



HOTLINE

PRINCETON PLASMA PHYSICS LABORATORY

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PPL Information Meeting

An overview presentation of research and technology at PPL will bring approximately 150 guests to the laboratory for an Information Meeting Wednesday and Thursday, May 27-28. Talks, exhibits, tours, and demonstrations will fill the two-day program for delegates from other fusion laboratories, industry, universities, and government.

This Information Meeting is viewed as an important means of keeping the fusion community aware of PPL's progress. It is the second in what is expected to be a continuing series. The first was held May 9-10 of 1978.

When you come to work on Wednesday, May 27, you will find guards stationed at strategic points. Proceed towards your regular parking place; if it is full, the guards will redirect you.

The meeting will begin with a series of general-interest talks Wednesday morning in the Melvin B. Gottlieb auditorium. On Wednesday afternoon, separate parallel sessions will address the more specialized interests of physicists and engineers. There will be tours for the engineers on Wednesday afternoon. A reception is scheduled from 6 to 8 p.m. at Prospect. Thursday will feature general tours plus a total of 77 poster exhibits displayed on all three floors of the LOB.

While we would like to invite all interested PPL staff to the auditorium sessions, it is obvious that our out-of-town guests have first call on the limited seating. Auditorium session and reception tickets for PPL employees will be available through departmental offices.

All interested staff members are cordially invited to visit the poster sessions during the meeting. In order to minimize crowding, staff members should try to schedule their visits on Wednesday or between noon and 3 p.m. Thursday.

At 12:45 on Wednesday (if we keep to schedule), about 285 hungry people will come out of the Melvin B. Gottlieb auditorium and head for the cafeteria. To cope with this problem, the organizing committee asks that regular users of the cafeteria plan to FINISH lunch a little before 12:45. The cooperation of all supervisors in rescheduling lunch hours on that day will be appreciated.

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PLEASE NOTE:

Cafeteria Hours Changed

In order to accommodate visitors during the upcoming information meeting at the laboratory, the C-Site cafeteria will open for PPL staff at 11:15 a.m. and close at 12:45 p.m. May 27. Employees are requested to arrange for an earlier lunch on that day.

Appointment Announced

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Professor Thomas H. Stix has been appointed Associate Chairman of the Department of Astrophysical Sciences at Princeton University. Professor Stix's responsibilities will be in the department's plasma physics program, where he will continue to serve as Director of Graduate Studies.

Dr. Stix succeeds Professor Melvin B. Gottlieb, who had held the post since 1967.

PPL Annual Picnic

The annual PPL Picnic is scheduled for June 20 from 1 to 8 p.m. Further information on the picnic will be announced in upcoming issues of the HOTLINE.

Help Available

Employees with questions about Blue Cross, Blue Shield, Major Medical and the filing of claims can get help from Eleanor Schmitt. Eleanor is available for consultation each Wednesday morning from 9 a.m. to noon in Room B-336A, LOB. She will be on vacation May 20 and 27.

Missing

LOST — A pink coral ring, left in the Theory Wing ladies' room. Great sentimental value. Please return to S. Bayer, Module II. No questions asked.

Ice Cream Truck Regulations

As we move toward the hot days of summer, PPL fire chief Jack Anderson reminds laboratory motorists that new state traffic laws are now in effect regarding ice cream trucks.

The new regulations require ice cream vendors to display flashing red lights (similar to those used on school buses) on the front and back of their vehicles when stopped to sell ice cream. A stop signal arm equipped with similar warning lights must also be extended from the left side of the truck.

Drivers approaching or overtaking a stopped ice cream truck must come to a stop, then proceed slowly past the truck. Motorists need not stop, but should proceed with caution when approaching an ice cream truck on a divided highway.

Violators of the new law are subject to a fine of up to \$100 for each offense.

Nursery School

Classes are filling now for the 1981-82 school year at the University League Nursery School, 171 Broadmead, Princeton.

