

## Events of a Decade Recorded

# HOTLINE Celebrates Tenth Anniversary

1979

First issue of *PPL Hotline*

ACT-1 (Advanced Concepts Torus-1) produces first plasma

1980

PLT achieves 82,000,000 °C — beats 1978 world record

T.H. Stix receives James Clerk Maxwell Prize in Plasma Physics

President Jimmy Carter signs the Magnetic Fusion Energy Engineering Act

H.P. Furth named to succeed M.B. Gottlieb as PPPL Director

Melvin B. Gottlieb retires as PPPL Director

1981

Former President Jimmy Carter visits PPPL

First TFTR Motor Generator tests successful

1982

New Jersey Governor Thomas Kean visits PPPL

TFTR first plasma

1983

TFTR Dedication

S-1 Spheromak produces first plasma

P.H. Rutherford receives E.O. Lawrence Memorial Award

1984

PBX produces first plasma

PLT sets radio-frequency heating record

PPPL achieves 1,000,000 manhours without a lost time accident

1985

PPPL suffers first reduction-in-force

PPPL receives National Safety Council's Safety Award of Merit

1986

Opinion Research Corporation conducts PPPL Employee Attitude Survey

TFTR produces record plasma temperatures of 200,000,000 °C

Laboratory consolidation efforts begin

PLT shuts down

1987

Laboratory consolidation efforts completed

Picosecond Laser System produces "first plasma"

S-1 Spheromak shuts down

1988

PPPL achieves 1,000,000 manhours without a lost time accident



*"Welcome to the PPL Hotline. The PPL Communications Office is please to introduce this new publication designed to inform staff on a more timely basis." Thus, on December 18, 1979, the PPL Hotline was introduced to the employees of PPPL.*



*Have  
a Safe  
Holiday  
Season*

## Countertop Device Measures Cholesterol

The PPPL Medical Office has recently acquired a new tool for use in PPPL's developing Wellness/Fitness Program. Called a Reflotron, the breadbox-sized countertop device measures blood cholesterol level from a few drops of blood. "It's a very useful screening device, said Dr. Caruso, PPPL's Medical Director. "Now getting a cholesterol count is as easy as having your blood pressure taken and almost as fast. We received our Reflotron about six weeks ago and already we've tested about 60 individuals," he said.

The Reflotron is accurate (to within  $\pm 5\%$ ), very easy to use, provides immediate results, and is less expensive than the previous procedure of drawing blood and sending it out for analysis.

After taking a few drops of blood from a fingertip, the nurse or doctor smears a "chemical stick" and inserts it into the machine. As the machine measures the color changes, it continuously blinks red numbers on its digital counter. After about three minutes, the process is completed, and the cholesterol level is recorded. "If an individual receives a high reading, we will advise him or her to see their personal physician for further tests, evaluation, and possible treatment," Caruso said.

"We do not take the place of the employee's private physician," he stressed. "We're here to help people evaluate their personal health risk factors, such as cholesterol level, blood pressure level, and weight control. By using various simple screening devices we can let a person know if they have any high risk factors and, if necessary, encourage them to follow up with their own doctor," he said.

If you would like to have your cholesterol level check, call the dispensary at extension 3200 for an appointment. While you're there, why not have your blood pressure checked too?

## Bill Zimmer: Machinist, Mummer, Military Man

by Phyllis Rieger

If you ask Bill Zimmer what he does in his spare time, be prepared for a lengthy list. The robust machinist is a teacher, national guardsman, fireman, soccer coach, Shriner, and mummer. He's also the father of six, four boys and two girls, who range in age from 22 years to 19 months. "But two are in the Navy now. One stationed at Groton and the other in South Carolina," said Bill proudly.

For 18 years, Bill has played an active role at the New Jersey Military Academy where currently he is an NCO (non commissioned officer) in charge of the Basic NCO course and the Instructor Trainers' course. In his teaching, he focuses on leadership, weaponry, communications and combat techniques. In those 18 years he has seen changes and he likes what he sees.

He said, "Camaraderie is coming back. People care about the people they work with. They try to get them trained and educated. A lot of guys that we trained in the Basic NCO course have gone back to their units to help others."

When he's not training or drilling, Bill coaches recreational league soccer for five and six-year-olds or he may be fighting fires in his community of Bricktown. He's been a volunteer fireman for 18 years and is a former president of the fire company.

