

Energy Systems at Portsmouth

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

Volume 6

Piketon, Ohio

December/January 1991

Number 1

Enrichment vision included in corporate 5-year plan

The Energy Systems' Long-Range Operating Plan for 1991-1995 has been completed. The plan is updated each year by the Energy Systems Senior Planning Committee, which consists of President Clyde Hopkins, the company's vice presidents, and Dan Robbins, director of Energy Systems' Information Resources and Administration.

The plan not only articulates the overall vision for the organization, but also reflects the perspective of each of the strategic business areas — energy research and development (ORNL), uranium enrichment (Paducah and Portsmouth plants), weapons component production (Y-12 Plant), and applied technology and other goals of national importance, including Work for Others (centrally managed from the K-25 Site).

The plant covers a 10-year horizon, with a five-year focus, and serves as a blueprint for decision-making within Energy Systems.

The updated plan states Energy Systems' missions as well as major strategic objectives for the next five years.

The missions from the 1991-1995 operating plan follow:

MISSIONS

"Martin Marietta Energy Systems, Inc., carries out energy research and development, uranium enrichment (UE), weapons component production, and applied technology (AT) and other goals of national importance. We are committed to success and excellence as we perform our mission. We intend to be the best in each of our endeavors as perceived by the members of our team, our peers, DOE, and other sponsors of our programs. We expect ethical behavior of all people in our organization. Our mission is achieved through four Strategic Business Units, which have individual missions."

The goal for the "Uranium Enrichment" Strategic Business Unit is as follows:

URANIUM ENRICHMENT

"To operate the nation's enrichment facilities in a manner that meets production commitments cost-effectively while protecting the people who work in UE, the public, and the environment; to develop improved enrichment technologies; to assist DOE in creating new enrichment business opportunities; and to provide commercially oriented enrichment services."

The updated plan includes an Energy Systems' "Vision" that defines a desirable

future and what the company's intent should be. Highlights from the overall vision for Energy Systems are as follows:

ENERGY SYSTEMS VISION

"A long-range plan for our organization, which has the primary purpose of addressing important national needs, must consider the national forces that are very likely during the 1990s. Four E's — concerns about **education**, the **environment**, a globally competitive **economy**, and **energy** — will likely dominate the 1990s as major national issues. Any view of our role in addressing important national needs must take these factors into account.

A major mission of all Energy Systems facilities during the 1990s will be **environmental cleanup and fulfilling expectations about safety and health**. Safe operations will require a higher degree of personnel training, assurance of meeting ever-increasing standards, and consequently, improvement in operations — with a higher degree of rigor and proceduralization. Because of the national concern about environmental actions, the current and expected remediation will present ample opportunity for restoring our own facilities to a much better state and using our expertise to address other national environmental problems that are not of our own making.

A second thrust is to ensure that our current **leadership position in technology transfer continues at the forefront**. We will strive for more liberal terms and vehicles (i.e., to transfer technology through advanced waivers and through working with industries in true partnership in joint projects and proposals).

A major Energy Systems-wide change will be that **our work force will become more diversified and highly trained**, with more women and more minorities and existing personnel undergoing more training and certification to become more participative in workplace decisions.

Problems resulting from the multi-decade age of all facilities will reach a crucial state during this decade, calling for **substantial modernization, replacement, and modification**. New offsite space will become available to allow more rapid change and help ease office-space needs.

Substantial structural changes in the organization, layers of management, and overhead composition will take place to accommodate cost controls, modified missions, and new opportunities. The major

businesses will work even more closely together to share resources, ideas, talents, and facilities."

Highlights from the "Vision" for the Enrichment business area follow:

ENRICHMENT VISION

"The enrichment of uranium through the gaseous diffusion process will continue at both **Paducah** and **Portsmouth** unless appreciably more market share is lost. Global competition will increase as more capability is brought on-line in the U.S. private sector, Japan, and Europe without increased demand from operating reactors. The competitive position of the United States will

hold somewhat steady only as a result of continuing improvements in productivity and international political agreements. A **government corporation** is likely to be established in the first part of the decade, with evolution toward a private corporation in the latter part. A commitment will be made to a smaller, **modular plant for AVLIS** that will come into operation in the latter part of the 1990s and will be enlarged as the separation and laser technologies are improved. Separate companies will be established to operate the gaseous diffusion process for the government corporation in 1993 and to design and build the AVLIS plant for its operation in 1998."

Fee becomes senior VP

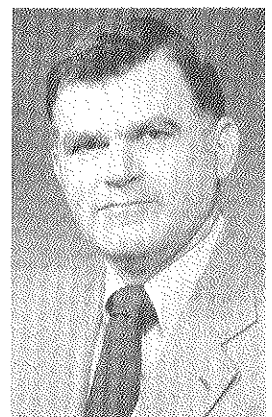
Gordon Fee, Y-12 Plant Manager, has been named Energy Systems Senior Vice President effective Jan. 1, 1991.

Fee's responsibilities include uranium enrichment, national defense and applied technology operations; auditing activities; and security and safeguards. He succeeds Herman Postma, who will retire January 31.

