

Energy Systems at Portsmouth

A Monthly Newspaper for Portsmouth Gaseous Diffusion Plant Employees of Martin Marietta Energy Systems, Inc.

Volume 3

Piketon, Ohio

April-May 1988

Number 3



"California Raisins" Teresa Osborne, Bill Pyles, Richard Cormany, Jane Johnson and Romaine Newsome were "on hand" to kick off the 1988 U.S. Savings Bond Drive conducted at the Portsmouth plant in April. Two hours of American entertainment filled the plant cafeteria with songs, skits, and dance.

Procedure geared to assist in resolving EEO criticism

An Equal Employment Opportunity (EEO) Complaint Handling Policy has been developed for use at the Portsmouth Plant to ensure that employee complaints alleging discrimination on the basis of race, color, sex, religion, national origin, age, a handicap condition, or veteran status are thoroughly and impartially investigated and equitably resolved.

If an employee has a complaint, he or she should proceed in the following manner:

- 1) Discuss the complaint with immediate supervisor and/or the next level of supervision; if unresolved,
- 2) Discuss the complaint with the Division Affirmative Action (AA) representative or an alternate; if unresolved, and
- 3) Discuss and/or provide the written complaint to the Plant AA Coordinator.

If a complaint has been processed through all of the above steps and is still

unresolved, the employee may request an appeal in writing through the Plant AA Coordinator that the Energy Systems Manager of EEO in Oak Ridge review the case.

Division Representatives are Richard Grant - Environment, Safety & Health; Theresa Wright - Management/Personnel; Keith Lewis - Business Services; Paul Forsyth - Finance & Information Management; Regina Rapp - Quality & Technical Services; Carol Snively - Engineering; Wray Jordan - Maintenance; Eric Picciano - Production; Jim Normand - Security & Shift Operations; and Chip Walder - GCEP. The Plant AA Coordinator is Sharon Williams.

It is the object of supervision, division representatives and the plant coordinator to promptly investigate all relevant information, consider all avenues for resolution and provide feedback to the employee in a timely manner.

Second successful Bonds drive adds to "Minute Man" banner

The "Minute Man Flag" flying over the Portsmouth Gaseous Diffusion Plant has an added star to recognize Martin Marietta Energy Systems employees' second year of outstanding participation in the U.S. Savings Bonds payroll deduction plan.

The flag, awarded to us last year by the U.S. Treasury Department, recognizes companies with more than half of its employees participating in Savings Bonds payroll deduction plans.

At the conclusion of the plant's 1988 Savings Bonds Drive, conducted April

11-29, 62 percent of employees were participating in the program.

In addition, 39 percent of the employees who were already enrolled in the payroll deduction program increased their savings by increasing their level of Savings Bonds purchases.

Portsmouth plant divisions and their percentage of employee participation are as follows; Plant Manager's staff - 100; Personnel - 100; Environmental, Safety and Health - 75; Finance - 74; Technical - 80; GCEP - 53; Engineering - 80; Maintenance - 55; Production - 56; Security - 58; and Business Services - 53.

GRADUATE PORTRAITS

Sons and daughters of Martin Marietta Energy Systems Portsmouth Gaseous Diffusion Plant employees or retirees who are being graduated from high school, college or technical schools this spring will be featured in an upcoming issue of Energy Systems at Portsmouth.

Employees should submit billfold size photos of graduates to Public Relations, X-100 Building, M/S 1118A, by Friday, July 1.

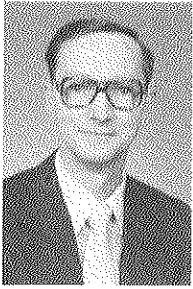
Information must be written lightly, in ink, on the back of the portraits submitted for publication. This is to include the graduate's full name and the name and type of school, as well as the first name, middle initial, last name and department number of the parent(s).

A mail stop must be included in order for prints to be returned following publication.

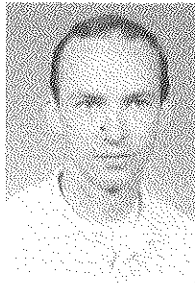


Portsmouth receives DOELAP accreditation

The Industrial Hygiene and Health Physics Department at the Portsmouth facility received a two-year certification for compliance with criteria established by DOE's Laboratory Accreditation Program (DOELAP) for personnel dosimetry systems. An external group, coordinated by the DOELAP Idaho Operations Office, evaluated the plant's documentation, training, and operations. Those involved with the accreditation process at Portsmouth were Linda Smith, Tom Maggard, Dan Ruggles, John Bowdle, Marty Redden, Ed Wagner, Ralph Donnelly, Greg Lang, and Dick Vallery. Portsmouth is one of only three DOE sites nationwide and only site within the Martin Marietta Energy Systems to have received the accreditation. The accreditation will remain in effect until December 1989.



