



REHEARSAL IN PROGRESS — Walter Unterberg, new conductor for the Cerro Coso Community College/Desert Community Orchestra, concentrates on the music during a regular Monday night practice. — Photo by Jeff Johnson

### Musicians sought for College/Desert Community Orchestra

Interested in joining an orchestra? The Cerro Coso Community College/Desert Community Orchestra, under the direction of conductor Walter Unterberg, is looking for musicians to join them every Monday evening from 7 to 10 o'clock during rehearsals at Cerro Coso College lecture hall. Just bring yourself and your instrument next Monday and prepare for an evening of musical enjoyment. Solo opportunities for qualified orchestra members are available.

Several free concerts are scheduled beginning with a "Pops Concert" on Saturday, September 12 at 7 p.m. at the Commissioned Officers' Mess. Music by Anderson, Copland, Gliere, Loewe, Luigini, Mozart, Suppe and Waldteufel will be featured this evening.

fall concert is scheduled for 4 p.m. in the Cerro Coso College lecture hall. Music selections from compositions by Massenet, Nicolai, Schubert and Vivaldi will be featured. A series of concerts is also scheduled this season on Sunday afternoons at 4 p.m. at the Cerro Coso College lecture hall. They are slated for December 13, March 7 and May 9. For more information about the Cerro Coso Community/Community Orchestra, contact Lou Ava Seybold by calling 375-7455.

FOR NAVY NEWS  
**P.A. LINE**  
X 2345

### Weekend Roundup

Looking for something to do this weekend? There are several events happening around the Indian Wells Valley to suit every taste — from sporting events to mud wrestling. China Lake Little League will be playing a game Saturday night at 7 o'clock at Diamond 4 with the winner of another game scheduled earlier. Everyone is invited to come and cheer for their favorite team during this game, which precedes the All-Star games to be held on July 21 and 22. The Ridgecrest Recreation high school basketball team will be hosting a basketball tournament this afternoon, tonight and tomorrow morning. Participating teams will be Burroughs, Victor Valley, Bishop and Santa Clara from Oxnard. This afternoon at 3 o'clock Burroughs will take on Bishop, followed by a match of Santa Clara versus Victor Valley at 4:15 p.m. Tonight at 7 p.m. it will be Bishop against Santa Clara followed at 8:15 p.m. by Bishop versus Victor Valley. The tournament will be held at the Center Gymnasium. Tonight is Membership Night for members and guests at the Commissioned Officers' Mess featuring "Walls of Fire," a 5-piece oldies and goodies band. Reservations for this evening of dining and dancing are required. A buffet dinner with a menu consisting of baron of beef, oven baked potato, garden vegetable, hot rolls, tossed green salad and coffee or tea begins at 6:30 p.m. and continues until 9:30 p.m. Dancing is from 8 p.m. to midnight. Tony Scanlin and his 3-piece country/western band, "Sunlight," are scheduled to appear again at the Chief Petty Officers' Club this evening. Sunlight will perform for the members and guests in attendance from 8:30 p.m. to 12:30 a.m. Earlier this evening, from 6 to 8:30 p.m., the CPO Club chef will prepare a dinner of prime ribs of beef or Icelandic Cod for those who wish to dine out. "Mud Mania," a female mud wrestling group from Los Angeles, will perform at Joshua Hall tomorrow night at 8 p.m. Tickets for this unique form of entertainment sponsored by the High Desert Sports Association can be purchased at Sports of All Sorts, 237 Balsam St. and at The Entertainer, 235 N. China Lake Blvd. The price of admission is \$8 for tickets bought before the performance and \$10 for tickets bought at the door. Proceeds from "Mud Mania" will help build softball fields in Ridgecrest. The Indian Wells Valley 13-year-old All Stars play their first game tomorrow at 12:30 p.m. in Granada Hills against Quartz Hill. Fourteen year old All Stars play Lancaster at Joshua Elementary School in Lancaster this Wednesday at 8 p.m. Everyone is welcome to come and cheer the local teams to victory.

### 'Yellow pages' phone directory planned by local Women's Cntr.

Women's Center — High Desert is in the process of compiling a "yellow pages" telephone directory which will list businesses owned by women and businesses with services for women. The directory will be printed in late August. In its third year, the Women's Center is primarily an information and referral center. Resources ranging from battered women's shelters to child care facilities are kept on file and constantly updated. A non-profit organization, the Women's Center — High Desert holds the distinction of being the only women's center in California that operates entirely on membership fees and donations. All businesses interested in being listed in the telephone directory are urged to contact the Women's Center by calling 375-7525. There is no charge to businesses that are listed in the directory. Modeled after a similar publication in the Bay Area, the women's "yellow pages" will feature hard-to-find services as well as traditional businesses. Quilt-making, interior decorating, child care, freelance art, pet care and catering are among the categories to be listed in the telephone directory. Owners of hair salons, apparel stores, day care centers, secretarial services and specialty stores are also encouraged to list their businesses. Businesses owned or partially owned by women are sought for the "yellow pages".

Blue Cross-Blue Shield representative due Wed. Robert C. Herb, a Blue Cross-Blue Shield insurance field representative, will visit the Naval Weapons Center on Wednesday, July 22. Herb will be in the Personnel Building conference room from 8 a.m. to 12:30 p.m. on that day. Those wishing to see him can make an appointment to do so by calling Eileen Baird at NWC ext. 2592 or 2018.

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KISS OF LIFE — Resusci-Anne is "brought back to life" during a cardio-pulmonary resuscitation training class held at the Shoe Box in the Sierra Vista Shopping Center last Sunday. During the day 70 persons were certified through CPR training classes, and another 138 had their blood pressure taken. Of these, about 10 percent were referred to their physician because of high blood pressure. Nutrition counseling regarding a healthy diet for hearts was also provided during "Heart Awareness Sunday." — Photo by Jeff Johnson

### CLOTA needs directors for local productions

The Community Light Opera and Theatre Association (CLOTA) is looking for persons interested in becoming directors for local stage productions. If anyone has had theatrical experience of any kind or if anyone has done film directing and would like to try stage directing, please contact CLOTA by writing to P.O. Box 967, Ridgecrest, CA 93555, or call Deanna Ripley-Lotee after 6 p.m. at 375-7224. Your response is needed no later than July 31.

**MOVIES**  
ALL AGES ADMITTED  
General Audiences  
PG: ALL AGES ADMITTED  
Parental Guidance Suggested  
R: RESTRICTED  
Under 17 requires accompanying Parent or Adult Guardian  
Regular Starting time — 7:00 p.m.

FRIDAY	JULY 17
"THE SEDUCTION OF JOE TYNAN" Starring Alan Alda and Meryl Streep (Drama, rated R, 107 min.)	
SATURDAY	JULY 18
"THE STUNTMAN" Starring Peter O'Toole and Steve Railsback (Action-comedy, rated R, 131 min.)	
SUNDAY	JULY 19
"JESUS" Religious documentary drama (Rated G, 116 min.)	
MONDAY	JULY 20
"THE MIRROR CRACKED" Starring Angela Lansbury and Rock Hudson (Mystery, rated PG, 106 min.)	
TUESDAY	JULY 21
2 p.m. Matinee "THE EMPIRE STRIKES BACK" Starring Mark Hamill and Harrison Ford (Space adventure, rated PG, 125 min.)	
WEDNESDAY	JULY 22
"SURVIVAL RUN" Starring Peter Graves and Ray Milland (Action-drama, rated R, 89 min.)	
THURSDAY	JULY 23
2 p.m. Matinee "OH HEAVENLY DOG" Starring Chevy Chase and Benji (Comedy-mystery, rated PG, 103 min.)	
FRIDAY	JULY 24
"NORTH DALLAS FORTY" Starring Nick Nolte and Mac Davis (Comedy-drama, rated R, 118 min.)	
SATURDAY	JULY 25
SEE THURSDAY MATINEE 7 p.m.	
SUNDAY	JULY 26
"XANADU" Starring Olivia Newton-John and Gene Kelly (Mus-fantasy, rated PG, 96 min.)	

U.S. Government Printing Office: 1981—No. 34

From: \_\_\_\_\_ PLACE STAMP HERE

To: \_\_\_\_\_

### Welcome, neighbor!

## Fort Irwin reopens, now is Army National Training Center

The Naval Weapons Center's neighbor to the southeast, Fort Irwin, ceremoniously came to life once more on July 1 as Brigadier General James T. Bramlett assumed active Army command from Brigadier General Irving J. Taylor. Fort Irwin is now the Army National Training Center (NTC), ending 10 years of control by the California National Guard. Under the NTC concept, it is planned that

every Army heavy combat battalion in the continental United States will rotate through Fort Irwin for two weeks of intensive training once every 18 months. The rotating units will use a specially instrumented live fire training area and face the NTC opposing force, consisting of the 6th Battalion, 31st Infantry (Mechanized) and the 1st Battalion, 73rd Armor.

Opposing Force soldiers will wear distinctive uniforms, use visually modified equipment that resembles Soviet-style armor, and be trained in Soviet military tactics. Force-on-force and live fire battles will be video recorded during NTC training. Rotating unit participants will be able to review and critique their tactics and performance and will receive a take-home

data package for use in training planning at their home stations. The NTC was activated at Fort Irwin last October. Most of the fort's facilities had been closed and were in need of rehabilitation. Since then, about 1,700 soldiers have arrived at the NTC and many of the facilities have been renovated and opened. By the end of summer, Fort Irwin's military population will be about 3,000.



