

Heartfelt thanks

JSC employees are developing a device that may keep heart patients alive and active. Story on Page 3.



SESL reunion

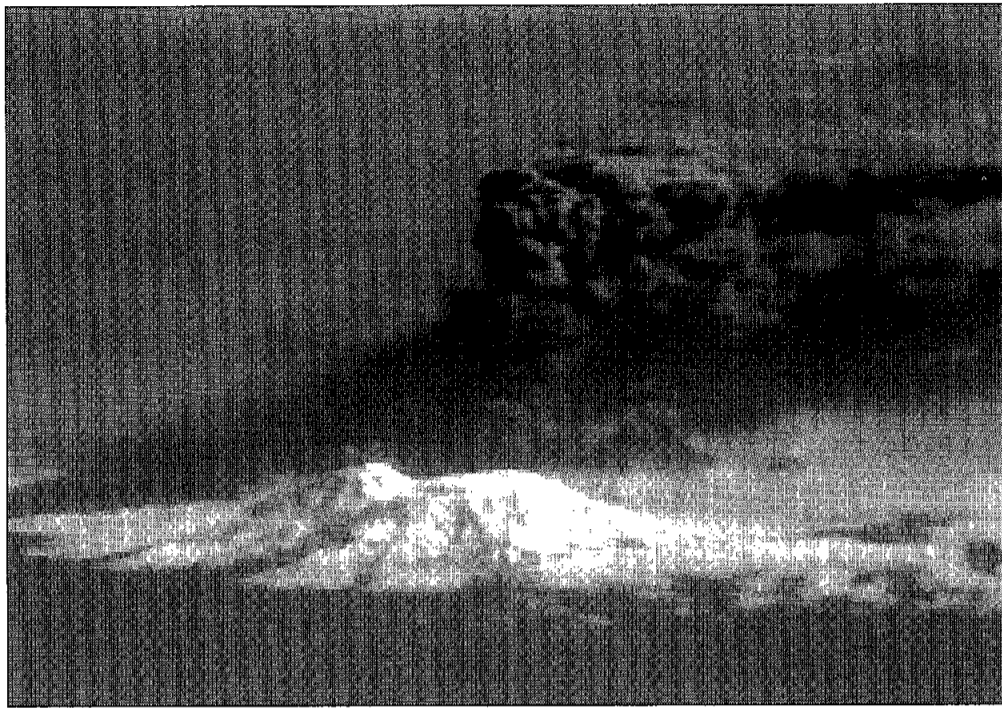
Past and present employees of the Space Environment Simulation Labs to meet on Oct. 15. Story on Page 4.

Space News Roundup

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Endeavour continues Earth observations

By James Hartsfield

With almost a week in orbit under its wings, *Endeavour* continues to perform flawlessly, while Mother Nature provides ample surprises below for observations by the crew and the Space Radar Laboratory-2 instruments on the environmental flight.

Shortly after the launch of STS-68 at 6:16 a.m. central Friday, a volcanic eruption on the Kamchatka Peninsula provided a spectacular, unplanned opportunity for the second mission with the Shuttle Imaging Radar C (SIR-C) and the X-Band Synthetic Aperture Radar (X-SAR). The Kiliuchevskoy Volcano in Kamchatka began a major eruption just eight hours after *Endeavour's* launch, as if on cue to provide supplemental information for the radar lab's geologic studies.

"I don't believe we could have scripted a better scenario for this mission," Space Radar Lab-2 geologist Dr. Jeff Plant told reporters Monday. Data takes were recorded of the erupting volcano with the radar instruments while the crew recorded majestic camcorder video of the eruption and the 10-mile-high plume of smoke it emitted. The crew is working around the clock in two teams—Commander Mike Baker, Pilot Terry Wilcutt and Mission Specialist Jeff Wisoff on the Red and Mission Specialists Steve Smith, Dan Bursch and Tom Jones on the Blue—to perform such visual observations photography to compliment the radar imaging.

Plant said the radar's studies of volcanic activity such as Kiliuchevskoy's eruption may add to the understanding needed about such events to better prepare areas with large

populations living near active volcanoes.

Endeavour's orbit is right on target for comparisons between the information gathered by the space radar on STS-68 and the observations made in April on STS-59. Trim burns completed by *Endeavour* early in the week put the spacecraft's trajectory within 30 feet of the STS-59 trajectory, providing excellent interferometry observations, where radar observations from each flight—and each season—are combined to note changes.

"Not only will we get amazing data, but our interferometry experiments will be better than we expected," said SRL-2 Project Scientist Diane Evans with the Jet Propulsion Laboratory. "We're seeing dramatic environmental changes between April and October."

