

Ripped from the ROUNDUP

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

1963

Manned Spacecraft Center is scheduled to complete its move into its new Clear Lake complex by July 1, 1964. Complete plans for the move have been laid out in a Master Move Plan which has been published.

The tentative plan calls for about 200 personnel to be in place at the Clear Lake site prior to the major move period, about 2,000 to move in during that period, and about 900 to move in following the major move period based on building a availability.

1968

Apulmonary disease about which little is known has forced Lt. Cdr. John S. Bull, 33, to withdraw from the astronaut program, the National Aeronautics and Space Administration announced Tuesday.

MSC medical authorities said the disease is uncommon has been defined in only the past few years. It has no medical name, but is sometimes called "Aspirin Asthma." Its cause is unknown and there is no cure.

1973

The 10 Soviet Cosmonauts and other members of the delegation from the Soviet Union have been hard at work since their arrival at JSC July 9, 1973. The group came to JSC to begin preparation for the joint U.S.-Soviet space mission (ASTP) in 1975.

1978

Flight controllers here were back in the active mode beginning on Monday, July 10, trying to return the space station Skylab to an even keel once again. In the early morning hours on Sunday, July 9, the vehicle's electrical power distribution system and all equipment connected to it autidisconnected due to an energy imbalance. In simple terms, the vehicle's power supply was unable to provide sufficient power for the equipment it was operating.

1983

Administrator James M. Beggs said Monday NASA will give the President a proposal for a space station project within a year and hopes to have it operational by 1992. Beggs said the Agency hopes to get start up money from Congress in the Fiscal Year 1985 budget.

1993

NASA and the Texas Medical Center have signed an agreement that will formalize and expand a long-standing working relationship that puts their combined expertise and experience to work on scientific, technical and management issues important to improving the economy and life on Earth, Johnson Space Center Director Aaron Cohen announced Friday.



JSC Photos 98E05256 and S98-08310 by Robert Markowitz

JSC Clinic offers medical value with check-ups

The JSC Clinic is encouraging all NASA employees to ask themselves the following questions when they receive annual notices that it's time for their Total Health physical examinations: Are you healthy? Do you know the signs of cancer? When was your last physical?

"All of these questions and more need to be answered in order to maintain a healthy lifestyle," said Dr. Alfred Rossum, deputy project manager of the JSC Clinic. "NASA has given each civil servant the opportunity to maintain good health by allowing the necessary time for a physical every year."

According to Rossum, the regular health checks provided by NASA and its JSC Clinic contractor, Kelsey Seybold, would cost hundreds of dollars if provided by private practitioners. The most basic physical offered, the Birthday Check, still provides a Blood Lipid Panel that would cost \$50-\$60 if performed by a private physician. The comprehensive JSC Clinic physical that NASA provides for employees includes more than \$800 worth of examinations.

For women, mammograms received through the JSC Clinic for those over 40 would cost \$100 or more if done outside the JSC system, and yearly PAP smears would cost about \$50.

For men, the yearly PSA blood

test for prostate cancer provided to those over 40 would cost around \$60 if not done at the JSC Clinic.

"It is a widely recognized fact that companies with a good preventative health program have fewer sick days lost and healthier employees who can enjoy a better quality of life," said Dr. James Baker, project manager for the JSC Clinic. "In addition to providing physical exams and other preventative medicine services, the JSC clinic is always available to persons who become ill or experience an injury while onsite."



total health

Another service provided by the JSC Clinic is medical education and safety information through a film library, booklets, and special programs which are presented on a monthly basis at no cost to civil servants and contractors.

In addition, JSC's Total Health Program provides access to the Health-Related Fitness Program, the Nutrition Intervention Program and the Employee Assistance Program.

"Our policy is to provide occupational medicine of the highest possible quality," said Reta Warren, Kelsey Seybold's clinic laboratory manager. If you want to optimize your quality of life come see us."

Employees may call the JSC Clinic at x34111 visit the Bldg. 8 facility at any time during normal work hours.

