

C O M M U N I T Y N E W S**JSC, Team NASA participate in 'Expanding Your Horizon' conference**

About 280 girls attended this year's "Expanding Your Horizon in Math & Science" conference held on November 14 at the University of Houston-Clear Lake. A biannual, one-day career conference for girls in the sixth through eighth grades, the event was developed to increase interest in math and science through positive, hands-on experience and the opportunity to meet and interact with positive female role models.

Women representing many professions conducted workshops during the conference. Attendees had the opportunity to attend four workshops. JSC and Team NASA women volunteered to conduct the workshops.

Stephanie Wells, JSC research pilot, discussed the dynamics of flight and the KC-135. The spacesuit was explained by Sharon McDougale of United Space Alliance and Gretchen Thomas of JSC. Arranging a work space was demonstrated by space planners Elizabeth Barbee and Kari Sawchak, both from USA. Jaelyn

Allen, Lockheed Martin, highlighted a look at Mars and what it would take to inhabit its environment. High-powered microscopes were demonstrated by Carolyn Krumrey and Irene Verinder, both from JSC. Marguerite Sognier, USA, performed lab experiments and discussed her career as a research scientist. Karen Meyers, Lockheed Martin, examined the human aspects of confinement in space flight. Marybeth Edeen, JSC, demonstrated designing and construction of a life support system for Mars living. Cathi Butterfield, Boeing, explained computer hardware and circuit building. Astronaut Pam Melroy gave the closing speech.

JSC provided in-kind support for this conference. The Equal Opportunity Programs Office coordinated JSC's support.

"This conference is a wonderful method to encourage girls to study math and science and allow them an opportunity to interact with female mentors," said Jessie Hendrick, JSC's Federal Women's Program manager. ■



JSC Photo S98-14610

Women representing many professions conducted workshops during this year's "Expanding Your Horizon in Math & Science" conference held recently at the University of Houston-Clear Lake. Volunteers included (left to right) Carolyn Krumrey, JSC; Marguerite Sognier, United Space Alliance; Irene Verinder, JSC; and Stephanie Wells, JSC.

Cintron receives Albert V. Baez Award

JSC Medical Officer Dr. Nitza Margarita Cintron received the Albert V. Baez Award during the Hispanic Engineer National Achievement Awards Conference held recently in Houston.

The award is presented to an individual who has made a significant technical/scientific contribution in his/her area of expertise. The award is presented for the person's technical achievement which ultimately benefits humankind.

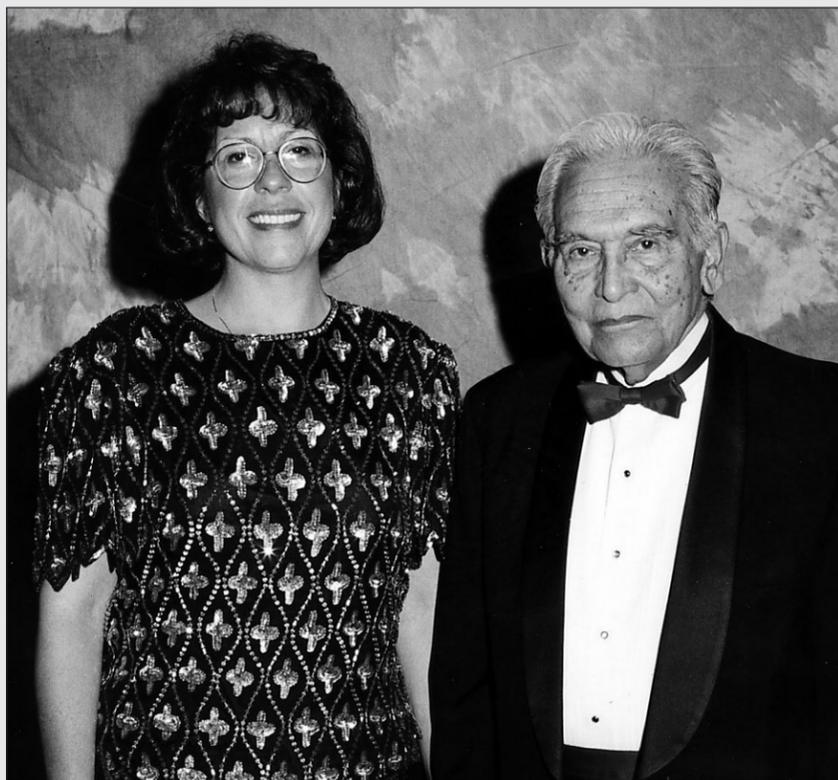
Cintron earned her bachelor's degree in chemistry and biology from the University of Puerto Rico and her doctorate in biochemistry and molecular biology from The Johns Hopkins University.

Cintron began her career at JSC in 1978 as a research biochemist. She was promoted to chief of the Biomedical Laboratories Branch in the Medical Sciences Division in 1989, making her one of the highest ranking women in her field at NASA.

In 1991 Cintron enrolled at the University of Texas Medical School, graduating with high honors in 1995 as a medical doctor. Appointed to her current position in 1997, she manages the medical operations and activities of the International Space Station.

A member of JSC's speakers bureau, Cintron makes frequent appearances and has supported many of the educational outreach programs sponsored by the Equal Opportunity Programs Office. Her scientific work has been the subject of a series of publications and also has been presented at various scientific symposia. ■

Dr. Nitza Margarita Cintron (left), JSC medical officer, received the Albert V. Baez Award during the Hispanic Engineer National Achievement Awards Conference. Dr. Albert Baez (right) presented the award.

**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. Contact the Gilruth Center at 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 from 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. 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. Preregistration 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. Call Kristen Taragzewski, instructor, at x36891.

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 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.

Avoid mall traffic and parking by shopping at the Exchange Store.

Receive a free gift on purchases of \$75.00 or more on souvenirs.

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)	\$9.75
Space Center Houston	adult \$10.25 . . . child (4-11) \$7.00
(JSC civil service employees free.)	

All tickets are non-refundable.

Metro tokens and value cards are available.

Sweetwater pecans are on sale for \$6.00 while supplies last.

Photo processing: 3-inch single prints, \$2.99; 3-inch double or 4-inch single prints, \$3.99; 4-inch double prints, \$5.99.

1999 Franklin Planner refills are now available at the Building 11 Exchange Store.