Besides these activities, Bill "struts his stuff" as captain and leader of the 48-member Shriner Crescent Temple String Band. The Shriners are a part of the Mason's, a national fraternal organization known for its civic mindedness and fun-loving qualities. For those not from Philadelphia, a mummer might be described as a special merry-maker, dressed in an elaborate costume of satin, bedecked with sequins and feathers, who dances and prances around doing what's called the "Mummer's Strut."

"Each outfit costs about \$2,000," explained Bill who said he's only been a mummer since 1985 although his grandfather was a founder and captain of the Garden State String Band. "One of the reasons the costumes are expensive is that the ostrich feathers have to be imported from Australia and there aren't all that many ostriches around anymore. Also the feathers are gray and have to be bleached, and then dyed to match an outfit, or rebleached to crystal white. Each feather costs about \$8."

He pointed out his backpiece may weigh as much as 50 pounds and he built a special harness to help him carry it. "Since I don't play a musical instrument, I get to strut around as captain," said Bill who travels frequently with the band. "Last year we went to Los Angeles and the people there hadn't seen anything like the Mummies. We all had fun just



(Photo by John Peoples)

**Machinist Bill Zimmer is a volunteer coach, fireman, mummer, etc. in his spare time.**



Continued on Page 3



**Bill Zimmer "struts his stuff" as captain and leader of the Shriner Crescent Temple String Band.**

watching the people mesmerized by our performance." The band also competes in contests around the country.

At other times, the band travels to nursing homes and veterans centers, and Bill said, "I see a lot of PPPL retirees at different parades, usually the ones at Hamilton Square and Burlington." He also sees many of his coworkers at events. "Some people here know I'm a mummer because I sometimes dress up in my costume after work if I'm on my way to a performance."

The money from the band's performances goes to Shriner hospitals which specialize in treating handicapped children. "We especially try to help people who can't afford the treatment our hospitals have to offer," said Bill who explained it was someone once again mistaking him for his identical twin brother that got him involved in the Shriners.

"My twin works at IBM on College Road," said Bill and someone at the barber shop thought I was him and started telling me about joining the Shriners."

Whether it's his involvement in the Shriners or the fire company or the National Guard, Bill Zimmer shows that a lifelong commitment to volunteering can be personally satisfying and fun.

## Safety Training

The Safety Office has scheduled the following safety training courses for January 1990:

<u>Course</u>	<u>Date/Time/Location</u>
Confined-Space Entry	11, 18, and 25 Jan Time and Place to be Announced Call Sue Hill, ext. 2526
Radiation Safety	22-24 Jan, 8:30 a.m.-12:00 noon Theory Conference Room
Basic Safety	15 Jan, 9:00-10:00 a.m. Safety Office Conference Room D-Site
CPR Training	Date to be Announced Call Sue Hill, ext. 2526

Employees must obtain permission from their immediate supervisor to attend these classes. Supervisors should call Sue Hill at extension 2526 to enroll their employees.

## Cafeteria Menu Week of January 2, 1990

Item	Monday	Tuesday	Wednesday	Thursday	Friday
Soup #1 (\$1.80)	HAVE	Cream of Tomato	Garden Vegetable Low sodium	Italian Lentil	Manhattan Clam Chowder
Soup #2 (\$1.80)	A	French Onion	Cream of Tomato	Garden Vegetable Low sodium	Italian Lentil
Entree #1	SAFE AND	Oven Roasted Chicken w/Veg. \$2.75	Swedish Meatballs w/Noodles \$2.70	Tortellini Alfredo w/Garlic Bread \$2.70	Catch of the Day \$2.85
Entree #2	FUN-FILLED NEW YEAR!!	Beef Enchilada \$2.75	Western Omelet w/French Fries \$2.40	Veal Parmegiana w/Spaghetti \$2.75	Chicken Tattazini \$2.70
Dieter's Special		1/2 Roast Chicken w/Veg., Roll 247 cal. \$2.75	Chicken Salad Flatter w/Fresh Vegetables 308 cal. \$2.09	Tuna Crowned Tomato 335 cal. \$2.05	Broiled Fish w/Veg., Roll 273 cal. \$2.85
Hot Sandwich		Bacon-Cheese Dog \$1.45	Tuna Melt \$1.95	Garden Burger \$1.60	Cheese Steak \$1.89
Cold Sandwich		Ham and Swiss w/Let., Tom. on Croissant \$2.05	Roast Beef Club \$2.40	Genoa Salami and Provolone \$1.85	Hot Buffalo Wings w/Celery \$2.25
Salad by the Ounce (18¢ per ounce)		Carrot and Raisin	Marinated Vegetable	Homemade Pasta	Coleslaw w/Caraway
Breakfast Specials		3 Pancakes 1 Sausage Small Coffee \$1.93	2 Eggs, Ham and Cheese on Kaiser Roll, Small Coffee \$1.93	2 Eggs, Hash-browns, Toast Small Coffee \$1.93	2 French Toast 2 Pork Roll Small Coffee \$1.90