Paducah Plant Manager Jeff Bostock will succeed Fee as Energy Systems vice president and Y-12 plant manager. Y-12 Assistant Plant Manager Steve Polston will succeed Bostock as manager of the Paducah plant.

Fee has been Y-12 Plant Manager since 1982 and was named Vice President in 1984 when Energy Systems became managing contractor for the Oak Ridge facilities and the Paducah plant. He has held a variety of managerial positions during his 34 years with the organization.

Fee is a member of the American Society for Engineering Management and the Society of Manufacturing Engineers, which presented him with the Eli Whitney Memorial Award in 1986. Earlier this year he was honored by DOE-ORO for leadership at the Y-12 Plant.



Fee

Award fee ratings received

Energy Systems has received its award fee performance ratings from DOE for the six-month period that ended Sept. 30.

The rating for the Oak Ridge facilities is 83 ("Good"), with the amount of the award set at \$6,077,060, or 57.5 percent of the estimated available fee of \$10,568,800.

The rating for the uranium enrichment contract is 82 ("Good"), with an award of \$3,177,240, or 55 percent of the estimated available fee of \$5,776,800.

President Clyde Hopkins expressed his appreciation for the work of all employees

during the period, noting that all recognize the importance of compliance with federal and state laws and DOE regulations. "We're moving (toward full compliance) as quickly as is humanly possible with the resources available to us," he noted.

"We regret that our efforts during this award fee period did not result in higher ratings, but I'm very pleased with the performance of the entire organization, and especially the excellent performance by Paducah and ORNL with regard to the recent Tiger Team visits," Hopkins said.



Several vans were needed to move the stacks of gifts donated by plant employees to soldiers in the Middle East. At work (left) are Jeff Walburn, UPGWA; Linda Pfeifer, Credit Union; Jim Whit, EAC; and John Gedeon, coordinator. Many volunteers (below) worked long hours on several Saturdays to assemble the boxes of materials which were donated from throughout Pike County.



New Employees

November 19

Keith A. Hill, Police Department (D-911).

David A. Carr, Police Department (D-911).

November 26

Debra J. Maxwell, Library & Distribution Services (D-351).

James T. McMaster, Mechanical Engineering (D-622).

Michael F. Smith, Health Physics (D-102).

Kenneth R. Horsley, Engineering Services (D-634).

November 30

Del L. Hunt, Police Department (D-911).

David W. Thompson, Mechanical Engineering (D-622).

Terrell A. Sorrell, Deputy Plant Manager's Office (D-070).

December 10

William D. Jones, Uranium Analysis (D-512).

Brenda J. Rhoads, Health Physics (D-102).

Lorrie E. White, Health Physics (D-102).

December 13

Nancy A. Dillow, Cascade Operations (D-811).

December 17

Andrew W. Gerlach, Health Physics (D-102).

Lewis E. Williams, Materials Sampling & Testing (D-511).

MARTIN MARIETTA

Energy Systems at Portsmouth

MARTIN MARIETTA ENERGY SYSTEMS, INC
A subsidiary of Martin Marietta Corporation
Acting under
U.S. Department of Energy
Contract DOE-AC05-76OR00001

Published Monthly in the Interest of Employees of the
MARTIN MARIETTA ENERGY SYSTEMS, INC.
PORTSMOUTH GDP
An Equal Opportunity Employer

PUBLIC RELATIONS
X-100 Building, M/S 1118-A
P. O. Box 628
Piketon, Ohio 45661

Tim L. Matchett Editor

Jane Johnson Editorial Staff

Telephone ... (614) 897-2863

U.S. GOVERNMENT PRINTING OFFICE 548-044/No. 20004

"Desert Shield — We Care!"

Site organizations, Pike County respond to U.S. service people

by John Gedeon

It started with a simple plan — send one care package to one soldier in Saudi Arabia.

Like the seeds across a Pike County farmland, the plant's seeds were scattered and things quickly grew.

I received a call from a Pat Burke in Portsmouth, early in September. She had initiated a project for service personnel from Southern Ohio and she wanted to know if Martin Marietta employees or other Pike County residents would like to help with DESERT SHIELD - WE CARE. She asked that I coordinate local efforts.

The Atomic Employees Credit Union quickly agreed to serve as the drop-off point for materials and an account was set up for monetary contributions. "The Credit Union endorsed this project 110 percent," noted Roger Strausbaugh, Credit Union Manager. "We were pleased to make a donation ourselves and it was heartwarming to see the boxes of special gifts which quickly accumulated."

School children in all five school districts in Pike County were organized to assist in the effort.

Martin Marietta employees also quickly joined the bandwagon, and were led by Jeff Walburn from UPGWA and Jeff Woodard of OCAW. Posters were displayed around the site. In a very tight time frame of only two weeks, the account in the Credit Union topped \$2,000.

So many items were collected that several vans were needed to haul merchandise to the assembly areas. "You can't have a more vivid example of what fellow employees working together, side by side, can accomplish," Walburn noted.

In October, almost 500 boxes were assembled and sent to serve almost 1,000 people, because each box contains enough for two. The weight totalled 10,500 pounds. Postage was almost \$5000!

