting retailers, city councils, police departments and the media to promote the evening," she says.

"We had tremendous support," says Jay Gonzales, marketing coordinator for Beaumont Division. "Several local radio stations ran give-aways using lights we donated."

GSU adopted the slogan, suggested by Betty Gavora, supervisor-employee communications, of "Lights On, Crime Out" in support of the program. Employ-

ees participated by selling security lights. During the period July 15 - Aug. 9, employees won special awards by leasing three GSU lights. "GSU has a leased light program that can be very beneficial," says Ireland. "The monthly rate for a high-pressure sodium security light is \$8 or about 26 cents a day." An ordinary 100-watt bulb costs about 8 or 9 cents a night to operate, according to Gonzales.

Promotions for the night included a banner contest for children and television promotions accompanying crime prevention shows. Local lighting retailers offered a \$5 rebate for security lights bought during the promotion.

Activities during the evening of Aug. 9 included block parties and appearances by radio station mascots, McGruff the Crime Fighting Dog and Louie the Lightning Bug. One city even had a booth display at a local shopping center.

Youth's life saved in vertical rescue

A young man from Moss Bluff, La., is alive today because of the quick, skilled response of two Nelson Coal employees. The youth was thrown from a bridge in a two-car collision just north of Lake Charles last March. He landed 30 feet below in a marshy area, suffering broken bones and internal injuries.

Mark Degenhardt and Glenn Dixon, members of the Ward 1 Volunteer Fire Department, responded to a call for help from the Sheriff's Department. The marshy area was inaccessible by land and the proximity of the bridge ruled out the use of a helicopter, so Degenhardt and Dixon attempted a vertical rescue. Degenhardt rappelled over the side while Dixon was lowered to the victim. In a move to stabilize the injuries, they used a cervical collar, hare traction splint and bandages. After securing the youth in a stokes basket, he was raised to safety by additional rescue personnel and taken to a hospital.

Dr. Linn Draper, GSU chairman and president, awarded the two men the President's Lifesaving Award at Nelson Coal in August. In writing GSU officials about the incident, Laraine Sonnier, rescue captain/EMT, Ward 1 Fire Department, stresses "Neither man hesitated to help another person in need." Degenhardt, a fuel handling foreman, is in charge of the First Responders rescue team at the coal plant. Dixon, a control operator, is an Emergency Medical Technician. Both are working on degrees in fire science at LSU. To qualify for the President's Lifesaving Award, an employee must be involved in a lifesaving event.

Keith Browning



Mark Degenhardt (left) and Glenn Dixon flank a Stokes basket similar to the one used in the rescue of an accident victim.

GSU safety flag flies at Nelson Gas & Oil

Nelson Gas and Oil took top honors in Louisiana as the safest power plant for the first half of 1988; Lewis Creek claimed similar distinction in Texas. "We give out the President's Safety Award each January for the preceding year," says Mike Durham-manager occupational health and safety. "Then, in mid-year, we take another look to see how our plants are doing through June."

The award is presented on the basis of the lowest overall accident

rate. The accident rate is determined by a formula combining the chargeable injury rate and the vehicle accident rate. Lewis Creek compiled an overall accident rate of 37.65 to claim the number one spot in Texas. "Nelson Gas and Oil recorded an overall accident rate of zero for the first half of the year. That's an excellent achievement. We're striving for the time when all of our work locations can report such figures," says Durham.

Connie Herford



Raising the President's Safety Award flag at Nelson Gas & Oil signifies six months as the safest power plant in Louisiana. (From left) Steve Pair, Charlie Elter, Jean Hebert, plant superintendent Cliff Chambers and Lee Cannon.

Working parents

Challenges at home ... and on the job

by Mike Rodgers

Television situation comedies of the 1950's such as *The Donna Reed Show* reflected the times — Mom stayed home and Dad was the breadwinner. The situation comedies of the '80s mirror a dramatic change in American life — single-parent homes or both parents working. But unlike television, where problems often have easy solutions, balancing the responsibility of parenting with the responsibility of earning a living can be stressful and demanding.

This issue of *Plain Talks* includes a Working Parents Guide offering suggestions on ways to handle the requirements of these roles. *Plain Talks* correspondents asked employees to answer the following question — “How do you meet the challenge of working full-time and being a parent?”