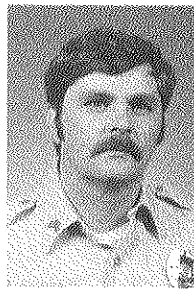
Short



Pelfrey



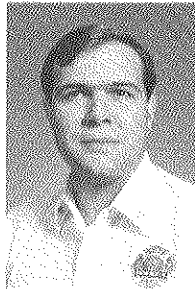
Nelson



Riffe



Johnson



Buckle



Rogers

General Promotions

Vernon W. Speakman has been promoted to Police Sergeant (D-911). He reports to Daniel A. Hupp, Supervisor, Plant Protection.

Billy W. Short has been promoted to Section Head, Scientific (D-512). He reports to O. A. Vita, Supervisor, Chemical Analysis.

Charles B. Bivins has been promoted to Foreman, Process Area (D-814). He reports to Carol L. Hill, General Foreman.

Mark J. Pelfrey has been promoted to Foreman, Utilities Operations (D-832). He reports to Robert E. Childers, General Foreman.

Leon D. Bean has been promoted to Foreman, Maintenance (D-752). He reports to Raymond Fankel, General Foreman.

Barbara J. Nelson has been promoted to Foreman, Janitors (D-743). She reports to Richard A. Snodgrass, General Foreman, Maintenance.

Jerry R. Riffe has been promoted to Police Sergeant (D-911). He reports to Daniel A. Hupp, Supervisor, Plant Protection.

Geraldine McKibben has been promoted to Foreman, Process Area (D-810). She reports to Carol Hill, General Foreman.

Roger L. Tieman has been promoted to Foreman, Process Area (D-810). He reports to Carol L. Hill, General Foreman.

Roger L. Johnson has been promoted to Foreman, Utilities Operations (D-832). He reports to Robert E. Childers, General Foreman.

Brian D. Buckle has been promoted to Shift Fire Captain (D-920). He reports to James R. Boyce, Supervisor, Fire Protection Services.

Francis D. Rogers has been promoted to Police Lieutenant (D-911). He reports to Daniel A. Hupp, Supervisor, Plant Protection.

Frederick J. Meadows has been promoted to Foreman, Process Area (D-810). He reports to Carol L. Hill, General Foreman.

Plant neighbors receive training to learn warning siren response

Plant and county emergency response managers completed information sessions for residents within a two-mile radius of the Portsmouth Gaseous Diffusion Plant April 27-28 and May 2.

Earl James, Director of Pike County Disaster Services Agency, and Carl Weghorst, coordinator of the plant's Emergency Preparedness Department, conducted the sessions.

Their purpose was to acquaint the surrounding community with the specific function of the recently installed public warning siren system and the appropriate

corresponding protective action to take in the event the sirens sound.

In all sessions, residents received an overview of the Disaster Services Agency, the plant's emergency preparedness program, and the brochure, "In the Unlikely Event," along with a training videotape prepared by plant personnel.

All training is in conjunction with upgrading community awareness regarding the plant's emergency preparedness program and is in conjunction with Emergency Teamwork '88 scheduled for July 23.

For its 8th session

Environmental committee meets

The Environmental Advisory Committee for Martin Marietta Energy Systems Portsmouth Gaseous Diffusion Plant met April 28-29 to be apprised of the on-going environmental concerns at the site.

Topics of discussion included use of fluorocarbons and chromates in plant operations and disposal of mixed hazardous waste. Carl Weghorst, Emergency Preparedness Coordinator, updated the Committee on the plant's emergency preparedness system.

The Committee also made preliminary plans for meetings with the Ohio Environmental Protection Agency and the Paducah plant's Environmental Advisory Committee.

The committee also has prepared a summary report of its first two years of activity.

Committee members are Leo Weaver, P.E., Environmental Engineering Consultant (chairman), Cincinnati; Dr. Nicholas Dinos, Department of Chemical Engineering, Ohio University, Athens; Ms. Helen F. Gram, Manager, Environmental and Safety Analysis, Los Alamos Technical Associates, Inc., Los Alamos, New Mexico; Dr. Charles S. King, executive director, Ohio Biological Survey, Ohio State University, Columbus; Mr. Andrew S. Kohler, executive director, Pike Metropolitan Housing Authority, Piketon; Dr. L. Max Scott, C.H.P., Assistant Professor, Nuclear Science, Louisiana State University; Mr. David E. Todt, coordinator,

Math/Science, Shawnee State University, Portsmouth; Dr. Dwight Baldwin, Jr., Geology Department, Miami University, Miami, Ohio; and Mr. Joseph P. Sulzer, attorney at law and mayor, Chillicothe, Ohio.

Keep House!

Just ask anyone. People would rather work in a clean, neat and orderly place instead of one that is cluttered and unkept. Good housekeeping should be more than just an annual "spring cleaning" project. It should be a daily ritual.

