

The WINGFOOT CLAN

Goodyear Atomic Corporation

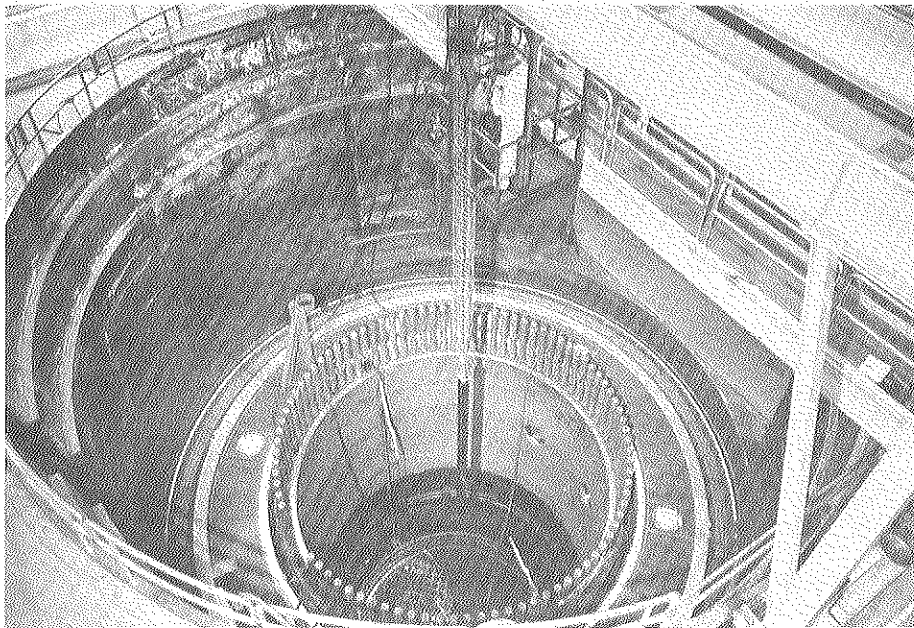
The Goodyear Tire & Rubber Company

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Number 3

Reactor coolant loss test results encouraging



Uranium dioxide fuel is loaded into the reactor core of the Tennessee Valley Authority's Browns Ferry nuclear power plant in Alabama. In a recent "loss-of-coolant" test in an experimental reactor in Idaho, emergency cooling systems performed better than expected during a simulation of a severe water pipe rupture.

Expanded tire rebate plan results in added payments

A more liberal tire refund program that went into effect last spring resulted in an 852 percent jump in total rebate payments to Goodyearites during 1978.

Jack Hill, manager of accounts payable in Akron, said the impact of the new plan showed immediately.

"During Goodyear's second quarter last year (April, May and June) when the upgraded rebate plan became effective, we paid out to employees about the same amount of money paid out in the entire 1977 year," he said.

Nationwide, 27,132 participants (a 93 percent increase over 1977) collected \$1,842,727 through the Goodyear Tire Refund Program in 1978. In 1977, the plan attracted 14,132 participants for a total rebate of \$222,895.

Nationwide, 3,758 retirees took advantage of the plan by purchasing 11,647 tires for refunds of \$203,897.

When tire changeovers are added to the final refund figure, it rounds out at \$1,900,904 in rebates to employees during 1978.

Under the expanded refund plan, rebates increased from 10 to 25 per-

cent on all auto tires except the top seven lines, which allow 30 percent.

The number of tires purchased went from 48,637 in 1977 to 103,194 in 1978, a 112 percent increase.

At Goodyear Atomic, 1,147 employees bought 4,512 tires, resulting in refunds of \$81,879. An additional \$875 was refunded on new car changeovers.

"From spot checks we've made on refund applications," Hill said, "the Tiempo tire still seems to be the most popular. But we do get a huge mix, because the new program includes more tires than the former rebate plan.

"We knew going into the new refund program that it was a significant improvement by comparison with what we had and what was being offered by competitors to their employees," Hill said. "But nobody predicted such an impact."

Under the program, a 30 percent refund is allowed on the top seven auto tire lines—Custom Power Cushion Polyglas, Double Eagle Radial, Customgard GT Radial, American Eagle Radial, Custom

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The worst nightmare that haunts the nuclear power industry is the so-called "loss-of-coolant" accident, in which a ruptured pipe abruptly deprives a reactor of its water.

This statement was made in "Exorcising the Nightmare of Reactor Meltdowns," an article published in the March 12, 1979, issue of *Fortune* magazine.

