



The Green Bank Tattler

You better read it, we could be talking about you!

Volume 3, Number 1

April 1995

Welcome to New Employees who have joined us at Green Bank since the last Tattler was published in April 1994:

Dana Balser - Scientific Services.
Grace Buzanoski - co-op in laser ranging
Roger Dickenson - machine shop
Wes Grammer - electronics.
Steve Hinkle - Plant Maintenance (see page 3)
Greg Morgan - warehouse
Christopher Norris - co-op for interference.
Amy Petticrew - co-op in laser ranging
Mike Stennes - electronics.
Rob Taggart - drafting

Best wishes to retirees:

Winnie Sheets
Boyd (Cooney) Wright

Hail and farewell to those leaving for jobs elsewhere:

Mike Masterman (see story, page 3)
John Downs
Brian Crouse
Mark Leach
Ed Meinfelder

Notice: The Procrastinator's Society meeting has been postponed until next month.

Notice: Bob Simmons is looking for a tree trimmer - call 456-4142.

Tattler has new editor

Frank Ghigo has taken over the editor's job for the Green Bank Tattler, formerly edited by Sue Ann Heatherly. We owe much appreciation to Sue Ann for all the hard work and persistence that went into founding the Tattler, collecting news and gossip, and assembling and publishing it for the past two years. She is a hard act to follow.

Calendar of Upcoming Events

- Apr. 10, 12:30-1:00 -- demo of new exercise equipment - (see page 4)
Apr.10, 3:20pm -- Colloquium: Don Campbell, on the Arecibo Upgrade.
Apr.13, 11:00am -- Tech Seminar: Mark McKinnon on Wind speeds and the GBT.
Apr.27, 11:00am -- Tech.Seminar: Marilyn Clark on Education via Satellite.
- Apr 30-May 4 Cygnus-A Workshop - tour center. see Mark McKinnon for info.
May 11, 11am -- Tech Seminar: Dwayne Schiebel
- May 12-13 User's Committee Meeting
- May 19 Golf tournament with Charlottesville -- see Dave Williams for more info.
- May 22-24 Chautauqua course
- May 25-27 Another Chautauqua course
- Late May through June -- Grote Reber visiting.
- Jun 18-Jul 1 Research Experiences for Teachers
- July 5 National Science Youth Camp tour
July 7 National Science Youth Camp - (using 40')
- July 10-12 SARA (amateur radio astronomers)
- July 15 Annual picnic
- Aug 12-19 Research Experiences for Teachers
- Sep 28 GBT advisory committee
- Sep 29-30 140-ft birthday Workshop and Party. (see page 4)

Sunday Menus at the Cafeteria

- Apr.9 Hot roast beef w/gravy; Macaroni&cheese, Buttered Peas, Corn.
Apr.16 BarBQ chicken, Parsley Potatoes, Broccoli spears w/cheese sauce, Harvard Beets.
Apr.23 Cubed Steak in Gravy, Mashed Potatoes, Lima beans, Parisian mix.
Apr.30 Pepper Steak, Scalloped Potatoes, Peas&Carrots, Winterblend.
May 7 Salisbury Steak in Gravy, Mashed Potatoes, Green Beans, Buttered Corn.
May 14 Baked Ham w/raisin sauce, Baked Apples, Candied yams, Cauliflower.
May 21 Chicken cordon bleu, Baked Potato, Broccoli spears w/cheese sauce, Carrots.

Progress on the GBT

news from Dave Seaman

It's not evident by just driving by the GBT site that much progress has been made. However, with the relatively mild winter a lot of welding was accomplished. The majority of the effort focused on the elevation shaft and part of the box structure surrounding the shaft. Once the trial erection period is complete, the shaft and box structure will be erected onto the alidade. The lack of material will not be an issue as in the alidade construction since most pieces are already in Green Bank. Two more cranes will be arriving to aid in the erection process. The box and elevation wheel is scheduled to be completed this year. We should also start to see pieces of the backup structure arriving this summer.

Bowling Team News

by Frank Ghigo and Bob Simon

The Green Bank bowling team plays every Wednesday at the Elkins recreation center in the winter and spring. Despite good efforts and excellent scores by many team members, our ranking tends to be towards the bottom of the league due to fierce competition from such powerhouse teams as Valley Supply, Allegheny Insurance, and Elkins Builders. Congratulations to the following who scored over 200 in a single game: Bob Vance, Roger Norrod, Jay Lockman, Nathan Sharp, and Steve White in the first half, and John Shelton and Bob Simon in the second half. Series over 500 were bowled by Roger Norrod, Jay Lockman, and Steve White in the first half, and by Harold Crist, John Shelton, and Bob Simon in the second half.