No formal campaign for cleanliness should ever be required at the Portsmouth plant to have excessive supplies and equipment returned to their appropriate locations, files reviewed against approved retention and disposal schedules, or written reminders issued for employees to use approved trash receptacles.

Good housekeeping methods are vital to the operation of a plant. They are reflected in a plant's safety record, the quality and quantity of its production, and the morale of its employees.

Employees in all buildings "pitch in" and do their part to help make the plant a nicer place in which to work and are accepting the challenge to improve housekeeping on a daily basis. Everyone appreciates good housekeeping habits. Just ask anyone and then ask yourself.

SERVICE MILESTONES

May 1988

George H. Nichols reached the 35-year service milestone in May.

Daniel D. Adkins now has 25 years of service.

Michael J. Orlett attained the 20-year mark.

Eleven employees now have 15 years of service. They are Merlyn L. Hanson, James C. Montler, Adrian S. Kessinger, Dennis E. Adkins, Charles R. Brown, Donald R. McGoon, Paul D. Phillips, Paul T. Adams, Okey T. Harrison and James E. Walker.

Terry D. Boland, William C. Wagner, Linda L. Wood, Judith K. Lute, Linda S. Blanton, Hugh E. Ruel and James R. Boyce reached the 10-year mark.

Thomas C. Douglas and Robert R. Powell now have five years of service.

June 1988

There are 24 employees who reach the 35-year service milestone in June.

They are E. V. Clarke Jr., Joseph A. Weber, Robert P. Holland, John R. Ortman, Robert S. Martin, Herma D. Mills, Orlando A. Vita, Ivan E. Kouns, William H. Corns, Norman F. Reiter, Norman B. Potts, William L. Kouns Jr., Francis A. Crum, Eugene F. Marsh, William M. Bright, William T. Allen, Robert F. Roe, Paul I. Davis, Eugene L. Hardman, James R. Daily, Ralph W. Beabout, Emory A. Smith, Robert T. Glass and Richard A. Born.

Charles F. Harley, and Donald E. Rockhold reach the 20-year mark in June.

Seven employees have 15 years of service. They are Jackson L. Patton, Jesse R. Taylor, Gerald L. Harris, Vickie E. Ratliff, Edward C. Jordan Jr., Frank J. Bruch and Gary M. Hairston.

Six reach the 10-year mark. They are John M. Nelson, Charles E. Whittaker, Paul E. Walton, Robert G. Peed, Marian F. Stroth and Sharon J. Grooms.

Gary Workman, John T. Mauntel and Bryon N. Park have five years of service in June.



For the second consecutive year, Ralph Donnelly, plant manager, presented the Shift Safety Award to Frank Perry, "C" Shift Superintendent, for outstanding safety efforts during FY-87. Since the beginning of the awards presentation, "C" shift has won the safety award 12 times and tied on 8 occasions. During FY-87, "C" shift did not have any recordable visits to the plant's medical facility and reported only nine hospital visits that required first-aid treatment.

Shift Safety Award

"C" Shift repeats as winner

For the second consecutive year, the employees of "C" Shift are the winners of the plant's Shift Safety Award. They were honored for their 1987 performance in special breakfasts April 18 and 19.

James P. Spriggs, Supervisor, Safety Department, noted that the plant's recordable injury incidence rate of 0.58 was the best in the history of the plant and praised each member of the shift for contributing to this outstanding record. Total recordable cases for the Portsmouth plant were 11.

Since the onset of the Shift Safety Award in 1955, "C" Shift has been a winner in 12 different years and has tied in eight years.

Union safety representatives are Gary Coriell, OCAW Local 3-689, and Randy Schoebelock, UPGWA Local 66. The "C" Shift safety representative for OCAW is Judy Curry. Frank Perry is "C" Shift Superintendent.

The employees of "A" shift have won the award five times, "B" shift nine times, and "D" shift nine times.

The Portsmouth plant's safety record ranked first nationwide among DOE's 14 production contractors through the first three quarters and second by 1/10 of a point during the fourth quarter of 1987.

Our safety performance reflects our leadership among DOE contractors, Energy Systems, and other industries, noted Ralph Donnelly, plant manager, and allows us the opportunity to develop an even better reputation for the Portsmouth plant.

Retirees

April 1

Donald K. Barber, Ironton, Distribution & Inspection Operator (D-214), nearly 34 years.

Malcolm C. Blaum, Waverly, Materials (D-332), more than 34 years.

William F. Byers, Chillicothe, Operations Fire Captain (D-921), nearly 34 years.

Otis W. Hinkle, Minford, Maintenance Mechanic 1/C (D-727), more than 31 years.

May 1

Everett H. Jewett, Piketon, Lubricator, Garage (D-752), more than 33 years.

