

Energy Systems at Portsmouth

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

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Change to phosphate RCW corrosion inhibitor begins

By Harold Kneeland

By substituting phosphates for chromates, Martin Marietta Energy Systems will be utilizing not only a more environmentally acceptable means of retarding corrosion in plant process cooling water system, but also possibly a less costly method.

A milestone in the conversion from chromate to phosphate as a corrosion inhibitor in the recirculating cooling water (RCW) systems was reached on June 26 with the initial introduction of phosphate into the X-626 pumphouse, which provides cooling water to the X-326 Process Building and the X-710 Laboratory.

In mid-1984, the Utilities Department began evaluating non-chromate based corrosion inhibitors from a cost reduction standpoint and as a reaction to tighter environmental control on the use of chromates. Single and multi-site task force committees were formed to evaluate the prospective vendors' proposals and to develop a plan for evaluating a nonchromate program in the X-6000 tower water system.

Test equipment consisting of heat exchangers with new copper tubes as well as condensers with used copper tubes from the X-326 Process Building was constructed and modified to simulate gaseous diffusion plant conditions. Favorable results from those tests as well as favorable laboratory evaluation provided the basis for converting the X-626 RCW System.

Since the introduction of phosphate into the X-626 RCW system, the concentration of chromate has been reduced from its normal control level of 18-24 parts per million (ppm) to less than three ppm. While it is expected to take months or even years for the chromate residue in the system to completely leach out, a concentration of three ppm is the level at which chromate is no longer effective as a corrosion inhibitor.

The X-326 Process Building was selected for the initial conversion to phosphate because of the low cycles of concentration in the system.

The effectiveness in substituting phosphate for chromate will be monitored and evaluated during the next year. If everything goes as expected, conversion from chromate to phosphate in the X-330 Pro-

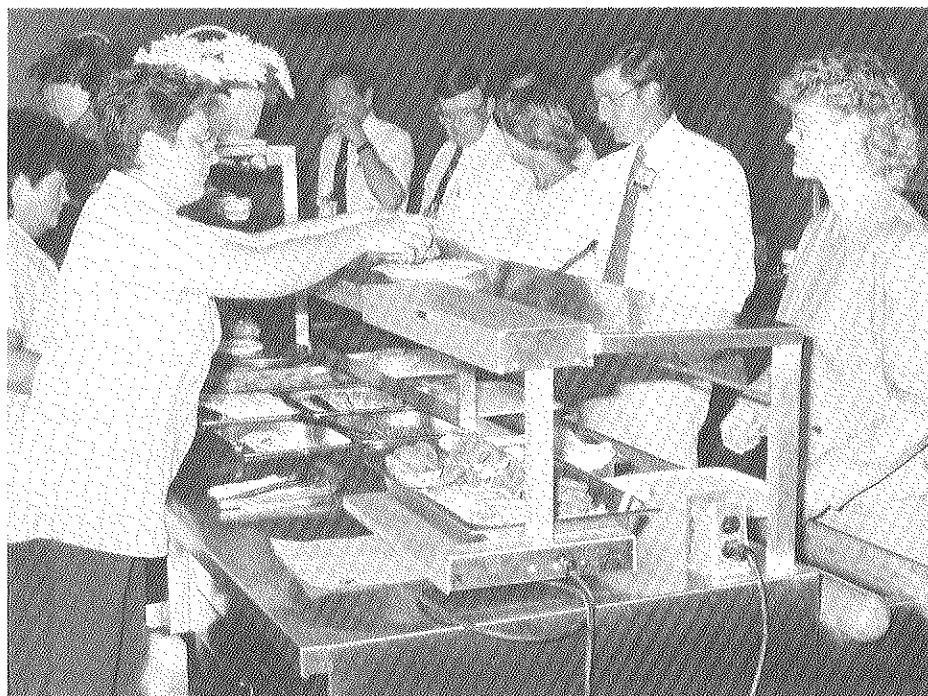
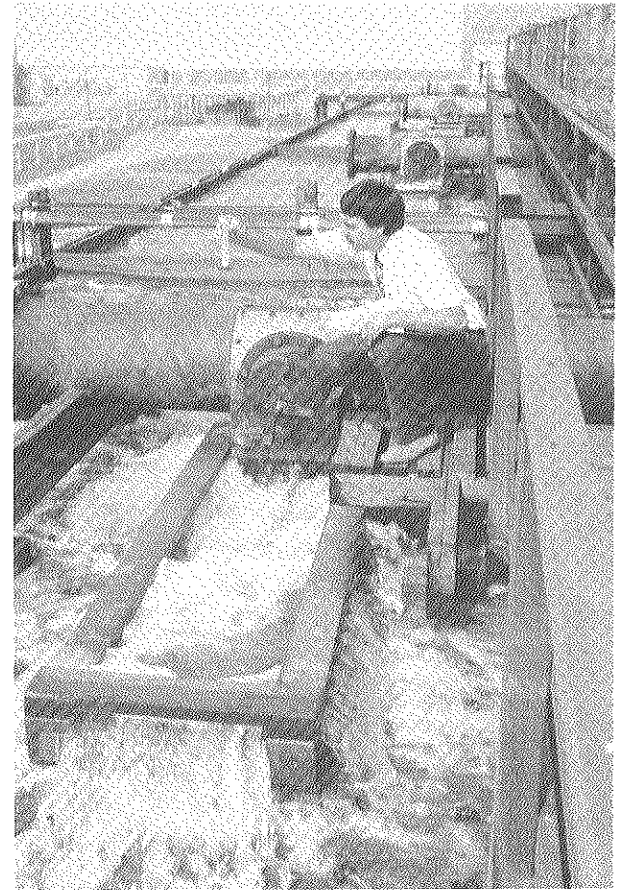
cess Building will be initiated next year. Conversion of the X-333 Process Building will begin one year after conversion of the X-330 Process Building.

As stated, the benefit of substituting phosphate for chromate is that it's more environmentally acceptable and may ultimately prove to be less costly. However, effective control of corrosion and/or

deposition utilizing a phosphate-based corrosion inhibitor requires closer monitoring and control than with the chromate based corrosion inhibitors.

With the continued cooperation, dedication and support of all of the involved personnel, the phosphate treatment program can be as effective as the chromate treatment program.