### Hattabaugh receives award for outstanding service

A surprised Bill Hattabaugh was presented the Navy Meritorious Civilian Service Award by Capt. Jude Lahr, NWC Commander, at a farewell party Tuesday honoring the departing Test and Evaluation Director. The Navy Meritorious Civilian Service Award is the highest award that may be granted by heads of activities. As Capt. Lahr made the presentation, he commented that he had known Hattabaugh for many years, and regretted seeing him leave the Center because "when you lose someone in the family, that's tough, and Bill

programs and activities throughout his 21 years at China Lake. The presentations were led by Capt. Ron Shields from Washington who expressed the appreciation of the Naval Air Systems Command for his work. Bill Richardson from the Office of the Secretary of Defense (OUSDRE) noted that "he's the sort of a guy we could always call on when we needed help." Burrell Hays, Deputy Technical Director and head of the Laboratory Directorate, served as a jovial master of ceremonies. He echoed the feeling of all the presenters in expressing appreciation for the job that Hattabaugh had performed for the Center and the Navy during his years at NWC, and wished him well in his new role as head of the Range Development Department at the Pacific Missile Test Center, Point Mugu, California.

Capt. Jude Lahr, NWC Commander, announced Wednesday that Gerald R. Schiefer, who has been serving as head of the Electronic Warfare Department, will now head the Test and Evaluation Directorate.

Hattabaugh, a native of Idaho, began his Navy career as an electronics officer following his graduation from Oregon State University. He worked for private industry before coming to the Naval Ordnance Test Station, now NWC, in 1960. Since that time he has been at China Lake except for one year spent at the University of New Mexico on a Navy fellowship; he holds a Master of Public Administration degree from UNM.

Since coming to the Center, Hattabaugh has held positions of increasing responsibility leading to his selection as the first head of the Test and Evaluation Directorate in 1976. He and his wife Mary will move to Ojai, from which he will commute to PMTC. is very much a part of the China Lake family." The letter written by Bob Hillyer, NWC Technical Director, nominating him for the award cited Hattabaugh's effective management of a unique set of resources in a dynamic and complex environment. Specifically mentioned were his effective strategies and expertise in identifying and justifying facility modernization and operational requirements. The recent completion of the Range Control Center is the first fruit of this major effort. Other presentations made to Hattabaugh honored his leadership on a series of



MERIT REWARDED — Capt. Jude Lahr, NWC Commander, congratulates Bill Hattabaugh as he presents Hattabaugh with the Navy Meritorious Civilian Service Award. —Photo by Bill Beasley

### China Lake Mtn. Rescue Group assists in search for climber

China Lake Mountain Rescue Group (CLMRG) was called to assist with rescue efforts of a search party that was looking for a lost climber on Mt. Williamson last Saturday. The call came to China Lake at noon Saturday and a helicopter, piloted by Lt. Dennis Wilcox with crew members HM2 Lance Graham and AOAN Tim Hill, was sent to help with rescue efforts. The group flew from China Lake to Independence airport along with four CLMRG members to pick up the reporting party. Apparently John Conner, 30, of Huntington Beach, an inexperienced mountain climber, was climbing with a group of persons and decided he would take a different route alone. He had been advised by members of the group he was with that he was not an experienced climber and should not try the route that he did. The person who reported the climber missing lead the rescue group to the route taken by the missing man. Lt. Wilcox brought Al Green, Daryl Hinman and Mike Mason, all members of CLMRG, to the route where the climber was reported missing. The helicopter brought Carl Heller and Ron Atkins, also members of CLMRG, to the top of Mt. Williamson to see if the missing

climber had signed the register. At the same time, the search party on the trail found the body in a chute at about the 13,500 foot level. He had fallen about 200 feet. The body could not be recovered by these three men alone or without extra equipment so a team from Sierra Madre came up to assist Sunday. The victim was carried to where he could be lowered to the base of the west face of the mountain where he was picked up by the helicopter piloted by Lt. Dennis Wilcox and crewed by PR2 Mike Szydlowski. Communications for the rescue operation were handled by Don Harris, who ran the radio relay, and Bob Fletcher, who ran the base camp radio for China Lake, maintaining contact between people on the mountain with Independence and China Lake. Both of these men are with CLMRG.



SUPERIOR ATHLETE — Ens. Ken Dorrell displays the trophies attesting that he's won the open division for the second time at the Southern Pacific Regional Decathlon. See story on page 6. —Photo by Jeff Johnson

Ohhhh...  
My achin'  
back!  
(See pages 4,5)





HONORED UPON RETIREMENT — Cdr. James E. Gaines, SC, USN, receives a Navy Commendation Medal that was presented to him during his recent retirement ceremony by Capt. James E. Doolittle, NWC's Deputy Test and Evaluation Director and head of the Aircraft Department. Cdr. Gaines was commended for meritorious service as NWC's Deputy of Supply from September 1978 to June 1981. He retired from active duty in the Navy on June 23, after having served for 20 years as a Supply Corps officer.

—Photo by Don Cornelius

### Fed'l Women's Day Program once again proves successful

Another successful Federal Women's Day last Wednesday proved once more the value of such a well-rounded set of programs.

Those who are beset by computer anxiety were assured by Ed Schramko (during the first session) that they should not automatically assume that they are at fault if they have difficulty with a computer — that the problem may well be the human behind the system.

The responsibility of the individual is only to explain the problem adequately to the responsible party, the programmer, he stated.

Computers, Schramko noted, should be thought of as just another appliance, something that can be of great use, but that are not intimidating monsters.

The panel on differences in the supervision of men and women (with panel members Eva Bien, Capt. Gerry Lee, Charles Goff, Ens. Kate Spear, and Elaine

Wunderlich) decided that some differences did exist in the supervision of men and women, but that differences existed in the supervision of any groups of individuals.

Awareness, said Eva Bien, of differences is a dead end. Behavior is what needs changing.

The energy put out by the supervisor in trying to treat people as individuals rather than as just members of a group decides whether an organization will be successful.

During the luncheon, Dr. Rita McCullough of the Desert Counseling Clinic noted that the life cycle of a butterfly could be used as a metaphor for human development.

The caterpillar is the active stage, "go for it," being the equivalent human activity. The chrysalis is a passive stage, when one should learn to accept life circumstances and feelings. It is during this stage that one has to become content at being alone.

The growth stage — the adult butterfly — is the result of both active and passive stages. The butterfly has to struggle to get out of the chrysalis, just as the pain of growth is needed to create a beautiful human butterfly.

The final stage, the egg stage, is the one representing the effect that a person has on others, a sort of sowing of seeds of behavior and action.

All stages are needed for the creation of the butterfly just as a person needs to go through all these stages to become the person he or she is meant to be.

The afternoon sessions on investment were again as well attended as the previous year's meetings conducted by Ms. Mary Ellen Mean of Merrill Lynch, Pierce, Fenner and Smith. Both men and women have gained direct personal financial insight from listening to her advice and discussion on financial matters.

### Training class

To enroll in the following classes students should submit NWC Training Request and Authorization Form 12410 73, via department channels, to reach code 094 before the deadline listed. If handicapped indicate need for first floor room location on training request.

Basic Math for Technicians; Part I, Sept. 1-4, 8 a.m. to 4 p.m., plus one evening session at Training Center. Part II, Sept. 22-25, 8 a.m. to 4 p.m., plus one evening session at Cerro Coso Community College; deadline: August 17. Instructor: Professor Rudy Panholzer, Naval Postgraduate School, Monterey, CA.

### The Rocketeer

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### Promotional opportunities

Applications (Standard Form 171) should be put in the drop box located at the Reception Desk of the Personnel Department, Bldg. 34. Unless otherwise specified in an ad, applications for positions listed in this column will be accepted from current appointable (i.e., career/career conditional and VRA) NWC employees only. All others desiring employment at NWC may contact the Employment-Wage & Classification Division, Code 092, Ext. 2069. Ads will run for one week and will close at 4:30 p.m. on the Friday following their appearance in this column, unless a later date is specified in the ad. Advertising positions in the Promotional Opportunities column does not preclude the use of alternate recruiting sources in filling these positions. The filling of these positions through Merit Promotion is subject to the requirements of the DoD Program for the Stability of Civilian Employment. The minimum qualification requirements for all GS positions and positions subject to the Demonstration Project are those defined in OPM Handbook X-118; those for all wage system positions are those defined in OPM Handbook X-118C. Applicants will be evaluated on the basis of experience, training, education, and awards as indicated in a written record consisting of a SF-171, at least one supervisory appraisal if it can be obtained, and any tests, medical examinations, interviews, and supplemental qualifications requirements that may be necessary. For managerial/supervisory positions, consideration will be given to applicant's support of the Equal Employment Opportunity programs and objectives. Applicants must meet time in grade and qualifications requirements by the closing date of the ad. The Naval Weapons Center is an Equal Opportunity Employer; selections are made without discrimination for any nonmerit reason.

Announcement No. 092-SES-ANN-1, Assistant Technical Director for Plans and Head, Weapons Planning Group, ES-1515, PD No. DNES 0329E, Code 12 — This position is the Department Head for the Weapons Planning Group and is responsible for its overall management and supervision. The Weapons Planning Group critically reviews advanced science and technology developments with respect to future military needs. To accomplish this work, the organization performs comprehensive studies and analyses to define future military application of new technologies. To apply: Submit a current Standard Form 171 to Code 092 and contact Lynne Ezell, Code 092, ext. 3371, for the supplemental qualification narrative required for this position. Deadline for filing for this position is 24 July 1981.