The article noted, however, that "the frightening scenario of a core meltdown followed by a steam explosion in the reactor vessel . . . has always been considered quite unlikely by nuclear engineers."

The authors go on to describe a recent test at the LOFT (loss of fluid test) reactor near the government's Idaho National Engineering Laboratory.

It is the world's first test facility for staging serious accidents in a "hot" reactor with real nuclear fuel. A

series of experiments is expected to provide further reassurance on the concern of core meltdowns.

The facility is by far the biggest reactor built anywhere to study what goes on in loss-of-coolant and several other serious types of accidents, and to learn how well emergency cooling systems perform.

The Nuclear Regulatory Commission staged the first deliberate loss-of-coolant "accident" in the LOFT reactor in December. The experiment simulated the effects of the worst possible water pipe rupture.

The temperature of the cladding in the fuel rods began climbing, but emergency cooling systems soon delivered enough water to lower it again. The peak temperature was 450 degrees fahrenheit less than had been predicted and more than 1,100 degrees less than the temperature at

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Record sales and earnings are always impressive, but taken alone they don't often tell the whole story about a company's profitability and its ability to grow and provide true job security for its employees.

Last year The Goodyear Tire & Rubber Company earned \$226 million on sales of nearly \$7.5 billion, records not only for itself but for the entire tire and rubber industry.

At the same time, however, the income per dollar of sales (divide earnings by sales) was only 3 cents compared with 3.1 cents in 1977. As the chart shows, only 1.2 cents of the sales dollar represent the dividends paid to shareholders in return for their investment in the company. The remaining net income—1.8 cents—is retained in the business to provide the company with the ability to grow and furnish new jobs.

These retained earnings of 1.8 cents per dollar of sales were equivalent to \$133.1 million. Compare this with Goodyear's capital expenditures of \$411 million in 1978. Another source of funds for expansion and growth is depreciation. In 1978 this amounted to \$214 million and represented 2.9 cents per dollar of sales.

In 1978 the retained earnings of \$133.1 million and the depreciation of \$214 million combined were less than the capital expenditures of \$411 million.

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Goodyear people take advantage of expanded tire refund program

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Polysteel, Custom Tread and Tiempo Radial.

Refunds on truck tires under 8.25-20, motorcycle, mobile home, farm service (wagon) and garden tractor tires amount to 20 percent.

Allowable mileage on trade-in tires is 500 miles. The changeover plan also provides a 25 percent refund of the difference in price on upgrading to higher quality Goodyear tires. This is in addition to \$3.70 per tire for mounting and balancing.

Aside from new tires, the program also applies to discontinued designs and blemished tires purchased from Goodyear stores, dealers or tire centers.

Excluded from the refund program are tubes, bicycle tires, retread tires, truck tire sizes 8.25-20 and over,

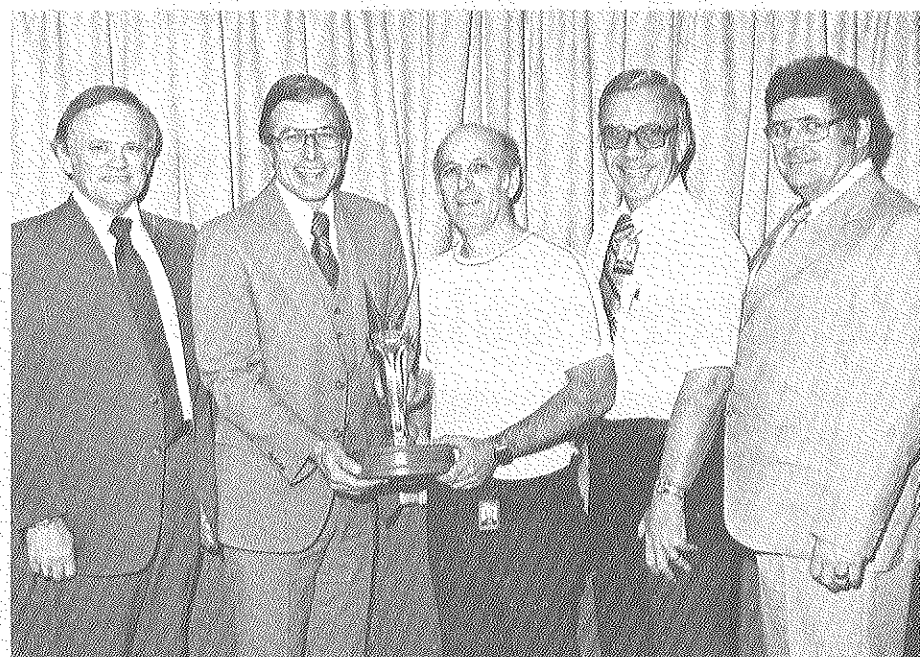
competitive brand tires and tires being replaced on an adjustment basis.

