



HOTLINE

PRINCETON PLASMA PHYSICS LABORATORY

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Fire Prevention Week—October 7–13

Did you know that 6,700 people died and more than 30,000 were injured in fires nationwide last year? Of those fatalities, 5,500 died in residential fires. Every day, 1,500 American homes burn and more than eight million dollars worth of our possessions go up in smoke. Why?

about them. Whether on the job or at home, we should all be involved in fire safety.

In a home fire, your survival may depend on how well you and your family have learned the dangers of fire, and how well you have rehearsed your escape plan. You must be

responsible of the Emergency Services Unit. Everyone at the laboratory can -- and should -- contribute to increasing fire safety for us all.

Each year, fire service professionals have attempted to make America safer by strengthening fire standards and enforcing fire codes more stringently. Here at PPL, it is the ESU's intention to make you more aware of the dangers of fire on a continuing basis.

Do you know the PPL emergency number (ext. 3333)? Do you know a secondary means of escape from the building you work in? How about the types and locations of fire extinguishers?

Of primary importance in a fire, however, is to get out of



Carelessness or the lack of adequate fire education are not acceptable excuses. The needless pain and suffering endured by our neighbors and loved ones, as well as the destruction of their property, must come to an end.

How can we prevent the ravages of fire? It's not as difficult as you might think. Each of us shares the responsibility for recognizing potential hazards and doing something

prepared to react without panic in a calm, deliberated manner. It isn't easy; that's why practice is so important. A small investment of time now may save your home -- or your life -- in the future.

Fire safety on the job is just as important as it is at home. In order for fire control to be effective at PPL, the entire Forrestal Campus must work together. Fire prevention should not be the sole



the area and call for help. NEVER assume that someone else has made the call; make it yourself. When a PPL Security officer answers, speak slowly and clearly. Provide all the information Security asks for, and let them hang up first.

Remember, every effort is being made to achieve fire safety through fire prevention and fire education. Those resources are available to you through the Emergency Services Unit. The time to seek that information is now!

Captain John Glasson, ESU Fire Prevention Chairman.

Are You Available? We Are!

When you call us for help, we never turn you away. Now we're asking for your help.

The ESU provides fire protection and emergency medical care to the Forrestal Campus. The unit is currently seeking volunteers to staff the fire brigade and medical services unit.

If you have previous fire, first aid, or rescue skills, then the ESU needs you. Training in all aspects of firefighting, as well as first aid and rescue, is provided by the unit. As a member of the ESU, you can learn valuable skills while providing a meaningful service to the laboratory.

If you are willing to show your concern for others, please contact Jack Anderson at Emergency Services Headquarters, ext. 3166, or stop by the Headquarters building during Fire Prevention Week. We will have someone available to take your application and answer any questions you may have about the Unit. Get involved!



DATE	TIME	ACTIVITY	LOCATION
October 8	9-11 a.m. and 1-3 p.m.	Open House: Safety Tips, Brochures, Tot Finder Stickers, Refreshments	ESU Headquarters
	10 a.m., noon and 2 p.m.	Fire Extinguisher Training	ESU Headquarters
October 9	9-11 a.m. and 1-3 p.m.	Open House: Safety Tips, Brochures, Tot Finder Stickers, Refreshments	ESU Headquarters
	Noon-1:30 p.m.	Films and Slides on Fire Safety; Free Handouts	Sayre Hall
October 10	1-1:30 p.m.	Emergency Preparedness Plan Fire Drill	LOB
	1:30 p.m.	Demonstration of Rapid Intervention Vehicle	LOB
	1:30 p.m.	Hazardous Materials Team and Heavy Rescue Team Displays	LOB
October 11	9-11 a.m. and 1-3 p.m.	First Aid Demonstration; Blood Pressure Tests; Free Handouts	LOB Lobby
	11 a.m.-1 p.m.	First Aid Demonstration; Blood Pressure Tests; Free Handouts	B-Site Cafeteria



Bus Service Begins



A commercial firm -- Princeton Area Transport (PAT) -- is now providing scheduled bus transportation between local Route 1 hotels and downtown Princeton. At present, hourly service is available from approximately 10 a.m. to 4 p.m.; PAT hopes to expand this to cover 8 a.m. to 8 p.m. at some future date.