The following was sent in approximately 500 boxes, each one weighing from 20 to 30 pounds: 1,300 pounds of candy, 500 fly swatters, 20 plus cases of instant tea, 800 jars of Vaseline, 21 cases of snack crackers, 500 dental care packages, 700 packages of disposable razors, 600 cans of powdered drink mix, 600 decks of cards, 600 cans of chips, 500 frisbees and footballs, 500 boxes of corn starch, 1,300 magazines and paperback books and 500 tapes of Christmas music.

The first 110 boxes were sent to service personnel who are from Southern Ohio and Northern Kentucky. The remaining boxes were sent to a general zip code and distributed to soldiers who have not received any

correspondence. Their response has been heartwarming. "We know that people care," was the most common reply received.

This project is continuing. The Credit Union is still the drop-off point for cookies and other goodies, plus a lot of reading matter. Evidently they never get too many things to read.

There are many young people stationed in Saudi Arabia. Boredom can become a serious problem. We must assure that our service personnel know that we appreciate their efforts.

No one can ever say that Martin Marietta Energy Systems employees and the general public from Southern Ohio are not generous.

Savings plan rates established for 1991

The annual interest rate for the Fixed Income Fund of the Savings Plan Personal Investment Account and the 401(K) Plan for active employees will be 9.4 percent for calendar 1991.

This rate will apply to all money in these fixed income funds, not just to money added during the year. The rate for 1990 also was 9.4 percent.

If you wish to make changes in your savings program or if you have questions about the program, please see a site Benefit Plans representative.

The annual interest rate for all money in the retiree Fixed Income Fund will be 9.1 percent in 1991. The rate for 1990 was 8.9 percent.

Savings Bonds

The semiannual market-based interest rate for Series EE Savings Bonds issued between Nov. 1, 1990, and April 30, 1991, is 7.19 percent for their initial semiannual interest period. The current minimum rate is 6 percent for Bonds held at least five years.

The semiannual rate changes each May and November, based on market average during the preceding six months.

HOTLINE

To report fraud, waste or abuse, unethical activities, or concerns about security, quality, environmental, safety or health hazards, call the Internal Audit Hotline 24 hours a day on extension 2401.

BACK SAFETY

More tips offered for diet, exercise and lifting

IMPORTANT NOTE: Do not attempt any back exercises without first consulting a physician or physical therapist! There are many medical conditions (i.e., high blood pressure) and pre-existing back injuries that could be worsened by these exercises.

- **The Lower Back.** The lower back (lumbar spine) is composed of five vertebrae with their associated discs, nerve roots, muscles, and ligaments. The vertebrae and discs in the lower back have the greatest load to bear and are the largest. The nerves in the lower back go to the legs. It is important to support the lower back with strong back, abdominal, buttock and leg muscles. There are many special exercises that can be employed to strengthen leg and abdominal muscles.

- **Exercises to Support the Lower Back.** With your doctor's approval, the following exercise will test your leg strength and endurance: Stand straight against the wall and, keeping the back flat against the wall, slide down by bending the hips and knees. Hold this "sitting" position as long as possible, working up to two minutes. Do not hold your breath while exercising.

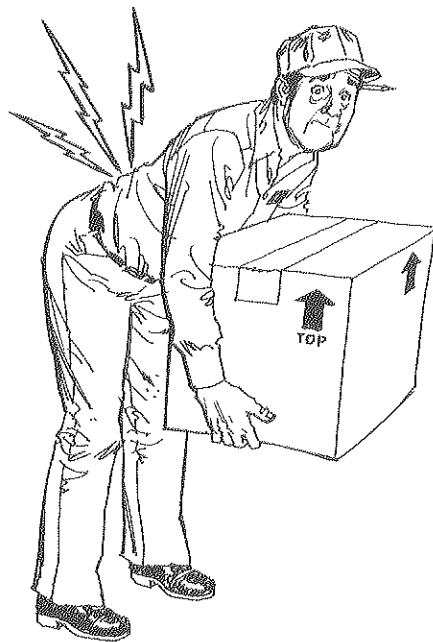
- **More Exercises to Support the Lower Back.** The most important muscles to stabilize the lower back are the abdominal muscles. To strengthen them, practice setting (tightening) these muscles when walking or sitting. The abdominal muscles can also be strengthened with the abdominal curl. Lying on the back, with knees bent, reach hands toward knees by curling up enough to clear the shoulder blades. Hold this position by curling up enough to clear the shoulder blades. Hold for long as possible, building up to three minutes. (If this exercise causes back or leg pain, get further medical advice before continuing.)

- **The Disc.** The disc functions to connect the vertebrae, to space and separate, and to act as a shock absorber for the spine. The disc contains a fluid center and actually grows to the bone to keep the vertebrae from separating. (Thus, a disc cannot "slip," because it grows to the bone.) Eighteen bands of tissue surround the fluid center of the disc; they act as protectors and can also be damaged. Because the disc has no nerve supply, there is no pain if it is torn inside. After a person reaches the age of 25, there is no blood supply to the disc, so the disc will not heal well if it is ruptured or torn. Also, the soft center of the disc may bulge and press on nerve endings that are inside the tough bands of tissue and pinch the spinal nerves. When the spinal nerves are pinched, pain radiates down the back of the thigh and leg. Nerve damage can occur and cause numbness or muscle weakness in the leg.