Close monitoring of the Portsmouth plant's recirculating water (RCW) will be required over the next several months as studies for full phosphate conversion continue. Tom Houk, Utilities, is shown with an RCW sample, which is tested for several water qualities, including phosphate levels, turbidity, and disbursement. Phosphate is a non-chromate based corrosion inhibitor and provides a more environmentally acceptable means of retarding corrosion in the plant process cooling water systems.



X-1000 Cafeteria open for business

On Monday, July 17, the X-1000 Cafeteria reopened its doors from 11:00 a.m. until noon to provide a wide variety of lunch menus (similar to the X-102 facility except for food bars) for plant employees. Plant cafeterias are operated under contract by Valley Canteen Corporation.

We're working together....

(Editor's Note: The following is just one good example of "working together" at the Portsmouth Gaseous Diffusion Plant. If you know of others which could be published, please pass them along to us.)

Having observed a Vetter air bag demonstration at the plant Fire Station during the Family Tour Day activities, the Maintenance Engineering Department knew who to call for assistance to raise a 14,000-pound Okuma grinder.

In the spirit of working together, the Fire Department responded June 26 to the Maintenance Division's request.

By placing one of the Vetter air bags in the one-inch space between the floor and the bottom of the grinder, it was easily lifted to the height required to place leveling feet.

The task was completed in very little time and saved more than four hours of hard turning on leveling jack screws.

Compensation director reviews ongoing activities

Integration and competitiveness with other corporations are goals of Energy Systems salary program examinations

By John Sergent
Director, Compensation

For the past two years, the Compensation Department has been involved in major activities regarding the integration of the Portsmouth Base Compensation Program with other organizations in Energy Systems. These activities are designed to accomplish the objectives as listed below.

- Establish similar systems for administering base compensation for all employees throughout Energy Systems.
- Update all job descriptions, job specifications and job titles based on the current duties and responsibilities in individual positions.
- Establish equity of relationships of Portsmouth positions and salaries with those in other Energy Systems organizations.
- Establish improved career ladders/promotional opportunities where feasible.

Essentially, the Portsmouth Base Compensation Program involves activities such as Performance Planning and Review, planning and administering salary increases, maintaining equity of Portsmouth salaries with those paid by other employers for comparable work, and maintaining equity of job levels and salaries with divisions and departments at Portsmouth based on basic job analysis and job evaluation programs.

Much of the program integration has now been accomplished. This effort involves updating job descriptions and job specifications, reviewing the evaluation of all positions based on current duties of incumbents, and enlarging career/promotional opportunities as appropriate.

To properly address these tasks, a Job Evaluation Committee composed of key Portsmouth staff members was appointed in December 1988 to work with the Compensation staff in reviewing, analyzing, evaluating, and establishing/reestablishing equitable relationships among positions. This committee was selected so that many occupational/specialty categories and organizational units would be represented. These members are Dick Blake, ES&H; Norm Christopher, QA & Technical Services; Josie Jordan, Maintenance; Gerry McGuire, Engineering; Ralph Nolfi, Maintenance; Ron Parker, Business Services; Al Stone, Production; Bonnie Rumble, Engineering; Buck Sheward, Plant Security & Emergency Management; and Sharon Williams, Personnel.

Many employees were asked to prepare information on their current duties for input into the job evaluation process. The program is now about 60 percent finished with completion anticipated by mid-September 1989. Results will then be discussed with supervisors and employees in group meetings to be announced at a later date. Interim updates on the status of this program will be provided as appropriate.

Studies of this type are commonly done by major companies every five to eight years to ensure that base compensation programs remain equitable and current. A major study of this type was conducted for all nonexempt positions in Energy Systems (w/o Portsmouth) during an 18-month period from 1986 to 1988. Energy Systems management recognizes the need for these review activities to meet the Company's commitment to provide fair pay for work performed and to ensure the competitiveness of Energy Systems salaries with those in the external market place.

Energy Systems Values

(Editor's Note: The following is the fourth in a series of articles defining the content and intent of the Energy Systems Missions and Values Statement, composed in 1988. Energy Systems President Clyde Hopkins solicits input from employees who wish to add their comments to his own. Comments may be addressed to Charlie Emery, deputy director of Personnel and Organizational Development, at M/S 8015, Building 9704-2, at the Y-12 Plant. Some commentary may be excerpted for publication in Energy Systems at Portsmouth.)

Working Together

- Promote teamwork with all employees and organizational units, the leadership of our unions and DOE.

I recently attended the awards presentation for the U.S. Savings Bond campaign just completed at the five sites. There were about 30 people in the room, representing an even larger number of canvassers from unions, office staffs, research groups and service organizations across the company. They were being honored for what had turned out to be a successful combined effort.

What struck me as I presented the awards was that this was a fine example of the kind of teamwork we hope to achieve in all of our endeavors. These people had met to collaborate on ways to contact their co-workers about a program that would be beneficial to them. Then each went off to discharge his or her duty with seemingly little fanfare but with good results.

Just as it was teamwork that made the campaign a success, it is teamwork that will be responsible for the achievement of every goal we set in this company.

In the savings bond drive, we had a team that saw the large picture of its task, and that team was composed of individuals, each of whom understood his or her role in making that large picture complete.

In our values statement, we list teamwork as a primary element in meeting our goals. As we have seen in the various campaigns we conduct for the benefit of our employees or the community, we really can form effective, enthusiastic, productive, unified teams to achieve tasks that have meaning for all of us.

A quipster has observed that "no matter where you go, there you are." Well, here we are, indeed, all working together. We must find ways to feel pride in our collective and individual purposes. It seems logical that we must collaborate to find satisfaction in our presence here and at the same time to achieve our mission. Each of us must assume that he or she has an important role in the company and that we are part of a team that can do significant work. While our structure does demand that we have leaders, we also must encourage our leaders to divide the responsibility so that each member of the team is, in effect, his or her own leader.

A good team is democratic in structure and is founded in trust and mutual respect among the members. The team's leader cannot march off into blackness and expect the rest of the team to follow if they don't know where they are going. By the same token, the team members must be empowered to act in the team's and their own best interest and to take the leadership role whenever it is logical and efficient for them to do so. That empowerment arises from the willingness of team members to share both the risks and the accountability that come with assuming responsibility.

Students of corporate structure assert that the inclination of a leader to keep information from the group disenfranchises its members and weakens its impact. One way to increase the power or effectiveness of a team is to share information and resources.