Orange

Donna Evans, senior clerk-customer accounting: “... having a routine is helpful. We both try very hard to spend quality time with Austyn. We feel it's not the length of time you spend with the child, but how you spend it.”

Delores Dugas, customer accounting clerk: “As a mother working full-time, I have found that to be able to spend time with my son I need to let some daily chores wait. Time with him is more important to me.”

Nancy McNeal, customer accounting clerk: “It's difficult seeing that homework gets done and your child gets to different after-school activities. But, with a lot of help from my husband and family, we manage.”

Monica Thomas



Sheila Gouldin with son, Blake Johnson.

Audrey McDonald



(Above) Proud parents display their children's McNeal, Brenda Clark, Jason St. Julien, Delores, Ryan.

Kathleen Chelette, district secretary: “The hardest part of being a working parent is when your child gets sick; not real sick, but enough that they can't stay at day care or go to school. If you don't

“It's not easy, but...”

have relatives around or a good neighbor or friend, it's hard to find someone who will keep your child on short notice.”

Brenda Clark, customer accounting clerk: “I do what I can and hide from the rest. Between softball, basketball, volleyball, track, band and my 14-year-old daughter DeAndrea's attending computer classes at Lamar University, I wear many different hats.”

Jason St. Julien, meterman: “It's not easy, but it's not impossible. We put on our full armor daily and meet the challenge head-on. That requires a willingness, a positive caring attitude and an ability to work together as a team. The team approach has proved very beneficial for us.”

(Center right, from left) John West, Noel Cormier, Michelle Cormier, Harry Cormier



Carol Morris



res. (From left) Kathleen Chelette, Nancy
Dugas. (Top right) Paula Colmer and

Lake Charles

Sheila Gouldin, customer contact clerk: "When there just isn't enough time to get everything done, you have to let some things go. Then you run into the problem

it's not impossible."

Jason St. Julien, meterman



of what to do when your child is sick ... It seems like there's always something that comes up. But when they look at you and tell you they love you, it's worth all the trouble in the world."

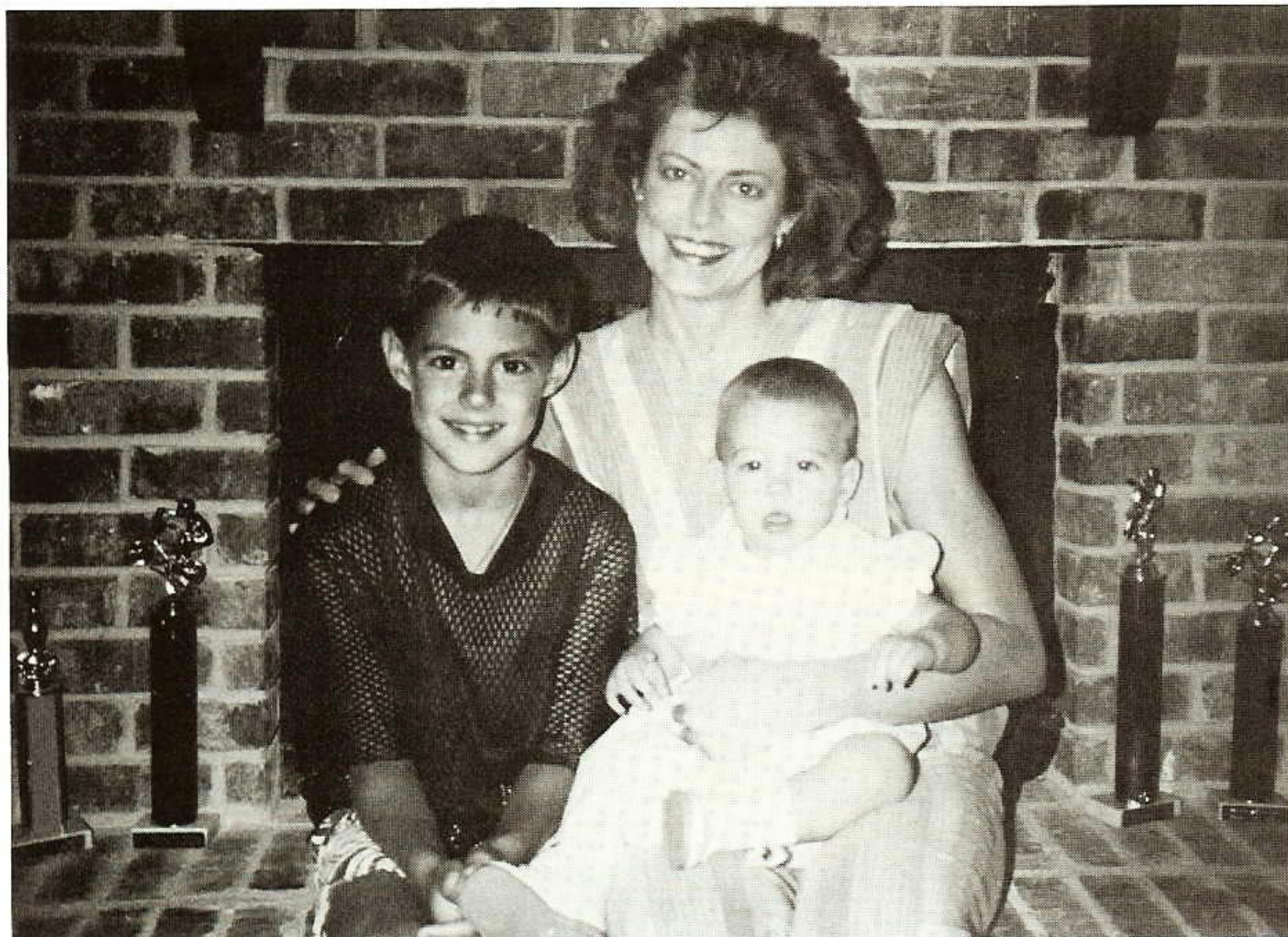
Harry Cormier, senior energy auditor: "In this complex society, the role of being both parents and full-time workers is ... a strenuous challenge. It has, however, become a way of life. Having God first in our lives has enabled us to adopt the virtues of faith, love, patience and understanding which allow us to accept all of these things within reason."