Announcement No. 092-SES-ANN-1, Assistant Technical Director for Development and Head, Aircraft Weapons Integration Department, ES-801 or ES-1310, PD No. DNES 0330E, Code 31 — This position is Department Head of the Aircraft Weapons Integration Department and provides leadership in the formation and implementation of major Center programs in both the technical and management areas. The position is responsible for management of all work performed in carrying out the successful development of various aircraft weapons integration, tactical software, avionics, targeting, aircraft sensors, and laser systems. To apply: Submit a current Standard Form 171 to Code 092 and contact Lynne Ezell, Code 092, ext. 3371, for the supplemental qualification narrative required for this position. Deadline for filing for this position is 24 July 1981.

Announcement No. 092-SES-ANN-1, Assistant Technical Director for Fuzes and Sensors and Head, Fuzes and Sensors Department, ES-801 or ES-1310, PD No. DNES 0327E, Code 32 — This position involves the overall management and supervision of the Fuzes and Sensors Department, a major research and development organization performing and coordinating research, development, engineering, evaluation and analysis of fuze systems, and related sensing systems and analysis and simulation to determine fuze and warhead requirements to establish ordnance effectiveness and to increase weapon system survivability. To apply: Submit a current Standard Form 171 to Code 092 and contact Lynne Ezell, Code 092, ext. 3371 for the supplemental qualification narrative required for this position. Deadline for filing for this position is 24 July 1981.

Announcement No. 00-012, Secretary (Typing), GS-318-4/5, PD No. 000023, Code 022 — This position provides clerical, typing, and other administrative support to the Staff Judge Advocate. Duties include: receiving, screening and routing mail; receiving visitors and making calls to the Legal Assistance Office, directing them to the appropriate person; providing information on non-legal matters; maintaining files; scheduling appointments and meetings; preparing time cards, travel orders, stubs, etc.; and preparing official correspondence from rough drafts, notes, or oral instruction. Job Relevant Criteria: Ability to perform receptionist and telephone duties; ability to review, control, screen, and distribute incoming mail; ability to review outgoing correspondence; ability to compose correspondence and/or to prepare non-technical reports; knowledge of filing systems and files management; ability to meet the administrative needs of the office; ability to plan and coordinate travel arrangements; ability to maintain and coordinate a supervisor's calendar and to arrange conferences. Previous applicants need not reapply. Supplemental qualifications statement is required, along with Form 171, and may be picked up in the Personnel Building in Room 209 from Susie Cross.

Announcement No. 35030, Mail/File Clerk, GS-305-3/4, Code 022 — This position provides clerical, typing, and other administrative support to the Staff Judge Advocate. Duties include: receiving, screening and routing mail; receiving visitors and making calls to the Legal Assistance Office, directing them to the appropriate person; providing information on non-legal matters; maintaining files; scheduling appointments and meetings; preparing time cards, travel orders, stubs, etc.; and preparing official correspondence from rough drafts, notes, or oral instruction. Job Relevant Criteria: Ability to perform receptionist and telephone duties; ability to review, control, screen, and distribute incoming mail; ability to review outgoing correspondence; ability to compose correspondence and/or to prepare non-technical reports; knowledge of filing systems and files management; ability to meet the administrative needs of the office; ability to plan and coordinate travel arrangements; ability to maintain and coordinate a supervisor's calendar and to arrange conferences. Previous applicants need not reapply. Supplemental qualifications statement is required, along with Form 171, and may be picked up in the Personnel Building in Room 209 from Susie Cross.

### Reassignment opportunities

This column will be used to fill only engineering and scientific positions through reassignment and through promotion to positions with equal promotion potential. For this reason, the Reassignment Opportunity Announcements are separate from the Promotion Opportunities column in the Rocketeer. Applications will only be accepted from employees currently in scientific or engineering positions. Applications will be accepted until the date stated in the announcement. Employees whose work history has not been brought up to date are encouraged to file an SF-171 or 172. All applicants must meet minimum qualification requirements established by the Office of Personnel Management. Information concerning the recruitment and placement program and the evaluation methods used in these reassignment opportunities may be obtained from the Staff Judge Advocate's Office (Code 096 or 097). Applications should be filed with the person whose name is listed in the announcement. The Naval Weapons Center is an Equal Opportunity Employer.

Mathematician, Computer Programmer or Computer Specialist, DP-1520-2, DP-1520-3, DA-334-2 or DA-334-3, Code 6242 — Responsible for analysis, design, development and implementation of PDP-11/45 computer software operating under RSX-11M in the Telemetry Operations Branch, Code 6242. The primary functions of assignments are to develop software that will produce plots, strip charts and ASC II data for various flight telemetry data processing, to obtain accurate and timely conversion of raw data into engineering units, and to produce graphic data suitable for real-time and post flight analysis and evaluation of weapon system. Qualifications: knowledge of PAM/PCM data gathering systems and calibration methods. Must have a strong background in FORTRAN, assembly language (Marco-11) for the PDP-11/45 Mini-computer, RSX-11M and Versac-plot software. If interested, contact Bob Rockwell in Code 6242, ext. 6329.

PD No. 0035101N, Code 35023 — Position is located in the Staff Office of the Electronic Warfare Department. Incumbent operates the central mail and file services for the department. Receiving/sorting all incoming mail, checking control records, security, etc.; maintains official files of the department; acts as Department Records Disposal Representative and Department Forms Control Representative; etc. Job Relevant Criteria — Knowledge of NAVWPNCEN organizational structure and department organization; knowledge of technical and scientific terminology; knowledge of DoD, Navy, and Center policies and procedures for handling classified/unclassified mail and correspondence; knowledge of an extensive and complex records system.

Announcement No. 35031, Interdisciplinary Position (Supervisory Electronic Engineer, PD-855-3; Supervisory Mechanical Engineer, DP-830-3; or Supervisory Physicist, DP-1310-3), PAC No. 803450E, Code 3543 — Position is head, Countermeasures Branch, Microwave Development Division, Electronic Warfare Department. Incumbent will manage and provide technical direction of advanced electronic warfare exploratory and development programs assigned to the Countermeasures Branch. Will provide supervision and guidance to approximately 12 subordinate personnel, including engineers and technicians. Responsible for support of the EEO program. Job Relevant Criteria: Knowledge of electronic warfare concepts and technology; knowledge of electronic countermeasures, counter-counter measures and support measures; knowledge of radar theory and techniques; ability to deal effectively with others; ability to communicate clearly; support of the EEO program.

Announcement No. 35032, Electronics Engineer/Physicist, DP-855/1310-2/3, PAC No. 812532/812531E, Code 3521 — Position is located in the Millimeter Wave Systems Branch, RF Development Division of the Electronic Warfare Department. Incumbent will work on a variety of tasks associated with microwave/millimeter wave active and passive guidance and reconnaissance systems. Specific tasks for on-going exploratory development programs include algorithm investigation and development for guidance, hybrid analog/digital signal processor design for a millimeter wave radar, and development (with contractor support) of a microwave radio-metric receiver. Job Relevant Criteria: Knowledge and skills in state-of-the-art analog and digital electronic system design; signal processing and analyses capabilities; understanding of microwave/millimeter wave active and passive systems; effective written and oral communications skills.

Announcement No. 3454, Engineering Data Technician, GS-302-5/6, PD, 8134024N, Code 3451 — (Two vacancies) This position is located in the Data Acquisition and Control Branch, Technical Data Division, Engineering Department. The branch provides data planning and configuration services, including identification, preparation, acquisition and administration of Center program data requirements. The incumbent will receive training in each area of the Technical Data Division to develop the basic

(Continued on Page 7)



### DIVINE SERVICES

PROTESTANT 1000 Sunday Worship Service 0830 Sunday School — All Ages 0630 Sunday School Classes are held in Chapel Annexes 1, 2, 4, (Dorms 5, 6, 8) located opposite the former Center Restaurant. Communion Service First Sunday of the Month. ECUMENICAL 1130 Wednesday Noon Bible Study 0630 Thursday Men's Prayer Breakfast ROMAN CATHOLIC MASS 0830-1130 Sunday Nursery, Chapel Annex 1 0815-1245 Daily except Saturday, 1135 Blessed Sacrament Chapel CONFESSIONS 1115 to 1130 Daily 0800 to 0825 Sunday 1100 to 1125 Sunday RELIGIOUS EDUCATION CLASSES 1000 Sunday Pre school thru 11th grade Above classes are held in the Chapel Annexes across from the former Center Restaurant Sunday afternoon 12th grade 1630 As announced "Home" Discussion Groups and Youth Raillies Contact Chaplain's Office for specifics JEWISH SERVICES EAST WING — ALL FAITH CHAPEL Sabbath Services every Friday UNITARIANS CHAPEL ANNEX 95 1930 Sunday Services (Sept.-May)

### Sign up today for physics class to be given on-Center

Physics 1A (Mechanics), a 4-unit course offered through Cerro Coso Community College, will begin on Wednesday, August 19 and will continue until December 18.

Class lectures will be held on Monday, Wednesday, and Thursday from 10:30 a.m. to 11:30 a.m. at the Training Center. Students may select either a Monday or a Wednesday laboratory from 7:00 to 10:00 p.m. at Cerro Coso.