The laboratory has made arrangements for PAT to add a bus stop to serve Forrestal Campus. A bus shelter, located near the Forrestal Gun Club, serves as the "transfer point" for the PPL shuttle and the new service. PAT will make hourly stops at Forrestal beginning at 9:55 a.m. and ending at 3:55 p.m. Copies of the PAT schedule and route are available from the C-Site receptionist.

Mary Dyson is coordinating graduate student use of the PAT system for transportation to Main Campus. Any comments or suggestions that will make the service more beneficial should be directed to her at ext. 2489.

Airport Transportation

Scanticon-Princeton recently announced that Salem Transportation is providing service to three metropolitan airports for the convenience of Scanticon guests and area corporations.

Salem Transportation makes daily scheduled trips that link Scanticon with Newark, Kennedy and LaGuardia airports. The Scanticon stop is the only one Salem Transportation makes in the Princeton/Plainsboro area.

Direct service to Newark Airport begins daily at 5:45 a.m.; the last run to the airport is made at 7:45 p.m. Return trips from Newark to Scanticon are made every other hour beginning at 9 a.m. and concluding at 11 p.m. Each one-way trip costs \$14 per person.

Direct daily trips are also made between Scanticon and New York's Kennedy Airport. Outbound trips are scheduled at 2:15 and 4:15 p.m.; the only return trip from Kennedy occurs at 6 p.m. There is a \$24 one-way charge on the Kennedy-Scanticon run.

No direct service is available from Scanticon to LaGuardia Airport, but travelers may connect with a Newark-Scanticon departure and continue on to LaGuardia from Newark.

For a complete trip and price schedule, contact Scanticon at 452-7800.



Thank You

Pat Zeedyk of Transportation Services offered her thanks to all those who participated in the National Safety Council's annual Make-it-Click campaign. The campaign focused on increasing seat belt use, with drivers pledging to buckle up for a two-week period. Pat, who coordinated the campaign at the laboratory, received 180 pledges between July 24 and September 1.

Pat extended special thanks to Meg Gilbert "for helping us to reach as many people as possible," and to Gail Marshall, "our sweetheart receptionist, who made pledges available to all those who passed her way."

New Cafeteria Hours

Operating hours at the C-Site cafeteria have been expanded on a trial basis. Snacks and beverages are now available from the cafeteria during break time. The new cafeteria hours are:

Breakfast	7:00 a.m. - 8:45 a.m.
Snacks & Beverages	8:45 a.m. - 11:30 a.m.
Lunch	11:30 a.m. - 1:30 p.m.
Snacks & Beverages	1:30 a.m. - 3:30 p.m.

Despite the expanded service hours, breakfast and lunch menus are only available during those scheduled times. If employees make use of the cafeteria during the trial period, C-Site cafeteria hours will be permanently expanded.

The PPL HOTLINE is issued by the Princeton University Plasma Physics Laboratory, a research facility supported by the United States Department of Energy. Correspondence should be directed to PPL Information Services, Module 2, C-Site, James Forrestal Campus, ext. 2754.



VDT Breaks Can Revitalize

Breaks from work can be a time for stretching muscles, or slipping away for a quiet moment of solitude. Work area "minibreaks" can help keep your eyes, mind and body refreshed and energized.

The National Institute for Occupational Safety and Health (NIOSH) suggests that video display terminal (VDT) users have a scheduled break after every couple of hours of uninterrupted VDT work. You can make the most of your break time by stepping outside or exercising to restore circulation and revitalize tired muscles.

While at work, you can reduce eyestrain by taking vision breaks. Simple eye "exercises" can be done for less than a minute, every twenty minutes or so. One valuable exercise is palming; simply cup your hands and place them lightly over your closed eyes. Relax for one minute.

Changing focus is another way to give your eye muscles a chance to relax. Simply glance across the room or out the window from time to time, and look at an object at least 20 feet away.

If you would like a copy of exercises for VDT minibreaks, contact Mary Ann McBride at ext. 3468.

Squash Champ

Neil Pomphrey of the Theory Division quashed five opponents on his way to first place in a squash tournament sponsored by the Central New Jersey Squash Racquet Association (CNJSRA).