Refund forms (G-521) are available from Stationery Stores, D/424, X-720 Building. Goodyear tires are available through a number of service stations and tire dealers in the area.

An additional tire purchase benefit is offered through company owned Goodyear Service Stores. These centers are authorized to finance the purchase of Goodyear tires by company employees and retirees for six months with no interest charge.

Under the plan, interest is added to the balance each month. The total finance charges then are deducted from the sixth monthly installment if the account is paid in full.

Goodyear Service Stores are located in the Wheelersburg Shopping Mall and in the Zane Plaza Shopping Center in Chillicothe.



"A" Shift is 'new owner' of safety trophy

Members of the "A" Shift were honored with a luncheon recently for winning the shift safety award. On a rotating basis, a trophy is presented each year to the shift with the best safety performance. It was the first time since 1957 that "A" Shift took possession of the trophy. Present to accept the award from General Manager Nate Hurt and Jerry Althouse, assistant general manager, Operations, were Samuel B. Ray, shift safety representative; William L. Kouns, shift superintendent; and James P. Spriggs, supervisor, Safety department.

Corporate income per dollar declines from last year's level

(Continued from Page 1)

This meant that the company was required to increase debt both for capital expenditures and an additional amount to cover the increased investment required for higher cost inventories and larger investments in receivables.

The need to borrow funds when profitability is insufficient to provide required capital creates another problem. Current interest rates of approximately 12 percent add further to the cost of doing business and to the difficulty of earning an adequate profit.

The company's 1978 annual report also showed that employee wages, salaries and benefits increased by 69 percent compared to 1972 figures, while earnings per share increased over 1972 figures by only 18 percent.

Magazine article highlights recent nuclear reactor test

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which the cladding starts to deteriorate.

Robert Lubar, managing editor of *Fortune*, says that "in recent months it has become clear that the doubters about nuclear plants include a great many thoughtful people whose misgivings deserve careful reexamination. Indeed, if this reexamination were not carried out, the ranks of the doubters would probably swell and the stalemate that has developed in orders for nuclear reactors might go on indefinitely."

Under this premise, *Fortune* recently assigned two veteran journalists to do a study of nuclear power. *Fortune* has been a strong advocate of nuclear power, considering it to be "one of the solutions to the energy problems that will develop as we have to reduce our big

dependence on oil."

The two researchers spent more than three months chasing down facts and opinions. They interviewed 109 people, took 2,500 pages of notes and accumulated about 100 pounds of documents and books for reference.

Lubar said the debate was so complicated that it could not be clearly presented in a single article. Therefore, a four-part series was developed and began in the March 12 issue.

The first installment addressed the crucial question of reactor safety. The second and third installments examine the problem of waste disposal and the chances of fissionable material falling into dangerous hands.

The final article will tackle the question of whether nuclear power makes economic sense.



Gatrell



Hill



Jones



Knauff



Pennington



Seesholtz



Webb



Young

Eight promotions announced

Eight promotions in the Maintenance and Production divisions were announced recently. Six were effective February 1.

Robert R. Gatrell and Atlas M. Jones were promoted to Foreman, Process Area. They will report to Charles R. Keen, General Foreman.

James A. Young, Jr. also was promoted to Foreman, Process Area. He will report to Joseph A. Weber, General Foreman.

Roger L. Knauff was promoted to Foreman, Uranium Materials Handling. He reports to David L. Knittel, General Foreman.

In the Maintenance division, Eugene C. Seesholtz, Maintenance Mechanic I/C, was promoted to Foreman, Maintenance. He reports to James C. Hickey, General Foreman.

Two promotions were announced in the Utilities Operations department effective February 16. Thomas R. Pennington and Louis L. Webb both were promoted to Foreman, Auxiliary Operations. They report to Herman T. Fanin, General Foreman.

Carol L. Hill was promoted March 1 to Assistant Cascade Coordinator. He reports to John R. Thompson, Supervisor, Plant Control Facility.

PLANT TRAFFIC CONCERNS

Employee cooperation is needed until problems are remedied

Traffic-related problems have become a major area of concern for plant employees lately.

"Several procedures will be initiated soon to relieve some of these problems," said Jerry Althouse, assistant general manager over Operations. "Cooperation and patience are needed from each employee now in order to insure safe and efficient vehicular operations."