- **Back Strains or Sprains.** Strains

and/or sprains occur when the back's muscles or ligaments are stretched or torn. Sprains usually result from common activities done improperly, such as bending, lifting, standing, or sitting. Injury also may occur as a result of wrenching caused by an automobile accident or athletic injury. Back sprains can heal completely if they are properly treated. Practicing proper body mechanics can prevent most sprains.

- **Posture, Exercise, and Overeating.** Poor posture, lack of exercise and overeating can be your back's worst enemies. Most low back pain is a result of using your back improperly. Poor posture strains the lower back and makes it more vulnerable to injury. A swayback (increased lumbar curve) is a result of weak muscles. Weak and flabby abdominal muscles (a "pot belly") deprive the back of its greatest support. Being overweight adds to the strain.



- **The Importance of Flexibility.** Because it is important to maintain strong leg muscles to help support the lower back, it is also important that the legs be flexible. Stretching the hamstring muscles in the legs can increase their flexibility. To do this, lie on your back and, using a belt around the foot and keeping the opposite leg flat, raise one leg to angles of 45 degrees, 60 degrees, and 90 degrees (if you can). You should not be surprised to find that you will have to work up to raising your leg to a 90-degree angle. (If raising the leg causes low back pain, get further medical advice before continuing this exercise.)

- **The "S" Curve.** The spine is made up of three curves in an "S" shape. The first is the cervical curve, which consists of seven small, flexible vertebrae supporting the skull. The second is the thoracic curve. Its 12 vertebrae are larger and more rigid and are the mainstay of the chest cav-

ity. Twenty-four ribs extend from these long, slender bones. The thoracic curve has a more prominent backward curvature. The third curve is the lumbar curve. Five massive lumbar vertebrae, which are mobile, carry most of the weight of the body. The lumbar curve, often called the workhorse of the spine, has a forward tilt.

- **Losing the "S" Curve.** If you squat down to the floor and round your back, you lose the "S" Curve. When you bend over from the hips and knees, without keeping your back straight, you lose it. If you bend over correctly but put your head down, you lose the "S" Curve. Whenever you lose it, you put strain on the spine, stress the lumbar region and put pressure on the discs. Repeated use of improper body mechanics can lead to injury.

- **Correct Posture While Standing.** To maintain the "S" curve in your lower back when standing, use good standing posture with ears, shoulders, hips, knees, and ankles "stacked" in a straight line). Your shoulders should be relaxed and your knees slightly bent. When standing for long periods of time, lean against a wall or alternate resting one foot and then the other on a stool every few minutes. This keeps the blood flowing and the back's curvature intact.

- **Correct Posture While Sitting.** It is very important to maintain correct posture while sitting, because the pressure in the disc is greatest at that time. Do not slump and round the lower back. Without proper support, it is easy to slump and lose the proper lower back (lumbar) curve. Your back "likes" a straight chair, with support for the lower spinal curve. You may need to use a small cushion or rolled-up towel to support the lower back. Be sure that the chair height allows your knees to rest slightly higher than your hips. If not, you may need a small footrest. Keep your head and shoulders back and your neck straight. Avoid crossing your legs for extended periods, because this interferes with blood circulation to the legs and throws the spine out of balance. When sitting for long periods of time, remember to get out of your chair at least twice every hour.

- **Correct Posture While Sleeping.** If you sleep on your back, you should sleep with a pillow under your knees. If you sleep on your side, which is best, it is a good idea to sleep with a pillow between your knees. If you have a mattress with poor support or if you sleep on your stomach, it is impossible to maintain the back's "S" curve. Most people spend 1/3 of their lives sleeping. If you are spending this amount of time sleeping in an improper position, it's likely that you are working your way toward the back-injury stage.

- **How to Move In Your Chair.** As you move around at your desk or work station, your back is vulnerable to injury. Sudden bends and turns pull stiff, tense muscles and can cause nagging back pain. To help protect yourself, avoid sudden, jerky movements and don't twist your torso. Turn toward things you need instead of reaching to the side or pulling things toward you. To pick up objects that have fallen to the floor (if your chair is not on rollers), slide to the edge of the chair and place a hand on your knee or your desk to support your back. Keep one foot in front for additional support. Better yet, get out of the chair, squat down on one knee, and pick up the object, without bending your head down.

- **On the Road.** Driving can really "be a pain." When you drive, you sit, and sitting puts much more strain on your lower back than standing or lying down. Sitting in the same position for extended trips strains your spine and impairs your circulation. In many cases, your muscles may knot and spasm as a result of the reduced flow of oxygen-rich blood. You can beat the pain by adjusting your seat and moving as close to the steering wheel as is comfortable. Keep your knees bent. Sit in a comfortable, balanced position. Support your lumbar curve with a small pillow, a pre-made support, or a rolled-up towel. Use your armrests. Adjust your headrest properly and use it to rest your head and relax your neck muscles when you are at a stoplight. Relax. Know when to stop. If your back bothers you, pull over and take a break. Try some gentle stretching exercises to shake out the kinks.