DNR gets Bird's-eye view of deer.

by Mike Holstine

Many of you may remember the small plane that circled the site last May for about 4 hours one Saturday night and again early Sunday morning. This plane was hired by the WVDNR as part of our hunt program to fly the site for a deer census. The craft was a push-pull airplane equipped with a turret-mounted Infrared camera on the left wing which allows the pilot and on-board specialist to record and eventually count the number of deer on-site in total darkness. Saturday night a spiral flight pattern was used for the count while Sunday's flight consisted of a grid flyover. This census was in no way associated with DNR's normal WV deer count and regulation procedures. It's sole purpose was to allow NRAO and DNR to establish a base number of deer on our site prior to and after the hunt we had the previous year. The information gathered allowed us to perform a potential damage assessment and will aid our efforts in setting future hunt guidelines and goals. The service was provided at no charge to NRAO. Although I have not yet had a chance to view the video taken of the census, a report from the WV State Wildlife Biologist, Dr. Jim Crum, sets a very high deer count here. It is generally recognized that a high-density population of deer reaches a count of about 10 deer per square mile. We know that one buck will hold as his territory one square mile. The NRAO-GB site has a deer population density of between 60 and 70 deer per square mile or 6 to 7 times the number this site should hold without substantial damage to the flora and other species of wildlife. This April or May we hope to fly the site again for another deer count in order to continue our evaluation of the hunts' success. If anyone would like further information on this study or other aspects of our hunt program, please let me know and I will try to answer any questions you might have. Hopefully, information gathering techniques such as the one held last May will allow us to better manage our site for years to come.

West Virginia Science Teachers Conference

S. Heatherly

The West Virginia Science Teachers Conference (1995) is going to be held at Snowshoe October 19-21. NRAO will probably be involved in giving special tours throughout this weekend.

Free sawdust -- see D. Seaman. 456-3498

Free Pine and Hemlock Logs and Blocks --
- see E. Childers. 456-4386

Plant Maintenance news by Mike Holstine

New electrician Steve Hinkle comes to us from Bridgewater, VA. Steve was employed by Owens-Brockway as an Electrician in their Operation & Maintenance Department and has substantial experience in electrical systems and controllers. We welcome Steve and look forward to his service here.

Plant Maintenance has been busy since the last Tattler was published. Two of the major projects completed in this time are the installation of the fiber optic conduit and cable throughout the site and the construction of the laser test piers at the 140'. So far, both projects have been a success. Once construction of the new Lab extension is complete, fiber will be installed from the OVLBI antenna to the Lab to complete a site-wide circuit.

This year, PM has finished a new storage building near the Works Area and built into the building a new reloading room for the Rifle and Pistol Club. The Residence Hall basement has been refurbished to consolidate some of the furniture storage and make room for a new and bigger weight and workout room. Additionally, Dharl will be replacing all of the showerheads in the RH rooms in an attempt to update that facility.

The Cafeteria and kitchen have been fully air-conditioned, and the kitchen has recently been painted. Many thanks go to Rusty and Becky for coordinating this effort.

The Reber building is in the process of being converted into a museum to hold some of Grote Reber's material from the early Radio Astronomy days. Plant Maintenance will design and construct this retrofit which will become a permanent part of our tour program.

The Rec Area has seen some recent improvements. PM has just completed the construction there of a wooden playground for the kids. The playground has a tube slide, climbing rope, cargo net, fireman's pole, monkey bars, and swinging bridge. A little more sand around the playset and the project will be complete. Additionally, Harley and Willie have just completed the construction of 10 new picnic tables for the Rec Area. These should be in place when the gate is opened for the year in May.

SIDE NOTES:

If you see Willie Lambert around, offer him some butterscotch candy. It seems to be his favorite.

Becky sure would like to get her car washed. Some people just don't seem to want to help her, though.