The co-operative school offers classes for three to five year old children. Classes meet three, four or five mornings each week from 8:45 to 11:30 a.m. An optional two, three, four or five day non-co-op extended day program is also available from

11:30 a.m. to 1 p.m. Children bring their own lunches and enjoy a relaxed meal and after-lunch activities.

Since the school is organized on a co-operative basis, parents have the opportunity to contribute their own special talents, both in the classroom and in the maintenance and running of the school. Parents are welcome to visit during the school day to observe classroom activities.

Admission is open to both university and non-university families, and scholarship aid is available. To arrange a visit, or for more information on the remaining openings, call the school at 924-3137 or Lynn Geison at 921-6157.

Season Passes

PPL employees ready for a Great Adventure can purchase discount season passes to the Great Adventure amusement complex through the Personnel Office. The passes (which cover unlimited season admission to the safari park, the amusement park, and all shows) are available for \$34.95, a five dollar savings, if purchased before May 31.

Further information and applications for the season passes are available in the B-Site Personnel Office.

Tennis Picnic

PPL tennis buffs can get their tennis elbows in shape for the season while enjoying a day of family fun at the second annual PPL Tennis Picnic, set for May 30 at the Princeton University tennis courts.

The picnic offers players the opportunity to meet each other on a competitive basis. Tournament entrants will be assigned to one of four teams, representing the Theoretical, Experimental, Engineering and Administrative areas of the lab. An effort will be made to match players of similar ability.

Each entrant will play two singles matches and one doubles match during the event. Each match consists of a 10-game set; if a match is incomplete at the end of its one hour time slot, the player ahead

at the end of the hour will be declared the winner. Singles matches will be played in the morning and early afternoon, and will be followed by the doubles competition.

A picnic lunch will be provided, with a barbecue for players and their cheering sections beginning at 11 a.m.

The Tennis Picnic is open to all lab employees and their families. To enter the tournament, fill out the attached form and return it to Marilee Thompson (A-133, C-Site) or Masaaki Yamada (L-225, C-Site) by May 27. Each entrant must bring four dollars and a can of new yellow tennis balls to the tournament. A tentative playing schedule will be posted on the central bulletin board at C-Site on the Friday preceding the tournament.

The rain date for the Tennis Picnic is May 31.

Tennis Picnic Entry Form

Name: _____

Mail stop: _____

Phone: _____

Times you can/cannot play: _____

To The Editor of Hotline

Most people at PPL will probably divide their life roughly in quarters: one quarter to prepare for a career, two to practice it and one to enjoy the fruits of it. Many personnel policies reflect that norm.

It is sad to note, though, that based on national statistics, some 120 present staff members may be called out in the third quarter, due to tiny obstructions in the coronary arteries. When I mentioned the number 120 in an earlier letter to the Editor, one reader said it gave her the creeps. She inquired if there was anything one could do to reduce the incidence of heart attacks.

Fortunately, the answer is yes. Although Americans probably spend more money per capita on health care than anybody else, the national statistics of many other countries are better than ours. For example, in a laboratory identical to PPL but located in Greece, the above number of premature coronary deaths would be 30 instead of 120.

A logical first step towards the reduction of premature heart attacks would be to ask all PPL staff to have a chest X-ray. After all, chest X-rays have contributed significantly to a reduction in tuberculosis and other serious lung problems. Unfortunately, the same technique cannot be used for cardiology diagnostics since there is too little contrast between obstructions and normal artery tissues.

A second suggestion would be to inject iodine in the bloodstream prior to the X-ray. The blood in a healthy coronary artery would show up as a line of uniform width, while obstructions would cause the line to be narrower in spots. The idea works only if the iodine is injected directly into the heart immediately before the photograph is taken, and that requires that a catheter be inserted in an artery in the arm and pushed up to near the heart. An incision in an artery (on the high pressure side of the blood stream) is not a trivial procedure. That, coupled with the \$1,000 plus price tag, make coronary X-ray impractical for general diagnostics on individuals who otherwise appear healthy.