Other observations completed by the radar included an attempt to document any flooding or changes in the Japanese coastline following an earthquake and possible tidal wave, or tsunami, on Tuesday.

At KSC, shuttle *Atlantis* rolled over to the Vehicle Assembly Bldg. Tuesday evening. *Atlantis* is being prepared for its 13th journey into space on STS-66, scheduled for launch in early November.

Work to ready *Atlantis* for launch includes replacing the number 8 overhead observation window, which received a small scratch during processing operations. A window was removed from *Columbia*, currently en route to California for a scheduled six-month maintenance period.

Rollout of *Atlantis* to Launch Pad 39B is set for Monday.



Above: Crew members observed and documented the recent eruption of the Kiliuchevskoi volcano, located on the Kamchatka peninsula. The volcano began erupting a couple of weeks ago, but the most recent burst of activity occurred about 8 hours after *Endeavour's* Friday morning launch.

Left: Mission Specialist Steve Smith holds a canister of gypsy moth eggs. Gypsy moths are among the most destructive pests of hardwood trees in the Eastern United States and researchers are studying how microgravity affects the fertility of the insect.

NASA PHOTOS

Assembly schedule enhances station's capabilities

Assembly sequence refinements that incorporate the latest updates to plans for the International Space Station recently were announced by program officials.

The sequence enhances the space station's science utilization by incorporating early provisions for a centrifuge. It also allows for the construction of Russia's Solar Power Platform earlier and meshes the latest weight estimates for station components with current space shuttle program launch commitments.

"These changes do not affect our major milestones, but do improve upon the previous assembly se-

quence and hold the line on program costs," said Program Manager Randy Brinkley. "This program is making great progress toward the start of assembly in November 1997."

The Space Station Control Board—which includes representation from NASA, all of the international partners and the Boeing Station team—met this week at JSC, to review adjustments and refinements to the program.

"These meetings are our opportunity to review the progress of the program with our international and contractor partners," said Program

Director Wilbur Trafton. "I am pleased with the stability of the program and with the progress we're making."

The assembly sequence now reflects the Russian Space Agency's plan to construct the solar power platform during the late-1998 to mid-1999 timeframe—about 16 months earlier than previously planned. The change provides the Russian portion of the station with power and eliminates the need to transfer U.S. power to the Russian modules.

The sequence also provides for the early incorporation of a proposed centrifuge module that would aug-

ment the station's science capabilities. Though detailed plans regarding the module's feasibility and design are still being worked, Brinkley said program managers decided to include a "placeholder" flight for the module in the assembly sequence.

"As we go through the design process, we will continue to identify areas where our early assessments need adjustment," Brinkley said. "These minor refinements may change the payload manifests of individual flights, but the major milestones will remain steady. That is the nature of an aggressive, dynamic design program."

The largest international scientific and technological development ever undertaken, the International Space Station will bring together resources from the United States, Russia, member nations of the European Space Agency, Canada and Japan. Assembly will begin in November 1997, followed by the launch of the U.S. Lab Module in November 1998, the Canadian robot arm in December 1998, the Japanese experiment module in March 2000 and the European experiment module in February 2001. Assembly is scheduled to be complete in June 2002.

Details agreed to for joint missions

Details for joint U.S.-Russian space activities are falling into place, according to JSC officials returning from a week-long visit to Moscow and Star City.

The 24-member delegation, led by Phase One Program Manager Tommy Holloway, recently met with Russian Space Officials to discuss plans for Phase One cooperative missions for the next three years.

"It was a good series of meetings," Holloway said. "We accomplished a lot of things and settled a lot of issues. When you see the atmosphere of cooperation that exists between these two nations now, it's hard to remember that it wasn't too long ago that we were rivals. I am extremely pleased with the trip."

Last year, United States and Russian officials agreed to carry out a series of joint shuttle-Mir missions to develop the experience and technical expertise necessary for the assembly and operation of the International Space Station. The "Phase One" activities are bringing together the United States and Russia in a major cooperative and contractual endeavor that takes advantage of both country's capabilities, Holloway said.

At the meetings in Russia last week, officials from both programs discussed a variety of issues. Among those agreements reached, officials approved a plan to allow the Space Shuttle *Discovery* to fly to within 10 meters (30 feet) of Mir during the proximity operations of STS-63. Previously, the shuttle closest approach to Mir was limited

to 30 meters (100 feet).

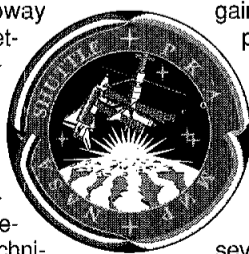
STS-63, which is currently scheduled for February, is the first time a shuttle will approach the Mir Station. It also will feature the flight of Cosmonaut Vladimir Titov, who has been training in the U.S. for the last year.