The course, taught by Will Blackburn assisted by Mike Stringham, will include vectors, statics, dynamics of a rigid body, kinematics, and the properties of materials. The prerequisite for Physics 1A is Math 6A (Calculus) or concurrent enrollment.

Textbooks are available from the Cerro Coso Bookstore; these are "Elementary Classic Physics" by Weider and Sells and "Experiments in College Physics" by Cioffari and Edmonds.

Physics 1A is the first in the series, followed by Physics 1B and Physics 1C. These courses are funded by NWC, and employees should submit an NWC Training Request 2094 via department channels, in addition to calling Kit at NWC ext. 2648.

Non-government students should also preregister by calling Kit. Cerro Coso registration will be held at the first class meeting.

NWC is considering a course offering, Math 49, Matrix Algebra (listed as Math 35 in the Cal-State Chico Program) through Cerro Coso beginning in October. Anyone interested in taking this course should call Kit at NWC ext. 2648.

### Environmental health inspection team to look for bugs, rats

Disease carrying insects and rodents on the Naval Weapons Center had better watch out.

Tomorrow and Sunday, Environmental and Preventive Medicine Unit 5A, Detachment 219, based in San Diego, will assist HMI Jim Easton, Environmental Health specialist from the local branch clinic of the NRMCC, in conducting a Center-wide environmental health survey.

The 19 person reserve unit, commanded by Cdr. David Kingsbury, will split into small teams that will walk through the housing area, the main site, and various areas on the range to look for insect and rodent harborage and breeding sites.

The teams are especially interested in areas where flies and mosquitos breed, and whether any rats (other than desert rodents) are present.

More than 100 water samples will also be collected from various buildings throughout the Center. These samples will be checked for bacteriological contamination.

Some live catches of mosquitos will be made in an attempt to identify the kinds that can be found in the local area. No live trapping of rodents, however, will be attempted this weekend.

All reports will be correlated and information gathered to determine what corrective action is needed, if any.

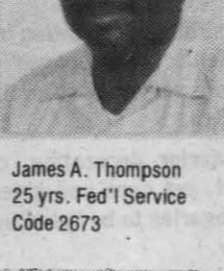
### No rating this year for two groups of employees

The Civil Service Reform Act Demonstration Project rating period (Aug. 1, 1980, to July 31, 1981) will not result in a rating for two groups of Center personnel included in the Demonstration Project: those who have not been employed at least 120 days during the rating period or who have not worked at least a total of 87 days during that period. Junior Professionals and other new employees must have been hired and begun work prior to April 1 to be included.

Anyone in these categories will receive comparability pay only. The employee's personnel jacket showing the comparability pay increase will make clear the reason for no rating.

### Employee service awards

The following Naval Weapons Center employees have received federal service or NWC length-of-service awards:

 Melvin H. Keith 30 yrs. NWC Service Code 39104	 Glynn M. C. Blanton 30 yrs. Fed'l Service Code 0804	 Ray N. Francis 30 yrs. Fed'l Service Code 3141	 William R. McKeown 25 yrs. Fed'l Service Code 3954
 James A. Thompson 25 yrs. Fed'l Service Code 2673	 Gustavo R. Arredondo 25 yrs. Fed'l Service Code 2678	 Alonzo I. Gage, Jr. 20 yrs. Fed'l Service Code 26423	 Fred H. Camphausen 20 yrs. NWC Service Code 3913
 Delbert R. Cordeiro 20 yrs. Fed'l Service Code 2622	 Jerry D. Brooks 20 yrs. Fed'l Service Code 2637	 Noraine (Betty) Meng 20 yrs. Fed'l Service Code 08642	 Richard O. Petersen 20 yrs. Fed'l Service Code 3749

### Happenings around NWC

Cerro Coso College has full-time faculty positions open for the 1981-82 academic year in the fields of computer science, mathematics (Edwards Air Force Base), business administration, solar energy technology, and physical science.

Applicants must qualify for or possess an appropriate California Community College credential. Community college experience is highly desirable. Consideration will be given to candidates who may be qualified to teach in other technical, academic, or occupational programs.

For further information concerning qualifications, salary, duties and procedures, contact Dr. Richard Dodge at 375-5001.

### FMA MEETS TUESDAY

Options for alleviating the effect of earthquakes will be discussed by Dr. Pierre St.-Amand at an open meeting of the Federal Managers Association on Tuesday at 11:30 a.m. at the Enlisted Mess.

Dr. St.-Amand, who heads the Earth and Planetary Sciences Division of the Research Department, will describe state and federal efforts to help make people safe — or, at least, safer — from the effects of earthquakes.

Anyone interested in attending is asked to telephone Debbie Dyarman, 446-6929, for menu selection and to ensure adequate seating.

### GOLF COMPETITION SLATED

The Southern Pacific Regional Men's Open and Seniors' Golf Elimination is scheduled for August 10 through 14 at Naval Air Station North Island in the San Diego area.

This golf tournament is open to all active duty military personnel. Persons wishing to participate must enter local competition with golfers from Port Hueneme and Port Mugu and win on the local level before qualifying for regional competition.

Northern area competition takes place

here at China Lake August 3 through 7. Registration for this tourney must be in at least two weeks in advance (by July 24). Persons interested in competing should contact Jim Cantrell, golf course manager, by calling NWC ext. 2990.

### PERSONNEL DEPT. TO MOVE

The weekend of Aug. 14 through 17 will be a busy one for the Personnel Department. They'll be moving from their current building to 505 Blandy (formerly 50 Blandy) Ave., and will open for business as usual by Tuesday, Aug. 18.

To facilitate the move, the department will shut down business on Friday, Aug. 14, and Monday, Aug. 17. Kate Clark, who serves as receptionist for the Personnel Department, will be available to help any employee or member of the public in case of an emergency.

### Promotional opportunities

(Continued from Page 2) skills needed for data and configuration management work. Job Relevant Criteria: Ability to read, comprehend, and apply written materials; ability to learn new procedures; ability to make decisions and accept responsibility for actions; ability to use fact and accept criticism; ability to communicate both orally and in writing; ability to work without close supervision. Status eligible accepted. Previous applicants need not re-apply.

Announcement No. 38-022, Administrative Assistant, GS-341-5/7, PD No. 8138014, Code 381 — This position is a part-time (16 hrs. per week) Administrative Assistant in the Physics Division, Research Department. The function of the position is to provide administrative support services essential to Physics Division personnel. The incumbent assists in putting proposal packages in the appropriate format, gathers fiscal information required to initiate, update, or close out project budgets, and advises individuals of their spending rates and balances. Incumbent is responsible for assembling various packages required to accomplish division personnel actions including hiring, transferring, promoting, awarding, and detaching. Incumbent accommodates guest lecturers by writing official letters of invitation, arranging conference room and security clearances. An important duty of the incumbent is to assist the staff in their effort to buy equipment, material and contracts. Job Relevant Criteria: Ability to establish and maintain effective personal relationships in a work situation; ability to follow and interpret complex written

### Police reports . . .

Police are looking for a burglar with a hangover following a burglary at the Navy Exchange concession stand at Schoeffel Field. Some time between July 9 and 12 a person or persons pried the door open and removed a number of cases of beer. An inventory is being conducted to determine the total loss.

**MAINTENANCE SHOP BURGLARY**  
A burglary occurred at the maintenance shop at Murray School between Wednesday, July 8, and Thursday, July 9. Two chain saws were taken. Although the saws were inoperable, they are valued at \$240.

**BIKE STOLEN**  
Although a bicyclist carefully secured his 15-speed Miyata bike with a combination lock and chain at Armitage Airfield on Monday the bike was still stolen. The 27-inch bike was valued at \$314.

**BOUNCING CHECKS PASSED**  
The Chief Petty Officers' Mess and the package liquor store at the Center joined other clubs elsewhere in being victimized by a bad-check passer. A total of 6 checks for \$50 each were written by someone giving a Sparks, Nevada, address during the period of June 12 through 23. A teletype throughout the Navy Exchange system is alerting other establishments to be wary of bouncing checks.

**LOCKER RANSACKED**  
An athletically-minded thief broke into a locker in the NWC gymnasium some time between July 7 and 13, taking the lock and locking mechanism from the locker, two racquetball rackets and two racquetballs. The loss is estimated at \$65.

**STOLEN MOPED FOUND**  
A moped that had been reported stolen from the driveway of a home in the Capehart housing area the night of July 7 was found in the desert at the eastern end of Upjohn Street in Ridgecrest. The moped was valued at \$400.

**MOTORCYCLE TURNS UP**  
An old BSA motorcycle in fair to bad condition was found in the desert south of Pierce School. A search of the surrounding area did not show any signs of the rider, nor were there any tracks indicating that the rider may have fallen or been injured. The motorcycle had not been reported as stolen or lost.

**\$2,000 — LOST OR STOLEN?**  
\$2,000 was taken or lost from a purse on Friday morning between the time that the money had been withdrawn from the Credit Union and when it was missed by its owner while in the Enlisted Mess.

**EXTENSIVE VANDALISM**  
The resident of a house in the site B Capeharts heard a crash, ran outside, and found that persons unknown had broken his car windshield and tail lights. The damage of more than \$200 was apparently inflicted with a sledge hammer or other heavy hammer.





### CL Tennis Club team scores well at Mammoth tourney

China Lake Tennis Club members scored an outstanding success in the Eighth Annual Mammoth Open Tennis Tournament at the Snowcreek Athletic Club last weekend.

