

# news

# NHTSA

## Jogging for Health and Fun



NHTSAites (left to right) Mahesh Podar, Ken Rutland, Chuck Kahane (peeping from behind), Jack Burke, and Gerry Royston find a few laps around the Coast Guard gym during their lunch break invigorating.



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Editor M. J. Noll

January 1978

Much has been written recently about America's ever-burgeoning interest in running. The persistent runner can be seen almost everywhere, plodding along regardless of the time or weather conditions. Many of you must wonder what motivates these people. NHTSA joggers from Plans and Programs offer these reasons for running:

### Jack Burke:

I run because it makes me feel good. Also the things that I like to do require that I be in good physical shape.

### Ken Rutland:

Running takes my mind off the day's problems. My general state of health is better. Afternoons are more productive because a nice run along the Mall wakes me up when

I'm feeling sluggish. I also like the competitive side to running and enjoy participating in the Tidal Basin races every month.

### Chuck Kahane:

It's a pleasant form of exercise. It doesn't require expensive equipment or the necessity of group participation. It's also a very safe sport.

### Frank Ephraim:

For guys in my age bracket it's good for the cardiovascular and respiratory system. It's also an excellent toning exercise. I use it as a warm-up for my calisthenics, which can be very strenuous.

### Michael Finkelstein

Running gives me the discipline I need to stay on a diet.

(See NHTSA Joggers on page 4.)



## Who's Who in NHTSA A Man With a Purpose

A long talk with Tim Shaffer is an interesting experience. Hidden behind Tim's air of quiet reserve is a friendly young man with positive ideas and goals, one who at an early age found a real purpose to life.

Timothy Jerome Shaffer, a secretary in the Office of Planning and Evaluation, was born in Keyser, West Virginia, but grew up in Westernport, Maryland. On graduation from Westernport's Bruce High School in 1963, he went to work as a bank teller in D.C. Then, in 1966, he began his government career in the Bureau of Public Roads, predecessor to the Federal Highway Administration.

After three years at DOT, a strong interest in a future teaching career led Tim to begin full-time studies in Speech Pathology and Audiology (the science of hearing) at Federal City College in Washington, D.C.

When Tim entered college, there was a need for college instructors in his chosen major. But four years later (1974) when he received his Bachelor of Science Degree "times changed," he says, "and the big market for speech pathologists and audiologists just folded overnight." He points out, though, that the training was rewarding. "It was almost like pre-med. I was required to take 20 hours of



Tim Shaffer

psychology and quite a bit of physiology and anatomy."

Funds were running short in his last year of college, so Tim worked part time for a Washington corporation as secretary to an executive officer. "I have always had a facility for typing and for the English language," he says, "and I attribute my English ability to my reading because I always read good things. I didn't read trash. My punctuation, spelling, everything just sort of all came, because I saw it all the time when I read."

So with little hope of obtaining a teaching position, Tim returned to DOT in 1974, this time as the secretary to NHTSA's Chief Scientist. This led to a position as the agency's secretary for CCMS (Committee on the Challenges of Modern Society), the coor-

minating point for NHTSA's international activities. And, for his fine work here, he received an Outstanding Performance Award in December 1976. This was followed by a promotion and transfer to his current position in the Program Planning Division of P&E. "The CCMS job gave me good international exposure," he says, "and now this job has given me good exposure to the different NHTSA offices and what they are doing."

Tim is a devout Christian and has been very much involved in church activities. As a teenager, he was a youth leader in the Evangelical United Brethren Church, holding youth fellowship offices, teaching Sunday School, and attending youth conferences. But religion meant more to him than participation in church activities. He is a serious student of the Bible, and his curiosity to learn more about religion led him on a quest of many churches. This search culminated in his conversion to the Roman Catholic Church in 1962 at the age of 18. His early religious training, he says, contributed so much to his religious formation that anyone who knows him can tell he has had a definite blend of thinking.

Tim presently owns seven different versions of the Bible and likes to compare them. "Everybody has real interests they

get involved in, and like to study and learn about," he says, "and it just happens that I like to study the Bible." His knowledge of Biblical history seems remarkable and it is not hard to turn an attentive ear to his narratives concerning the Scriptures that for centuries have been considered by the Christian world as divinely inspired. He is a Lector in his church parish, reading the scriptures at the Sunday services, and he is an Alternate Scripture Class Leader and a Novice in the Third Order of St. Francis.

His medical training in college and his deep involvement in church and Biblical studies have had a strong influence on shaping Tim's philosophy. What do I consider the most important thing in life?" he asks. "For me, the most important thing in life is to be useful--to feel that when I have lived my life there was some real meaning to it--that I hadn't spent a lifetime wasting it. That's basically where much of my orientation is, in terms of my religion, my music, my studies, in terms of everything I do. I want to know that I have contributed something, even if it isn't anything that has shocked the rest of the world."

Tim's college courses in psychology and counseling have enabled him to put his training to practical use in helping others. "Just

letting people know that they are important to you is important," he says. "It is not necessarily what you do, because oftentimes you can't really help a person in terms of his need. But you can help them by letting them know they are important, that their problem is of concern to you and that you are interested. And then if you can do something constructive to help, do it. Many times they already know what they are going to do or not do--they just need an ear."