Top: JSC Clinic Nurse Sharon Briceno monitors Robert Wren as he undergoes a treadmill stress test. Through the JSC clinic, employees have access to a wide variety of tests during their regular physicals that are worth hundreds of dollars if performed by private physicians. **Left:** Dr. Alfred Rossum, deputy project manager of the JSC Clinic, and a clinic staff member take the blood pressure of Staff Nurse Lisa Marak.

Gilruth Center News

Hours: The Gilruth Center is 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.

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. Payment must be made in full, in exact change or by check, at the time of registration. No registration will be taken by telephone. For more information, call x30304.

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 \$10. Dependents must be between 16 and 23 years old.

Nutrition intervention program: Would you like to learn more about the role diet and nutrition play in your health? This six-week program includes lectures, a private consultation with the dietitian and blood analysis to chart your progress. Program is open to all employees, contractors and spouses. For more information call Tammie Shaw at x32980.

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

Stamp club: Meets second and fourth Mondays at 7 p.m. in Rm. 216.

Weight safety: Required course for employees wishing to use the Gilruth weight room. The next classes are scheduled for 8 p.m. June 25 and July 9 (must be on time to receive credit for class). Pre-registration is required. Cost is \$5. Annual weight room use fee is \$90. Additional family members are \$50.

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

Aikido: Introductory martial arts class meets from 5:15-6:15 p.m. Tuesday and Wednesday. New classes begin the first of each month. Instruction is by a fourth-degree black belt. Cost is \$35 per month.

Step/bench aerobics: Low-impact cardiovascular workout. Classes meet from 5:15-6:15 p.m. Monday, Tuesdays and Thursdays. Cost is \$32 for eight weeks. Call Kristen Taragzewski, instructor, at x36891 for more information.

Yoga: Low-impact stretching exercises designed for people of all ages and abilities in a Westernized format. Classes meet from 5-6 p.m. Thursdays. Cost is \$32 for eight weeks.

Ballroom dancing: Classes meet from 7-8:15 p.m. Thursdays for beginner-advanced classes and from 8:15-9:30 p.m. for beginner-intermediate and intermediate students. Cost is \$60 per couple.

Country and western dancing: Beginner class meets 7-8:30 p.m. Monday. Advanced class (must know basic steps to all dances) meets 8:30-10 p.m. Monday. Cost is \$20 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.

Gilruth Home Page: Check out all activities at the Gilruth online at: <http://www4.jsc.nasa.gov/ah/exceaa/Gilruth/Gilruth.htm>

Ticket Window

Bldg. 3 Exchange Store hours are 7 a.m.-4 p.m. Monday-Friday.

Bldg. 11 Exchange Store hours are 9 a.m.-3 p.m. Monday-Friday.

For more information, please call x35350.

The following discount tickets are available at the Exchange Stores:

General Cinema Theaters	\$5.50
Sony Loew's Theaters	\$5.00
AMC Theaters	\$4.75
Astroworld One Day Admission	\$24.25
(valid at all Texas Six Flags Theme Parks)	
Astroworld Season Pass	\$57.75
(valid at all Texas Six Flags Theme Parks and Water World)	
Moody Gardens (2 of 6 events)	\$ 9.75
Sea World	adult \$27.25child (3-11) \$18.25
Schiltebahn	adult \$20.75child (3-11) \$17.50
Space Center Houstonadult \$10.25child (4-11) \$17.00	
JSC civil service employees free.	
Splashtown Water Parkadult \$14.50 child (under 48") \$11.50	

Metro Tokens and value cards also are available.

Roundup Deadlines

Beginning in August, the Space News Roundup will be published the first Friday of every month. The change in frequency reflects a recognition of the increasing availability of up-to-the-minute news available through television, electronic mail, the Internet and other advancements in computer networking technology. The Roundup will take on a news magazine format that endeavors to provide more in-depth content that will allow employees more insight into the activities of the agency and the center.

Story ideas should be submitted as far in advance as possible, but no later than two weeks prior to the date of publication.

The new deadline for Dates & Data calendar items is one month prior to the desired date of publication. Stories and ideas should be submitted to Editor Kelly Humphries in Bldg. 2, Rm. 180, or via e-mail to kelly.o.humphries1@jsc.nasa.gov.

Retirees should submit change of address notices to the distribution group at Mail Code BT552 or call Ignacia Ramirez at 281-483-6161.