Look around you. The people you enjoy working with the most — the ones you trust — are the ones who



Clyde Hopkins

give you the information you need to do your best work and then move aside to let you work. They resist the temptation to second-guess, double-check, review and otherwise micromanage your work, and they support your willingness to be accountable for the work you produce.

While it is true that one kind of job security lies in being the only one who knows how to do a task, it also might be observed that being either a leader or a member of the strongest and most effective group of workers is a better form of job security.

The key to successful teamwork lies not in fostering competition or in overcoming others but in strengthening the team and in raising its members to their highest levels of excellence.

Our savings bond drive is just one example of how we already are becoming more oriented toward teamwork based on individual effort. If we work as we know we should, then the benefits of our efforts will be there when we need them.

Engineering Division reorganizes Barnes, Cross and Hamilton named to supervisory posts

Several organizational changes have taken place within the Portsmouth Gaseous Diffusion Plant's Engineering Division.

Paul E. Cross has been promoted to Supervisor, Chemical Engineering (formerly Process Systems Engineering). Len Rhoads is reassigned as Supervisor of a new department, Mechanical Engineering, and Loren Mead will continue as Supervisor, Civil Engineering, (formerly Mechanical and Civil Engineering).

Subdivision personnel formerly in Mechanical and Civil Engineering and Process Systems Engineering are being reassigned to the reorganized departments. Mead, Rhoads and Cross report to Bob Casari, Superintendent, Design Engineering.

Jim Hamilton has been promoted to Supervisor of a new department, Computer Systems Engineering, to which subdivision personnel have been reassigned from Electrical Engineering and Instrument Engineering. Hamilton reports to Harold Kunkle, Superintendent, Electrical, Instrument and Computer Systems Engineering.

Brian Barnes has been promoted to Supervisor of another new department, Engineering Services. The department was previously a section of Project Management. Barnes reports to Gerry McGuire, Superintendent, Project Administration.

Cross began work at the Portsmouth plant in August 1976 as an Engineer, Staff. He became Engineer, Senior, in December 1979; Section Head, Engineering, in December 1980; and Engineer, Specialist, in April 1987.

He was graduated from the Rose-Hulman Institute of Technology in 1973 with a bachelor's degree and from Ohio Univer-

sity in 1981 with a master of science degree, both in chemical engineering. He and his wife, Laura, have one daughter and live in Chillicothe.

Hamilton began work at the Portsmouth plant in May 1977 as a Engineer, Senior. He became Section Head, Engineering, in September 1984 and Engineer, Specialist, in April 1987.

He was graduated from Ohio University in 1968 with a bachelor's degree in electrical engineering and is a registered Professional Engineer in the State of Ohio. Hamilton and his wife, Carolyn, have two children and live in Hillsboro.

Barnes began work at the plant in September 1976 as an Administrative Specialist in Engineering Services. He was promoted to Section Head in February 1980.

Barnes was graduated from the University of Cincinnati in 1974 with a bachelor of business administration degree. He and his wife, Lynda, have three children and live in Chillicothe.

Progressions & Promotions

Geneva M. Smith, from Personnel Clerk I (D-023) to Secretary I (D-920).

Rebeckah V. Cline, from Stenographer II (D-321) to Secretary II (D-450).

LaDonna Johnson, from Security Inspector (D-911) to Administrative Specialist (D-910).

Jacquelyn D. Shepherd, from Document Control Specialist (D-454) to Traffic Analyst I (D-304).

John R. Draher, from Electronic Mechanic I/C (D-713) to Technologist Technical Division (D-521).

Lisa I. Tidrick, from Secretary I (D-303) to Secretary II (D-470).

John D. Kyle, from Electronic Mechanic I/C (D-713) to Designer (D-612).

Tyrone A. Adams, from Welder I/C (D-726) to Quality Control Inspector II (D-551).

Cathy D. Forshey, from Personnel Clerk I (D-023) to Secretary I (D-303).

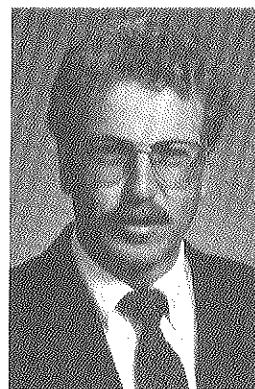
Penny S. Henthorn, from Clerk I (D-231) to Clerk II (D-545).

Merrill V. Lanning Jr., from GDP Janitor (D-743) to Quality Control Inspector II (D-551).

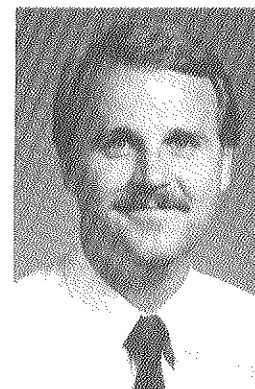
Linda C. Smalley, from Document Control Clerk II to Document Control Specialist (D-451).

New Arrivals

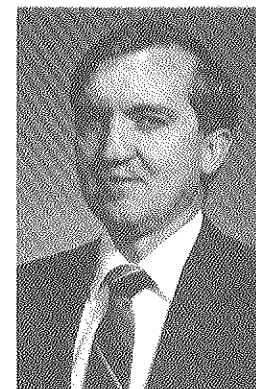
Daughter, Kristen Nicole, May 31, to Butch (D-812) and Brenda Jones.



Barnes



Cross



Hamilton

COST SAVINGS

Reduction program swings into higher gear with more ideas and quicker evaluations

The Cost Reduction "I"dea Program, unique to the Portsmouth Gaseous Diffusion Plant, affords each employee the opportunity to have their ideas evaluated fairly.

If accepted, the submitter participates in a special luncheon and selects a prize from a gift catalog.

"The Cost Savings Committee, representing most divisions, has done a great job this year", chairman Erk Picciano said.

"A concerted effort has been made and is nearly complete to eliminate the backlog of unanswered ideas which had been submitted."

"We now plan to have all answers completed and returned within a 90-day turnaround period."

Reducing costs at this facility is an important part of every employee's job. Naturally, most employees do not have access to production or maintenance procedures or projects which will result in very large cost savings. Yet at the same time, most people will encounter better ways of doing something or can suggest a better procedure or type of equipment.

No one knows more about your job than you do!