Wanda West, customer accounting clerk: "I think we all meet the challenges we have to face in life because we want to do those



re, Wanda West, Ted West. (Lower right, from left) Megan
Janice Cormier, Samirra Cormier.

Working parents



Charlotte Gautreau with son, Adam, and daughter, Mandi.

Charlotte Gautreau



Carol Darville with daughters, Michela (left) and Ashley.

things that are the best for our children. We meet these challenges because in our hearts we know our children are the future of this great nation."

Conroe

Paula Colmer, consumer service representative: "I enjoy my work very much. When we're together, it's quality time. We read books and play games. It's very special when we're together, but it's not easy for us with our schedules. My husband helps a lot when I'm not home. Patience is important. I make a point of having play time and snack time when we get home."

New Caney

Linda Buchanan, clerk: "Being a parent and working full-time requires cooperation from every member of the family. I'm very proud of my children, who have maintained honor roll grades while keeping up with their responsibilities at home. All of us pitch in together to get the work done ... It is possible to be good parents and

work full-time."

Gonzales

Jan Gaubert, meter reader: "... My husband and I both work over eight hours a day ... We have three children who were very involved in sports this summer. We recently moved into an old Acadian-style house and have been renovating it for the last 14 months. We've done all the work ourselves in our "spare" time. Our family



Brandon Beary, Jan Gaubert, Jorden Beary.

has sacrificed a lot, but we're proud of what we've accomplished together and love being in our 'new' old house."

Carol Darville, customer contact clerk: "The challenge of being a parent and a full-time working woman is very difficult at times. That is, when you leave work at 5 p.m. to go home, prepare meals, assist with the homework and other minor projects that arise, take girls to dance classes on Thursdays, religious education on Wednesdays, 4-H, clean up the house, wash clothes and all the 'good things' women love to do."

Charlotte Gautreau, customer contact clerk: "It seems like I'm always pushing to get everything done at home after a day's work. My husband's never-ending help is the major reason I'm able to get everything done. His cooking is a big plus. My son Adam helps by caring for his 1-year-old sister and by completing a couple of weekly jobs on his own. I find that the easiest way to get things done is to set goals beforehand and make a specific plan."



Donna Fontenot (right), with son, Caleb, and daughter, Dee.



(Above, back row, left to right) Ricky Daniels, wife, Regina, Jeremy. (Front row) Camille, Kira and Chloe. (Below) Sheryll Gregg; husband, Jonathan; and their two children, A. J. (left) and Adam.