"STS-63 is a milestone for these cooperative endeavors," Holloway said. "The experience and knowledge we gain from that flight will be the foundation for the planning for the subsequent docking flights."

The Shuttle *Atlantis* will dock with Mir for the first time in June. During STS-71, the orbiter will remain attached to Mir for five days of joint scientific operations, before returning home with Astronaut Norm Thagard, who will have spent three months at the Russian station.

In total, the Phase One program will consist of seven missions; however, NASA officials are keeping option open to increase the total number of Shuttle-Mir flights to ten. The decision to fly additional missions will be mutually agreed upon no later than 18 months before the proposed launch date, Holloway said.

Also during the exchanges, Russian and NASA officials agreed to a new joint program patch. The design reflects "the dawn of a new era of human spaceflight" and includes representations of Mir; the Shuttle; the Earth, devoid of any political borders; and ribbons of both nation's colors.



JSC Photo by Robert Markowitz

SHARING KUDOS—STS-61 Flight Director Milt Heflin and members of the Hubble Space Telescope flight team encircle the Collier Award Trophy. The team received the award for their efforts supporting the December 1993 servicing mission. Heflin donated the trophy to JSC to share the congratulations and recognition with all JSC employees.



Technology with a heart

JSC-designed device can help save lives

By Eileen Hawley & Audrey Schwartz

David Saucier, a JSC engineer, knows what it's like to lay ill in a hospital bed suffering from cardiovascular disease. He also knows what it's like to recover.

Following a severe heart attack and triple bypass surgery in 1983, Saucier joined about 100,000 other Americans in search of a donor heart to save his life. Fortunately for Saucier, a heart was found and in 1984 a team led by renowned heart surgeon Dr. Michael DeBakey performed transplant surgery.

Six months later, Saucier was back at JSC with renewed vigor and dedication...and a desire to use space technology to help people with diseased or damaged hearts.

With the help of fellow JSC workers — Greg Aber, Jim Akkerman, Dick Bozeman, Jim Bacak and Paul Svejovsky; Dr. DeBakey, and Baylor College of Medicine specialists Robert Benkowski, George Damm, Dr. Kazumi Mizuguchi, Dr. George Noon and Dr. Yukihiko Nose — Saucier is seeing the idea become reality as the close-knit group works together to develop something called a Left Ventricular Assist Device.

The LVAD is a small—2 inch long, 1/2 inch diameter—turbine pump that helps the heart circulate blood throughout the body and can help keep a patient alive until the diseased heart recovers on its own or is replaced through transplant surgery.

"The versatility of this pump is that it can be used both for temporary or permanent use," DeBakey said, "allowing patients who are not transplant candidates or whose hearts may not recover on their own, an opportunity to continue living a normal lifestyle."

The medical community has been working on developing a small implantable ventricular assist device for more than 30 years, Aber said. The JSC-developed device isn't intended to be an artificial heart, but rather a booster pump that works in parallel with the heart to keep an adequate supply of blood circulating through the body.

Researchers hope to develop a device that is fully implantable and which would allow a patient to leave the hospital and lead a relatively normal life.

"You can get an idea of how important this is when we know there are more than 50,000 patients in this country that need this kind of device," DeBakey said. Based on his own experience, DeBakey believes the number actually is higher—about 150,000 people a year—based in part on the growing number of people aged 65 and over who are not candidates for heart transplant surgery.

"It's all about quality of life," Aber said. "What kind of quality of life can you provide for these people? Without this kind of pump to help their hearts circulate enough blood through their bodies, some of these people will be bedridden."

The motivation to bring the LVAD from concept through development and into production is strong among the JSC and Baylor team members, espe-

cially heart recipient Saucier.

"Since my own transplant, I have spent a lot of time visiting people that are waiting for a donor heart," Saucier said. "I feel a real sense of urgency to come up with a practical alternative to transplant surgery."

It was with that sense of urgency and dedication that Saucier and his JSC colleagues began working on the LVAD in 1988, volunteering evenings and weekends to design the pump. In 1992, NASA began funding the project.