"It looks like calendar 1989 will be a banner year", said John Gedeon, Cost Savings Committee Coordinator. "To date, the dollar savings for ideas which have been accepted totals more than \$2 million. That is almost three times the total realized in all of 1988!"

That dollar mark is something every "I"dea submitter should be proud of. But, now is not the time to rest on our laurels. With a concerted effort now, what will be the total at the end of December?

"Naturally, the \$2 million total includes several "I"deas which provided thousands of dollars in projected savings," Picciano noted. The top one to date is approximately \$600,000. But, all that is needed to qualify is a savings of \$25 or more. "Most of the suggestions which are accepted fall into the smaller dollar amounts. Please don't ever forget that each suggestion is appreciated and the savings derived quickly adds up."

Jump on the band wagon soon. Always be on the lookout for ways to reduce costs! Submit an "I"dea today!

New Employees

Robert F. Harris Jr., Buyer II (D-321), June 16.

Michael E. Beatty, Special Summer Student (D-024), June 19.

Dwight M. Cole, Technical Assistant II (D-513), July 5.

Cinda Suann Stewart, Administrative Specialist (D-010), July 5.

Michael J. Gordon and David L. Bowman, Security Inspector (D-911), July 10.

Curtis A. Jayjohn, Security Inspector (D-911), July 14.

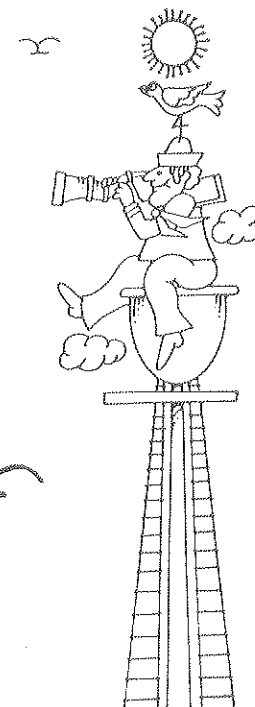
Roy M. Metzger Jr., Technical Assistant II (D-513), July 17.

Vonly Lee Phillips Jr., Accountant I (D-477), Aug. 1.

Kimberly S. Adams, Engineer I (D-741), Aug. 1.

ALWAYS BE ON THE
LOOKOUT
FOR WAYS TO
REDUCE COSTS!

Submit An
"I"dea





Kathy Foster (above) answers pertinent health questions for American Red Cross nurse Peg Hedden to determine her eligibility to donate during the recent Bloodmobile visit. Gary Douthat (left) prepares to donate his 21st unit.



Blood donations up 10 percent

A total of 220 usable units of blood were collected during the American Red Cross Bloodmobile visit to the Portsmouth plant July 10-11.

Donors who have reached gallon milestones are as follows:

- 11 gallons — Carol Chieves.
- 10 gallons — Ray McCoy.
- 9 gallons — Ramey Hoskins.
- 7 gallons — Bob Bethel
- 6 gallons — John Smith.
- 5 gallons — Harold Nixon and Roger Shuff.
- 4 gallons — Mimi Clausing, Myron Cofer, Les Harrell, Omar Johnson, Mike Robertson and Bob Yarnell.
- 3 gallons — Bill Childers, Connie Eckhart, James Hayes, Tom Henry, Ron Henthorne, Ralph Preble, Sharon Sexton, Dave Sherwood, Robert Sickles, Ralph Strickland and Earl Trogdon.
- 2 gallons — Barb Baker, Judy Bernthold, Dean Blakeman, Chris Burkitt, Bret Collier, Bill Lemmon, Teresa Piatt and David Poetker.
- 1 gallon — Sharon Barnhart, Clyde Dulin, Debra Rose, Barry Sexton, James Short and Julie Thompson.

“First Time” donors included Greg Collier, Pam Days, John Hamer, Larry

Nickel, Robert Penn, Mark Shonkwiler and Roy Wolfe.

At the Bloodmobile raffle, the winner of the Igloo ice chest was Lisa Snodgrass. Ray McCoy won the Igloo beverage cooler.

More than 19,000 units have been collected through American Red Cross Bloodmobile visits to the Portsmouth Gaseous Diffusion Plant since 1953.



Over the past several months, NUS Corporation has conducted compliance training classes on 49 CFR for plant personnel who receive, store and handle, and/or transport hazardous materials. Some of those attending such a session were (seated) Carl Niam, Gene Shook, Paul Keels, Jerry Cunningham,

Marvin Maynard, Rick Delf, David Bour (NUS), Jim Walburn, John Foglestahler, Bob Givens, Denver Bellomy, Dave Nickell, Larry Blaum, Earl Elliott, Ron Temper, Francis Kovak, Jesse Franklin, Larry Maple, Tommy Dyer, and Richard Gerlach (NUS).

Taught by NUS Corporation Hazardous materials safety training classes now under way

Gasoline for transportation, nuclear materials for medicine, and pesticides for agriculture and home use are only a few of the hazardous materials that we encounter every day, and transporting these materials requires special knowledge and skills. With that, the DOE is committed to the safe transportation of all hazardous materials at the Portsmouth Gaseous Diffusion Plant as well as other facilities.

A Hazardous Material/Transportation Safety Development Team was established in June 1988 to determine the best methods for training all Portsmouth plant personnel who receive, store and/or transport hazardous materials.

Since that time a number of significant events have occurred in this training area. A detailed study of the basic training requirements, provided by Analysis Corporation, identified more than 150 people to receive specialized training.

DOE contracted with Westinghouse Hanford Company to develop hazardous materials shipper computer-based training modules providing basic information about 49CFR regulations, a quiz to test a student/employee's knowledge, and exercises on completing shipping forms to help gain confidence in applying the regulations.

Demonstrations of computer based training were conducted in September 1988 and showed that the program could successfully accommodate an inexperienced or experienced person. This updated software version will be available for Portsmouth plant use when hazardous materials shipper computer-based training is formally implemented.

Development team members participated in a new ORNL transportation safety training program at Oak Ridge during

the spring to determine its applicability at the Portsmouth site.

More than 50 Portsmouth plant personnel successfully completed training in April on the Hazardous Material and Motor Carrier Regulations in Title 49 Code of Federal Regulations (CFR), Parts 171-179, 383, 390-397, and DOE Order 5480.3, ensuring that personnel who transport hazardous materials and wastes are properly trained to perform these tasks in a safe and regulatory compliant manner.