Donald L. Mullins, Jackson, Lubricator, Garage (D-752), nearly 34 years.

Alonzo Schramm, Waverly, Car Driver (D-752), nearly 15 years.

Ralph F. Howe, Jackson, Production Process Operator (D-814), more than 33 years.

Paul E. Morrison, Wurtland, Ky., Electronic Mechanic 1/C (D-713), 33 years.

Dale A. Black, Oak Hill, Production Process Operator (D-812), 34 years.

Harry D. Kennedy, Lucasville, Chemical Operator (D-823), 24 years.

William N. Poolos, Waverly, Electrician 1/C (D-711), more than 34 years.

Charles A. Davena, Waverly, Electrician 1/C (D-711), nearly 34 years.

Niles Waldron, Hamden, Sheet Metal Mechanic 1/C (D-722), nearly 32 years.

Warren D. Hehl, Lucasville, Distribution & Inspection Operator (D-832), nearly 34 years.

June 1

Wilbur S. Hayes, Portsmouth, Section Head, Quality Control (D-551), 34 years.

July 1

Gerald V. Bethel, Chillicothe, General Foreman, Power Operations (D-831), nearly 35 years.

Progressions and Promotions

Mary M. Karr, from Secretary II (D-310) to Industrial Relations Staff (D-212).

Steven C. Newman, from IHHP Surveyor II (D-102) to Auditor, Staff (D-003).

Pamela S. Wagner, from Secretary I (D-103) to Secretary II (D-310).

William T. Conley, from Training Instructor to Industrial Relations Staff Sr. (D-221).

John R. Simmering, from Training Instructor to Industrial Relations Staff Sr. (D-221).

Juliana A. Thompson, from Administrative Specialist to Administrative Specialist, Staff (D-303).

Keith Lewis III, from Administrative Specialist to Administrative Specialist, Staff (D-303).

William R. Fout, from IHHP Surveyor III to Health Physicist (D-102).

Roger L. Stephenson, from IHHP Surveyor III to Industrial Hygienist (D-102).

Richard G. Wynn, from Scientist I to Scientist II (D-512).

Carl P. Moore, from IHHP Surveyor II to IHHP Surveyor III (D-102).

Vernon L. Blaine, from Accountant II (D-512) to Auditor, Sr. (D-310).

Gail E. Wolfe, from Secretary I (D-102) to Office Services Assistant I (D-453).

Keith M. Wines, from Technical Assistant III (D-511) to Technician Specialist I (D-521).

Nita J. Moore, from Clerk II (D-307) to Accounting Clerk I (D-304).

Timothy A. Bennett, from Office Machine Technician II (D-451) to Safety Code Inspector I (D-101).

Allie C. Skaggs, from Peripheral Equipment Operator II to Computer Operator I (D-446).

Eloynse Johnson, from IHHP Surveyor II to IHHP Surveyor III (D-012).

Eileen S. Slaughter, from Maintenance Clerk II (D-721) to Materials Clerk (D-752).

Peggy D. Gray, from Accounting Clerk II (D-312) to Cost Accountant II (D-478).

Kimberly E. Hawkins, from Word Processor II (D-451) Maintenance Clerk II (D-743).

William F. Johnson, from Scientist, Staff, to Technologist, Technical Division Sr. (D-541).

James D. Cox, from Data Entry Operator I to Peripheral Equipment Operator II (D-446).

Donna L. Crabtree, from Micrographics Production Clerk (D-452) to Maintenance Clerk II (D-721).

New Arrivals

Deborah K. Perez, Scientist II (D-522), April 4.

Gerald W. Deatley, IHHP Surveyor I (D-102), April 4.

Diana K. Moore, Security Inspector (D-911), April 4.

William P. Gammon, Security Inspector (D-911), April 4.

Moses B. Shope, Security Inspector (D-911), April 4.

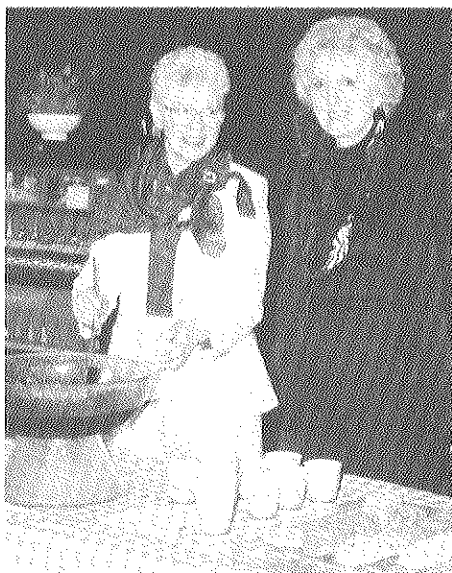
Dean B. Schambs, Security Inspector (D-911), April 4.