- **Overhead Loads.** Overhead loads can be extremely difficult to lift. If you have to lift an object that's higher than your shoulder level, use a step stool or ladder to avoid over-reaching. Test the weight of the load before removing it from the shelf. If it's under 25 pounds or so, slide it toward you, and hug it close to your body as you descend. If possible, hand it down to a waiting co-worker.

- **The Injury Stage.** Should you experience an injury to your back that results in back pain, lie down instead of sitting. Within the first 48 hours of injury, use ice. After this period, use heat liberally. Use ice or heat for only 20 to 30 minutes at a time. Pay close attention to what the pain allows and doesn't allow you to do. Use good technique and exercises recommended by your physician to control the pain. Most back pain is caused by muscle strains or sprains; however, you should see a doctor if you have back pain that radiates down your leg; if you have numbness,

(Continued on Page 4)



Enrichment class completed in November

Participants and instructors in the Portsmouth plant's latest "ABCs of Toll Enrichment" seminar and tour, conducted in November, included Carol Warner, DOE-HQ; Lana Nichols, DOE-HQ; Marsha Lawn, DOE-HQ; Won Yoon, DOE-HQ; Judy Fuhrer, DOE-HQ; Dave Knittel, Scott Harlow, DOE-HQ; Leona Bors, DOE Portsmouth; Milton Dartouzos, DOE-HQ; Allen Williams, DOE-ORO; Stephanie Blanch, Gary Harman, DOE-ORO; Jimmie Hodges, DOE-Paducah; Ken Richardson, DOE-HQ; Barry Carlson; John Orrison, DOE Portsmouth; Karl Schucker; Yo Song, DOE-HQ; and Mark Million, DOE-ORO.

Back safety tips expanded

(Continued from Page 3)

tingling, or shooting pains in your arms, legs, or buttocks; if you have a weakness in your legs and can't lift yourself on your toes or heels; if you have pain in any part of the spine as a result of an accident or other trauma; if your backache is so severe it wakes you up at night or causes insomnia; or if you have chills or fever.

• **Lifting.** Safe lifting means protecting your back while you lift. Before you lift anything, ask yourself: Can I lift it alone, or do I need help? Is the load too big or too awkward? When lifting objects, keep your feet at diagonal angles and apart for balance. Keep the mild "S" curve in your back don't round or twist it. Tighten your abdominal muscles to brace your back before and during the lift or while carrying a weight. Bend at the knees and use the strong muscles in your thighs to lift. Hug the load close to your body. Lift smoothly. Know your limits on weight and size. Take small steps when carrying a heavy load.

• **Twisting.** Always avoid twisting your

back while lifting, because this can overload your spine and lead to serious injury. Make sure your feet, knees and torso are pointed in the same direction when you are lifting something. Move one foot at a time in the direction where you want to go and then turn with your leg muscles.

• **Mechanical Lifting Aids.** Not all loads can (or should) be lifted by you or your co-workers. Carts, bins, hand trucks, dollies, and fork lifts can all be used to help transport loads without putting undue strain on your back. When using mechanical aids, be sure the load is secured in place before moving, and be sure to push the device rather than pulling it. Whenever you lift or transport materials, make sure your path is clear and well-lighted before lifting or moving the load. Never hurry. Know where to put the load down before you lift it. Be sure to check the condition of mechanical aids before loading.

SERVICE MILESTONES

January 1991

35 years — Paul F. Edelmann.

25 years — James A. Normand.

15 years — James W. Maulden, Geneva M. Cox, Edgar R. Wagner, Ronald D. Fike, Donald L. Brown, Michael L. Marks, Donald W. McCoy, Ronald E. Holsinger, Paul D. Yelley, Charles B. Bivens, Paul E. White, Donald R. Hughes, Charles W. Bricker Jr., Jack L. Wells, Curtis L. Adkins, Darrell L. Davis, Ralph W. Robirds, Genevyn E. Anderson, Charles W. Canter, Roy V. Carrier, Donald A. Hutchinson, Roy E. Lawson, Carl E. Mullens, William R. Skidmore Sr., Garey E. Canter, Jerry L. Wessel Sr., Rickie A. Johnson, William Walter Jr., Earl Chapman and Phyllis A. Hopkins.

10 years — Myrtle L. Workman, Diana L. Yates, Richard L. Mains, William L. Overly, Randy E. Schobelock, Cecil Vires, Rita A. Park, Steven R. Lambright, Steven C. Newman, Teresa E. Huffman, Charles M. Hayes and Donna J. Davis.

5 years — Olive L. Smith and Polly A. Mingus.

February 1991

35 years — Lawrence E. Taylor.

20 years — Gregory P. Hatfield and Louis L. Webb.

15 years — James M. Bors Jr., Charles M. Wilburn, Kenneth R. Calloway, David H. Carmon, Robert E. Anderson, Michael Book, James S. Carr, George W. Clark, Ronald J. Horsley and Alene Weiss.

10 years — Tobey L. Attia, Roy J. Hehl, Martin W. Redden, Josephine E. Charles, David M. Munn and Tina M. Schuller.

5 years — Kathi L. Osborne.