Those serving on this development team are Jerry Mason, Team Leader, Central Training; Dave Nickel, Central Training; Larry Williams, Chairperson, Transportation Safety Committee; Francis Kovak, Supervisor, Traffic; Dick Blake, Supervisor, Waste Management; Gary Eisnagle, Foreman, Uranium materials Handling; John Simmering, Mobile Equipment Training; and Sharon Grooms, Foreman, Production Training.

Community Activities

Two employees have been elected as officers of the Buckeye Chapter of Professional Secretaries International. Betty Bihl (D-812) will serve as president and Theresa Osborne (D-103) will serve as treasurer.

Steve Wamsley (D-532) was notified of his advancement to Damage Controlman Chief Petty Officer in the United States Navy Reserve.

Kevin Hayes (D-453) took command of Headquarters and Headquarters Company, 216th Engineer Combat Battalion of the Ohio National Guard on July 8. He reports to Al Officer, Battalion Commander.



More than 20 Portsmouth plant employees maintain physical fitness twice a week through participation in the Aerobics Exercise Program held at the South Office Building. Various exercise levels from mild warmups to high intensity aerobics routines (as shown here by Shirley and company) provide a wellrounded wellness activity. Classes begin each Tuesday and Thursday at 4:45 p.m.

Protective force personnel travel to training and tournaments

Security officers at the Portsmouth plant have been busy traveling to various training and competition activities throughout the nation.

Newly-hired Security Inspectors Don Fraley, Mark Andronis, Jim Dixon and Nancy Huff recently completed new hire training at the Central Training Facility in Oak Ridge.

Fraley finished first in the class with an overall score of 213.12 of a possible 220, with Andronis finishing second with a score of 208.81. Dixon finished fourth with a score of 202.50 (one-half point from third in the class).

This was the 16th new-hire group to go through this training since classes began in 1986, with the top five finishers in this class besting the scores of previous top finishers from each trainee class.

In another part of the country, members of the Protective Force Shooting Team competed in two NRA-sanctioned pistol tournaments in Mobile, Alabama. The two events were the Governor's 20 and the Dixie Regional.

Shooting team members won 14 awards. Jim Ephlin won four awards and finished fourth in overall competition. Jon Gahn, Jeff Simpkins and Bill Clark each won three awards in their respective classes and events. Don Martin won an award and finished first in the Distinguished Shooter category.

In keeping with enhancement instructional techniques and skills of active instructors, Sergeant Mike Kelly attended the Instructor Certification Program II at the Central Training Academy in Albuquerque, New Mexico.

SERVICE MILESTONES

Lester Brafford, Paul Briggs, Jehu Grose, David Hicks, Jesse Johnson, Joseph Merrill, James Oates Jr., Sid Secrest, Richard Soit, Charles Strausbaugh and Tom Waller all reach the 35-year service milestone in September.

Earl Bernthold, Mark McClay and Roger McDermott began work at the plant 25 years ago, in September 1964.

Larry Arthur, Lonnie Clemmons, Dave Dautel, Gerald McGuire, Jerri Nelson, James Ratliff and Jerry Rider will have 20 years of service in September.

There are 46 employees reaching the 15-year service milestone in September. They are Arlie Adams Jr., Robert Beaumont, Ferman Beavers, David Blanton, Kenneth Bowsher, Robert Bratchett, James Cassel, Yulonda Cave, John Conley, Ronald Curnutte, Richard Dodge, Gary Douthat, Terry Easter, Sharon Free, Jeffrey Gerz, David Graham, Walter Hamilton, William Hammons, Shirley Harrison, Roger Hayward, Charles Irvine, Joseph Keel, Paul Lane Jr., Kurt Lawton, David Mar Hoover, Terry McCreary, David Moats, William Mulhern, Charles Mullins, James Myers, Roger Neff, Ronald Phipps, Dennis Plummer, Herman Potter, Debra Ramey, Thomas Rase, Terry Ratliff, Bill Scott, Delmar Scowden, Robert Scowden, Larry Shultz, Ronald Thacker, Paul Truman, Donald Walters, William Windle and Robert Wolford.

Judy Bernthold, Richard Corriell, Helen Creech, Helen Jordan, Carolyn McKenzie, Jean Moorman, Mark Plecenik, Len Sendek, Allie Skaggs and Linda Williams reach the 10-year service milestone in September.

Henry Coriell, Jon Gahn, Harold Jenkins, John Jackson, Brent McGinnis, Charles Meredith and Jack Wolfe began work at the plant five years ago.

EXERCISE!

Energy Systems' own Shirley Walter brings aerobics to plant employees

"You have done the hardest part of this program, and that's showing up."

These are the words of Shirley Walter, a secretary in the Portsmouth plant's Engineering Division, who volunteers her time as an aerobics instructor for the benefit of more than 20 co-workers whose ages range from 21 to 60.

Eight years ago, Shirley participated in an area aerobics class. Soon she served as its substitute instructor and later became the full-time instructor.

Her love for aerobics lead Shirley to attend day-long workshops on nutrition and basic body makeup (including body physiology and muscle groups). She was also required to become certified in CPR techniques as well as to run one and one-half miles in 13 minutes.

Upon completion of her aerobics certification, Shirley offered this program to local schools at no charge.

"Response was great," said Shirley. "People who never dreamed of exercising before were now swearing that they felt better than they ever had."

Shirley's enthusiastic persistence for the availability of this wellness activity to Portsmouth plant employees lead to both DOE and Energy Systems approval, with aerobics classes beginning March 13 in the South Office Building.

Various exercise levels, including walking, running, and jogging, are demonstrated in each routine to enable all participants to adapt the aerobics programs for specific physical levels.

At 4:45 p.m. each Tuesday and Thursday mild warm-ups begin the routine, followed by a stretching exercise to ensure that all body areas are ready for additional work. Isolated exercises are then conducted for upper body and waist, as well as the legs and lower body.

High intensity "aerobic" exercises are then presented non-stop for 25-30 minutes to enable all major muscle groups (heart, lungs, liver, etc.) to work continually.

Upon completion of this activity, participants take their own heart rates while moving slowly around the room. This provides a more accurate indication of one's heart exertion. Heart rates are lowered gradually by performing cool-down exercises.

Shirley continues to keep abreast of all current aspects of aerobics instruction. Recently, she successfully completed a program conducted by the National Dance and Exercise Instructors Training Association.