**Merry Christmas and Happy Hanukkah**



# Enjoy Partying

*(Without Gaining Weight)*

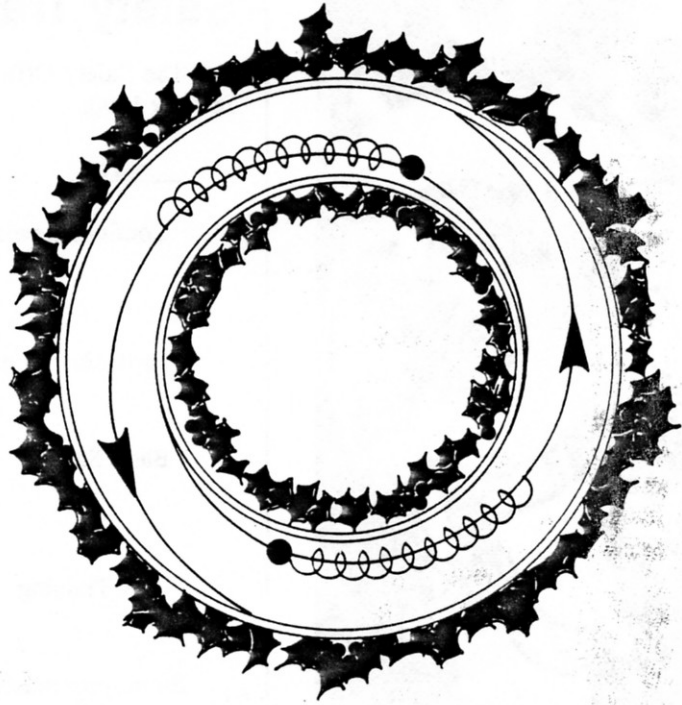
There's more to the holiday season than chestnut stuffing, marzipan cookies, roast goose, little chocolate bells wrapped in foil, and candy canes.

'Tis the season to be jolly, but not necessarily to stuff your face. In other words, it IS possible to have a fun and memorable holiday season without gaining 15 pounds by the time New Year's Day rolls around.

While few people would suggest the month of December as the ideal time to begin a diet, there's no need to sabotage a diet in progress or to be forced to go on one next month simply because of damage done now. All it takes is a commitment to good nutrition and a few suggestions:

- **Increase your exercise.** If you burn up more calories, you can sneak that extra helping of gravy onto your plate. Promise yourself that for the month of December you will skip the elevator and hike up the steps; park in the last row of the parking lot and walk briskly to your office. Even little adjustments help.
- **Focus on other aspects of the holiday besides food.** Promise yourself, for example, a new outfit to wear to the company Christmas party; but also promise yourself you'll be good at the party!
- **Eat before you go.** Have dinner before the party so you won't be tempted by high-calorie treats.
- **Hang out by the raw vegetable platter.** Instead of planting yourself in front of a buffet table or next to a platter of pizza appetizers, stand near the vegetable tray and snack to your heart's content on raw veggies. A word of caution, however; go easy on that tasty dip. It's probably laden with calories.
- **Stick to wine spritzers, diet soda, or mineral water.** This not only makes sense, calorie wise, but also makes for safe advice if you have to drive home.
- **Reduce portion sizes.** If you can't say no to that mince meat pie or fruit cake, then the next best thing is to eat just a sliver. But, dieter: Know thyself! Some people can't eat just a little piece, and if you're one of those, then it's better not to take even a taste!

But, perhaps, the best advice of all is to focus on the spirit of the holiday season—not the food that goes with it.



*Season's Greetings*

*Have a good holiday.  
Best wishes for 1990!*