Three first place spots were taken by women players and a mixed doubles team lost a closely fought final. Another 12 CLTC members made it past the third round of play.

The 405 tourney entrants came from throughout California, Washington, Nevada, Kansas, and Illinois. Of these, more than 55 were members of the CLTC.

The women's open singles was easily won by Gail Falkenberg against Sally Ostrander 6-2, 6-0. Ms. Falkenberg then teamed with Nancy Webster, tennis instructor at Cerro Coso Community College, to win a 7-5, 6-1 victory in the women's open doubles match against Julie Findley and Gail Hicks of Mammoth.

Other local players competing in the finals were Karen Kirschieper, who won the women's "C" event in a hard fought 2-6, 6-3, 6-1 match against Karen Ohmer of Bishop. The mixed "B" doubles team of Dick Boyd and Pauline Patterson lost in their final match 4-6, 5-7.

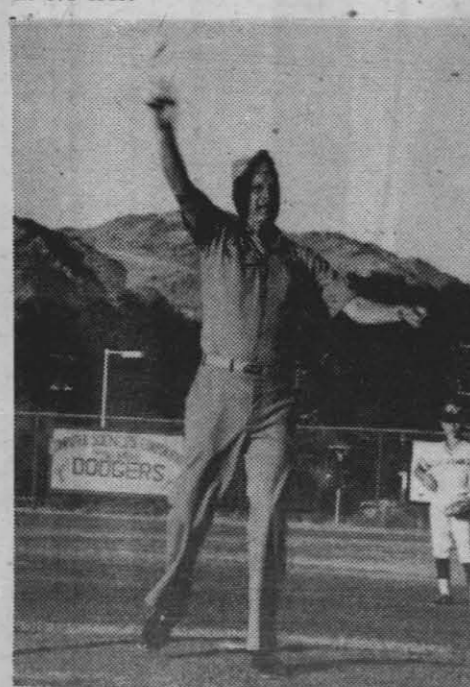
Making it past the third round of play were Brett Halpin and Jeff Bryant in singles competition; and the doubles combinations of Dick Mello and Bob Campbell, Nick Schneider and Virginia Wirtz, Bill McBride and Charlene Newmyer, Bob Forrester and Ray Blackwell, and Jeff Bryant and Michelle Archuleta.

### Sunday deadline for signup for doubles tennis tournament

Sunday is the deadline for registering for the competitive doubles tennis tournament sponsored by the China Lake Tennis Club that will be held on July 25 and 26. All residents of the Indian Wells and Searles Valley are invited to enter.

Competition will be held in men's, women's and mixed doubles at A and B levels, with prizes for winners, runners-up, and in the consolation bracket.

Anyone wishing more information regarding cost or qualifications, or wishing to register, may telephone Suzanne Haney at 375-4349.



GAME OPENER — Capt. John Paterson, Chief Staff Officer, throws out the first ball for the China Lake Little League playoff game held Monday evening.



ALL STARS CHOSEN — China Lake Little League has selected its 1981 All Star team to represent it in league competition. Pictured with team coach, Jim Kight (left) and team manager Earl Roby are front row (l.-r.) Todd Rowland (Wildcats), Dennis Adams (Wildcats), Mike Anderson — or is it Greg Anderson? (Yankees), Scott Sipes (Dodgers), Greg Anderson — or is it Mike

Anderson? (Yankees), and Jonathon Jung (Tigers). In the back row are (l.-r.) John Harris (Yankees), Vince Sherrick (Yankees), Miles Gleaton (Wildcats), Allan Ball (Dodgers), Danny Ray (Yankees), Scott Roby (Yankees), Robby Kruse (Dodgers), and Lee Meyer (Dodgers). —Photo by Jeff Johnson

## China Lake Soccer Club loses close game to Bishop team with widely experienced players

Saturday, July 11, at Davidove Field, the China Lake Soccer Club was surprised by the Bishop Soccer Club 3-2.

One cause for China Lake's surprise was Bishop's goalkeeper Eric Hein, who has played semi-pro soccer in the Bay area. Hein saved two sure goals in the final minutes, one a tremendous smash from a rebound struck by John Piri from 20 yards, and the other a sizzler from a breakaway by Klaus Schadow just inside the box.

China Lake was also surprised that Bishop had a center forward like Stuart Bryce, who has played for teams in Orange County (Whittier and the powerful South Coast League).

For most of the day, Bryce was just off target with shots, though he was very good

at receiving and feeding the ball. Past midway in the second half, he finally eluded John Piri and hit the game winner past China Lake keeper George Mills.

And China Lake was surprised by center defender Jan Schat (descended from the famous bread-baking Schats of Bishop). Schat was very difficult to penetrate all morning. When he was lured away from the center, China Lake rarely took advantage of the space. Schat has played in Patterson, N.J., and at the University of Washington.

China Lake took the lead in the match when Jeff Grossman pounced on a loose ball at the penalty spot and turned and knocked the ball into the upper left of the net.

Bishop came back to take the lead before half time on two goals by Ian Greer. Greer

kicked field goals and conversions for the Bishop High football team and was very instrumental in their successful season last fall.

Several minutes into the second half, Paul Weimholt got China Lake even at 2-2 after Grossman kicked the ball out of the goalkeeper's hands during a goalmouth scramble.

China Lake will play most of the rest of July and August on the road, at Bishop, George AFB, Tehachapi, and Lancaster. If enough players get over summer vacation to split out a team exclusively of high schoolers, games will be set with Saugus-Newhall-Canyon area teams. The China Lake vs. high schoolers rivalry is also set for revival.

## Stare Montagne, Villains look like sure-fire winners

Softball competition is getting as hot as the weather in the slow pitch leagues — mainly at the top of the Women's Division. Stare Montagne looks like a sure winner in the American Division, and the Villains hang onto the National Division lead.

Ridgecrest Recreation Slow Pitch Softball League Standings as of July 9:			
Team	W	L	T
<b>Men's American Div.</b>			
Stare Montagne	10	3	0
ARCS	8	4	1
Pizza Villa	9	5	0
NWC O's	5	8	0
ERA Raiders	4	8	1
CSC	3	11	0
Vaughn's	1	12	0
<b>Men's National Div.</b>			
Villains	11	1	1
Renegades	9	2	2
NWC Varsity	9	5	0
Knights	7	5	1
Clancey's-Home Center	4	9	0
High Desert Saloon	3	10	0
<b>Women's Division</b>			
High Desert Home Center	13	3	0
CSC	12	3	0
Kelly's Earthworks	11	3	1
High Desert Imports	10	4	0
IWV Dairy	10	7	0
Rosas Roofing	6	9	0
Home Town Realty	5	9	1
Hot Trotters	5	10	0
Foxtails	2	15	0
NWC Gatlin Girls	1	13	0
<b>Military Division</b>			
Tigers	6	2	0
Rippers	5	3	1
Oly's	1	7	1

## Dorrell takes decathlon in regional event for 2nd time

Bruce Jenner, look out! China Lake's Ens. Ken Dorrell has taken first place in the open division of the Southern Pacific Regional Decathlon (for Navy and Marine personnel) for the second year in a row, and is record holder for the event.

He scored 963 points in the recent competition (20 ahead of his nearest opponent), just two points short of the record that he set last year. He competed in the free throw, long jump, softball throw, football throw, shot-put, 100-yd. dash, football punt, obstacle course, softball hit, and 1-mile run, electing not to take part in the 100-meter swim. All events took place in less than 8 hours.

Decathlon events are scored by allowing a total of 100 points per event, with points assigned by how well the competitor scores in comparison to a theoretically "top" performance.

Several competitors in one event may all gain 100 points, even though they perform differently. For instance, if 50 yards was the established performance for a softball throw, then all competitors who threw the ball further than that distance would all get 100 points even though one might have thrown the ball for 51 yards and one for 75 yards.

Dorrell feels that he might have scored even more points if he had not just come back from leave and had to drive 1,400 miles in a day and a half to get to San Diego to compete.

"I work hard at conditioning," he says, "because the only way to get ahead at anything is to work hard."

The 24-year-old ensign holds a degree in mechanical engineering from the University of Nebraska. (He played varsity basketball for Nebraska, after having just "tried out" for the team "after I got my academic work squared away." He was the first player in history at Nebraska to make the varsity team by a "walk-on tryout," rather than by playing competitively through junior varsity or other programs.)

While he and his wife Joy like to go bowling together, there's not been too much chance for that joint activity in the year that they have been at China Lake because of their young daughter, Nina, who is now 10½ months old.

Ens. Dorrell is the head of the Production Management Branch in the Public Works Department.

## Dennis Hendon helps save life; CPR course proves invaluable

Over the 4th of July weekend, Dennis Hendon, an NWC employee, saved the life of a drowning victim by using Cardiopulmonary Resuscitation (CPR) skills learned in a course taught by Dave Jester of the Fire Division.

"The course that Dave Jester taught was really thorough, and the techniques that I learned in this CPR course came to me when I needed them," he said.

While Hendon was spending the weekend at Lake Diaz visiting a newlywed couple with his family, his son, Ole, came to get Hendon and said Sharon Rodriguez had been pulled from the water. In the meantime, Becky Armstrong and park ranger Steve Rinker, who had pulled the woman from the water, had begun administering initial CPR. Hendon was able to manually assist her in breathing until she was able to breathe on her own.

Apparently the new bride was swimming about 60 or 70 yards out in the water when she was overcome by exhaustion.

