

Ripped from the ROUNDUP

Ripped straight from the pages of old Space News Roundups, here's what happened at JSC on this date:

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May 19:

Soviet Academy of Sciences revealed that the pulse rate of Maj. Yuri Gagarin had risen to 158 beats a minute in his Vostok flight, according to a report circulated by Tass.

Cape Canaveral opened to the general public for the first time in history.

May 25:

President Kennedy, in a major message to Congress, called for a vastly accelerated space program based on a long-range national goal of landing a man on the moon and bringing him safely back to Earth. For this and associated projects in space technology, the President requested additional appropriations totaling \$611 million for NASA and the Department of Defense.

X-15 flown to a record speed of 3,300 mph by NASA test pilot Joseph Walker at Edwards AFB, Calif.

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Materials that are planned for use as part of the Space Shuttle Orbiter heat-protection armor were recently subjected to the pressures of 2,300 degree F heat of 100 reentries with no damage, according to thermal specialists at JSC.

The shuttle orbiter which is designed for reuse up to 100 times without major refurbishment, will have four separate light-weight, reusable heat-resistant materials affixed to the exterior of the 122-foot long space plane. The thermal protection system (TPS) which will provide heat management as the vehicle speeds into orbit and returns to earth, consists of coated reinforced carbon-carbon (RCC) for nose cap and wing leading edges where temperatures exceed 2,300 degrees F.

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Tiny crystals of diamond, formed in an ancient cosmic catastrophe, have recently been found in a 10.4-kilogram (23-pound) iron meteorite collected from the Antarctic ice cap in 1977. The discovery was reported in the magazine *Nature* by Roy S. Clarke Jr., Daniel E. Appleman and Daphne E. Ross, all of the Smithsonian Institution's National Museum of Natural History.

The diamonds, a type of crystalline carbon that forms at high pressures, were found as invisible crystals in small carbon-rich fragments found inside the nickel-iron metal that makes up the meteorite.



SAFETY

'Sharp-en' your knowledge about bloodborne pathogens

By Jennifer Breland

Bloodborne pathogens (BBP) are microorganisms carried in the bloodstream, which can cause diseases such as HIV and Hepatitis B virus.

If you have taken the BBP class taught by the Hazcom Department of Occupational Health Services, then you know that disposing of sharps (such as syringes/needles, lances, broken glass, etc.) in the standard trash receptacle can lead to serious problems. As most know, Tolman-NASA/JSC's janitorial staff—must empty these receptacles on a daily basis. There have been instances where members of the Tolman staff have been punctured in the leg or other body parts because a sharp was not disposed of properly.

What is the proper way to dispose of a sharp? After it is used, a sharp should be placed in a puncture proof, Biohazard container. These containers are usually red with the Biohazard symbol. If a Biohazard container is not available, a regular trash bag may be used with a Biohazard label and some other type of puncture proof/resistant container, such as a cardboard box.

Broken glass may not start as a BBP hazard, but if someone emptying the trash is punctured or cut, they may create a potential blood exposure. If a box or other container is used, it is important to clearly label the container with a warning such as "Broken glass" or "Danger—contains sharp objects."

NASA/JSC has a BBP chapter in the Safety, Health and Environmental Protection Handbook (Chapter 404). Each contractor whose employees, by their job description, may be exposed to BBP should also have a specific plan.

There are people on site who must test their blood or self-administer medication throughout the day. These people need only to visit the Clinic in Building 8 and request a Biohazard

container. The container is small enough to fit in a lower drawer or some other inconspicuous location. The Clinic asks only that the person keeps the container on site and returns it once it is full. They will gladly replace it and properly dispose of the filled container.