Port Arthur

Donna Fontenot, clerk: "It's definitely not an easy task, but I try to organize my time so that there is 'our' time. Still, to them that's not

Baton Rouge

Sheldon Johnson, senior energy auditor: "I spend quality time with my son on the weekends. I try to take the family out —

"It seems like there's always something that comes up. But when they look at you and tell you they love you, it's worth all the trouble in the world."

Sheila Gouldin, customer contact clerk

quite enough, so I just pray they understand someday that it is for their future that I do work."

Ricky Daniels, lineman 1/c: "It's not easy, that's for sure. We take turns staying home with them when they are sick. Regina gets the kids ready each morning; Ricky feeds them. Regina takes them to and from day care; Ricky usually takes them to the doctor. We both give them all the love and attention we can. The weekends are all theirs. Although we have four children, we plan to have more."

Sheryll Gregg, clerk: "It's hard work when you have small children, especially when they are sick. Since our time with our children is limited, it's quality time."

whether it's just riding around or going to the park. Sunday is the day our family spends together. He's in the growing stage now and I have to spend as much time with him as possible."

John Stewart, marketing coordinator: "I organize my leisure activities around my son. He takes priority over everything. I try to include him in fishing, outings with friends and other family activities. When I have after-hours work to do, I try to do it after 9 p.m., when he's in bed. It makes for a few late nights. But a little less sleep for me at this stage of our lives is an easy sacrifice to make. You ought to see this kid play baseball. He's really good for a 5-year-old."

Valerie Young, senior consumer services representative:

"For me, there are two keys — I have a supportive husband and I plan ahead and schedule my time so that the needs of the children are met — dinner, homework, play and any extracurricular activities in which they may be involved. This allows us time together with few conflicts."





(Left to right) Sandy Tisdale; daughter, Amy, holding Carie; husband, Butch, holding Brandon.

Pris Gallagher, coordinator-Louisiana communications: "The most important consideration for me, being a working mother, is to provide excellent child care for my children. That way I can give 100 percent at the office and not worry that they are properly cared for ...

When I drop the children off in the morning, any guilt I may have quickly dissolves as I remind myself of the friends and experiences they have had which would not be possible if I were a full-time homemaker ..."

"We put on our full daily armor and meet the challenge head on."

Jason St. Julien, meterman

Sabine Station

Sue Martin, storeroom assistant: "Caring for three children and two stepchildren, working over 40 hours a week and working on an Environmental Science degree part time has been hard; it has really been a challenge. As the old adage goes, "Quality time is what is important." These are times the whole family shares ... My daughter, Paige, a college student herself has burned the midnight oil many times helping me with my homework. I wouldn't have made it through college algebra without her help ... It is taking so long to get through college that my family teases me and says they hope I get my degree before my Social Security. Without their help and support, I couldn't do it."

Brenda Benoit, secretary:

"When the children were young, my husband was a shift worker. He kept the children on his days off until he left for work. He got up early from the graveyard shift to pick them up. They spent as little time as possible with a sitter ... Since that time, he has become permanently disabled, which adds a new twist to the challenge. Kenneth can no longer do the things he used to ... he needs our assistance. At an early age, my children accepted responsibility and learned that, when there was work to be done, everyone worked. We encourage



Sissy Guidry and son, Dustin.

our children to be active and pursue their goals ...”

River Bend

Sandy Tisdale, departmental clerk: “Being a working mother, I spend most of my time at home pouring lots of love and affection on my three children — Amy, Brandon and Carie. It’s important to me to make my children feel important by letting them help with small household chores. To me, the quality of time, not the quantity, is most important. I try to express my love to my children at all times, whether they are good or bad.”