Squash is an indoor sport, played with a racquet similar in length to a tennis racquet, but with a head size more closely resembling a racquetball racquet. Players carom a squash ball around a four-walled court; the ball must strike the front wall above an 18-inch high line. Points in the "international" game are scored only by the player serving; the first player to score nine points wins a game.

Although squash is similar to racquetball, there are some essential differences. "In squash, the ball is easier to control, so it doesn't return off the back wall so often. That allows a player to more consistently hit to any corner of the court," Neil says, "and creates more movement of the players on the court."

"It's a game in which movement is at a premium," he continued. "Many shots are made when the player is fully stretched out. You take two or three quick steps to reach the ball. You're often playing when your lungs are hurting because you're in oxygen debt."

Neil was seeded number two in the 32-player CNJSRA tournament field. After five matches, two of which his opponents forced to five sets, Neil captured the tournament crown.

Tournament contestants were seeded on the basis of their winter league performance, as well as their summer play. Approximately 100 players participate in winter squash leagues, which generally run from November through March. "In fact, one of the largest squash complexes is located right here in Princeton's Dillon and Jadwin Gyms," Neil pointed out. "That's where the annual state tournaments are held."

Anyone interested in learning more about squash, or in playing in the CNJSRA league, can get further information by contacting Neil at ext. 2604 or league president Brad Caswell at 609-683-0060.

Harold's Hitmen

Harold's Hitmen lived up to their name during the championship game of the PPL Intramural Softball League. The Hitmen, who had lost to the CICADA team twice during regular season play, blanked CICADA 4-0 to capture the league crown for the third time in four years.

The Hitmen finished on top of the four-team league with a 7-2 record. Other teams playing in the league were Power Engineering, the RF Sluggers, and CICADA.

Members of the Hitmen, captained by Matt Lawson, were John Luckie, Jose Aquino, Scott Larson, Frank Wasiowicz, Peggy Fisher, Jim Watson, Rich Meagher, Andy Vanisko, John Opperman III, Buddy Kearns, Ed Bush, Sal Brizuela, Jerry Siminoff, Jack Thompson, Jerry Williams, and George Dowers.

Volunteers: People People

The following volunteer listings were supplied to the HOTLINE by the Voluntary Action Center (VAC) of Morris County. For further information on any activity, contact the VAC at 201-538-7299.

Habla Espanol? If you speak fluent Spanish, the speakers' bureau of a consumer education program needs you. You will receive training on effective public speaking and consumer education. Your speaking schedule can be tailored to your availability.

If you're a good organizer, try out your talents as local chairperson of a national health group. You'll chair a committee, set policy guidelines, schedule training programs, and plan publicity. An office and desk are available, or you may work out of your home if you prefer.

Interested in interviewing? Then volunteer as a doctor's assistant in the women's clinic of a local agency. The only skill you need is the ability to respect and maintain patient confidentiality. Training sessions will be held October 9 and 16 from 6 to 9 p.m. After training, donate only three hours of your time any Monday, Tuesday, or Saturday.

The following volunteer listings were provided by the Princeton Area Council of Community Services. For further information on any volunteer position, contact each agency directly.

The Better Beginnings Child Development Center is an educational preschool program in Hightstown/East Windsor. The center needs chaperones for trips, assistants during parties and storytime, English tutors for Spanish-speaking children, and workshop leaders. To lend a hand, call 609-448-6226.

The Family Counseling Service of Somerset County is a nonprofit private social agency helping families under stress by providing professional counseling and family life education programs. Individuals from Montgomery, Rocky Hill, and Griggstown are being sought to serve on the agency's board of trustees. To volunteer your abilities, call 201-356-1082.

The Forum Project operates an emergency food program, providing free food to Trenton area residents in crisis situations. The Project also offers counseling, job readiness training, and various referral services to the disadvantaged. Volunteers are needed to do clerical work, record keeping, emergency food package preparation, and fund raising planning. A volunteer certified public accountant is also being sought to conduct the organization's annual audit. To offer your aid, call 609-393-3544.

An exhibit of wood and linoleum block prints created by Erika Wagner are on display in the Dorothy Brown Room at the Princeton Uni-

versity League offices, 121 Broadmead. The exhibit, which runs through November 1, may be viewed from 9 a.m. to 1 p.m. Monday through Friday.