Shirley's co-workers are very appreciative of her efforts, as she is of them.

"They're a great bunch of people," said Shirley. "They really respond and are

quite willing to participate in something that is good for them," she added.

If you'd like to join Shirley and her crew for this conveniently located and timed, healthful exercise, classes are conducted from 4:45-5:45 p.m. each Tuesday and Thursday in the plant's South Office Building.

Retirees

AUGUST 1989

Charles R. (Ray) Barber, Frankfort, Engineer, Sr. (D-632), after more than 12 years of service.

William M. Bright, Portsmouth, Security Inspector (D-911), after more than 36 year of service.

James R. Diamond, Minford, R-A Test Balance Operator (D-833), after 35 years of service.

Mack M. Earnhardt, Waverly, Supervisor, Process Engineering (D-531), after almost 35 years of service.

Robert D. Ledford, Minford, Foreman, Process Area (D-811), after 35 years of service.

Mitchell F. Stafford, Portsmouth, R-A Test Balance Operator (D-833), after 35 years of service.

Harry Steele Jr., Lucasville, Laborer (D-025), after almost 16 years of service.

Ray M. Weaver, Beaver, Chemical Operator (D-823), after almost 35 years of service.

Family

VULGAMORE

Amy Vulgamore, 12, daughter of Norb Vulgamore, won the junior division of the 4-H South District Safety Speaking Contest on June 27, with her speech on "Fire 'Detect'ives" which dealt with fire safety.

CORNWELL

Betsy Anne Cornwell, daughter of Suzanne Cornwell (D-476) has been selected for the 23rd annual edition of Who's Who Among American High School Students 1988-89.

FOUCH

Greg Fouch, son of Butch Fouch (D-921), recently received a religious award from the "God & Me" program for Cub Scouts ages 6-8. This program is one unit of the God and Country series built on the objective that young people need to grow in their understanding of what Christians believe and to see how others have translated belief into action.

FOUT

Erika Fout, daughter of Jeanette Wiley (D-810) placed second in the junior category at the 4-H Health & Safety Speaking Contest.



Incentive awards for the Plant Appearance inspections were recently presented to six Portsmouth plant employees. Bill Lemmon, Manager Maintenance Division, and Roger McDermott, Manager Production Division, are shown with Zone personnel Bob McCoy, Larry Wettstein, Phyllis Harris, Bobby Yarnell, Steve Davis and Rex McGraw.

RECREATION CORNER

★ Following is the Employee Activities Committee schedule of events for Portsmouth plant employees for the last quarter of calendar 1989.

Aerobics Exercise Program — Every Tuesday and Thursday at the South Office Building. Open to all employees, men and women. Exercise mat/towel and exercise clothing/shoes required. No cost.

Employee Summer Outing — Saturday, September 23. Many prizes will be awarded. Because of space limitations, this outing is limited to employees, retirees, spouses and dependent children and grandchildren. Employees must register for admission tickets.

Recognition Banquet — Monday, Nov. 6, at the Lake White Club. The featured entertainer will be Eric Gnezda.

Children's Christmas Party — In December, at Waverly High School.

Tobacco Use Survey

(Please complete and return)

The Energy Systems Corporate Medical Director's Office in Oak Ridge is conducting a survey of tobacco use among Energy Systems employees as follow-up to a similar survey conducted in 1987.

Please respond to the survey by marking your responses and forwarding the form to: Tobacco Survey, Central Training Department, M/S 1121, X-100 Building. Responses should be submitted on or before September 15.

- Do you use tobacco in any form? (If no, skip to question 3.)
 Yes No
- If yes, do you use
 cigarettes chewing tobacco other
 1/2 pack per day or less
 1 pack per day
 2 packs per day or more
- Payroll
 Exempt Non-Exempt Hourly
- Sex
 Male Female
- Work site
 ORGDP ORNL Y-12 Paducah Portsmouth
- The Energy Systems smoking policy (instituted in July 1988)
 is working well.
 should be less strict.
 should be revised to specify a non-smoking workplace with designated smoking areas.
- Cigarette machines should should not be available on company premises.

Zone A appears outstanding

Following the completion of the Plant Appearance Committee's third quarter inspection of the Portsmouth Gaseous Diffusion Plant, Zone A was deemed "Outstanding" while "Most Improved" recognition goes to Zone C.

The "Most Outstanding Single Facility" was the X-720 Maintenance Building.

John Shoemaker, Site Operations director and current administrator of the program, announced the results July 31.

Zone A chairmen are Bill Lemmon and Lynn Calvert. Zone C chairmen are Roger McDermott and Jack Crawford. Zone chairmen received award plaques, and a plaque honoring all employees in Zone B was placed in the cafeteria.

Employees in winning zones and the most outstanding building are eligible to receive gifts each quarter. Names of employees who work in areas considered outstanding during the recent inspection were placed in a box and 12 were drawn for prizes.

Winners were Rex McGraw, Randall Payton, Everett Reedy, Phyllis Harris, Robert McCoy, Steven Davis, Frank Con-

kel, Gordon Sanders, Larry Wettstein, David Emmett, Robert Yarnell and Paul Balzer.

"The inspection showed that plant appearance is constantly improving. It will continue to improve as people continue to become more involved," Shoemaker summarized.

"Everyone is to be commended on this very important endeavor. All employees, along with their zone chairmen, should continue to take more of an active role in our cleanup efforts, helping to make this plant a safer and more pleasant place to work."

Obituaries

Cecil C. Meadows, 74, New Boston, July 8. Meadows was an Instrument Mechanic 1/C at the time of his retirement in October 1977. He is survived by his wife, Ella, and son, Joe (D-811).

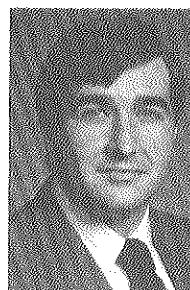
Richard L. Craumer, 74, Waverly, July 21. Craumer was a Section Head, Engineering (D-561) at the time of his retirement in January 1985. He is survived by his wife, Zoia.

Harold G. Bethel, 43, Chillicothe, July 22. Harold was a Maintenance Mechanic (D-714). He is survived by his wife, Donna.

Deborah Webb Shewbrooks, 39, Waverly, July 28. Survivors include her husband, John Shewbrooks (D-552), and her father, retiree Morton G. "Jack" Webb.