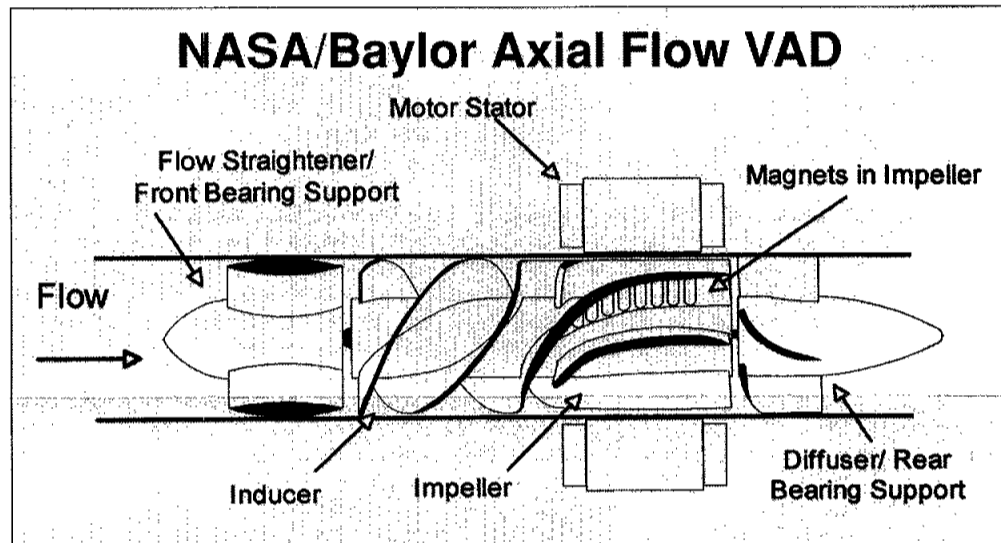
"The team was very dedicated," DeBakey said "and we made a certain amount of progress considering initially we were working part-time in all of this. I got the impression after our first meeting that we had some really good minds on this problem, and that certainly proved to be the case. Now, we

This means a patient is not bedridden, and does not have to rely on a large power console to keep the device operating.

But even more challenging than size or power concerns, was the requirement that the pumping action not destroy the body's red blood cells. These delicate cells carry hemoglobin which could enter the bloodstream if the protective "balloon" of the blood cell was broken. The release of hemoglobin into the bloodstream — called hemolysis — can cause anemia and is potentially toxic.

It was here that space shuttle technology and aeronautical research played a key role.

"We were having problems with blood damage on the initial prototypes," Aber said. "So we teamed up with Ames Research Center to find out why we were wrecking blood cells so heavily."



think we have a pump that meets very strict requirements."

Those "strict requirements" include a simple device that pumps at least 5 liters of blood per minute using less than 10 watts of power, is small enough to be implanted without affecting arteries or tissues, and gentle enough not to damage the body's red blood cells.

"A healthy heart normally pumps about 8 liters of blood per minute," Aber said. "But a diseased heart may be pumping only 2 to 4 liters per minute, barely enough to keep a person alive. This pump can provide that extra 4 or 5 liters of pumping capacity to maintain adequate blood flow."

In a diseased heart, muscle movement is reduced creating a reservoir of blood in the heart the LVAD can tap into. The pump works in parallel with the heart's own pumping motion drawing the blood flow from the left ventricle of the heart and increasing the blood output.

The power requirement is designed to allow the use of a relatively small battery pack with a radio coil to power the pump through the patient's skin.

Computational fluid dynamics analyses of the prototype model conducted at Ames indicated the damage might be occurring at the impeller inlet as blood was being drawn from the heart. The JSC engineers then applied lessons learned from the shuttle's main engine fuel system.

"We know when we pump liquid hydrogen to the main engines on the shuttle too fast, it will begin cavitating, or boiling, at the pump inlet. The pump becomes unprimed and the appropriate amount of fuel won't get to the engines."

"So the way we deal with that is to add an inducer section, which is a section of the pump designed to get the fluid moving gently before it enters the impeller section where the hard pumping takes place," Aber said. "We applied that same principle to this pump and that effectively solved our hemolysis problem."

The LVAD inducer is a series of small "screw-like" blades added to the front of the pump that gently accelerate the flow of blood into the turbine reducing the possibility of damage to vital red blood cells.

With that problem resolved, the team has turned its attention to the issue of rejection of the device by a patient's body.

"Because the LVAD is inert, the only rejection phenomenon we see is blood clotting," Aber said.

"Blood is special and behaves differently from other fluids. When blood comes into contact with any foreign substance, it undergoes changes leading to clot formation," DeBakey said. The risk with clot formation is that the clots may break away from the pump surface, resulting in stroke.

A pump that the body won't recognize as a foreign object would be ideal, but that is beyond current technology. Instead, the JSC-Baylor pump gets the blood flow in and out of the pump quickly, and by eliminating areas of stagnation reduces the tendency for clot formation.