Ralph F. Channel has been appointed to the post of traffic control coordinator. He will have responsibility for assessing and reviewing all plant traffic control problems.

Many employees have complained about the condition of the south perimeter road. Sections of broken asphalt were patched before winter, Channel noted, but unfavorable weather conditions stopped repairs before completion. Crews were able only to finish cleaning loose material from the roadway.

The continuous freezing and thawing during the winter months has resulted in additional deterioration, Channel commented.

Patching operations have resumed in order to make the road usable until the new south perimeter road is completed. The existing road then will be torn out to make way for the new gas centrifuge uranium enrichment plant.

Department of Energy officials now anticipate an earlier completion date for the new south perimeter road. The completion date initially was set for November, but now officials say the road should be finished by mid-summer. The reason is that site preparation work was completed ahead of schedule in the fall.

Sections of the existing south perimeter road will be closed for approximately two weeks this spring so that contractors will be able to connect the new road. Employees who normally use the south access road will be asked to use the cloverleaf during this construction phase.

Parking space boundary lines are visible again. During the winter, ran-

dom parking was unavoidable, but now employees are being asked to park in marked spaces. Parking lots have been engineered and painted to accommodate a maximum number of vehicles and to insure quick entry or exit.

Crowded and muddy conditions in the "C" Portal parking lot soon will be relieved. Goodyear Atomic employees will be applying slag and the lot will then be paved.

Another type of relief is being considered for "C" Portal, in the form of a fog warning light. The nearest light to "C" Portal now is at the cloverleaf

access road, and drivers often must turn around there and go back the other way. A new warning light already is being installed at "H" Portal.

Fog conditions for the section of perimeter road near the cooling towers are hard to predict. Wind shifts not only bring the fog down almost instantly but also lift the fog and clear the road within just a few seconds. It takes several minutes to turn warning lights on or off and to get the restrictive barriers placed or removed. Employees are being asked

to consider these problems when actual conditions don't correspond to the regulations in effect.

If you're driving on the north perimeter road, always be ready to react should the fog settle over the road. It's heavier than natural fog and sometimes you can't see past the windshield of your car. Don't stop, or you might get hit from behind. Proceed with caution at a reduced rate of speed. You can use raised markers in the center line and the right edge of the roadway to "feel" your way through the fog.



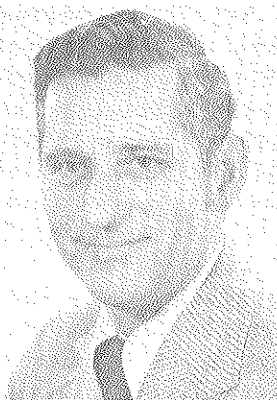
Preparation work for the new south perimeter road was completed ahead of schedule last fall. Paving operations will begin within the next few weeks. Department of Energy officials now predict a mid-summer opening for the new road. Completion originally was scheduled for November of 1979.

Fields to direct control program

William J. Fields was named to the Industrial Relations staff February 16. In his new position, Fields will head the Attendance Control Program and develop various types of employee relations activities. He reports to H. Gordon Johnson, director of Human Resources.

Fields joined Goodyear Atomic in July 1953 as a Production Process Operator in training. In July 1954 he was named Engineering Aide. He was a member of the first Power Operator training class at Goodyear Atomic. Fields was named Power Operator 2/C in January of 1955 and Power Operator 1/C several months later.

Fields and his wife, Virginia have resided in South Shore, Ky., for several years. He is an active member of the Free Will Baptist Church and serves as Sunday School superintendent. He has one daughter, Sharon Wilkerson, who resides with her family near South Shore.



Fields



Hanson

Merlyn Hanson now supervisor

Merlyn H. Hanson has been promoted to Supervisor of the Instrumentation Development department in the Technical Division. In his new position he will report to Dr. Frank E. Woltz, Superintendent, Engineering Development.

Hanson joined Goodyear Atomic in July 1954 as a Technical Man, Senior. In March 1962 he left GAT and was employed by several firms in Connecticut before returning in May 1973 as an Engineer, Senior, in Instrumentation Development. He was named Section Head in that department in June 1977.

Hanson attended Winona Teachers College and Kansas State College. He received a degree in electrical engineering from Carnegie Institute of Technology in 1944.

He and his wife, Sabina, reside on Overlook Drive in Piketon.

OBITUARIES

Samuel G. Browning, Jackson, Feb. 22. An employee since 1955, Mr. Browning was Foreman, Electrical Maintenance.

Charles B. Flaig, Sciotoville, Feb. 20. An employee since 1953, Mr. Flaig was Foreman, Cascade Maintenance.

