



Geneva No. 1 Receives Safety Award

Geneva Plant No. 1 received the Alabama Textile Manufacturers Association's award for the most improved safety record in the Spinning and Weaving Division in 1983. Plant No. 1 worked 366,359 hours without a lost time injury, as compared to four the previous year

with 309,673 hours. Discussing the many things employees and management have done to accomplish this goal are (left to right) Ed Hannah, Janice Brock, Wayne Lyerly, Ralph Jones, Plant Manager, Marcus Johnson, Mary Wesley and Annie Clay.

Proper Exercise Necessary For Good Health

There's more to exercise than the obvious benefits of strong body and smooth thighs. That something more is one of the reasons the move to exercise continues to gain momentum.

It makes you feel good. Not "just" healthy and stronger, but actually good. If you're down, it picks you up. If you're already up, it makes your spirits rise even higher. What's more, where other kinds of feel-better techniques are hard to pin down clinically, the way exercise works to chase the blues is physically documented. Here's how it works.

The brain sends its message in the form of electric current. The current goes through the nerves and on to the muscles. BUT, next to each nerve there is a gap that can only be crossed by a neurotransmitter. Adrenaline (or epinephrine) is the most familiar, although there are others, including the endorphins, our natural pain killers.

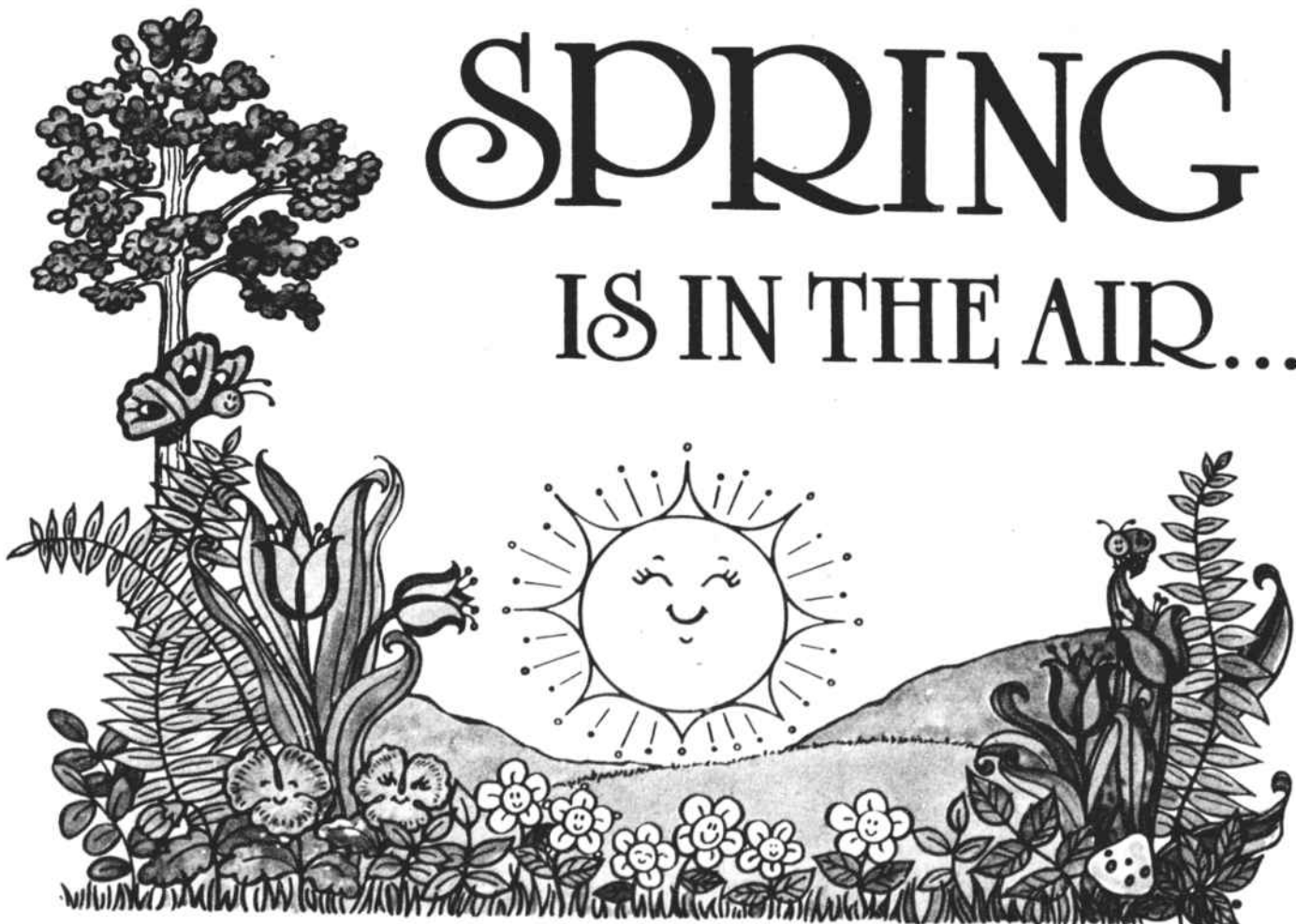
That's what happens when the system is operating efficiently. When it isn't, however, there's something of a short circuit. The gap between the brain is not crossed by the neurotransmitters. What you want is not really what you get. Result: A kind of low feeling, the chemical blahs.

It is estimated that one in ten Americans suffers from depression to one degree or another. It can be caused by many things. Stress and caffeine are well known trouble makers in the neurotransmitter system. Even blood flow to the brain is reduced.

With neurotransmitters working inefficiently and blood flow down, you begin to feel low. Tests show that at this point MHPG, a breakdown product of neurotransmitters is low.

The brain needs to be stimulated—awakened! Through exercise the efficiency is repaired and blood flow increased. You feel better. Further, exercise promotes conservation of energy and an overall reduction in chronic anxiety. You experience a sense of emotional well-being.

James Blumenthal, Ph.D., of Duke University Reports that even the hard-driving coronary-prone behavior pattern may be modified by participation in a regular exercise program. Exercise, he says, is the best possible tune-up for the mind.



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