The clotting tendency may be further reduced by treating patients with anticoagulation medications. The blood must be thinned enough so it won't clot on the pump, but not so much that the patient runs the risk of bleeding to death from a minor injury.

"There is a fine line between anticoagulant therapy to support the LVAD and maintaining some type of normal life," Aber said. "You can design a pump so that you reach a balance that maintains a safe coagulation capability in the blood stream and yet keeps the blood from coagulating in the pump."

Finding that acceptable balance is a challenge that the team looks forward to solving together.

To understand how the pump will work in the human body, team members are using fluids simulating the properties of blood to gain knowledge of pressure, flow and efficiency. The first clinical use of the device most likely will be short term, during open heart surgery or as a temporary assist to stabilize a patient after surgery.

Some larger ventricular assist devices saw short term use in patients as early as 1966. Many of those devices were large, expensive and extremely complicated. Patients typically were restricted to bed, hooked up to a large external power source.

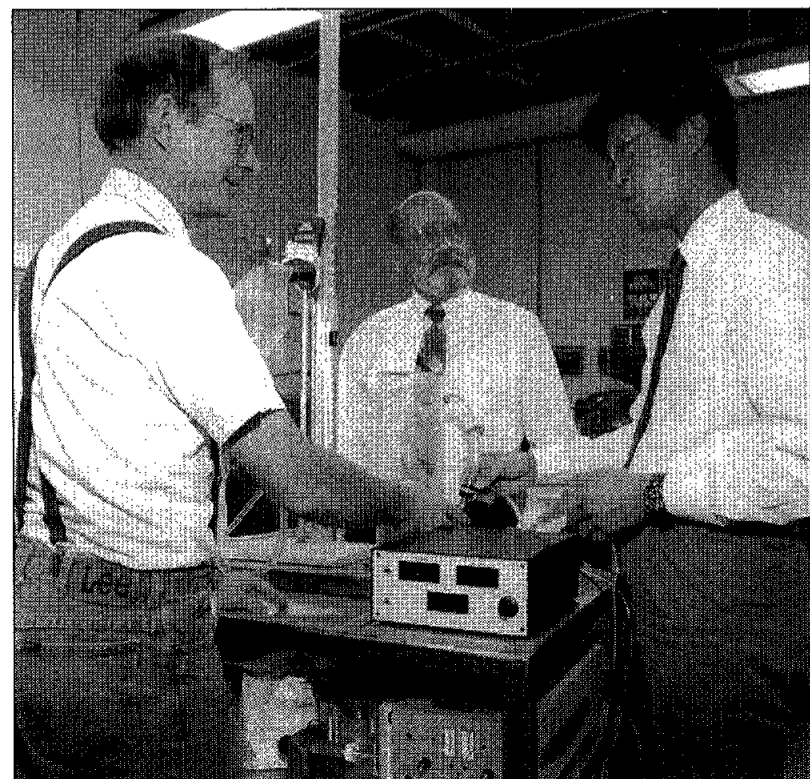
The JSC-Baylor designed LVAD is smaller, more efficient and likely to be less expensive.

With the LVAD still in the development phase, cost figures are not available but Aber said manufacturing costs for the LVAD should be less than its older, larger counterparts since the simplicity of design minimizes the number of working parts used by the device.

"This is an area where we have existing technology that can directly advance the state of the art in a tangible way," Aber said. "We are a very close-knit group sharing a common motivation to see that technology used to help save lives."

According to Bozeman, work on the LVAD is a "labor of love" inspired by Saucier. For Saucier, the program is an opportunity to take technology and use it in a completely humanitarian effort.

"My goal is to have a permanently installed LVAD pump that can take the place of a heart transplant," Saucier said. "That's my goal. That's when I'll be satisfied." □



Clockwise from top left. The JSC/Baylor College of Medicine team surround their left ventricular assist device, a simulated battery pack and a closed loop water tank. Team members are (from left) Geoge Damm, Baylor; Greg Aber, JSC; Dr. Michael DeBakey, Baylor; Dick Bozeman, JSC retired; Dr. Kazumi Mizuguchi, Baylor; Jim Akkerman, JSC; Paul Svejovsky and Jim Bacak, Lockheed Engineering and Sciences Co.; and Robert Benkowski, Baylor. Saucier is not pictured.

Heart recipient David Saucier discusses the LVAD with heart surgeon Dr. Michael DeBakey. Saucier holds the pump in his left hand. DeBakey performed heart transplant surgery on Saucier in 1984.

JSC team members discuss the results of closed water loop tests on the Left Ventricle Assist Device with Baylor's Dr. Kazumi Mizuguchi.

