

Ripped from the ROUNDUP

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

1 9 6 4

An unmanned Gemini spacecraft (GT-2) is scheduled for launch from Cape Kennedy this week atop a modified Titan II on a suborbital flight that will ram it back through the atmosphere at 16,600 miles per hour to test the spacecraft under maximum reentry heating conditions.

The flight will last about 20 minutes with the spacecraft reaching an altitude of about 106 miles and traveling approximately 2,150 statute miles downrange from Cape Kennedy.

U.S. Naval forces will be deployed along the flight path and will recover the spacecraft about 800 miles east of San Juan, Puerto Rico.

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Aprecisely 2 p.m. Wednesday, the Apollo crew walked into the sunshine outside the Lunar Receiving Laboratory.

Conrad commented that after something like 28 days without sun, it was great to be outside. "The LRL was really quite pleasant," he said, but all the men were glad to breathe some "non man-made air" for a change.

Meanwhile, results from their flight have begun coming in. Photographs taken of the Fra Mauro area, plus the demonstrated ability to achieve a pinpoint landing have lead to the decision to proceed with plans to land Apollo 13 at the Fra Mauro site.

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NASA is offering 12.5 million tomato seeds to budding student gardeners in the first experiment ever to study the effects of long-term space exposure on living tissue.

It has been more than 5 1/2 years since the space shuttle deployed 12.5 million tomato seeds, housed in the Long Duration Exposure Facility (LDEF), into Earth orbit.

During STS-32, NASA plans to retrieve the 11-ton, free flying satellite. LDEF carries 57 experiments concerned with the exposure of materials to the space environment, one of which is SEEDS.

Sandlin, Spoth-Vickery get Secretarial Excellence Awards



Suellen Sandlin

NASA JSC Photo S99-14223 by Robert Markowitz



Pandora Spoth-Vickery

NASA JSC Photo S99-14225 by Robert Markowitz

Suellen Sandlin of the Mission Operations Directorate and Pandora L. Spoth-Vickery of the Engineering Directorate each recently received the Marilyn J. Bocking Secretarial Excellence Award in recognition of their exceptional contributions to the effective operation of JSC through professional competence and personal dedication.

Sandlin was recognized in October for her contributions as the branch secretary for the Cargo Integration and Operations Branch. In this position, she has successfully accomplished several special assignments. She developed a branch database for tracking all information technology equipment within the branch. Her database has helped locate misplaced IT equipment and is expected to reduce the time required for future equipment replacements and moves.

Sandlin has trained two office education students in the two years she has been assigned to this branch. Her people skills have enabled her to work with young people, to coach them and mentor them, and to help them develop and grow in their abilities to contribute to their new work arena. Her extensive office talents, her can-do and proactive attitude, her consistent patience and sense of humor, and her willingness to accept new challenges have contributed to high morale and high productivity within the Cargo Integration and Operations Branch. Sandlin's positive influence and excellent people skills are a great benefit during these very busy days of preparing for the new International Space Station.

Spoth-Vickery was recognized in November for her contributions as the secretary for the Systems Engineering Office.

Spoth-Vickery is a very highly motivated individual. She can always be counted on to get the job done right the first time and unselfishly volunteers her own personal time. There is no task too menial or too complicated for her.

When the Systems Engineering Office was tasked to set up a monthly 2-day GFE station development and operations meeting, Spoth-Vickery took it upon herself to model it after other high-level meetings. She was the prime contact for local as well as out-of-town presenters who were to send or bring their viewgraphs and presentations to her for incorporation into notebooks. She has worked into the night and early mornings to prepare for these meetings. She has gone through this routine for three meetings, perfecting the process each time. ■

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>

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, cash or by check, at the time of registration. No registration will be taken by telephone.

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: 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 details 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 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 \$90. The cost for additional family members is \$50.

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 5:15-6:15 p.m. Tuesdays and Thursdays. Cost is \$32 for eight weeks. Kristen Taragzewski, instructor.

Yoga: 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 \$32 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.

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 details call Larry Wier at x30301.

Aikido: Martial arts class for men and women meets 5 - 6 p.m. Tuesdays and Wednesdays. No special equipment or knowledge is needed to participate. Aikido teaches balance and control to defend against an opponent without using strength or force. Beginning and advanced classes start each month. Cost is \$35 per month.

TICKET WINDOW

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
Moody Gardens (2 of 6 events) (does not include Aquarium Pyramid)	...	\$10.75
Moody Gardens (Aquarium only)	\$9.25
Space Center Houston adult .. \$10.25	child (age 4-11) ... \$6.50
(JSC civil service employees free.)		
Space Center Houston annual pass	\$18.75
Entertainment Books	\$20.00
Clear Lake Coupon Books	\$30.00
Sweet Water pecans for holiday baking	\$6.00

Please bring your driver's license to pay by personal check.

Exchange Store hours

Monday-Friday
Bldg. 3 7 a.m.-4 p.m.
Bldg. 11 9 a.m.-3 p.m.

- All tickets are nonrefundable.
- Metro tokens and value cards are available.
- Franklin Planners now available.

For additional information, please call x35350.