William H. Keep, Security Investigator (D-912), April 4.



Secretaries honored week of April 25-29

A "kick-off" program in the X-102 cafeteria April 25 began Professional Secretaries' Week activities at the Portsmouth plant. Carol Snively, Shirley Walter, Gerry McGuire, and Glenn Russell were among more than 100 attending. John Shoemaker, Director, Site Operations, stressed the importance of the secretarial career at the Portsmouth Plant and the working relationship of management and administrative support. Betty Bihl CPS and Mabel Blair CPS (both members of PSI) helped serve refreshments to attendees. The annual program is co-sponsored by Buckeye Chapter, Professional Secretaries International and Martin Marietta Energy Systems.



Blood drive set for June 27-28

During the January visit of the American Red Cross Bloodmobile, the following employees reached donor milestones:

10 gallons — Mimi Clausing, John D. Delabar.

6 gallons — James F. Oates, Jr., Gerald Towler, C. C. Worthington.

5 gallons — Gary Coyan.

3 gallons — Ronald Cook, Ronald Curnutte, Irwin Dresbach, Lewis E. Deacon, Butch Fouch, Richard Newland, Charles Seibert, Clyde Sisler, David Willman, Gail Wolfe.

2 gallons — Eva Beatty, Jerry Boggs, Ernest Caskey, Jeff Crandall, Richard Dilts, Sharon Free, Gregory Hatfield, Betty Koehler, Leann McWhorter, Ralph Nolfi, Delbert Norris, Chris Ondera, Don Ray, Donald Rhoads, Billy Ruby, Roger Shuff, Jerry Wessel.

1 gallon — Bryant Lybrook, Don McCarty, Sue Remy, Jane Wilbur.

First Time Donors — Sandra Graves and Vicki Slone.

Employees of Ohio Valley Electric Corporation and Atomic Employees Credit Union participate along with plant personnel in blood campaigns.

The next visit of the Bloodmobile to plantsite is June 27 and 28.

"Zone C" merits appearance award

The Ace "Number 1" Award for the zone most in compliance with Plant Appearance Program objectives changed hands as it was presented to "Zone C" Chairman Roger McDermott and Glenn Russell after the quarterly inspection conducted March 8 and 9.

During the award presentations, in April, Plant Manager Ralph Donnelly, noted efforts involved for overall plant improvement.

Criteria for ranking now includes a factor for Zone Chairman participation during inspection of his respective zone.

The award for the zone which was the "Most Improved" was presented to "Zone B" chairman Bob Bush and John Shoemaker. Shoemaker replaced Vince DeVito as a zone chairman in the program.

The "WOZOPS" award, for having the zone least in compliance with program criteria, was retained by Zone D chairmen Bill Lemmon and Keith Stalnaker.

Len Sendek, who served as the program's director for the inspection, noted improvements in the X-720, X-100, and X-342 buildings.

The next set of quarterly inspections will be in June. Results will be announced after the inspection.

Adult smokers bequeath lethal legacy to children

For years, adult smokers have been under a paper avalanche of information describing the effects their smoking habit has on their health. They are aware that heart attacks, lung cancer, emphysema, and many other illnesses lurk around every corner.

Smokers know they should quit, and most of them would like to, for their own safety. They know their future is at stake, but they may not be aware of what the habit does to their children.

For instance, pregnant women who smoke increase the risk of low birth weight, miscarriage and death to newborn babies.

Toddlers in a smoking environment have an increased likelihood of developing more chest colds, flu, ear infections, bronchitis and pneumonia. They have greater chances of being hospitalized within their first two years of life.

In general, children exposed to sidestream smoke at home not only have an increased rate of respiratory symptoms and infections but are also more likely to begin the smoking habit.

Studies show that youngsters with smoking parents are already considered "light" smokers, because these young people involuntarily could consume as much as one cigarette each hour. This exposure triggers their nicotine addiction.

Three of four teenage smokers come from families in which one or both parents smoke.

Recently, 193 New York high school athletes participated in a study which revealed that those exposed to second-hand smoke coughed as much as four times more often than athletes not exposed to smoke. Their lung capacity just wasn't as great.

Across the country almost 20 percent of high-school seniors smoke on a daily basis, and since 1977, the rate of girls smoking is approximately three percent higher than for boys.

Most parents don't want to see their children begin the smoking habit, but children raised in a smoking environment just can't see the future risks to themselves.

Health pamphlets are full of true accounts of smokers who now regret beginning their tobacco habit. Many times these stories are of mothers and fathers who lay in hospital beds victimized by their "addiction." They plead with their children to stop smoking. These victims found out the hard way that there's no such thing as a "safe" cigarette, and they don't want their children to make the same mistake.

"Listen to me, I know what I'm talking about," the victims cry.

If only they had listened to their mothers and fathers before them.