Materials crew is commended for lithium job

Several members of the Materials & Service section have received a commendation from the Department of Energy for their work during a recent move of lithium hydroxide storage facilities.

Four warehouses were located on site of the planned gas centrifuge uranium enrichment complex. Danis Construction Company employees disassembled and rebuilt the structures while members of the Stores department moved the product.

Trackmobiles, boxcars and 11 fork lifts were used for the move. The job began last May and finished two weeks ahead of schedule in February.

Homer Chambers, general foreman of Materials & Service, says he's very proud of his crew for their performance. The major project was completed without a lost-time accident. Denver Bellamy and Henry Smith were foremen on the job.

The group also was honored with an appreciation dinner and dance at the American Legion in Waverly.

Goodyear engineer reminds employees to check tread

If you're driving on bald tires, better think about what you're missing, says a Goodyear engineer.

"For one thing," said John D. Eagleburger, an expert on tire quality and safety, "you're missing the tread depth on your tires, and that controls all of your stopping, starting and cornering. So when you drive on a bald tire, you're really missing control of your car."

Bald tires also are more prone to hydroplaning. They are more susceptible to puncture and could be hazardous to your health. "Loss of adequate control of your vehicle," Eagleburger said, "means an increase in the possibility of an accident."

"We can come up with all kinds of statistics showing that it's dangerous to ride on bald tires. But common sense will tell you to change your tires when they are worn."

In addition, the Tire Industry Safety Council reports that 39 states have enacted laws requiring that automobile tires have a minimum of 1/16th of an inch of tread, thereby making it just as illegal to ride on a bald tire as exceeding the speed limit.



Members of the Stores department recently worked to Glasgow and Denver Bellamy. (Rear) Randy Roe, Dave complete a move of lithium hydroxide stored in four Austin, Robert Woods, Jerry Wessel, John LeMaster, John warehouses and were commended for their efforts. From Brown and Rick Delph. Participants not pictured are left to right the group included: (Front) Ray Kimbler, Robert Beaumont, Beverly Dailey, Henry Smith and Craig Kinney, Jeff Barton, Sandra Pollard, Rebecca Robert Williams.

Wanted: Centrifuge machine proposals

The Department of Energy (DOE) in February issued a request for proposals from industry for supply of gas centrifuge machines.

The machines would be used in a test facility and at the new gas centrifuge uranium enrichment plant to be built adjacent to the gaseous diffusion complex operated by Goodyear Atomic Corporation.

The Department of Energy has stated it will consider proposals only from those firms which have participated in the advanced state of its Gas Centrifuge Industrial Participation Program. The list of eight potential suppliers includes Goodyear Aerospace Corporation, another subsidiary of The Goodyear Tire & Rubber Company.

The proposals are due April 18.

Construction of the Portsmouth centrifuge plant remains a high priority program of DOE as a means of increasing the nation's uranium enrichment capacity.

Under the first phase, selected firms will fabricate and supply centrifuge machines for DOE's Centrifuge Plant Demonstration Facility (CPDF) at Oak Ridge and for initial installations at Portsmouth. The selected industries also will review centrifuge plans and specifications and conduct engineering and manufacturing studies to support full scale production of centrifuges needed to complete the Portsmouth plant.

The initial contracts are expected to be executed by September 1979

and extend through 1983, with a total estimated cost of more than \$100 million. After completion of the first phase, DOE plans to buy the remaining centrifuge machines for the first 2.2 million separative work units of the Portsmouth plant. This is one-fourth of the total projected Portsmouth plant capacity of 8.8 million separative work units.

The cost of this second phase is es-

timated at nearly \$1 billion. The Department expects to have this first portion of plant capacity on line by 1988.

The CPDF at Oak Ridge will be in operation in 1982 and is expected to cost \$60 million. The facility will be used to test not only centrifuges but also other equipment and systems that will be required at the Portsmouth gas centrifuge plant.

Walker named area manager

Wilbur L. Walker has been named acting area manager of the Department of Energy's Portsmouth Area Office. He succeeds James L. Abercrombie, who retired February 23.

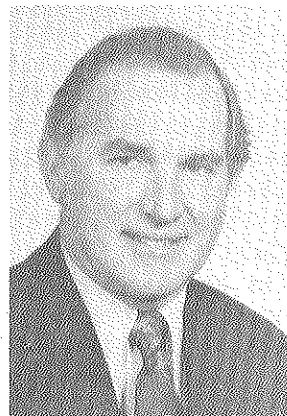
A native of Indiana, Walker received a degree in civil engineering from

the University of Illinois in 1951. He was located in Pike County during the start-up of the gaseous diffusion plant. While at Piketon he worked first with Giffels and Vallet, plant architectural engineers, and then joined the former Atomic Energy Commission.