To look at Tim today it is hard to believe, but he says that from the time he was about 10 he had a very "weighty" problem. On his own, as an adult, he would try various crash diet programs and sometimes would lose pounds quickly. But then, keeping those pounds off was the hardest part! So five years ago he sought help through Weight Watchers. Today Tim gives credit to WW for teaching him how to gain and keep control of his weight. "I had to retrain my thinking," he says. "I learned a lot about myself and how to apply the information on how to control my weight to other areas of my life. This I found important and consider it one of the big accomplishments of my life." He attributes much of the program's success to the encouragement they give their students, even when weight watching becomes

difficult. He now follows the "Shaffer Modified Program," as he calls it, and swears that he usually stays away from those tempting, delectable goodies that spell disaster.

Tim plays both the piano and the organ and has a small spinet piano which he enjoys. He especially likes show tunes and Broadway hits. For home entertainment he also likes to lose himself in TV science fiction, escape movies and costume plays. On occasion he enjoys cooking for friends and serves with style---another way he has of saying to his guests, "You are important."

In his 33 years, Tim has learned that the formula for living a happy, fulfilling life is being useful. This, he is quick to point out, requires day-by-day effort, not the least of which is being helpful to those we meet along the way.

## Job Openings

For complete details, see the official vacancy announcements.

Contract Specialist, GS-1102-5/7, AD. Opens: 12-27-77, Closes: 1-17-78. NHTSA 78-21.

Financial Manager, GS-505-13, Region IV. Opens: 1-10-78, Closes: 1-30-78. NHTSA 78-23.

Consumer Technical Representative, GS-301-12, Region IV. Opens: 1-13-78, Closes: 2-2-78. NHTSA 78-24.



# NHTSA Joggers

(from page 1)

## Mahesh Podar:

Running is my way of evaluating my environment - of getting close to it - since we live in a very anti-nature society.

Gerry Royston, a budget analyst in AD and an avid jogger, gives a more detailed explanation.

The reasons for running are as varied as the runners themselves. People usually have specific reasons for starting a jogging program. In many cases it's an attempt to win a life-long battle against an overweight condition. Cardiovascular and respiratory conditioning is another common purpose for running. Sometimes people just want to reach and maintain a certain level of fitness. Whatever the initial reasons are, they're often replaced with a true love for the sport.

Perhaps more important are the psychological and emotional benefits of running. Running is one of few if not the only sport that can effectively cater to both aspects of good health.

During a long run, not only is your body becoming a finely tuned machine but your mind is also given a unique opportunity to open up and explore. If the runner is lucky (for it doesn't always occur), he will enter a certain mystical state similar to meditation where a feeling of total relaxation and calm take over. Problems and anxieties

are pushed to the back of the mind as the runner begins to understand more clearly what his relationship is with the universe.

The runner in a sense becomes positively addicted, complete with withdrawal symptoms, to these psychological benefits of running. Running can often replace many negative addictions like drinking and smoking and the accompanying problems they can cause.

Running, however, isn't always fun because quite often pain and discomfort can interfere with actual enjoyment of the run. People shouldn't begin a running program in the belief that all their problems both physical and mental, will be solved in a few weeks. It takes months and often years of daily workouts to reach a level of pain-free running and even then a minor injury can cause serious havoc. But who says people have to enjoy running all the time? People do lots of worthwhile things which they don't entirely enjoy, and I'm sure many barely tolerate running because they like its after-effects.

Running is work, but it also is a kind of creating. It's building an ability that wasn't in us before. Like any kind of art, this takes effort and concentration. But in a world of laborless machinery and pre-packaged thoughtless entertainment, it can be a pleasant relief to earn our own fun and happiness this way.

## Personnel Welcome Aboard

Stuart D. Rednor, Gen. Engineer, MVP, 10-23.

Denise Maddox, Clerk-Typist, OCC, 11-6.

Shirley Craig, Clerk-Typist, Reg. VIII, 11-28.

William Franklin, Industry Economist, RD, 12-04.

Susan Partiyka, Math. Statistician, RD, 12-04.

## 'Bye and Good Luck

Concerilla Stapleton, Accountant Technician, Reg. V, 9-25-77.

Ellen Levine, Research Psychologist, RD, 10-15.

Drena Campbell, Consumer Services Asst., PACS, 11-26.

Christy Moody, Clerk (DMT), Reg. VI, 12-03.

Charlotte Uram, Trial Attorney, OCC, 12-03.

## Congrats on Promotion

Mario J. Damiata, Hwy. Safety Mgmt. Spec., TSP, 12-04.

Alan Feinberg, Mech. Engineer, MVP, 12-04.

Zelphia L. Gouldson, Secretary (Steno) AD, 12-04.

## Congratulations

Congratulations to Mr. and Mrs. Hugh Oates on the arrival of their daughter, Katharine Blanche, weighing 7 lbs, 5 ozs. on December 23. Katharine has a brother, Lawson Scott, age 4. Mr. Oates works in the Office of Chief Counsel.