MARTIN MARIETTA

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MARTIN MARIETTA ENERGY SYSTEMS, INC.
A subsidiary of Martin Marietta Corporation
Acting Under
U. S. Department of Energy
Contract DE-AC05-76OR00001

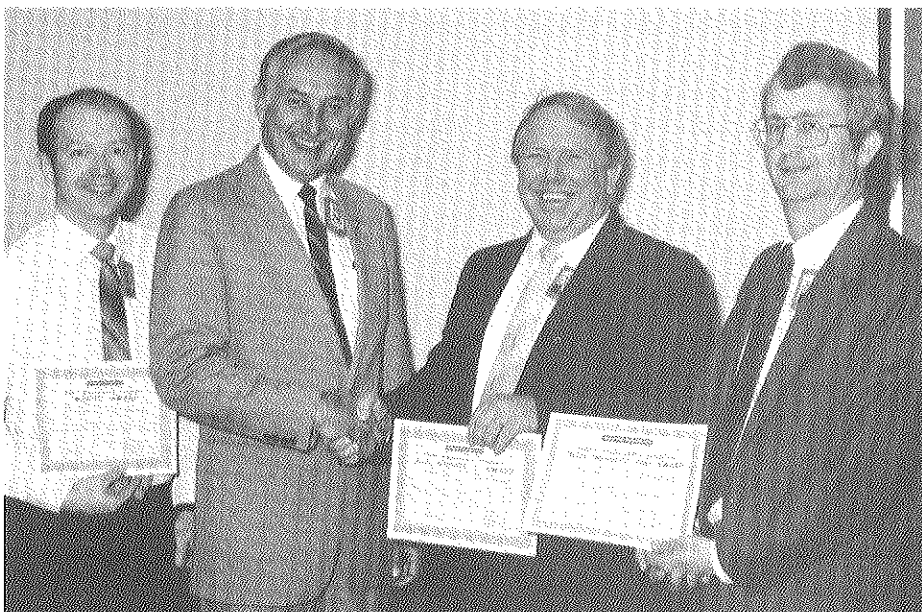
Published Monthly in the Interest of Employees of the
MARTIN MARIETTA ENERGY SYSTEMS, INC.
PORTSMOUTH GDP
An Equal Opportunity Employer

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U.S. GOVERNMENT PRINTING OFFICE 548-029/No. 60006



Based on the results of the Plant Appearance Inspection conducted March 8 and 9, Ralph Donnelly presented awards to Keith Stalnaker (Zone D Co-Chairman) for the "WOZOPS" award; Roger McDermott (Zone C Co-Chairman) for the "Ace No. 1 Award," and John Shoemaker (Zone B Co-Chairman) for the "Most Improved Award." Results of the inspection conducted June 14 and 15 will be announced at a later date.



Close races characterize plant's second "Fun Run"

More than 280 employees and family members of Martin Marietta Energy Systems participated in the plant's second "Fitness Fun Run" on Saturday morning, April 30.

The events were conducted on part of the seven-mile perimeter road around the Portsmouth Gaseous Diffusion Plant.

The main event, for about 80 interested rivals, was a competitive five-kilometer run. Two other events were a one-mile "fun" run and a non-competitive 5K walk. Ages of participation ranged from infants in strollers to plant retirees.

The company's Employee Activities Committee (EAC), which directs the plant's recreation program, planned and coordinated the run, which was officially measured and timed.

Dean Hardman, Distribution and Inspection Operator, Utilities Operations, won the men's category with a time of 18:06. He was followed by Delmar Scowden,

Laborer, and Scott Coffman, Accountant, Staff, which times of 18:17 and 19:05 respectively.

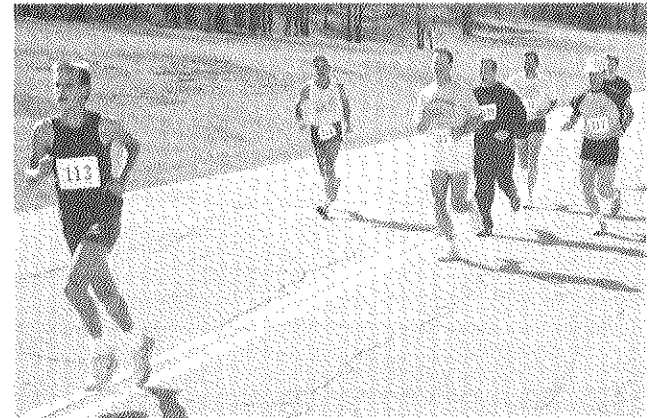
Mary Ann Rapp, Programmer, Staff, won the women's category of the 5K run with a time of 24:36. Family members Kelly Linn, granddaughter of Jack Hughes, Security Inspector, and Jean Ramby, wife of David Ramby, Security Inspector, finished second and third with times of 24:36.5 and 25:17 respectively.