By the time Hendon got to the drowning victim, her face was blue and she had no pulse and wasn't breathing. "I picked up

her head and gave her two breaths of air and then she was breathing shallow breaths on her own. I was sure of what to do as a result of the CPR course. Three months ago, I wouldn't have been able to help her out," he said.

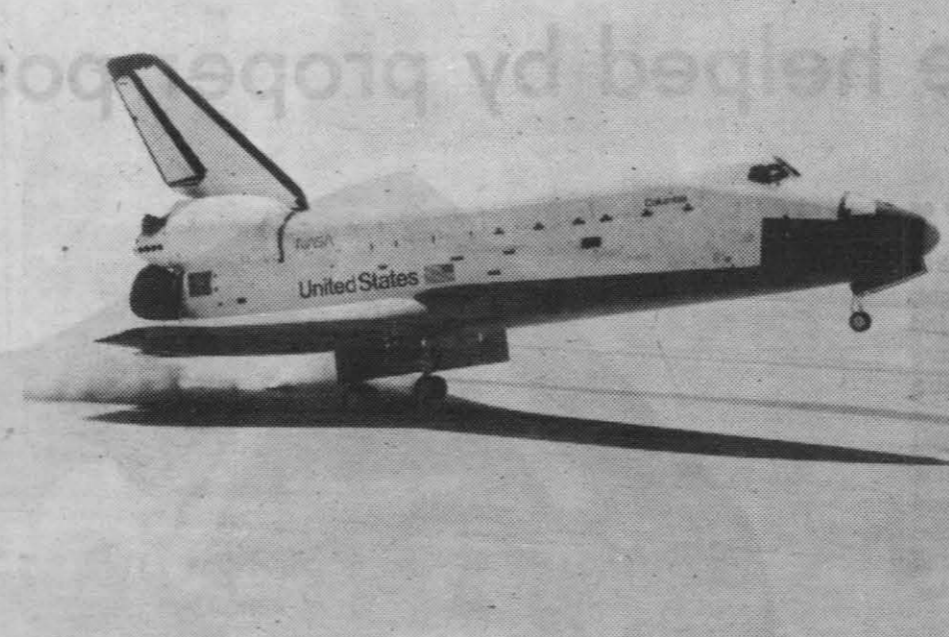
"What motivated Hendon to take the CPR course was when he witnessed a heart attack victim who died. "I wish I could have helped," he said.

"Taking the CPR course was well worth the time. When a good friend was in need of help, I knew what to do without hesitation," Hendon added.

He finished the course at the end of May and highly recommends this class for everyone to take.

Dave Jester teaches two-day courses in Cardiopulmonary Resuscitation which are held at the Enlisted Mess from 8 to 11:30 a.m.

Classes are scheduled on July 20 and 21; 22 and 23 and 27 and 28. CPR courses are open to all interested persons and registration can be made by calling the NWC Fire Dept. at NWC ext. 2146. There is no fee for this course.



HAPPY LANDING — The Space Shuttle will be discussed by Ms. Sally Stohler of Rocketdyne's technical staff at a Space Week dinner Thursday at 7 p.m. at the Commissioned Officers' Mess. Ms. Stohler replaces the previously announced speaker. Tickets for the dinner, sponsored by the High Desert Engineering Association, are \$10 if bought in advance or \$11 at the door. They may be purchased from Mort Kurotori (ext. 7529), Harold Manos (ext. 3695), Tony Miller (446-2589), Jim Serpanos (ext. 3340) and Bob Williams (ext. 6488).

## Project Handclasp promotes good will among nations

The U.S. Navy's Project Handclasp, a program established for the purpose of promoting mutual understanding, respect and goodwill through direct person-to-person contact between Americans and citizens of other lands, had another banner year in 1980.

The overseas shipment of more than 1,400,000 lb. of humanitarian material — valued conservatively at \$2,100,000 — offers mute testimony to the success of this program.

During 1980, Project Handclasp received donations consisting of food, clothing, medical and hygienic supplies, laundry compound, household products, treadle-operated sewing machines, textbooks, vegetable seeds, etc., from individuals, service and religious organizations, and industry throughout the United States.

All material is donated. This enables the Navy to perform the essential task of promoting international friendship and trust at extremely minimal cost to the U.S. government.

The materials were sorted, packed, placed on pallets, and transported overseas aboard 30 U.S. Navy ships on a space-available basis. Shipments were sent to Truk, Satawan, New Guinea, Guadalcanal, Korea, the Philippines, Thailand, Somalia, Djibouti, Equatorial Guinea, Sierra Leone, to the Azores, and to 20 other countries or islands worldwide.

Distribution was carried out by U.S.

service personnel acting as ambassadors of goodwill representing all the people of the United States.

Some of the examples of where and for what purpose Project Handclasp donations were distributed follows:

(1) Sailors of the USS Long Beach (CGN 9) used Project Handclasp material to assist a hospital, school and orphanage, and to aid 144 Indochinese "boat people" encountered during refugee rescue operations at sea.

(2) When an earthquake measuring 7 on the Richter Scale struck the Azores on Jan. 1, 1980, 15,000 persons were left homeless, 500 were injured, there were 50 dead and thousands of homes damaged or destroyed. The Portuguese community of California rapidly responded by collecting more than 200,000 pounds of food, clothing, and blankets for immediate delivery to those suffering from the devastation. Through the combined cooperation of numerous individuals and organizations (both military and civilian) Project Handclasp coordinated the delivery of these badly-needed contributions.

(3) Naval personnel in Chinhae, Korea, responded to a wide variety of local needs by their conscientious distribution of Project Handclasp material. Included were four sewing machine workshops that were donated to orphanages in order to enable abandoned and handicapped children to learn basic sewing skills.

(4) Sailors aboard the USS Tripoli (LPH

10) donated hospital supplies and used 60 gallons of Project Handclasp paint to beautify the barrio elementary school in Santa Barbara, Philippines.

(5) Crewmembers of the USS Kinkaid (DD 965) distributed more than 29,000 lbs. of Project Handclasp material in Port Moresby, New Guinea, and at Honiara, Guadalcanal. These contributions included hospital and hygienic supplies, household products, paint, books, and a sewing machine workshop.

(6) Helicopters from the USS New Orleans (LPH 11) airlifted 24,000 lbs. of food, clothing, medical supplies and equipment, books, and four sewing machine workshops to the town of Tala in the Philippines, where 10,000 thankful and appreciative townspeople engulfed the Navy-Marine Corps team delivering the much-needed materials to the Central Luzon Sanatorium (Tala Leprosarium).

(7) USS Truxton (CGN 35) volunteers donated medical supplies, first aid kits and toys to the Children's Home in Pattaya, Thailand. This orphanage is a small farm that provides a home for 90 children and sponsors a refugee camp in eastern Thailand. Sailors gladly tackled a number of tasks around the farm, including painting, digging, and making radio repairs.

(8) Three U.S. Navy ships — the USS Arthur W. Radford (DD 968), USS Pharris (PF 1094), and the USS Fairfax County (LST 1193) — visited 15 ports in 14 African

nations, including Equatorial Guinea, Zaire, Sierra Leone, Senegal and Liberia, during a West Africa training cruise in December 1980. Activities included the distribution of Project Handclasp hygienic supplies, vegetable seeds, hospital linen, elementary and high school textbooks, and a sewing machine workshop. Great efforts were made to ensure that Project Handclasp material reached the most impoverished people in an area of almost universal need.

## 65 degree max heat, 78 degree min. cool law still in effect

Temperature standards mandating heating to no more than 65 degrees in a working area, cooling to no less than 78 degrees, and a maximum of 105 degrees for domestic water in all Federal buildings are still in effect.

A recent CNO message further states: "Navy activities are expected to maintain these temperature standards and compliance monitoring will continue through command inspections and Naval Audit Service field visits."

By Presidential proclamation 4820, however, the temperature compliance certificates, exemption forms, and compliance temperature reports are no longer required.

The Department of Energy telephone hotline that handled temperature complaints has also been disestablished.

## AD3 Mathes chosen for VX-5 Sailor of the Month for May

Aviation Machinist Mate Third Class Marc T. Mathes has been selected as Sailor of the Month for May by Air Test and Evaluation Squadron Five (VX-5).

In a letter of nomination written by AD1 Dave Peeler, power plants workcenter supervisor, AD3 Mathes is commended as "an individual who performs all assigned tasks in an exceptionally skilled manner. He has the ability and attitude that enables him to complete all assigned tasks in the shortest possible time without any supervision."

The letter continues, "During this past month AD3 Mathes qualified as A-7-TA-7C engine turn up, which has contributed greatly to the overall workcenter effort. His military behavior and bearing are above reproach and he always acts in the highest tradition of the Navy."

"He very definitely contributes to the morale of the power plants division by possessing a quiet, cheerful and easy-going personality."

AD3 Mathes has been with VX-5 since April 1979, where his present duty assignment is working as a jet mechanic on various aircraft. He joined the Navy three years ago to learn the jet mechanic trade. His previous duty assignment was in Millington, Tennessee where he attended "A" school.

Originally from Campbell County, Kentucky, Petty Officer Mathes yearns for trees and streams, but is getting used to life in the desert.

He and his wife, Shelley, hope to be moving to Rota, Spain where he would like to be transferred as an aircrewman for P-3 aircraft in November 1982.

In his spare time AD3 Mathes builds furniture for his home. Past projects include a living room set, a cocktail table and bookcases made of walnut and pine.