Since direct measurements are rather difficult, indirect methods are called for. Studies have been done on large groups of people who have stayed in one place for decades. Examples are the studies on about 5000 inhabitants of Framingham, Mass., which started in 1948; on railroad workers in seven countries; and on patients in two Finnish mental hospitals.

Several conditions each seemed to add a few per cent to an individual's chance of getting a heart attack in the future. These so-called risk factors were found to be progressively additive, meaning that a person with more than one risk factor carried total odds higher than the sum of the individual odds for each factor.

The chart lists the risk factors that have been indicated to-date. The first five are not controllable; the other six are. The numbers in the first

column on the right represent a man in his early fifties. Four near relatives and the man himself have had heart trouble before. His odds of having a heart attack in the next six years are 14:100.

If this same man had kept four risk factors under control for the past several years, as indicated in the column on the far right, his odds would now be 5:100.

If one assumes for the sake of argument that the staff at PPL contains one hundred members who are in roughly the same situation as this sample individual, then a shift in their controllable risk factors could save nine heart attacks (four to five deaths) in the next six years. That is worth thinking about.

E. deHaas

THEORY ON HEART ATTACKS SAMPLE APPLICATION OF THE RISK FACTOR

Risk Factors	Values for a Sample Individual	
	Present	Improved*
1. One or more near relatives has had a heart attack	4	4
2. The individual is a male	Male	Male
3. Age (risks increase with age)	51	51
4. Previous heart trouble	Yes	Yes
5. Diabetes	No	No
6. Elevated systolic blood pressure	140	130
7. Elevated blood lipid (fat) count (Unit: mg/100ml)	320	260
8. Smoking	10/day	0
9. Overweight	10%	0
10. Little exercise**	14%	5%
11. Rushed life**	Projected risk of a heart attack in the next six years.	

*See Text

**Item 10 and 11 are believed to contribute to the rate of heart attacks, but numerical data are not sufficiently well established to include them in the above chart.

Seminar Slated

Roberta Gernhardt from the main campus Personnel Office and Don Betterton, director of undergraduate financial aid, will present a seminar on "Financing Children's Education" in the M.B. Gottlieb auditorium.

The seminar, which will cover University-provided benefits and other financial sources available, will

be presented May 19 for employees whose last names begin with A through M. Employees whose last names begin with N through Z should attend the May 21 session.

Both sessions will be held from 3 to 4 p.m. in the auditorium.

SOSS Party

A party, sponsored by the Secretarial and Office Support Staff (SOSS) to celebrate National Secretaries' Week, was held in the cafeteria April 24.

The party honored those PPL employees "who make good sense out of nonsense," according to laboratory Director Dr. Harold Furth. Dr. Furth added that the laboratory secretaries "make this whole enterprise work. . .we keenly appreciate what you do."

During the entertainment portion of the party, Dee Hurley sang a song she composed in honor of secretaries. SOSS chairwoman Flo Short then presided over a drawing for several hanging plants. Winners included Mary Dyson, Joyce Lafharis, Helen Livernoche and Linda Sue Wilkinson. The SOSS also presented a plant to the cafeteria staff for catering the party.

The event was organized by party chairwoman Anne Golden, with help from co-chairwoman Ann O'Day.





Holiday Schedule

Lab employees will enjoy a total of four four-day weekends under the 1981-82 holiday schedule recently announced.

Holidays include Thanksgiving and the day after (November 26 and 27); Christmas Eve and Christmas Day (December 24 and 25); and New Year's Eve and New Year's Day (December 31 and January 1). July 3, September 7 and May 31 are also on the holiday schedule, as are two additional optional holidays.

The PPL Hotline is issued by the Princeton University Plasma Physics Laboratory, a research facility supported by the U. S. Department of Energy. Correspondence should be directed to PPL Communications Office, Module 2, C-Site, James Forrestal Campus, ext. 2754.