After leaving Pike County, Walker was assigned to Hanford, Wash., and was at the Nevada Test Site, Las Vegas, in the space nuclear rocket program from 1962 until 1973.

He was with the Energy Research and Development Administration's San Francisco Operations office before joining the Portsmouth office as deputy area manager in 1977.

Walker earned his master's degree in systems management from the University of Southern California in 1973. Walker and his wife, Mary Anna, and the youngest of their four children reside in Chillicothe.



Walker

Canter's Cave building fund receives assistance from GT&R

Increased use of Canter's Cave 4-H Camp by members, area industries and other groups has resulted in a \$679,500 plan for improvements there over the next several years.

The camp's development fund received a \$10,000 gift this winter from The Goodyear Tire & Rubber

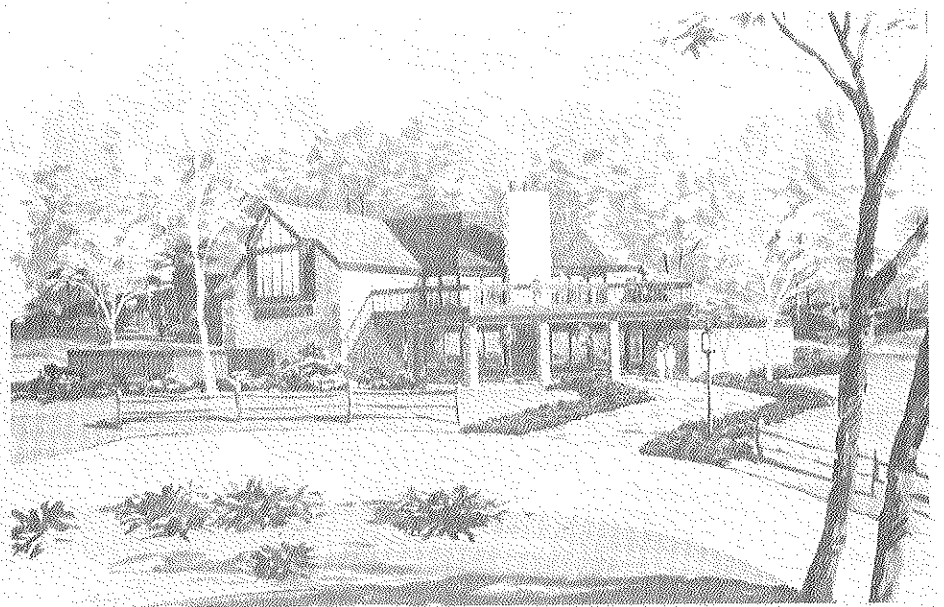
Company. The donation was made on behalf of Goodyear Atomic Corporation and Goodyear's reinforced plastics plant at Jackson, Ohio.

Robert B. Boeye, administrative assistant to the general manager, represented Goodyear Atomic at a presentation ceremony.

Canter's Cave 4-H Camp has been in operation since 1950. It is owned and operated by a board consisting of representatives from Jackson, Gallia, Lawrence, Meigs, Highland and Adams counties. The camp is located six miles northwest of Jackson.

Canter's Cave provides the setting for seasonal camping and all types of indoor and outdoor recreation and craft classes for 4-H members. In addition, it is made available for use by Goodyear Atomic and other area industries.

Plans are to develop the site into a year-round facility with a full-time director. A major project is construction of a 9,500 square foot lodge with dining, recreation and sleeping areas. A total of 27 different projects are planned for the camp through 1985, including a new pool, cabins, a pond, roads and trails.



An architect's rendering visualizes the new lodge planned for the Canter's Cave 4-H Camp near Jackson. The Goodyear Tire & Rubber Company donated \$10,000 to the camp's development fund. Ground breaking is planned for early June.