Age shift puts new emphasis on care for elderly parents

As many Americans approach the turn of the century, they find themselves in a "sandwich generation" of caring for their parents as well as for their own children.

Whether older parents are living with you or in their own home, safety should be a top priority. The following provides a checklist for assuring their safety:

Entrances, Stairs and Halls

• Keep areas well lit and clutter-free. Install night-lights and illuminated switches.

• Never wax stairs and install nonskid pads on uncarpeted steps.

• Practice escape routes with your parents in case of fire.

• Check and repair all loose railings and banisters. If there are no banisters, have them installed.

• Make sure carpets are secure.

Kitchen

• Move commonly used items to easy-to-reach surfaces.

• Store sharp knives in a separate rack and away from other utensils.

• Watch for new products that make kitchen chores safer. For instance, spiked cutting boards to keep foods in place while slicing.

Bathroom

• Reserve a separate shelf for older people's medicines.

• Keep all electrical appliances away from water sources.

• Place nonskid adhesive strips in and around the bathtub and shower. Replace strips if loose.

• Choose indirect bright lighting to avoid glare and install a night-light.

• If possible, install grab bars in the bathtub and near the toilet.

Bedroom

• If possible, arrange for a first-floor bedroom.

• Place a lamp and telephone within easy reach of the bed.

• Install a buzzer or intercom for emergency signaling.

Numerous careless accidents can be prevented if you take time to safe-proof your home or help your parents safe-proof theirs.



Cole



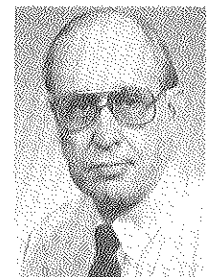
Miller



Homerosky



Matthews



Gillispie

New Values videotape available for viewing

Copies of a new 11 1/2-minute videotape, "Values in Action," introduced during the recent quarterly five-site Values Meeting at ORNL, are now available for viewing at each Energy Systems' facility. Values Committee members at each site plan to use the videotape to increase awareness of Values throughout the organization.

"The video shows people doing extraordinary things—people caring about the workplace, their co-workers, communities, and environments. We hope that it will be an inspiration to people at all five sites," said Values Committee member Jayne Haynes, who produced the videotape.

To obtain a copy for viewing, contact the Portsmouth site Values Materials Coordinator, Vanessa Burkitt, at extension 3708.

Promotions

Steven D. Cole has been promoted to Supervisor, Uranium Materials Handling (D-829). He reports to Mark Conkel, Department Head.

Bryan E. Miller has been promoted to Assistant Cascade Coordinator (D-817). He reports to Jules Ratliff, Department Head, Plant Control Facility.

Richard L. Matthews has been promoted to Section Supervisor, Industrial Hygiene (D-106). He reports to Joe Moore, Department Head.

Mary M. Homerosky has been promoted to Section Head, Technical Computing I (D-347). She reports to Tim Burton, Department Head, Management Information Systems.

John P. Gillispie has been promoted to Supervisor, Power Operations (D-831). He reports to Bob Uhl, General Supervisor.



Medicine Chest

By Daniel E. Conrad
Corporate Medical Director

Energy Systems is in the process of considering changes to the company smoking policy. Details are still being worked out (see accompanying article).

The policy is being instituted to fulfill the company's obligation to provide a safe, comfortable and productive work environment for all employees. It is based upon increasing medical evidence that smoking can be harmful to both smokers and non-smokers who share work areas.

According to U.S. Surgeon General reports, inhalation of tobacco smoke by active cigarette smokers remains the greatest single preventable cause of death and disability in the United States. More than 300,000 premature deaths in this country annually are directly attributable to tobacco use, primarily cigarette smoking.

A 1986 report by former Surgeon General Everett Koop identified second-hand smoke (the smoke emitted into the environment between puffs of a cigarette) as a danger to health. The report listed three major conclusions:

- Involuntary smoking is a cause of disease, including lung cancer, in healthy nonsmokers. The National Academy of Sciences estimates that some 2,400 lung cancer deaths annually among nonsmokers are caused by second-hand smoke.
- Compared with children of nonsmoking parents, the children of parents who smoke have increased frequency of respiratory infection, increased respiratory symptoms and slightly lower rates of increase in lung function as their lungs mature.
- Simple separation of smokers and nonsmokers within the same air space may reduce environmental tobacco smoke but does not eliminate it.

The report also reviews policies restricting smoking in public places and in the work place and states that in the 1970s,

an increasing number of public- and private-sector institutions began adopting policies to protect individuals from exposure to second-hand smoke by restricting the circumstances in which smoking would be permitted.

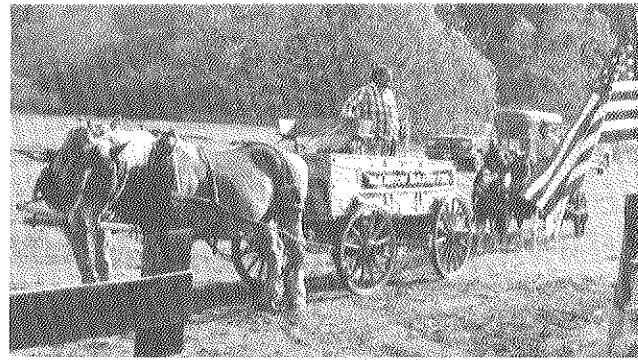
Local governments also have been enacting smoking ordinances at an increasing rate during the last decade. Here at Energy Systems, after the current smoking policy was instituted in 1987, the company began providing smoking-cessation clinics on site during work hours.