Men and women placing first and second in each of several age groups received prizes. The EAC also provided door prizes, special T-shirts and refreshments for participants.

Employee Activities Committee members responsible for the race were Connie Eckhart (chairperson), Shirley Walter, Ron Mount, Barry Carlson, Bill Pyles, Chris Burkitt, Judy Curry, Sharon Sexton, Mike Corbin, Russ Johns, and John Geodeon, EAC Coordinator.



On April 30, more than 280 employees, retirees and family were at the starting line ready to participate in the plant's second "Fitness Fun Run." Events coordinated by the plant's Employees' Activities Committee consisted of a 5K run for the serious competitors and a non-competitive 5K walk and one-mile run for those looking for a little exercise and fun. Refreshments, door prizes, and commemorative T-shirts were available for those participating in this event.



FIRE SAFETY

Practice home escape routes

Would you know what to do if you were roused from sleep by the smell of smoke or the sound of your smoke detector? Would the children?

Statistics show that most fatal fires strike between midnight and 6:00 a.m. Being ready to get out of your bedroom and out of your house when fire strikes is one of the best things you can do for your family.

To develop a successful "fire-wise" home exit drill program you should:

- Get everyone involved in the effort to develop a fire escape plan. Identify two ways out of every sleeping room, because fire or smoke may make it impossible to use the door.

- Keep in mind that bedroom windows more than six feet above the ground may need to be provided with escape ladders if escape is not possible by climbing onto a porch or garage roof.

- Be sure to designate a meeting place outside. It could be the mailbox, a lamp

post, or a tree. This will help insure everyone's safety.

- Practice your fire escape plan. Every family member should know that when the smoke detector sounds, to roll out of bed and crawl to the door. If there is no visible flame or smoke obstructing the way, go out through the door and "crawl" out to safety. If the way is blocked, escape through the window.

- Most importantly, once you're out of the house, STAY OUT! Use a neighbor's phone or public phone to call for help. Do not go back into the house for anything.

Of course, all this depends on having a UL-approved smoke detector, properly mounted on the ceiling of the hallway outside sleeping areas, and in good working condition. If your home doesn't have a smoke detector, seriously consider purchasing one.

You and your family may not have a second chance.



Award flag receives new star

As a result of the Portsmouth plant's second consecutive year in which more than half of employees participate in the U.S. Savings Bond payroll plan, a second star was added to the "Minute Man Flag" which flies underneath the American flag at the entrance to the X-100 Administration Building. Accepting the flag were 1988 Campaign representatives Buck Sheward, Bill Pyles, Jeff Walburn, Jane Johnson, Wilma Redden, Terri Wright, Jim Kelly, John Weinstein, Shirley Couser, Josie Jordan, Jerri Nelson, Jim Mossbarger and Jeanette Langford. Howard Gabe, Area Manager for the U.S. Savings Bonds Division, and Fred Foill, Pike County Volunteer Chairman for the U.S. Savings Bond Campaign, made the presentation.

RECREATION CORNER

(★) The company golf championship has been scheduled for Saturday, August 6, at the Shawnee State Park Golf Course west of Portsmouth.

(★) The 1988 Employee Summer Outing will be conducted Saturday, Sept. 24, at Camden Park, near Huntington, W. Va.



The 1988 Men's and Women's Bowling Championships were captured by Debbie Detillion and Dave Richter with averages of 197 and 226 respectively. Second place honors for the 1988 championships were awarded to Tim Burton and Jealene Deacon. Bill Johnson (center) served as the director for all Portsmouth plant bowling tournaments.

Richter and Detillion triumph as company bowling champs

After a long winter season at local bowling establishments, plant recreation program personnel conducted several company sponsored bowling tournaments for employees and family members.

Dave Richter and Debbie Detillion captured the men's and women's 1988 bowling championships. Richter averaged 226. Finishing second was Tim Burton. Third place honors went to Andy Ondera.

Detillion's average was 197. Finishing second was Jealene Deacon and third place was awarded to Cathy Cornish.

At the 32nd Annual Women's Team Bowling Championship, "Weiss Recreation" consisting of Alene Weiss, Mary Ann Rapp, Jean Ashbaugh and Wendy Sevens took first-place honors with a score of 2140. Finishing second in this event were "Barb's Bombers" at 2137. Team members included Barbara Nelson, Mary Lou Frey, Janet Barker and Jean Moorman.

The "Sparkicians" consisting of Eddie Henry, Bill Keiser, Dave Richter, Cliff White and Sam Bowman won the Men's Bowling Team Tournament with a total of 3221 pins. Second place honors were awarded to the "Laboratory" with a total

of 3058 pins. Team members were Elmer Litteral, Gene Deacon, Dave Weiss, Greg Lang, and Jeff Koehler.