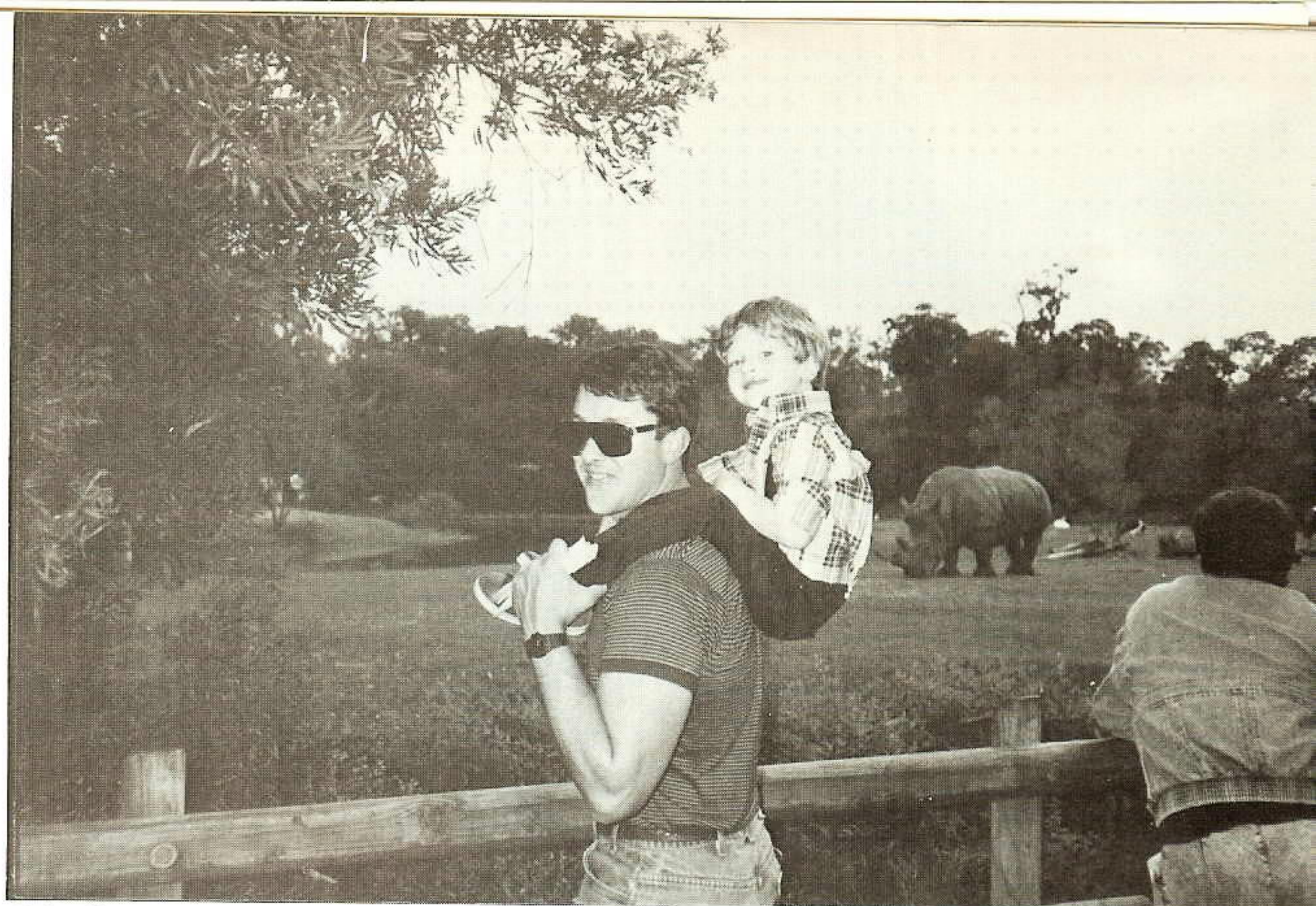
Lyddie Broussard, nuclear training representative: “Balancing a family and a career is a real challenge. I have a supportive husband and together we establish priorities. It works because we’re flexible and try to keep our sense of humor.”

Lafayette

Sissy Guidry, clerk: “I take each day as it comes. I try to deal with all the duties of my job, both

with GSU and motherhood, the best I can. Sometimes life gets a little hectic, but you just do what you can.”

Patricia Cormier, departmental clerk: “Being a working mother is a challenge, but worth it — especially when you have a wonderful child to hug and kiss at the end of a long, hard day.”



John Stewart with son, Christian.

“I do what I can and hide from the rest.”

Brenda Clark, customer accounting clerk



Valerie Young with daughter, Lindsey, and son, Kenny.



Patricia Cormier and daughter, Brandi.



Ed Stewart (left) and 14-year-old daughter, Hannah, display their track and field medals. (Below) Stretching warmups before exercise help prevent injury to muscles.