Keeping everyone on site safe from potential hazards is everyone's responsibility. Working together to protect our coworkers and ourselves should be our number one priority. For questions or registration for the full BBP class, call OHS at X36726. ■



Lockheed Martin's Science, Engineering, Analysis and Test (SEAT) program was the first Lockheed Martin organization ever to surpass 7.5 million hours without a lost-time incident. SEAT passed that milestone in January of this year. Above, JSC Deputy Director Bill Parsons and Cinda Chullen, Contracting Officer Technical Representative, congratulate Ken Reightler, vice president of SEAT Operation, for receiving an award presented to the SEAT program by Ken Asbury, senior vice president of Lockheed Martin Space Operations. Reightler said the award "belongs to JSC," as well as to SEAT employees, for the excellent example they set. Both Parsons and Reightler said the significance in the award is not in the number of hours worked without incident, but rather the fact that no one was injured during that period.

Free Melanoma & Skin Cancer Screenings Provided by the Houston Dermatological Society Saturday, May 19 10 a.m. to 1 p.m. Gilruth Center Ballroom

This event is open to the public

GILRUTH CENTER NEWS

Open from 6:30 a.m.-10 p.m. Monday-Thursday, 6:30 a.m.-9 p.m. Friday, and 9 a.m.-2 p.m. Saturday. Contact the Gilruth Center at (281) 483-3345. <http://www4.jsc.nasa.gov/ah/exceaa/Gilruth/Gilruth.htm>

Nutrition intervention program: This is a free seven-week program designed to provide an understanding of the role diet and nutrition play in health. The program includes a series of lectures and private consultations with a dietitian. You will learn how to use dietary vitamins, minerals and herbal nutraceuticals for optimizing health. Classes are held on Wednesdays from 4 p.m. to 5 p.m. For details call Tammie Labiche, registered dietitian, at (281) 483-2980.

Defensive driving: One-day course is offered once a month at the Gilruth Center. Pre-registration required. Cost is \$25. Call for next available class.

Stamp club: Meets every second and fourth Monday at 7 p.m. in Rm. 216.
Weight safety: Required course for employees wishing to use the Gilruth weight room. Pre-registration is required. Cost is \$5. Annual weight room use fee is \$105. The cost for additional family members is \$58.

Exercise: Low-impact class meets from 5:15-6:15 p.m. Mondays and Wednesdays. Cost is \$24 for eight weeks.

Step/bench aerobics: Low-impact cardiovascular workout. Classes meet from 5:25-6:25 p.m. Tuesdays and Thursdays. Cost is \$40 for eight weeks.

Cardio-Kickboxing: Medium impact. Learn basic kicking and punching. Tuesday and Thursday 5:30 p.m. - 6:30 p.m. Cost is \$40 for eight weeks.

Yoga stretching: Stretching class of low-impact exercises designed for people of all ages and abilities in a Westernized format. Meets Thursdays 5-6 p.m. Cost is \$40 for eight weeks. Call Darrell Matula, instructor, at x38520 for more information.

Ballroom dancing: Classes meet Thursdays from 6:30-7:30 p.m. for beginner, 8:30-9:30 p.m. for intermediate and 7:30-8:30 p.m. for advanced. Cost is \$60 per couple.

Fitness program: Health-related fitness program includes a medical screening examination and a 12-week individually prescribed exercise program. For more information call Larry Wier at x30301.

Aikido: Martial arts class for men and women. Beginners meet Monday 6:30 - 7:30 p.m. and Wednesdays 5 - 6 p.m. Advanced students meet Tuesday and Wednesday 5 - 6:30 p.m. No special equipment is needed. Aikido teaches balance and control to defend against an opponent without using force. Classes run monthly. Cost is \$45 per month. Visit a class for more information.

Sign-up policy:

All classes and athletic activities are on a first-come, first-served basis. Sign up in person at the Gilruth Center and show a yellow Gilruth or weight room badge. Classes tend to fill up two weeks in advance. Payment must be made in full, by cash or by check, at the time of registration.

No registration will be taken by telephone. For more information, call x33345.

Gilruth badges:

Required for use of the Gilruth Center. Employees, spouses, eligible dependents, NASA retirees and spouses may apply for photo identification badges from 7:30 a.m.-9 p.m. Monday-Friday and 9 a.m.-2 p.m. Saturdays. Cost is \$12.

Dependents must be between 16 and 23 years old.