Eileen Slaughter and Sandy Murta finished first and second place, respectively, in the Women's Singles event. Finishing first in the Men's Single Event was Dave Richter. Andy Ondera finished second.

The Women's Doubles Event winners were Alene Weiss and Wendy Sevens, who were followed by the team of Janet Conley and Alberta Welton. The Men's Doubles competition winners were Greg Johnson and Bob Dotson. Finishing second were Bill Greer and Randy Murphy.

Bill Johnson was tournament director for all events.

Walt Johnson, Larry Gray, Steve Collier, Dan Gash, John Gedeon, Gene Deacon, Sharon Sexton, Debbie Gedeon, Lou Donini, Alene Weiss, Mary Ann Rapp, Elmer Litteral, Jeanette Langford, Tim Burton, Sandy Murta, Judy Curry, Glenda Cordle, Jean Taulbee, Jealene Deacon, Chris McCarty, Sharon Wessel, Connie Lang, Teresa Osborne, Barbara Yeager, Bea Hemphill and Anita O'Connor served as scorekeepers during the various tournaments.

Rumble serves as student mentor

During the past school year, Bonnie Rumble served as a mentor to Becky Doss, a 1988 graduate of Valley High School. On April 21, Doss visited the Portsmouth plant to speak with nuclear engineers and professional members assigned to a variety of field locations. Employees sharing information with Doss that day included Anthony Wooten, Stan Jones, Alan Jefferies and Sandy Fout. Mentorship between Rumble and Doss was arranged through the Scioto County Talented and Gifted (TAG) Student Program. Doss plans to attend the University of Cincinnati to pursue a degree in nuclear engineering.



Hypertension detection depends on regular blood pressure checks

By Dr. Daniel E. Conrad, M.D.
Corporate Medical Director

May is designated annually by the National Institute of Health as National High Blood Pressure Month — the idea time to begin a year-long campaign to control high blood pressure, and an opportunity for me to remind you about blood pressure concerns and actions for health.

Some 58 million Americans — almost 30 percent of the adult population — have elevated blood pressure.

And, what is elevated blood pressure (hypertension)?

We need a certain amount of blood pressure to push the blood away from the heart through the blood vessels so that the brain and eyes function, the kidneys function and the coronary arteries bring blood to the heart.

Too little pressure, and we become unconscious, with damage to internal organs. Too much pressure, and we "blow out" our blood vessels or cause them to clamp down, causing stroke, kidney failure and heart attacks (over half of all blood pressure deaths are from high blood pressure-caused heart attack).

Anyone who has a friend or relative who has suffered stroke or long-term kidney disease can appreciate the tragedy resulting from untreated high blood pressure.

I have said blood pressure should not be too low or too high — so what should it be? U.S. experts have agreed that at rest, in the adult, blood pressure should be high enough to avoid symptoms (e.g., "passing out"), yet below 130 systolic over 90 diastolic (140/90 mm Hg) to be called "normal."

For most of us, the body's regulators will maintain this appropriate blood pressure, increasing during exercise or decreasing at rest, as needed. But for others, some or all of the following factors are associated with (in only a few cases can we prove a definite cause) high blood pressure (BP):

- 1) Age: BP rises 0.5-1 mm Hg (mercury) per year — there are also slight variations between men and women depending upon age.
- 2) Race: Blacks tend to have higher BP (and more BP-related illness) than whites; and caucasians from the Indian Subcontinent have somewhat lower BP.
- 3) Environment: Immigrants from societies with lesser societal pressures (e.g., Pacific Isles) to modern society show higher levels of BP.
- 4) Body weight: This is a definite factor for many overweight persons with high blood pressure, and in many cases, blood pressure can be brought to normal only by achieving normal body weight.
- 5) Salt: One of the earliest effective methods for lowering blood pressure was the rice diet prescribed by Dr. Kempner—

effective because of the very low salt (sodium) content. For certain individuals, high salt intake activates high blood pressure, while in others with normal pressure, increasing salt causes no adverse effect. Nearly all persons with high blood pressure however are well advised to reduce salt intake!

If medications are needed to achieve (non-emergency) normal blood pressure, the usual initial medications are a diuretic (salt and water loss promoter) and/or a group of medications known as B-(beta) blockers which have a primary action on decreasing the forcefulness with which the heart pumps.

Other newer medications include calcium channel blockers and ACE (Angiotension-Converting Enzyme) inhibitors. It is important to continue medications until such time that your physician recommends a change. Other risk factors (smoking, cholesterol) need to be controlled.

In all of this, I have not mentioned that there is only one way to determine whether or not one has elevated blood pressure. The only way is to measure it. Company medical personnel measure your pressure at the time of each physical examination (and each quarter if you happen to return for other reasons).

Do yourself (and your loved ones) a favor. Be sure that your blood pressure is under control now.

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