

the Wheelagram



Materials Cleaning Systems Division
Wheelabrator-Frye Inc.

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PROMOTIONS AND APPOINTMENTS . . . Congratulations to: **John Hall, Sr.**, who has been promoted to Foreman-Machine Shop. John will supervise the lathe and automatic screw machine areas, second shift.

Bob Hollingsworth named Assistant Sales Manager, Jet Pulser Systems-Balcrank Division. Bob has fourteen years of experience in the development and sales of the Jet Pulser, including eight years of engineering experience.

John Smith has been appointed Toolroom Foreman. John joined Wheelabrator as a turret lathe operator in 1965, progressed through various positions in the Machine Shop to Foreman. He has most recently served as General Foreman-Machine Shop.

Hardy Stebbins has been named to the new marketing position of Director-Equipment Project Sales. In this assignment Hardy will be responsible for increasing our equipment bookings on major projects and his activities will involve extensive work with Field Sales, Equipment Products, Proposal Engineering, and Marketing Services.

Returning to Mishawaka to succeed Hardy as Manager-Equipment Products will be **Brown Sanders**. During the past year Brown served as Manager of the West Central Region, where his people succeeded in achieving their booking goals in equipment, parts and abrasive. Prior to this field assignment, Brown was Industry Manager-Foundry.

Gentlemen: Good luck in your new assignments!

SERVICE ANNIVERSARIES . . . Congratulations to **Del Evans** (that curly-haired kid), Southern Regional Manager, and **Tom Strantz**, Lead Engineer, both of whom chalked up 15 years of company service February 1; and **Dave Sisk**, Automatic Screw Machine Operator-Machine Shop, who marked ten years of service February 2.

NEW FACES . . . Welcome to **Thomas Casteen**, Designer-Engineering and welcome back to **Herthel "Herb" Norris**, Balcrank Regional Manager.

VINCENT NAMED "MELTER OF THE YEAR" . . .



Second shift Melter **DAN VINCENT** has been named "Melter of the Year" for his continuous quality performance, based on established criteria. Dan, named June's "Melter of the Month," has over 14 years of Wheelabrator service.



Starting off the New Year is **CHUCK MANN** named January's "Melter of the Month." (Just for the record, Chuck earned recognition in December, as well!)

To Dan and Chuck — congratulations!

TOASTMASTER PARTICIPANTS: Don't forget — a meeting is scheduled for Monday, 5:15 PM, R & D Auditorium.

New members are always welcome! Contact **Donna Bach**, ext. 262.

IT PAYS TO BE SAFE . . .



Congratulations to TEAM 11, first place winner in the Safety Contest for the month of December. On camera is a representative group of first and second shifts from the Foundry, Pattern Shop and Castings areas.

OUR ATHLETIC ASSOCIATION REMINDS US TO . . .

Take our families and attend the **ICE SKATING PARTY Monday evening at Merrifield Park from 7:30 to 9:30 PM.** There will be free skating and skate rental for all employees and their families.

Take a Chance — and win a weekend for two . . . Chances for \$1 each, or two for \$1.50, are available from your area AA rep for the **“First Annual Valentine’s Day Raffle.”** Drawing will take place February 14, of course!

FEBRUARY IS HEART MONTH . . .

Ever stop to think about your heart? It’s a fist-sized, four-chambered pump which, in the course of a normal lifetime, beats almost three billion times. Except for the rest it gets between beats, it works constantly day after day, year after year, throughout life.

But don’t think your heart is a delicate organ — it’s tough and durable. It has the power to raise a battleship 14 feet above the surface of the water in the course of your lifetime. From a medical standpoint, no pump created by contemporary engineering genius can surpass it.

However, your heart is not immune to either sickness or disaster. In order to keep this magnificent pump running smoothly, don’t abuse it. Don’t think a heart condition is something the other fellow has and that it could not possibly happen to you.

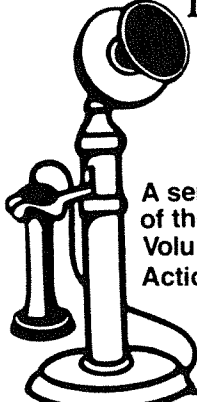
• **Control High Blood Pressure**

The higher your blood pressure the greater your risk of heart attack and stroke. Oftentimes people get their blood pressure up by becoming overly excited at ball games or driving in traffic. Don’t lose your cool!


• **Watch Your Diet**

A diet rich in saturated fats and cholesterol increases one’s chances of heart attack. Does one really need that greasy hamburger or candy bar at break time? Psychologists say we sometimes eat sweets and various types of food, not because we are hungry, but because of past

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**Lynn Rozewicz Lawrence
Executive Director**

pleasant associations from our childhood. However, the metabolism of our body changes as one matures. One does not require as many calories and energy-building foods as when a teenager.

• **Keep Physically Fit**

Physically active people have a lower heart attack risk. You’ll be surprised what you can do on your own power as well as eliminate a parking problem!

• **Don’t Smoke Cigarettes**

Heavy cigarette smokers (a pack a day or more) get coronary disease at a rate two to three times higher than non-smokers.

• **See Your Physician Regularly**

Your family doctor is the only person who can help control blood pressure and advise on weight, exercise, and the proper diet for you. Follow the doctor’s advice!

NOTE: If these simple suggestions are too much for you to manage, be sure your life insurance premiums are paid.