"Wind Waves," an exhibit of translucent drawings and sculptures by artist Caroline Greenwald, opened the thirteenth season of The Squibb Gallery. The artworks have been created from the translucent handmade Japanese paper called washi.

The Squibb Gallery is located in the Squibb Corporation on Route 206, three miles south of Princeton. Gallery hours are 9 a.m. to 5 p.m. Monday through Friday, with extended hours until 9 p.m. Thursday. The Gallery is open on weekends from 1 to 5 p.m.

Transitions

The HOTLINE staff congratulates these staff members, who have recently become proud parents:

Greg Nixon, whose son, Greg, was born June 19;

Kathy and Pete Haney, whose son, Ryan, was born July 17;

Ned Sauthoff, whose daughter, Ana Maria, was born August 2;

Sharon Hughes, whose daughter, Elizabeth, was born August 14;

Mark Tanenbaum, whose daughter, Heather, was born August 23; and

Ed Semeta, whose son, Brian, was born September 12.

United Way Agency Eases Fears Of Latchkey Children

The massive increase in both housing and business development in the greater Princeton area has been accompanied by a problem that threatens children's lives and safety. The problem concerns parents, harms entire communities by increased vandalism and school discipline problems, and affects businesses by distracting employees from their work.

This is the problem of latchkey children -- youngsters who are left alone before or after school while their parents go to work. The situation has always existed, but its scope has blossomed as more mothers join the workforce, more single-parent families are formed, and after-school programs remain unavailable or unaffordable. In fact, statistics reveal that nearly one out of three children are left alone during some part of each day.

Responding to the growing number of latchkey children in the greater Princeton area, the United Way-Princeton Area Communities funds the Camp Fire agency. Camp Fire offers programs to help parents and youngsters cope with the special challenges associated with latchkey children.

Camp Fire's latchkey program provides information, instruction and reinforcement for children who are, or may be, left at home alone. It offers professionally taught self-reliance courses for youngsters, which include:

I CAN DO IT: Designed for children ages five through 12, I CAN DO IT involves small groups of children in meetings with a trained instructor one and a half hours a week for

five weeks. Topics such as walking to and from school, identifying strangers, being at home alone, asking for help, answering the door or phone when alone, reacting to emergencies, and basic first aid are covered.

CAUTION WITHOUT FEAR: This is an in-school program for children in kindergarten through sixth grade. Youngsters learn how to handle advances by strangers, possible abduction by a stranger, separation from their parents while shopping, answering the phone or door when alone, and self-defense techniques.

CORPORATE EMPLOYEES SEMINARS: These seminars can be arranged during lunch hours, or before or after work hours. They are designed to help parents prepare children for being alone, handling threatening situations, getting help, and handling stress. Self-protection for the child is demonstrated, along with ways of preventing child abduction.

More information on these programs is available by contacting Camp Fire at 609-392-6138.

The United Way has also compiled this parents' checklist for dealing with the special problems latchkey children encounter:

1. Explain to youngsters why they are being left at home alone. Don't pass your fears or anxieties on to your children; talk about your concerns and their fears.

2. Discuss what your children should do if they lose their keys, become ill, cut themselves, or cannot reach you. Give instructions to every child, not just the eldest.

Each child should know what to do in an emergency.

3. Leave your work number beside the telephone, along with the numbers for the police, the fire department, and a neighbor.

4. Practice what to do in an emergency. Teach your children how to dial emergency phone numbers and ask for help. Let them practice these procedures by calling a friend or neighbor acting as the operator or fire department. Make sure your child does not tell callers your name or address, or that you are not home.

5. Parents should arrive home on time. Children feel somewhat secure as the expected time of their parents' arrival approaches, but become frightened after that time. A child's imagination is especially vivid; if you are going to be late, call your child to prevent unnecessary fearfulness.

6. Organize your child's time. Try to arrange for after school activities at the library, at a youth club, or with a friend. If you prefer your child to come home and stay home, leave a note and preplan games, simple household chores, or school work as a time filler.

7. Adopt a pet. Even a small animal will reduce a child's loneliness and help cope with fear.

8. Praise your child when responsibilities such as feeding the cat, making the bed, doing homework, or answering the phone properly are completed.