

Special Edition **Monsanto Plant News**

TEXAS CITY, TEXAS

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Safety and physical fitness count

Last year's Hourly Safety Committee encourages you to consider the benefits of regular exercise and weight control. Physical fitness can improve safety at work or at home by giving an overall sense of well being, increasing mental alertness, and reducing the potential for muscle strains or overexertion.

Vigorous regular exercise is known to decrease the chance of heart attack, lower blood pressure, improve the circulation of blood to all vital organs, eliminate some minor aches or pains, and can even improve diabetes. The majority of medical authorities hold that exercise increases the level of high density cholesterol in the blood, resulting in protection of the heart from the harmful low density cholesterol.

Inside is a list of recreation centers in the Texas City/Galveston/Clear Lake areas which provide a wide range of facilities available to help in your efforts to reduce and be physically fit. Getting fit doesn't have to be expensive and can be fun. Your Hourly Safety Committee encourages you to start on a program today.

Remember—if you are over the age of 35, it is advisable to see your doctor before embarking on a vigorous exercise program.



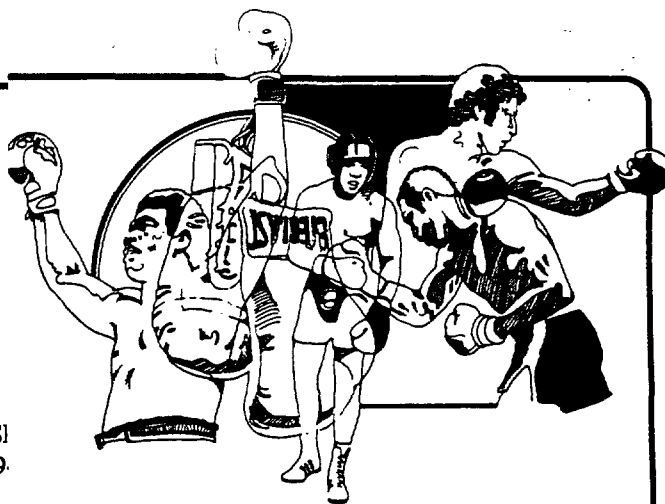
1982 Hourly Safety Committee

Gene Crain, Chairman
Manuel Perez
George Williamson, Jr.
Pervis Cotton, Jr.
A. J. Davidson
Walt Middleton
Mike Westmoreland
Albert Solis

SC

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LOWRY PHYSI

Phone 9.

Facility Cost

Facility cost with pool use

Nonresident \$30; o

Facilities: Weights, basket
pong tables, sauna, and va
\$2/hour o

Open Hours

(Adult) M-W-
Tu-Th;
Sat
Sun

COLLEGE OF THE MAINLAND

Phone 938-1211, ext. 418

Credit students - \$3/year

Nonstudent - \$27/year

ties: Indoor swimming pool, six tennis courts, one
e track, universal gym weights, sauna, two whirl-

(Adult) M-W-F racquetball courts, softball field, six basketball
badminton courts, and three table tennis tables.
s - Please consult the college for this information.

Sat

Sun

YMCA Galveston

Phone 763-4607

Cost:

\$450/year Executive Health Clu

\$345/year Businessmen (one free massage

\$245/year ages 26 and u

Facilities: \$245/year includes gym, weights, racquetball, an
swimming. \$450/year also includes uniform, towels
whirlpool and sauna.

GALVESTON'S TOTAL FITNESS CENTER

Phone 744-0413

enrollment fee: \$274 and \$30 monthly dues

Facilities: Weights, Nautilus equipment, swimming pool,
team room, sun room, whirlpool.

Open Hours

Open Hours

Monday through Friday 8:00 am to 9:00 pm
Saturday 8:00 am to 3:00 pm
Sunday Closed

y through Friday 6:00 am - 10:00 pm
day 9:00 am - 6:00 pm
y 12:00 pm - 6:00 pm

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Clear Lake Area

CLEAR LAKE RACQUETBALL AND ATHLETIC CLUB

Phone 486-5003

Facility initiation fee: \$300 and \$35 monthly dues
Facilities: Ten racquetball courts, two athletic clubs with DynaCam exercise equipment, two spas, outdoor swimming pool, restaurant and club.

Open Hours

Monday through Friday	6:00 am - 11:00 pm
Saturday	8:00 am - 9:00 pm
Sunday	8:00 am - 6:00 pm

CLEAR LAKE CITY COMMUNITY RECREATION CENTER

Phone 488-0360

Membership: Resident \$25/year
Nonresident \$150/year

Facilities: Gym, one indoor swimming pool, four outdoor swimming pools, four tennis courts.

Open Hours

Monday - Friday	4:30 pm - 7:00 pm
Saturday - Sunday	1:00 pm - 6:00 pm

BAY AREA RACQUETBALL CLUB

Phone 488-2430

Facility enrollment fee: \$75/year plus court-time charges
Full play plans are available.

Court Time Charges

\$2.50/hour/person non-prime (min. \$5.00)	Prime Time - M-F 4:00 pm - 10:00 pm
\$3.50/hr/person prime time (min. \$7.00)	Non-prime - M-F 6:30 am - 4:00 pm
Six courts and exercise equipment	S-S 9:00 am - 6:00 pm
Open Hours: Monday - Friday (by reservation)	6:30 am to 10:00 pm
Saturday and Sunday	9:00 am to 6:00 pm



Plant News

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Plant News

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PURPOSE

It is the purpose of this publication to present news, information and features about Monsanto people, plant products and policies in a manner that will promote and foster a feeling of good will, pride and understanding.

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