As Sailor of the Month for May, Petty Officer Mathes will be spending his 96-hour liberty camping with his wife.



SINGLED OUT FOR PERFORMANCE — Aviation Machinist Mate Third Class Marc T. Mathes, selected for VX-5 Sailor of the Month for May, tests aircraft equipment for the squadron. As a jet mechanic, AD3 Mathes has worked in the power plants workcenter since April 1979. —Photo by Jeff Johnson



Oh, my achin' back

Back problems can be helped by proper posture and exercises

Use your head before you use your back.

That, in a nutshell, is how a person can help prevent against developing an early back problem, according to Chuck Willhite, Head of the Explosives and Laboratory Safety Division, Code 245.

"Problems with the back begin when someone tries to lift something without first asking himself, 'Can I handle it?'" said Willhite, who has studied the causes and treatments for back ailments since 1947. "When lifting anything, a person has to think and plan ahead, or that person can become a statistic."

All of us should ask that question of ourselves before attempting to lift anything, because back problems caused one-third of all the disabling injuries on the Naval Weapons Center in recent times. These disabling injuries sometimes occur in overexertion cases when the job is too big, when the worker's back isn't strong and in an awkward position or when a worker has a "never say die" attitude of not giving up when tired.

"A lot of times we'll perform beyond our physical capabilities and that's when we get into trouble," Willhite said. "In some cases we can get away with it, but over a period of time, that unexpected strain placed on the back will catch up with us."

Back problems will also develop when a worker uses bad body mechanics to try and improperly lift what seems at the time to be a light weight. A worker must keep in mind the correct lifting technique, beginning with the proper timing.

"Timing in lifting is of the utmost importance," Willhite said. "You must be prepared mentally to lift something before you try it physically."

"Muscle power and flexibility of the body joints, knees, hips, and back are particularly essential for safe lifting performance." One of the surprising things he has learned about people in his particular line of work, Willhite said, is that most individual's legs are not in condition.

"Many of us cannot squat down in the 'cowboy crouch' and return upright without using a hand to assist," he noted. "This is because we are just not in condition and, as a result, some of us lift objects while keeping the knees straight. In so doing, all lifting and bending takes place in the lumbar spine."

A combination of some bending in the back (up to 35 degrees) in conjunction with knee bending is quite acceptable, Willhite commented. This allows the primary thrusts of the lift to come from the legs when they straighten out while the person doing the lifting stands upright.

BE SURE OF FOOTING

Then, once a person actually lifts something, he or she should always be sure of the footing, keep a straight back and bend with the knees. That way one can lift with the legs and not strain the lower back muscles. Lifting with the knees straight causes 200 lbs./sq. in. pressure inside the back and causes it to sway as it approaches the upright position.

"Remember to hold the objects being lifted close to the body and limit lifting higher than the shoulders," Willhite said. "When the load is heavy, don't be afraid to get help and plan ahead to avoid sudden load shifts."

Prevention against back problems is something that should be carried beyond the lifting stages, however. Poor posture,

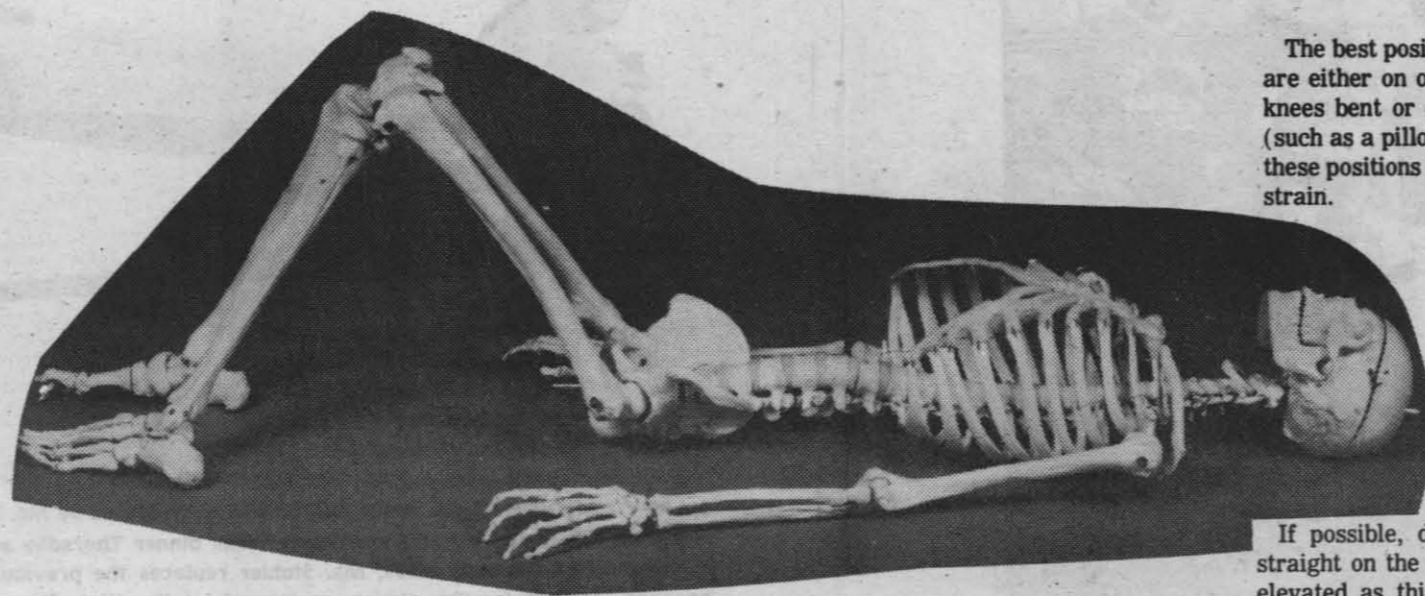
lack of exercise and overeating can be as bad for a back as lifting incorrectly.

Poor posture strains the back and makes it more vulnerable to injury. A straight, aligned back avoids unnecessary wear and tear. A person may test his or her posture by standing with his or her back against a wall.

Next to good posture the greatest support a person can give his or her back is building strong and flexible supporting back and abdominal muscles through a good exercise program. Just because a person's arm and leg muscles are strong doesn't mean the back muscles are too.

Certain exercises can do more harm than good, however. Full situps (with legs straight), toe touching, leg lifts and exercises that twist the spine all produce increased pressure within the disc space.

A good way to look at the role of back and abdominal muscles is to remember that they resemble guide wires that support a



The best positions to have while sleeping are either on one's side with the hips and knees bent or on the back with an object (such as a pillow) under the knees. Both of these positions reduce back sway and back strain.

If possible, don't lie on the abdomen, straight on the back or with only the feet elevated as this increases swayback and also strains the neck.

Remember some back authorities say that chronic exhaustion from lack of sleep is probably the most frequent contributing factor to back pain.

Using your head to maintain and apply proper body mechanics may seem to be a tedious process, but it is well worth it, according to Willhite.

"Prevention is the name of the game," Willhite added. "Once you have a back problem, your back is never quite the same, and you must face the long-term problem of straightening out and unlearning the lifting technique that caused the hurt to begin with."

"Use your head before you use your back and bend your knees," Willhite concluded.

TOO MUCH REST IN BED

A back problem should not always be taken lying down.

Willhite said that there are times when a remedial, safe exercise program is better for a bad back than too much rest. He also stressed the importance of clearing any therapeutic exercise program with an individual's physician before trying it.

"In my opinion, a doctor will sometimes prescribe too much bed rest for a patient," said Willhite, who has been studying the treatment and cause of back ailments since 1947. "Most people could be back on the job much quicker if they were involved in an exercise program prescribed for them."

"But not every patient with a back problem should have an exercise program at first," Willhite added. "Whether that patient does or not need such a program depends on his or her personal physician. If bed rest is needed, then it is critical for that patient to get enough proper bed rest."

Bed rest, if necessary, is part of the first step on the road to recovery for a bad back. Local heat or cold, massage and medications for relief of pain and muscle spasm may also be prescribed to treat the back problem before moving on to the exercise program. In some cases a stay at a hospital may be needed to insure bed rest.

EXERCISE PROGRAM PRESCRIBED

When the initial treatment of the back problem has been completed, most physicians will prescribe an exercise program to strengthen the abdominal muscles and stretch the contracted back muscles and ligaments. Usually the abdominal muscles become weaker than the other muscles balancing the back due to the long period of inactivity.

Begin the exercises in what therapists call the "warm-up" position (on the back with the knees bent). Then limber up for two or three minutes by moving the arms and legs and alternately tightening and relaxing the muscles.

Start the prescribed exercises slowly and gradually increase until they are done two or three times daily. Exercise every day because occasional exercising may actually be harmful to the back.

growing tree. If the wires are strong and taut, the tree will grow straight and be flexible, but if they are loose, the tree may become crooked (swayback in the case of a spine).

Also remember the importance of weight control. The smaller the waistline, the smaller the strain on the lower back.

Proper body mechanics may also be employed while standing, walking, sitting, driving and even sleeping.

"When standing for long periods," Willhite noted, "place one foot on something that will bend the knee and hip and flatten the lower back. Be sure to change positions often."