JSC photos
Dr. DeBakey photo courtesy Baylor College of Medicine



'Pirates' reap awards, honors

JSC's Mission Operations "Pirate" team recently received Vice President Al Gore's prestigious "Hammer Award" for its efforts in designing the new mission control center.

The Hammer Award is given by the Vice President to recognize work teams that have made dramatic improvements to how government functions. The Pirates were selected for their innovative approach to developing the new control center resulting in development cost savings of \$74 million and recurring cost savings of \$22 million per year.

"We call ourselves 'Pirates' to reflect our individual authority and responsibility for our actions," said division chief and head pirate John Muratore. "Our goal was to develop a mission control center that was efficient, flexible and responsive to

customer needs."

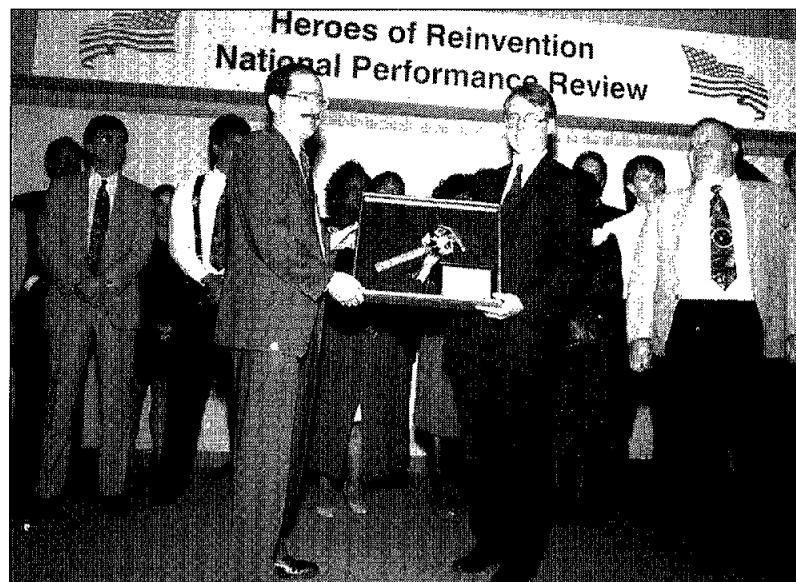
The pirates succeeded in designing a control center that will be able to support both shuttle and space station operations in the year 2000 for less than the cost to provide shuttle operations alone in 1994.

The Hammer Award is just that. A hammer. But, not an old-fashioned government hammer — this one costs less than \$6. When presented to the pirates, the hammer was adorned by a few cents worth of ribbon, a couple dollars work of wood and paint, and a 10 cent card from Vice President Gore. The award is symbolic of the team's efforts to help build a new government that works better and costs less.

The award-winning pirates are: Muratore, Jim Cole, Lydia Morgan, Valerie Sias, Lucy Barnes, Carol Evans, Stan Avent, Steven

Gonzalez, Linda Perrine, Charlene Curtis, Janet Lauritsen, Paige Lucas, Theodore Ro, Patrick Duffin, Rhonda Hicks, Kim Anson, Leonard Halley, David Hogg, Marvin LeBlanc, James Brandenburg, Joseph Aquino, Raymond Smith, Lynn Vernon, Brian Anderson, Sharon Moton, Debra Bailey, Bob Brasher, Stanford Hutchison, Dave Miller, Thomas O'Briant, Bill Robinson, Bill Wylie, Linda Uljon, James Allen, Brian Boland, Victor Lucas, and Gary Nealis.

In addition to the pirate team, JSC's Payload Operations Branch also received honorable mention during the award ceremony. That team was recognized for its customer satisfaction level, and its innovative approach to managing activities in support of shuttle flight operations.



JSC Photo by Benny Benavides

PIRATE BOOTY—Mission Operations Division Chief and head "pirate" John Muratore accepts the 1994 "Hammer Award." The "Pirate" team received the award in recognition of its innovative approach to designing and developing the new Mission Control Center.

Depression takes heavy toll on victims

By Audrey Schwartz

Everyone feels tired, "down" and apathetic sometimes. But when these feelings continue for more than a few days, a serious illness called depression may be the cause.

Clinical depression takes an enormous toll on our country. At any one time, about 17.5 million Americans suffer from clinical depression. The illness accounts for more missed days than any other physical disorder, except heart disease and costs the economy about \$27 billion a year—more than chronic respiratory illness, diabetes, arthritis or hypertension, according to the National Institute of Mental Health.

Depression is a "whole body" illness, affecting the way a person eats, sleeps, moves and thinks. Without treatment, symptoms can last months or even years. It also can be a fatal illness; about 15 percent of people with untreated depression commit suicide.