Since that time, some 900 Energy Systems employees have participated in the Breathe Free clinics, offered at no charge as part of the company's Wellness Program.

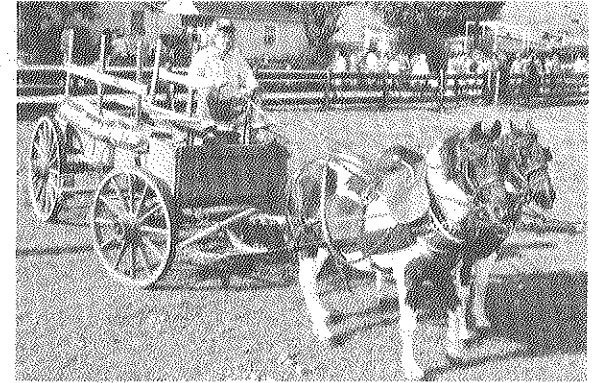
Furthermore, cumulative Health Services Department reports indicate that there are now about 1,000 fewer employees who smoke than there were in 1987.

As the new smoking policy is instituted, the Breathe Free clinics will continue to be offered so that employees who smoke will have the opportunity to participate in a program to help them break the habit.

If you smoke, I encourage you to call the Health Services Department at your site for registration information — for the sake of your family and fellow workers and for yourself.



Robert Williams has his team of horses and his wagon all set to go on one of the more than 50 rides provided to handicapped children from Pioneer School.



Jim Whitt moves his team of ponies and his wagon up to the starting point to load up a group of excited youngsters from Pioneer School in Ross County for a special ride over a scenic farm in Jackson County.

With horse-drawn wagon rides Employees entertain children

By John Gedeon

Each fall, handicapped students from Pioneer School in Ross County enjoy a special day in the country.

In 1990, beans cooked over an open fire, muzzle-loading riflemen in pioneer gear, two singers, a juggler, Raggedy Ann and all kinds of entertainment highlighted their day on a scenic farm near Jackson.

But one of the most special activities were provided by two employees of Martin Marietta Energy Systems at Portsmouth

Jim Whitt (D-334) and Robert Williams (D-332) hitched up their horses to their wagons and provided rides.

"It is a slow tedious task to haul your horses that distance and then hitch them up for a long day, and then to repeat the task when you return home," Williams said. "Yet when you see the looks of enjoyment on their faces you realize that your efforts are really appreciated."

More than 80 children enjoyed the thrill of riding in a wagon drawn by real ponies and work horses. More than 50 rides were provided. The children were accompanied by an equal number of volunteers or teachers.

"They were probably the best-behaved group of youngsters I have ever worked with," Whitt added. He also found out that they learn quickly. After Whitt used a few "whoas" the children started to use the same term every few seconds.

"I had to use the reins because we were stopping every 10 feet," he laughed.

Martin Marietta employees have a tradition of putting something back into the communities in which they live and helping those who are less fortunate. A tip of the hat goes to Jim Whitt and Robert Williams, who made that special effort to let more than 80 children know that people do care! Wagons ho!

Smoking Committees at work again

Martin Marietta Energy Systems implemented a Smoking Policy, detailing locations where persons could smoke and areas where it was prohibited, in 1987.

At that time, it was stated that it was Energy Systems' intent to eventually achieve a smoke-free workplace, and the 1987 policy substantially restricted smoking in areas where it historically had been permitted. Even tighter restrictions, prohibiting smoking inside buildings, were being considered for Jan. 1, 1991.

It has been decided that the policy will be reviewed again to deal with current issues regarding smoking in the workplace. Toward that end, each of the five Energy Systems sites will reactivate its Smoking Policy Committee to develop and make

recommendations for changes to the smoking policy.

Committees at the site represent a cross-section of employees from all payroll groups, smokers and non-smokers. The committees will examine the current policy as it impacts local site working conditions and will make recommendations for any changes to the Energy Systems policy. These recommendations will be submitted for consideration by senior management by June 1, and will determine, along with other sources of input, the extent to which the Energy Systems policy is changed.

In the interim, plans are being formulated for an earlier removal of all cigarette vending machines within the Portsmouth plant.

Retirees

January 1991

George E. Henneman, Wellston, Maintenance Planner (D-742), after more than 37 years of service.

Marvin R. Adkins, Portsmouth, Cascade Coordinator (D-817), after more than 37 years of service.

James R. Kelly, Portsmouth, Engineer IV (D-631), after 23 years of service.

Jackie D. Grow, Jackson, Supervisor, Cascade (D-951), after 31 years of service.

EAC people give personal time to company events

(EDITOR'S NOTE: Shirley Walter submitted the following article to better acquaint plant employees with the members of the Employee Activities Committee, or EAC. Shirley works in the Engineering Division's Project Administration Subdivision. She and her husband, Buck, Police Department, live near Beaver with their two sons and two daughters.