COST REDUCTION Honor Roll

R. A. Arms	D-710
R. D. Arnett	D-411
J. Bailey	D-723
J. W. Barnett	D-723
H. D. Baumgardner	Retiree
L. D. Bean	D-752
C. B. Bias	D-611
L. J. Bloomfield	D-582
C. E. Bowman	D-561
R. M. Casey	D-829
M. L. Channell	D-552
W. E. Collins	D-714
W. E. Cook	D-561
D. E. Cooper	D-751
A. R. Coyan	D-711
R. W. Craycraft	D-611
E. M. Dalton	D-726
G. D. Davidson	D-829
E. L. Davis	D-714
E. Dyer	D-829
R. Fankell	D-752
H. T. Fannin	D-852
D. S. Ferryman	D-741
A. E. Fischer	D-712
R. T. Glass	D-422
J. B. Hicks	D-522
M. E. Holland	D-521
N. W. James	D-611
T. D. Jayne	D-732
G. H. Kendall	D-411
C. S. Knauff	D-631
I. L. Lehman	D-911
J. W. Maple	D-711
I. D. Marquis	D-731
J. B. Merrill	D-712
G. Moore	D-823
D. M. Noble	D-561
J. Patrick	D-911
J. R. Polhamus	D-661
B. E. Post	D-741
D. E. Roberts	D-829
W. F. Rogers	D-713
E. G. Schoolcraft	D-725
C. A. Secrest	D-829
J. M. Sturgeon	D-823
M. H. Tulloh	D-829
A. Walder	D-714
J. E. Wiley	D-829
J. L. Woodard	D-823
J. A. Young	D-811

Medical coverages complement other attractive GAT benefits

Have you strolled into the neighborhood pharmacy for a couple of prescriptions lately? It's nice to pay only one dollar for each through Goodyear's Prescription Drug Plan.

Have you become the proud parents of a newborn baby lately?

What does it cost for the birth of a child? Most employees might never know, as GAT's Basic Medical Insurance Program took care of the delivery costs.

The basic medical plan covers charges for semi-private rooms, reasonable and customary surgical or obstetrical procedures and most physician care. If there are charges which result in covered medical expenses in excess of those payable under the basic medical plan, the Major Medical Insurance Program will pay a majority of the charges above \$100.

Prescription Drug Plan benefits are quite simple. Employees pay only one dollar for each prescription and the company pays the balance.

In 1978 the company's cost in premiums for the Prescription Drug Plan was more than \$360,000.

The cost of providing the medical coverages totalled more than \$3 million!

What do these figures mean per person? Charges paid averaged \$1,003.98 per employee for medical coverage. The cost for the Prescription Drug Plan averages \$118.82 per employee.

Combined, it all averages out to about 54 cents per employee per hour.

After a fringe benefit is made available, it can quickly be forgotten. Some of us may never see that combined dollar figure of \$1,122.80 averaged for our individual medical coverage—but it is there.

Thirty-eight compile 25 years of service

The month of March means a silver employment anniversary for 38 Goodyear Atomic employees. In 1954 these people began their careers with GAT in southern Ohio.

Richard G. Burggraf and **Truman E. Brown**, both of Technical Division, began work March 1, 1954. Also on that March 1st, **Walter C. Singer**, **Gerald K. Sleighter**, **Robert B. Callihan**, **Maurice E. Roberts**, **James C. Hickey** and **Coy W. Arnwine** in Maintenance Division began a career which now totals 25 years.

Marvin L. Rice, Technical Division, looks back on March 4, 1954, as the start of his Goodyear Atomic career.

Other employees completed 25 years of service March 8. They are **Ralph E. Schisler** and **Louis D. Hacquard** of Technical Division; **Billy D. Hurley** and **Richard W. Smith** of Maintenance Division; and **Walter H. Riggle**, **Charles D. Mullins**, **William F. Collinsworth**, **Phyllis A. Bowling**, **Charles R. Keen**, **Morris C. Brown**, **F. Jack Weeter Jr.**, **Charles L. Snedecor** and **Donald E. Bradshaw** of Production Division.

Virgel L. Smith, Purchasing Division, began work with Goodyear Atomic on March 9, 1954.

On March 10, **Lavern R. Jones** of Maintenance Division had accumulated 25 years of service.

Six employees looked back on a 25-year career March 15: **Calvin D. Carter**, Purchasing Division; **Robert L. Smith** and **Porter J. Hamrick**, Maintenance Division; **Gus W. Pelfrey**, Production Division; and **Ralph H. Deamicis** and **Willie H. Meade** of Quality Control.

Seven police officers began their employment with Goodyear Atomic on March 29, 1954. They are **Edgil C. Boggs**, **Charles E. Abbott**, **Rawland Rickey**, **Thomas D. Horner**, **George O. Hodgson**, **John W. Crabtree** and **Homer R. Sommer**.