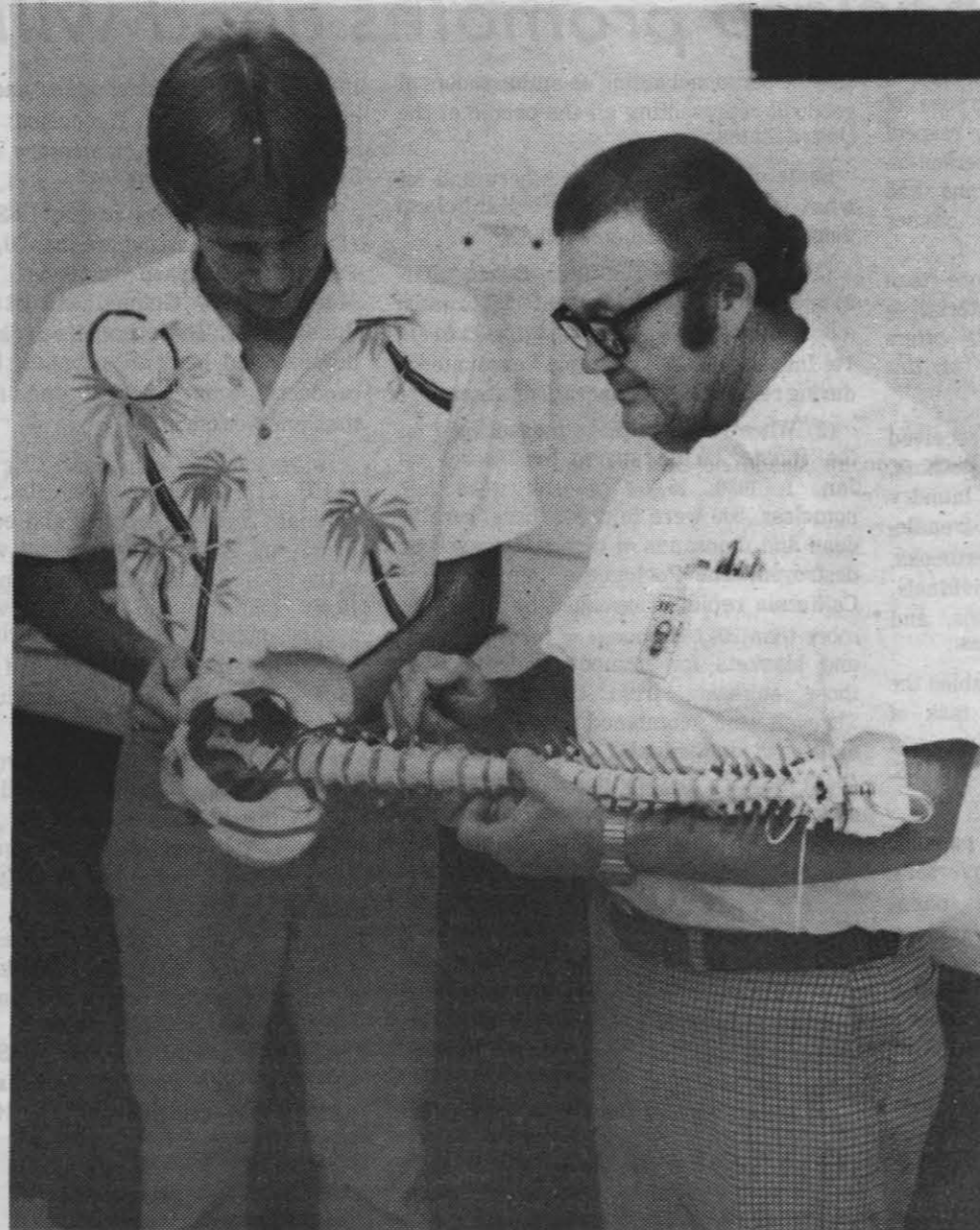
"While walking keep good posture with the head high, chin tucked in, pelvis forward and toes straight ahead. Comfortable shoes without high heels also help you to stand up straight and not slouch forward."

"Sit in chairs low enough to place both feet on the floor with the knees higher than the hips. Putting the feet on a stool would help also. Be sure to sit firmly against the back of the chair for supported posture and don't slump."

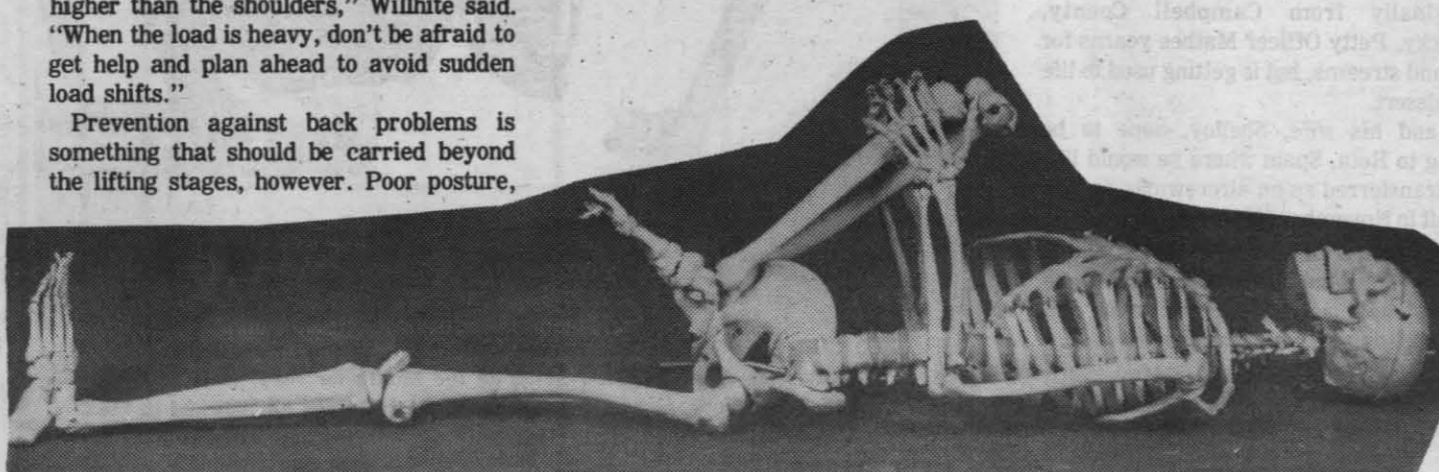
"The same advice applies to driving a car," Willhite continued. "Move the car seat forward to keep knees bent and higher than the hips. Stretching (legs straight) for the pedals will increase the lower back curve and strain. Sit straight and keep both hands on the wheel."

Keeping care of the back while sleeping is critical since we spend about one-third of our lives in bed. Many chronically sore backs are perpetuated by the strain which occurs while sleeping and feel their worst after a night's rest.

Sometimes a firm mattress is medically required while sleeping, so a person should place boards or a suitable support between the mattress and springs of his or her bed if it is too soft. If a person is staying in a hotel or another home where the bed is too soft, he or she would be better off sleeping on the floor.



BACK TALK — Chuck Willhite, head of the Explosives and Laboratory Safety Division, Code 245, points out on a model of a human spine where back problems sometimes occur. Looking on is Ed Kumferman, a summer employee of the ROCKETEER, who interviewed Willhite for an article about prevention of back problems.



Mild pain and soreness while exercising is all right, but if severe pain or increased morning stiffness results, reduce the number of times the exercises are done. The use of heat and sometimes massage is helpful in reducing soreness.

"People should remember to stop if they are having pain while exercising and consult their physicians," Willhite noted. "Trying to overdo it at first is a mistake some people make when starting an exercise program."

Some exercises that a physician may prescribe in a program are the knee-to-chest raise, the single leg raise, the nose-to-knee touch, half sit-ups, the hamstring stretch, scissors and hip hyperextensions.

Willhite said that back exercises are not just for patients recovering from back problems or injuries.

DON'T BECOME BACK CRIPPLE

The exercise program is part of the second step of recovering from a bad back. Learning proper body mechanics and good posture is also part of this step, and weight reduction may be advised.

The third step to a painfree, healthy back is a process that never ends — it is a maintenance program that includes any changes in home or work routines necessary to avoid back strain and, most important, the continuation of all daily exercises.

"Too often a person will exercise the back until it stops hurting and stop the exercises," Willhite said. "Then that person's back may become weak again and re-injured, and the whole strengthening process may have to start over."

Another thing to avoid is becoming what some back authorities call a "back cripple." These are people who are afraid to engage in any physical activities because of their "bad back." Because of their prolonged inactivity, such persons may get weak back muscles, and they can easily reinjure their backs by a sudden twist, cough or sneeze.

By continually keeping the back in good repair and consulting with their physicians, most people can avoid backaches, which are second only to the common cold for causing lost time in industry.

INCREASE GENERAL ACTIVITY

"Back exercises, done regularly, will help keep a healthy back flexible, strong and fit," Willhite noted.

Selecting the proper place to exercise is important. The use of a mat on the floor is ideal, but many back sufferers exercise on a bed, because getting up and down from the floor is quite difficult.

As a person feels better, he or she should increase his or her general activity and do more walking. Swimming is an excellent overall exercise, according to most physicians, because it minimizes the weight forces on the back. Bicycling also is a smooth exercise which is easy on the back, providing that an upright position is maintained through the use of the old-fashioned high handlebar models.

As a person starts to feel more like his or her self again, some other sports may be tried. Usually physicians say that golf and bowling aren't bad if play is smooth with some skill. Care should be taken with any sport or activity that subjects one to a lot of contact, jarring or twisting.

By Ed Kumferman

Photos by Jon Partin