Both are very active members of the Eastern Youth League, Beaver Oktoberfest and the volunteer fire department.

As the new year approaches, the 20-member team of volunteers known as the Employees Activities Committee is already at work planning upcoming events for 1991. Each year, members of this committee devote more than 70 hours of per-

sonal time to ensure that company sponsored activities are offered to Energy System employees and their families.

Sharon Bailey, president, Operations Training, and her husband, Walt, live in Rosemount and have five children and two grandchildren.

Mike Corbin, vice president, Roads & Grounds, and his wife, Denise, live in Piketon and have one daughter. Mike is very active in the Piketon community and school system, and is a member of the Atomic Employees Credit Union board of directors.

Holding the Treasurer's position is Jim Whitt, Materials Control, a Wakefield native. Jim has two sons, one serving in the Navy in Los Angeles, and one granddaughter.

Chuck Troncone, a deputy for the Pike County Sheriff's Department, works in Receiving & Shipping. Chuck is married and has one son.

Bret Collier, Portsmouth, works in Electrical Maintenance. He and his wife, Cheryl, have one son and live in Portsmouth, where he is active in church activities.

Charley Bearhs, Cascade Operations, lives in Waverly with his wife and son.

Steve Wamsley and his wife are both active Naval Reservists. The Waverly native works in Materials Technology, while his wife, Donna, is a QA Medical Evaluator at the VA Hospital in Chillicothe. They have one daughter.

Greg Barch, Instrument Engineering, and his wife, Charlene, Uranium Materials Handling, live in Waverly. They have two sons. Greg is very active in the Waverly EMS Squad.

David Adkins, Police Department, and his wife, Kim, have twin daughters and one son. Both are active members of their church, and live near Lucasville.

Cheryl Salmons, Quality Programs, has a teenage daughter and is very active in the Portsmouth City School System and PTO and the Martin Marietta Bowling League.

Doc Overly, Computer & Telecommunications Security, and his wife, Ernestine, live near Beaver, where he is very active with the volunteer fire department and EMS Squad. They have two daughters, one son and four grandchildren.

Cathy Cornish, Attendance Control and Workers' Compensation, and her husband, Brian, Police Department, have one son and one daughter and are expecting third child in May. Cathy is active in the Waverly bowling league.

Bill and Judy Curry are residents of Portsmouth. Bill works in Personnel Relations and Judy works in Process Operations. They have four children and one grandson.

Fred (Willie) Williams, Instrument Maintenance, and his wife, Sonny, live in Waverly. They have one son.

Judy Vollrath, Management Information Systems, and her husband, Gary, live near

Jackson. He is a forester for the Department of Natural Resources. They enjoy the outdoors and do a lot of hiking and camping.

Ron Mount, Security, and his wife, Mary, live in Waverly. They have three sons. One serves with the Army in Germany, while another is very involved with Natures Classroom, an organization which works with handicapped children. Ron's interest include photography and the Ohio State Buckeyes.

Melody Channell, Chemical Operations, lives in Wellston and has two children. She is very active in Scouting and serves on the Boy Scouts Board of Directors and is Assistant Scout Master. Melody acts as Service Unit Director of Girl Scouts and is a Girl Scout Troop Leader.

Phil Moore, Waste Management Department, his wife Brenda and daughter live in Lucasville. Phil is presently working toward a bachelor's degree at Shawnee State University. His wife is a Business Offices Practices instructor at Northwest High School.

John Gedeon, Employment and Affirmative Action, is EAC Coordinator. He and his wife, Debbie, Medical Department, live in Waverly. They are the parents of three sons. John is very active with the United Way, Pike County Chamber of Commerce, and on the Board of Directors of the Atomic Employees Credit Union.

Sharon Williams, Department Head, Employment and Affirmative Action, is the EAC Advisor. She and her husband, Kenny, live in Waverly and have two children.



Employee Activities Committee (EAC) members and their families work very hard to present enjoyable activities to Martin Marietta families. Pictured above are committee members and their families at the recent Christmas Party.



Club takes Fall Hike in Shawnee Forest

The Foremen's Club conducted its Fall Hike in the Shawnee State Park Forest on Sunday, Oct. 28. There were 42 employees, family members and friends who showed up for the five-mile hike. Food and refreshments were served at trail's end.



Bass Club champions

The Atomic Bass Club 1991 season will be here soon. The club is open to all employees, retirees and their families. Dues will be \$15 per person. The club will have seven tournaments this year starting in March. The club meets on the first Thursday of each month at 4:30 p.m. Boaters and non-boaters are welcome. For information, contact Dan Mullens or Charlie Hammond at extension 5942 or Arlie Adams at extension 4552. The 1990 winner of the Club Chump and Lanier Award was Steve Henry. Second place went to Charlie Hammond, while third place went to Arlie Adams.

Piketon, Ohio
BULK RATE
U.S. Postage
PAID
Permit No. 11

Martin Marietta Energy Systems, Inc.
P.O. Box 628
Piketon, Ohio 45661

Address Correction Requested
Please Return Intact