Martin has been attending a very interesting seminar lately. He is doing all he can to ensure that he will be up to his elbows in his farming very soon. 3

Mike of the Antarctic

notes by Rich Hall

Former employee Mike Masterman now works for CARA (Center for Astronomical Research in Antarctica) and is wintering over at the South Pole this year. He keeps us updated by E-mail about his new lifestyle, and we have enjoyed his unique spelling. Mike has been keeping himself clean taking his two two-minute showers per week, sharing the bathroom with both sexes, and is really happy with his spacious 6x8 foot room. He has been eating well, with meals including steak, lobster, crab, pizza, and "lazzana". For entertainment, Mike has several options, including the sauna, "the only place that we can actually sweet." He took part in a race around the world (jogged around the south pole on a two-mile course). He has been learning Russian, country swing dancing, and has talked of singing "Puff the Magic Dragon" with a group. In his spare time, he is working on ground school for his pilot's license, and is building a doll house.

He has let his hair and beard grow, giving him the appearance of the cowardly lion from the Wizard of Oz, and earning him the nickname of "coward". Tom Bania thinks his hair and beard makes his head look like a sphere. Mike got frostbite on one finger. He will probably not lose the finger, but may lose the fingernail.

For the air drop this summer, Mike does not want another blow-up doll, but would like a picture of something green.

His work on the telescope has been very interesting. So far it has caught on fire once, and Mike has had to shovel snow out of it a few times. Removing a receiver takes two days, which makes our process seem pretty fast here in Green Bank. Mike has also experimented with a new technique for splicing fiber optic cable using duct tape.

Important pointers for working in the cold: "Use as much heat shrink tubing as possible for no other reason than you have to run the heat gun to accomplish this, a good excuse to warm up various parts of your body."

"Do not relieve yourself on a piece of metal at temperatures of -60 deg F, most of it is frozen by the time it hits the snow and will follow the stream right up to the point of origin."

The cold "can cause sever frostbite in a place would be very imberacing to have to tell the doctor about."

On the other hand, the views are great since "there is no way to describe how perty it is down here."

A final comment from Mike that is probably often on his mind: "Its @#\$&ing cold!!"

Packages or presents for Mike should be given to Sue Ann before May 1 to be included in the June airdrop!

More ways to pump yourself up: what's new in the exercise room

by Sue Ann Heatherly and Bob Simon

Well, we have some good news and some bad news about the exercise facilities in the basement of the Residence Hall.

First the good news:

If you haven't visited the exercise room in a while you will notice that the equipment is no longer "caged in". The new area now covers more than twice that of the old caged-in room. New paint and lights are planned for the future. In addition, the Rec Association has purchased several new pieces of equipment, the most recent of which is a multi-station universal gym. The machine has two 200 lb weight stacks. You can do many different exercises including: bench press, lat pulldown/arm curl, leg press, pec dec, and butterfly. Two people can use the machine at the same time.

Last fall we bought a Nordic Track cross country skier and last month we bought a second exercise bike. Other equipment includes:

- a stairstepper
- a weight bench and free weights
- Rowing machines
- Exercise bikes
- Treadmill

Rec Board members will be on hand from 12:30 -1:00 pm on Monday April 10 to show you how to use the gym and any other piece of equipment you're interested in. We hope to see you there!

And now the bad news:

Several pieces of equipment have been damaged or taken since we moved the equipment out in the open. Some of this damage is most likely due to wear and tear, but in one instance at least, the damage to the equipment is so severe that we suspect vandalism. The exercise bike we just purchased was promptly trashed within two days. The damage to it was great. Belts and springs were destroyed and one of the metal peddles is bent. The jury's still out on whether or not it can be repaired. The treadmill is also out of commission: it appears as if the motor is shot. Also, two 25 lb. barbell plates and a set of dumbbells have disappeared from the room.

We hope that we have made the right decision in making the exercise room a nicer place to exercise in. It is more accessible: this may contribute to the problems we are experiencing. We all know that it is nearly impossible to monitor the area.

Please help us to maintain the facilities we have by locking the doors each time you exercise. Treat the equipment with care: remember that the equipment is really meant for home use - it is not "spa quality". If you find something damaged in any way, please let someone on the rec board know. You can also help us by signing in when you use the facilities. If we know how often the equipment is used it will help us to plan for future purchases. If you have any suggestions as to how we can improve the situation, we would like to hear them.

Thanks, and in the words of Hans and Franz:
We want to pump you up!

140 Foot Birthday Party -- F.J.Lockman

In 1965 the 140 foot telescope was first used for astronomical observations. To mark the 30th anniversary of the occasion NRAO will host a Green Bank Workshop (Sep.29-30), and party (Sep.30). The workshop will be divided between talks about the history and accomplishments of the 140 foot and the prospects for the future with the Green Bank Telescope.

Watch this space for further information.