Billy G. Miller, 52, Hamilton, died July 31. Miller was a Maintenance Foreman (D-714) at the time of his layoff in 1985.

Robert A. Pilney, 49, Jasper, Aug. 3. Pilney was a Systems Analyst, Sr., in Data Processing, with 26 years of service.



Wilburn



Davis



Curry



Curry

Promotions

William W. Curry has been promoted to Foreman, Process Area (D-810). He reports to Butch Jones, General Foreman.

Daniel L. Wilburn has been promoted to Cascade Coordinator (D-817). He reports to Jules Ratliff, Supervisor, Process Area.

Michael L. Davis has been promoted to Foreman, Maintenance (D-711). He reports to Robert Lallier, General Foreman.

Judy A. Curry has been promoted to Foreman, Process Area (D-810). She reports to Ken Tomko, Supervisor.

MARTIN MARIETTA

Energy Systems at Portsmouth

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Called "autologous" donation Donate your blood for your surgery through American Red Cross program

Your doctor has told you that you need an operation, and blood will be used during your surgery. If you have adequate planning time and meet certain medical guidelines, your physician may arrange for you to receive blood from a special donor: yourself.

While autologous (uh-TALL-o-gus) donation isn't new, it's a service being increasingly requested. The American Red Cross has expanded its special blood donations program so more patients who are going to have surgery can be their own donors.

"For most patients we serve, blood needs are met through volunteer donations to the community's blood supply, which is now safer than ever before. The Red Cross takes extensive measures to screen and test every donation. However, for people who are sufficiently healthy, who do not have emergency needs, and thus have the option of planning, autologous blood has advantages over blood from other individuals," said Dr. Mabel M. Stevenson, Director of Blood Services, TriState Region.

You ensure that the blood you receive is absolutely compatible and reduce the risk of contracting any infectious disease that can be transmitted through blood.

CONSULT YOUR PHYSICIAN

Your doctor can determine if your medical procedures and general health will allow self-donation. Candidates are people scheduled for surgery with enough advance notice to collect the number of donations needed, those with enough red cells in their blood to tolerate the blood loss, and those who do not have the few medical conditions which rule out autologous donation.

Patients need to be able to visit a scheduled Red Cross donor site.

If you are a good candidate for receiving your own blood, a prescription must be obtained from your physician before any other arrangements are made.

CONTACT THE RED CROSS

Following the doctor's order, contact the American Red Cross Blood Services special donations coordinator, who will make all necessary arrangements.

Many people can donate as often as every seven days and have three or four units in refrigerated storage for surgery; if this is necessary.

Each donation goes through the same infectious disease testing and processing steps as blood given by volunteers for the community supply. Special care is taken in labelling and handling the donation so the blood will arrive at the proper time and place for surgery.

The Red Cross charges a processing fee to cover the cost of collecting, testing and

storing the blood units, as well as a surcharge to cover the special arrangements for scheduling and handling of the autologous donation.

If the blood is to be used at a hospital outside the TriState Region, a transportation charge is added. These costs are usually covered by the patient's health insurance.

Some who can't donate for themselves ask to receive blood from family members and friends. Such "directed donations" may be processed much the same as autologous donations are sent.

However, authorities on blood transfusions encourage volunteer donations rather than directed donations. Blood from volunteers is just as safe as blood from directed donors because there is no pressure on volunteer donors to give, they receive no physical reward for donating, and all blood donations are screened and tested in the same rigorous manner which assures that the community blood supply is as safe as scientifically possible.

Your doctor is the best person to consult about your options. The Red Cross provides the information and services to help your physician ensure that whenever you need blood, your transfusion is safe and readily available.

For more information, contact Brenda Knight, special donations coordinator at American Red Cross Blood Services, TriState Region, telephone (304) 522-0328.

United Way campaign begins September 11

The plant's 1989 campaign to benefit the agencies of United Way campaign will be conducted Sept. 11-22.

General chairperson is Gary Wiseman, Supervisor, Accounting. He will be responsible for overseeing all facets of the campaign, working in cooperation with Dennis Adkins, OCAW Local 3-689 Chairperson, and Kristi Landman, UPGWA Local 66 Chairperson.

Barbara Baker has been named Assistant General Chairperson and will assume General Chairperson duties for the 1990 campaign.

The United Way office again will be located in the Public Relations office, X-100 Building, First Floor South, M/S 1118A.

Employees will be challenged to top the \$64,000 raised during last year's campaign. Employee contributions then will be combined with a contribution from Martin Marietta Corporation before distribution to local counties.



The United Way logo is very visible. It is displayed at health-care facilities, day-care centers, neighborhood human-services organizations, and on United Way products. But what does it mean? The message is simple, but universal.



The bottom is a helping hand symbolizing United Way's support of services and programs that in turn support the people in local communities.



The center image, based on the universal symbol of mankind, is cradled by the helping hand. It indicates that United Way cares about all people, everywhere.



The rainbow overhead, emerging from the hand to shelter the figure, represents hope for a better tomorrow.

The United Way Logo: What It Means

The United Way logo symbolizes a message and a mission to increase the organized capacity of people to care for one another.

Look closely out your back door to recognize potential hazards

Yards offer a variety of opportunities for family-related activities during the summer months. Unless you take time to step outside and inspect that great outdoors, you could find much too late that it also contains many safety hazards.

Following is a checklist for use while scouting your yard for safety precautions:

Never put lighter fluid on a barbecue grill fire once it's started. Be sure to keep

all flammable liquids away from heat and flame.

Never use a charcoal grill inside the house or in an enclosed porch or garage.

Supervise children at all times during trips to the pool.

Keep driveways and all pathways clear of bikes and toys.

When using outdoor power equipment, take the same precautions for operating machinery as at work by wearing safety eyeglasses and sturdy shoes. Fuel machines properly, and beware of hot metal parts, belts, chutes, and blades. Please, for the children's sake, keep them from these pieces of equipment!

Use and store herbicides away from children. Again, use proper clothing, gloves and eyewear — just as you would if you were using them on the job, and wash your hands after their use.

We'd like all memories of time spent with your families to be sources of pleasure. So take a few moments to look out your back door for all possible safety snares, and then enjoy yourselves.