Fortunately, with appropriate treatment, such as antidepressant medications and psychotherapy, 80 percent of depressive patients recover.

Some signals of clinical depression include: feelings of sadness or irritability; loss of interest or pleasure in activities; change in weight or appetite; feeling guilty, hopeless or worthless; fatigue or loss of energy; restlessness or decreased activity; thoughts of death or suicide.

For information, contact the Employee Assistance Program at x36130.

Initial Phase One agreements set

(Continued from Page 1)

NASA officials also agreed to deliver to Mir an estimated 3.5 metric tons of dry cargo and approximately 3.6 tons of water over the seven to ten shuttle flights.

NASA officials proposed that the water be generated by the fuel cells on the shuttle, but Russian officials are studying the development of a water treatment system to process shuttle fuel cell water to prepare it for long-term storage on the Mir station.

Russian officials also informed the NASA team that they will not need *Atlantis* to carry a replacement gyrodyne to Mir on STS-71. Originally, the mission plan called for the shuttle to transport the attitude control and stabilization unit to Mir to replace a similar piece of hardware on the Russian station.

Plans for joint spacewalks also were agreed upon. The first joint extravehicular activity will occur on STS-80, currently set for July 1996, with second EVA set for STS-82, December 1996. A third spacewalk will be scheduled for a later mission.

"We are about to embark upon an exciting period for both space programs," Holloway said. "The international space community is making history by working together, and to see the pieces falling into place is very rewarding."

National Aeronautics and Space Administration
Office of the Administrator
Washington, D.C. 20546-0001



September 29, 1994

Dr. Carolyn Huntoon
Director
Lyndon B. Johnson Space Center
National Aeronautics and Space Administration
Houston, TX 77058-3696

Dear Dr. Huntoon:

Please express my appreciation to all the members of your team for the outstanding effort they put forth to make my recent visit a resounding success. It was a wonderful change of pace from Washington, and it gave me the chance to interact with JSC employees in a relaxed, informal setting—something to which I have of late been unaccustomed!

I came away with a renewed sense of awareness and appreciation for the breadth of activity and expertise resident within our ranks at JSC. I found my discussions to be informative and relevant, as well as a catalyst for some honest and insightful dialogue. The exuberance and energy of those with whom I met reaffirmed that NASA's most valuable resource continues to be its people. As I moved from place to place observing the JSC employees, their strong commitment to mission and excellence was clearly evident, and their pride, conviction, and camaraderie were uplifting.

I know that JSC is aggressively stepping up to the reality of a shrinking budget through streamlining, modernization, reorganization, and consolidation. This is a tribute to JSC management at all levels, and testimony that you at JSC are doing your part to posture NASA for the 21st century. We have the tenacity, self-determination, and expertise to take this Agency beyond conventional frontiers. I am convinced that there are no challenges that we cannot overcome. JSC's preeminence in the area of human space flight will significantly contribute to our new direction.

Please extend my thanks to the entire JSC team for a great trip and for their contributions to America's space program.

Sincerely,

Daniel S. Goldin
Administrator

Editor's note: NASA Administrator Daniel Goldin visited JSC on September 12 & 13. During that time, Goldin visited with employees and conducted several meetings both on site and throughout the Houston area. This is the text of a "thank you" letter Goldin sent to Center Director Dr. Carolyn Huntoon.

Reunion honors unique work

By James Hartsfield

Creating space on Earth through the years has been a task almost as difficult and just as rewarding as actually sending humans to space, and the immense scale required to do the job is evident in JSC's Space Environment Simulation Laboratory.

On Oct. 15, past and present SESL staff will celebrate 30 years of operation, said Richard Hermling, who worked in the lab during the 1960s and 70s. In its first years, the lab's huge vacuum chambers were used for tests that imitated the real missions that followed — using an entire spacecraft and crew.