Cygnus A Workshop -- M. McKinnon

Green Bank will host a workshop April 30 to May 4, organized by the Center for Astrophysics in Cambridge, Mass. The workshop will consider all aspects of Cygnus A: the galaxy, the various radio features, and the cluster gas. A CD-ROM will be made from images contributed to the workshop, and proceedings will be published.

Results of Health Options Survey

In the last Tattler, there was a health options survey to assess opinions about the relative value of the wellness program versus regular checkups at the Deer Creek Clinic. Several statements were ranked from 1 (strongly agree) to 4 (strongly disagree). Twenty-five people turned in the questionnaires, and the totals of their responses are listed below.

<u>Totals of responses by category (1=strongly agree, etc)</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
1. I want bi-annual free physicals to be reinstated.	23	0	0	1
2. The wellness program serves my needs better than a physical exam.	1	0	6	20
3. The wellness program has helped me become a healthier person	0	6	11	7
4. Both the wellness program and the physical exams should be offered.	12	6	3	4
5. The exams should be reinstated but given by another local doctor.	1	10	6	3
6. The wellness program would be an adequate substitute for the physicals if cancer screenings were added.	1	3	6	14

What features of the(Deer Creek Clinic) physical exam were most important to you?

Routine Examination	17	4	1	0
EKG	17	6	1	0
Exam for col-rectal cancer	15	4	3	0
Blood work (HDL, LDL counts, triglycerides etc.)	24	1	0	0
X-ray	13	3	7	1
Pap test	4	0	0	3
Other _____	5	4	0	0

The following "other" tests were listed: Hearing tests (4), Prostate (5), eyesight(1), discussion with doctor(1).

What tests/screenings should be added to a physical or wellness program?

Listed as tests/screenings to be added were: mammogram, other cancer screenings, lead levels, and drug testing.

Well, there you have it. It's clear that for those responding to the survey, the "Wellness program" is of much less value than regular and thorough physical exams, and the overwhelming majority is in favor of reinstating the free bi-annual physicals. One person suggested he would be willing to contribute part of the cost of an office visit for a bi-annual exam, and suggested that family members should be included in regular checkups.

We astronomers are obsessed with time. Witness our new clock room in the Interferometer Building intended to distribute precise time signals around the observatory, and the USNO observing program with the 20-meter and 85-3 to keep track of the Earth's rotation, in other words, the time. Against such obsession, Lou Macknik suggests we should consider the words of the Bard:

"Unless hours were cups of sack, and minutes capons, and clocks the tongues of bawds, and dials the signs of leaping houses, and the blessed sun himself a fair hot wench in flame-color'd taffeta, I see no reason why thou shouldst be so superfluous to demand the time of day."

William S. Shakespeare



Green Bank, West Virginia

April 1995

Sunday *Monday* *Tuesday* *Wednesday* *Thursday* *Friday* *Saturday*

						1
2 <i>EASTER PARTY</i>	3 GBT Mtg. 9:00 am - Bsmt. Telescope Srvs. 11:00 am - Macknlk's ofs.	4	5	6 Tech. Sem. 11:00 am - Bsmt.	7 Fiscal Telecon. 10:30 - 12:00 Upst. MMA Mtg. 1:00 pm - Upst.	8
9	10 GBT Mtg. 9:00 am - Bsmt. Colloquium - 3:30 pm - Bsmt.	11 GBT Coord. Mtg. 9:00 am - Upst.	12 CAREER DAY AT HIGH SCH.	13 Tech. Sem. 11:00 am - Bsmt.	14 <i>HOLIDAY!!!</i>	15
16	17 GBT Mtg. 9:00 am - Bsmt. Telescope Srvs. 11:00 am - Macknlk's ofs.	18 GB Sci. Staff Mtg. - Dir. Ofs. 11:00 am GBT SWG Mtg. Upst. - 4:00 pm	19 Division Heads Meeting - 11:00 Director's ofs.	20 A/D Mtg. - Upst. 11:00 am Rec. Bd. Mtg. R. H. Lounge 3:00 pm	21 A/D Mtg. - Upst. 11:00 am Safety Com. Mtg 1:00 pm - Bsmt. Rec. Bd. Mtg. 3:00 pm R.H.	22
23	24 GBT Mtg. 9:00 am - Bsmt.	25 GBT Coord. Mtg. 9:00 am - Upst.	26	27 Tech. Sem. 11:00 am - Bsmt.	28	29
30 Cygnus A Workshop begins - Tour Center						