Foreman's club officers elected

The Foreman's Club is planning its regular activities for 1979 in addition to a full slate of sporting events and a number of additional family outings. Officers for the current year, left to right, are Roy O'Doherty, 1st Vice President; Bill Johnson, President; Pat Osborne, 3rd Vice President; Johnny Thompson, 2nd Vice President; and S.G. Budzynski, Treasurer. Not pictured is Dennis Williams, Secretary.

Exercise and caution can help slow down spinal deterioration

If you're over 20, your back probably isn't what it used to be.

Discs in the back begin their degeneration process at about age 20. By 40, disc degeneration is about 50 percent complete. It's 100 percent complete by age 60, when a scar-like tissue replaces the degenerated disc resulting, in many cases, in back pains and associated problems.

Though spinal deterioration after 20 is inevitable, it can be slowed. If people are aware of this degenerative process they may try harder to avoid the pitfalls that can lead to early and chronic back ailments.

What can you do to retard this deterioration and maintain a healthy back? First, lift properly, using your legs and keeping your back straight. Never lift when off balance, and above all, get help in lifting heavy loads.

Second, practice good posture when standing, sitting, squatting and sleeping. And third, do exercises designed to tighten the abdomen and trunk muscles.

Don't delay plans for dynamite disco dance

Through the spirited efforts of the Goodyear Atomic Women's Club of Portsmouth, you can "ease on down the road" to the sounds of "J. D.'s Disco Fever" on Saturday, April 21 from 9 p.m. to 1 a.m. at the American Legion in Portsmouth.

The spring dance, which was given a theme of "Disco-Casino Royale," offers a casino atmosphere with a disco beat. Upon arrival you will receive \$100 (you can't beat that!) allowing you to take advantage of the crap table, play cards and challenge the odds while dancing the night away. You'll have to "know when to hold 'em, know when to fold 'em" though, because at the end of the evening, you can cash in your winnings on some very nice prizes at an auction!

Liquid refreshment will be on a BYOB basis, and snacks will be readily accessible at the tables.

Tickets are \$10 per couple. They are available at the door or from any club member. Tickets may be purchased on plantsite from Eileen Ward, D/554, X-710; Marge Swords, D/823, X-705; Mary Idzakovich, D/411, X-100; or from the Recreation Department.

Co-chairmen for the dance are

Mary Idzakovich and Angie Preston. A raffle for a "peck of pints" is being handled by Eileen Ward. Chances are 35¢ each or three for \$1.00. The decoration committee is the responsibility of Mary Fike and Eva Walters. Publicity matters are being

handled by Mary Webb. Ticket chairman is Susie Jones and Irma Lewis is in charge of door prizes.

So, spring into the spirit of the season! Let this "Saturday Night Fever" overcome those post-winter blahs and send you soaring!

Chillicothe club plans for spring

The Chillicothe Goodyear Atomic Club has completed plans for its spring program. The season began with a Wear-Ever Test Kitchen demonstration March 14 at Trinity Methodist Church.

On April 11 the group will meet at the Lake White home of Barbara Taphorn. The program will feature gardening and house plants, of which Ms. Taphorn has an extensive and varied collection.

A disco evening is planned for April 20. Goodyear couples are invited. Hors d'oeuvres will be served.

The May 9 meeting will be a salad supper at 7 p.m. at the Trinity church. Election of officers and a brief installation service will take place, followed by games.

A family picnic will conclude the club's program in June; arrangements will be announced later.

Any Goodyear employee is eligible and encouraged to become a member, particularly anyone living in the Chillicothe or Waverly areas. Anyone interested in participating may contact Mary Alatsis, 772-1976; Cretia Hurt, 773-7062; or Sue Rockhold, 775-1660.

Recreation Corner

A golf league is forming for play at the Hidden Hills Golf Course near Minford. League play begins April 16. Weekly tee-off times for the Monday evening league will be 5:15-6:15 p.m. CONTACT: Dave Riepenhoff at Ext. 5779.

The Waverly Tuesday Nite Golf League is organizing for the upcoming season. All interested employees should submit name, department number, location and phone number. Deadline is April 15. CONTACT: Bill Hartley at Ext. 2176 or Lou Bickett at Ext. 6310.

All employees interested in playing as either a regular or a substitute in a morning league at Waverly Skyline golf course must register by April 12. CONTACT: Vernon Fitzer at Ext. 4520 or Lou Bickett at Ext. 6310.

"Ham" radio operators at Goodyear Atomic met March 7 to organize the GAT Amateur Radio Club. The group appointed a nominating committee which will compile a roster for election of officers at the April meeting. CONTACT: Dick Burggraf at Ext. 5973, J. David Scott at Ext. 2993, or Dick Newman at Ext. 2316.

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