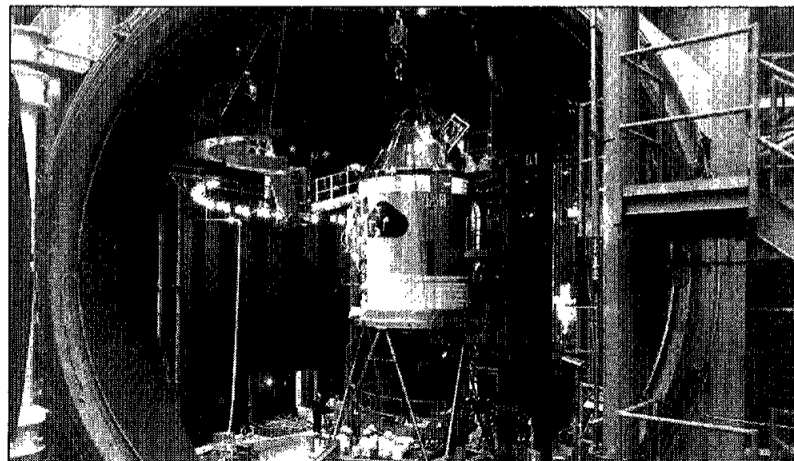
"There was a lot of feeling of triumph at the end of a test just like at the end of a mission," Hermling, now an aerospace engineer manager in the Flight Crew Equipment office, explained. "We did it first — before the flight — and it was risky, even though we were all on the ground. We flew the thermal mission profile, with test subjects first and then with the actual crew."

The SESL includes Vacuum Chamber A, among the largest

thermal vacuum chambers in the world with outside dimensions of 65 feet in diameter and 120 feet in height, with a 40-foot wide door. Inside, the chamber is 55 feet in diameter and 90 feet high, and takes seven hours to pump down to its ultimate vacuum pressure. The chamber simulates not only the vacuum of space but also the extremes of heat and cold experienced by spacecraft.

Smaller but no less vital in its service is Chamber B, measuring 35 feet in diameter and 43 feet in height on the exterior with interior dimensions of 25 feet by 26 feet. The two chambers share several systems, however Chamber B can reach its ultimate pressure in five hours.

The reunion runs from 12 noon to 7 p.m. Tickets for the reunion may be purchased at the Bldg. 11 cafeteria for \$10. Tickets also may be ordered by mail. Make checks payable to "SESL Reunion" and mail to: Southwest Seminars (SESL Reunion), P.O. Box 890228, Houston TX 77289-0228.



Above: Inside Chamber A the Apollo 2TV-1 vehicle is readied for thermal-vacuum testing. The spacecraft is dwarfed by the 90 foot high, 55 foot wide testing chamber. The photograph was taken in 1968.

Left: In this 1965 photograph, test subject Robert Piljay stands under the direct solar radiation rays in Chamber B in the SESL. Piljay was the first test subject to enter Chamber B under high vacuum and thermal conditions.

The workers who supported these and other Apollo, Skylab and shuttle tests in both Chambers A & B will meet for a reunion Oct. 15 at the Gilruth Center.

Beating breast cancer

This year alone more than 46,000 women and men will die of breast cancer in the United States.

The JSC Clinic is joining the American Cancer Society in its efforts to reduce that number by educating people the disease during October's National Breast Cancer Awareness Month campaign.

"Early detection can save the lives of more than 15,000 women this year," said Sharon Briceno at the clinic. "Our goal is to make sure both men and women understand the warning signs of breast cancer and what they can do to protect themselves."

To achieve that goal, the clinic will teach proper breast self examination techniques. Information, including videotapes for viewing at the clinic, is available. The clinic also will provide information on reduced fee mammograms for employees needing them.

The American Cancer Society recommends all women have a baseline mammogram performed by age 40 and then every 1 to 2 years after that. In addition, women should have a breast exam performed by a physician every three years between the ages of 20 to 40, and conduct routine breast self-examination every month.

"The key to success is early detection," Briceno said. "With early diagnosis and treatment, breast cancer is survivable." And that is good news in the fight against breast cancer. The 5-year survival rate for patients with a localized breast cancer has risen from 78 percent in the 1940s to 93 percent today.

Some risk factors, including heredity, can be minimized using simple techniques including maintaining a proper body weight and eating a well-balanced, low fat diet. For information, contact the clinic at x34411.

Safety classes begin Thursday

A series of safety training courses designed to help all JSC employees maintain a safe workplace is set to begin Thursday.

The courses focus on "front line" response levels to potential chemical hazard releases on site and at Ellington Field. Training is mandatory for all civil service and on-site contractor employees.

Courses will be offered in the Bldg. 2 auditorium and are limited to the first 800 attendees. Classes will be held from 8:30-9:30 a.m.; 10:30-11:30 a.m.; 1-2 p.m. and 3-4 p.m. on Oct. 17, 19 and 21. On Oct. 18 and 20, an additional session will be held from 5-6 p.m.

Classes will be offered from 9-10 a.m.; 10:30-11:30 a.m.; 1-2 p.m. and 2:30-3:30 p.m. on Oct. 13 and 14 at Ellington Field. To register for these classes, call x37512.

A Spanish language class will be held from 1:30-2:30 p.m. Oct. 26 in the Bldg. 226N Safety Learning Center.

For information, contact Karen Bleam at x36475.