Coming Next: The Killers in Your Closets



Plant laboratory technician Phil Anderson

Jackson's "Mr. Soccer" takes head coaching slot

(Editor's Note: This story was excerpted from *The Jackson Journal-Herald* of July 31, 1989. Phil Anderson is a Technician Specialist II in the Chemical & Materials Technology department for Martin Marietta Energy Systems at the Portsmouth Gaseous Diffusion Plant.)

By Pete Wilson

Editor, *The Jackson Journal-Herald*

Ten years ago, Phil Anderson moved from New York State to Jackson County and carefully planted the seeds of what was a new and strange sport for the locals — soccer.

Exactly one decade later, Anderson is poised to "harvest" some wins as the newly named head varsity coach of the Jackson High School soccer program.

Although the JHS varsity booters have logged records of 2-11 and 3-12-1 in their first two seasons, Anderson radiates confidence that an about-face is in prospect for the fledgling program.

"I don't like to make predictions," Anderson commended, "but if they play their game and perform to a certain level, they are capable of beating anybody they play."

Although he is a non-teacher and first-year coach at JHS, Anderson certainly

should know his personnel. As the founder, organizer, perennial president and regular referee for the city's privately run soccer program, Anderson has had the unique opportunity to see most of the local soccer talent bud right before his eyes.

And he clearly likes the potential of the 1989 team. What he sees are fast, talented and skilled players who need only to develop improved teamwork and a top-grade physical conditioning to succeed.

Jackson's 'Mr. Soccer'

Anderson was introduced to soccer coaching in the late 1970s as a parent working with a youth league program in Youngstown, New York, near Buffalo. His son, a promising soccer prospect, was enrolled in the program.

At the time, Anderson had little real knowledge of the sport and counted on the help of a more experienced assistant coach.

Anderson came to Southern Ohio in early 1979 when he accepted a job with Goodyear Atomic. Tragedy struck shortly thereafter when Anderson's son was killed by a drunk driver back in New York.

Phil and his wife came through the numbing experience with a positive resolve. He and his family would begin a

new life in Jackson County, and he would start a soccer program.

Phil threw himself into the new program with steadfastness, zeal and patience. He needed those qualities, for at that time, many sports lovers in Jackson had trouble distinguishing a soccer ball from a volleyball, let alone understand the game and how it is played.

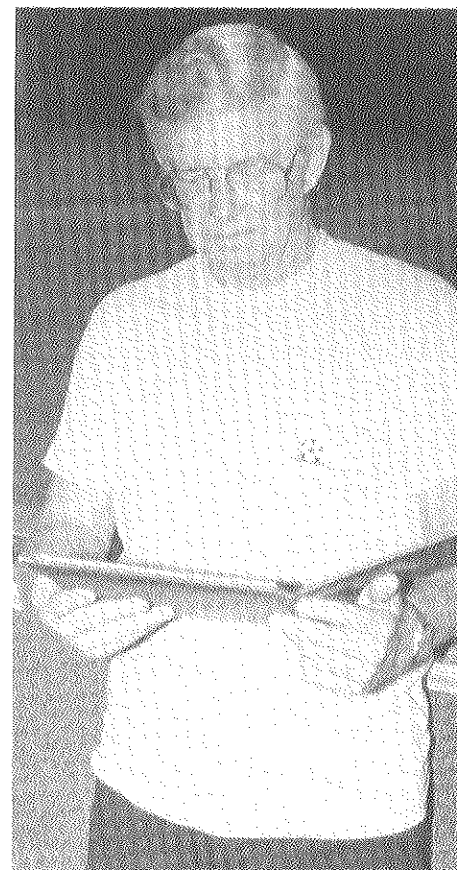
The program has grown from 30 to about 200 participants while Anderson has remained the constant driving force, serving as president every year but one and officiating two games a night, four nights a week.

Anderson kept his close association with the local program even after accepting the position of head soccer coach at Rio Grande College in 1983. He left Rio Grande after the 1988 season because the college wanted a full-time coach.

Anderson admitted that he has always had an interest in the Jackson High coaching position, and reveals that it was he who put out feelers to the school after he realized the position was open.

"This is where I belong," he said.

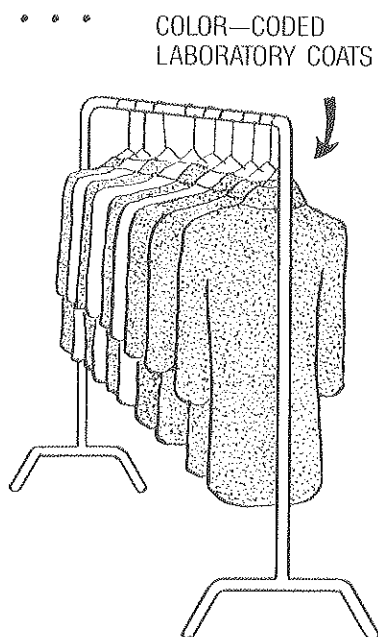
Jackson's version of "Mr. Soccer" is ready to go to work.



Phil Anderson

CC's Corner

THESE ITEMS ARE ON ORDER FOR YOUR INCREASED PROTECTION . . .



CC's Quiz . . .

The use of proper protective equipment is for —

- Employee protection
- Preventing trackout
- Protecting the environment
- All of the above

ANSWER: MMES & DOE are committed to "All of the Above"

Vanderpool shoots ace at Shawnee golf course

Utilizing total concentration as he prepared to tee off on the 171-yard 6th hole at Shawnee State Park Golf Course west of Portsmouth, Keith Vanderpool hoped for a good approach shot so he could possibly shoot par. He followed the ball for most of the shot, but then lost it on the green. What happened? A hole-in-one!!!

"I watched it most of the way, but lost it after it hit the green. The first clue that I might have hit a hole-in-one was when golfers teeing off on the next hole started jumping up and down."

Fortunately, he also had two friends from the South Shore area to verify his accomplishment.

It wasn't until later that evening that the uniqueness of that accomplishment hit him. "I suddenly realized how lucky I was and what had happened. That sure was a dream of a lifetime come true."

Vanderpool started playing golf in earnest last September. Then bad luck hit and he broke his leg in November. It wasn't until March of this year that he renewed his "duffer" interest.

Keith used a Wilson 432 tour ball and a Browning five iron. Both companies are expected to acknowledge his feat shortly with golf balls and equipment and a plaque on which the special golf ball will be mounted.

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