Fit at forty

story and photos by Mike Rodgers

"Before you start jogging, running or any strenuous physical exercise, get a thorough physical exam from your doctor," advises Ed Stewart, electrician first class at Neches Station. Stewart should know. Not only does he coach track and field with the Beaumont Track Club, he is also a medalist with the Texas Amateur Athletic Federation (TAAF).

Stewart urges anyone interested in better physical health to get a doctor's approval, then start out doing the exercise at a slow pace. "Work yourself up gradually. Run your own race at your own pace and not someone else's. Push yourself gradually," he adds. Although track and field is Stewart's favorite way to stay in shape, he emphasizes that anyone who does a workout during periods of high heat and humidity must take precautions. Among them — exercising during the early morning hours or after

6:30 p.m., when the heat of the day isn't as big a threat; drinking plenty of liquids, especially fruit juices and water, after a workout. "If you have to run in the heat, wear a cap and, if possible, run in the shade." Stewart says it is important to listen to your body as well. "Chest pains, cramps and dizziness are all signs that you need to ease up."

Stewart admits that his own success story isn't typical. The 40-year-old is in his first year of sports

competition since high school football and has two medals to his credit. Calling himself "a natural athlete," he credits his daughter, Hannah, with stimulating his interest in returning to competition. "She's a dedicated hard-working competitor who made the district championships in the 800-meter run this year and qualified in the regionals," he says proudly.

Stewart began by coaching youngsters and seeking advice from other coaches as well. Last spring, with the encouragement of the other members of the track club, he started running again. Success on the local level took Stewart and his daughter to the TAAF regional meets in LaPorte, Texas, where he finished second in the 200-meter event with a time of 25.5 seconds. He did even better in the 400-meter competition, finishing first in his age group. In a third event, he ran anchor leg on a relay team that captured first place.

"Everyone was supportive," he recalls. "They'd say 'Gee, that old man can move.'" His wife and family are very supportive of the track and field achievements of both Stewart and Hannah. He qualified for the state finals at Texas A&M in August where he promised "to pull out all the stops."

A volunteer with the Employee Advisory Service at GSU, Stewart believes strongly in warning youngsters against drugs. "I tell those I coach that if they're thinking of doing drugs, forget it. If they're using them and want to quit, get help. Drugs will mess up your life."



Aerobics for health

Improving your heart, body, and state of mind

Over 20 years of research has shown that aerobic exercise is one of the best things you can do for your health and well-being. Aerobics condition your heart and lungs, help you use oxygen more efficiently and help control weight and reduce stress.

What's aerobic?

Aerobic refers to any exercise that helps you use oxygen more efficiently by reaching and maintaining your Target Heart Range (THR) — the safest range of heartbeats per minute during exercise. Aerobics should be done for a minimum of 20-30 minutes, three times a week. Calculate your THR by subtracting your age from 220 and multiplying your answer by 60% and by 80%. The lower number suggests a safe rate for beginners, while the higher number would be your goal as your fitness level improves.

Aerobics and your heart

Oxygen is vital to life, and your heart is the muscle that pumps oxygen-rich blood to the rest of your body. Aerobic exercise increases lung capacity (allowing them to take in more oxygen) and strengthens the heart muscle (allowing it to pump oxygen more efficiently). Aerobics can also increase your body's level of HDL, a substance that carries heart-damaging cholesterol out of the blood stream. Aerobics also lower blood pressure. Many people who



Aerobics strengthen your heart



Aerobics help control weight



Aerobics help relieve stress

suffer from high blood pressure, a leading cause of heart disease, can help control their blood pressure through a regular program of aerobics.


Aerobics and weight control

We gain weight because we take in (by eating) more calories than we burn off (by activity). It's best to combine diet and exercise to lose weight and keep it off. Aerobics are particularly helpful for weight control. Walking can burn up to 210 calories per hour, while a more vigorous activity, like handball, can burn up to 600 calories per hour.

Aerobics and stress reduction

Following a regular aerobics program gives you a sense of commitment and control — two positive mental attitudes that help counteract stress. Aerobics also relax tense muscles, thereby completing (and relieving) your body's stress response. Finally, medical research has shown that regular aerobic activity increases the body's production of endorphins (a natural sedative) and catecholamines (chemical substances that help stabilize moods).

Aerobics and you

Whether you're in perfect shape, or not-so-perfect shape, aerobic exercise can help improve the quality of your life. Why wait? Start today and enjoy the benefits. 

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